



Complete Summary

GUIDELINE TITLE

Enhancing healthy adolescent development.

BIBLIOGRAPHIC SOURCE(S)

Registered Nurses Association of Ontario (RNAO). Enhancing healthy adolescent development. Toronto (ON): Registered Nurses Association of Ontario (RNAO); 2002 Jul. 72 p. [66 references]

COMPLETE SUMMARY CONTENT

SCOPE
METHODOLOGY - including Rating Scheme and Cost Analysis
RECOMMENDATIONS
EVIDENCE SUPPORTING THE RECOMMENDATIONS
BENEFITS/HARMS OF IMPLEMENTING THE GUIDELINE RECOMMENDATIONS
QUALIFYING STATEMENTS
IMPLEMENTATION OF THE GUIDELINE
INSTITUTE OF MEDICINE (IOM) NATIONAL HEALTHCARE QUALITY REPORT
CATEGORIES
IDENTIFYING INFORMATION AND AVAILABILITY

SCOPE

DISEASE/CONDITION(S)

- Adolescent development and health (Management)
- Adolescent risk-taking behavior (Prevention)

GUIDELINE CATEGORY

Management
Prevention

CLINICAL SPECIALTY

Family Practice
Nursing
Pediatrics
Preventive Medicine

INTENDED USERS

Advanced Practice Nurses
Nurses
Psychologists/Non-physician Behavioral Health Clinicians
Public Health Departments
Social Workers

GUIDELINE OBJECTIVE(S)

To present a nursing best practice guideline on enhancing healthy adolescent development across diverse contexts (e.g. developmental stages, ethnicity, environmental supports, socioeconomic status, geography) and settings (e.g. family, home, school, peer group, community, workplace)

TARGET POPULATION

Canadian adolescents that nurses encounter in a variety of settings, including schools, other community settings, homes, public health units, community health centres, adolescent clinics, hospitals, and family practice offices

INTERVENTIONS AND PRACTICES CONSIDERED

Prevention/Management

1. Application of principles based on values and beliefs that respect adolescents
2. Comprehensive, multi-faceted interdisciplinary approach
3. Facilitative approach, working with adolescents as partners
4. Measures to develop assets and leadership skills
5. Practice based on a theoretical model
6. Programming decisions based on the evidence of effectiveness in the literature regarding successful program elements
7. Education, organization and policy approaches and strategies

MAJOR OUTCOMES CONSIDERED

- Factors influencing adolescent health and behavior
- Effectiveness of health promotion and risk-reduction interventions at preventing risk-taking behavior and promoting adolescent health and development

METHODOLOGY

METHODS USED TO COLLECT/SELECT EVIDENCE

Hand-searches of Published Literature (Primary Sources)
Searches of Electronic Databases

DESCRIPTION OF METHODS USED TO COLLECT/SELECT THE EVIDENCE

The guideline developers conducted an extensive literature search and reviewed abstracts of numerous articles. They reviewed approximately 60 articles and

documents including systematic reviews, randomized controlled trials, key reports and other literature.

NUMBER OF SOURCE DOCUMENTS

Not stated

METHODS USED TO ASSESS THE QUALITY AND STRENGTH OF THE EVIDENCE

Expert Consensus

RATING SCHEME FOR THE STRENGTH OF THE EVIDENCE

Not applicable

METHODS USED TO ANALYZE THE EVIDENCE

Systematic Review

DESCRIPTION OF THE METHODS USED TO ANALYZE THE EVIDENCE

Not applicable

METHODS USED TO FORMULATE THE RECOMMENDATIONS

Expert Consensus

DESCRIPTION OF METHODS USED TO FORMULATE THE RECOMMENDATIONS

A panel of nurses with expertise from a variety of practice, research, and academic sectors was established by the Registered Nurses Association of Ontario. This panel summarized the literature and critiqued the available evidence on specific approaches in working with adolescents. The panel then identified and developed specific resources that would be of assistance to practitioners working with adolescents.

RATING SCHEME FOR THE STRENGTH OF THE RECOMMENDATIONS

Not applicable

COST ANALYSIS

A formal cost analysis was not performed and published cost analyses were not reviewed.

METHOD OF GUIDELINE VALIDATION

DESCRIPTION OF METHOD OF GUIDELINE VALIDATION

An initial draft of the Registered Nurses Association of Ontario (RNAO) "Enhancing Healthy Adolescent Development" nursing best practice guideline was reviewed by representative stakeholders and responses were incorporated. The stakeholders reviewing this guideline, including clients, their families, staff nurses, and various groups and organizations, are acknowledged at the front of this document. This guideline was further refined after a twelve-month pilot implementation phase in selected practice settings in Ontario. Practice settings for RNAO nursing best practice guidelines were identified through a "request for proposal" process. Final revisions to the guideline took into consideration the pilot site feedback and evaluation results.

RECOMMENDATIONS

MAJOR RECOMMENDATIONS

While focusing on nursing practice, the recommendations below are relevant to all disciplines, and support an interdisciplinary approach to healthy adolescent development. To facilitate the use of this guideline, see Appendix A in the original guideline document for a checklist of the recommendations, and the topic areas they address.

Practice Recommendations

Recommendation 1

Principles based on values and beliefs that respect adolescents' strengths, potential and the multiple influences in their lives will form the foundation of nursing practice in interactions with youth.

Recommendation 2

The use of a comprehensive, multi-faceted interdisciplinary approach will enhance healthy adolescent development.

Recommendation 3

Nurses who work successfully with youth will use a facilitative approach, working with adolescents as partners.

Recommendation 4

Nurses and programs will acknowledge the importance of asset development for youth and support youth in the development of leadership skills.

Recommendation 5

Practice based on a theoretical model will contribute to successful work with youth.

Recommendation 6

Nurses involved in the design and implementation of programs for adolescents will base programming decisions on the evidence of effectiveness in the literature regarding successful program elements. If a new initiative is undertaken, sufficient resources must be allocated to allow for rigorous evaluation of effectiveness.

Education Recommendations

Recommendation 7

Nurses who work with adolescents in different settings will have specific skills and knowledge relating to adolescent development and issues.

Organization & Policy Recommendations

Recommendation 8

Agencies will work toward involvement of youth as a core activity of the organization. An assessment of organizational readiness and the development of a strategic plan for youth involvement will ensure that youth participation is recognized as a responsibility of the entire organization.

Recommendation 9

Organizations will establish internal policies and practices that support meaningful youth participation.

Recommendation 10

Agencies and funders will allocate appropriate staffing and material resources to ensure implementation of comprehensive approaches to adolescent programming.

Recommendation 11

Organizations will provide ongoing learning opportunities, through education and contact with youth, for nurses to understand adolescent development and issues, and how to engage and interact with youth in meaningful ways.

Recommendation 12

Nurses working with adolescents will advocate for healthy public policy, and will support programs that enhance healthy adolescent development.

Recommendation 13

Nurses will, through their professional associations, collaborate with organizations in the fields of education, health, and other sectors, to raise awareness within the government and the public, of the value and need for comprehensive, multi-faceted approaches to school-based health promotion.

Recommendation 14

Nurses will advocate for the government ministries responsible for health, education, community, family and children's services, culture, and recreation, to work together to develop policies and funding that will facilitate the full implementation and evaluation of comprehensive, multi-faceted approaches to school-based health promotion in all Ontario schools.

Recommendation 15

Nursing best practice guidelines can be successfully implemented only when adequate planning, resources, organizational and administrative support, and appropriate facilitation exist. Organizations may wish to develop a plan for implementation that includes:

- An assessment of organizational readiness and barriers to education and implementation
- Involvement of all members (whether in a direct or indirect supportive function) who will contribute to the implementation process
- Dedication of a qualified individual to provide the support needed for the education and implementation process
- Ongoing opportunities for discussion and education to reinforce the importance of best practices
- Opportunities for reflection on personal and organizational experience in implementing guidelines

In this regard, the Registered Nurses Association of Ontario (RNAO) (through a panel of nurses, researchers and administrators) has developed the Toolkit: Implementation of Clinical Practice Guidelines, based on available evidence, theoretical perspectives and consensus. The Toolkit is recommended for guiding the implementation of the RNAO nursing best practice guideline on "Enhancing Healthy Adolescent Development."

CLINICAL ALGORITHM(S)

None provided

EVIDENCE SUPPORTING THE RECOMMENDATIONS

TYPE OF EVIDENCE SUPPORTING THE RECOMMENDATIONS

The panel drew their evidence from a variety of sources: systematic reviews, randomized controlled trials, as well as a number of qualitative sources, including theoretical frameworks, key reports, and other literature. Expert consensus was also utilized in this guideline when no other more scientifically formalized knowledge was available.

BENEFITS/HARMS OF IMPLEMENTING THE GUIDELINE RECOMMENDATIONS

POTENTIAL BENEFITS

- Guideline implementation is intended to help enhance healthy adolescent development across diverse contexts (e.g. developmental stages, ethnicity, environmental supports, socioeconomic status, geography) and settings (e.g. family, home, school, peer group, community, workplace).
- Nurses, other health care professionals and administrators who are leading and facilitating practice changes will find this document valuable for the development of policies, procedures, protocols, educational programs, assessment and documentation tools, etc.

POTENTIAL HARMS

Not stated

QUALIFYING STATEMENTS

QUALIFYING STATEMENTS

These best practice guidelines are related only to nursing practice and not intended to take into account fiscal efficiencies. These guidelines are not binding for nurses and their use should be flexible to accommodate client/family wishes and local circumstances. They neither constitute a liability or discharge from liability. While every effort has been made to ensure the accuracy of the contents at the time of publication, neither the authors nor Registered Nurses Association of Ontario (RNAO) give any guarantee as to the accuracy of the information contained in them nor accept any liability, with respect to loss, damage, injury or expense arising from any such errors or omission in the contents of this work.

IMPLEMENTATION OF THE GUIDELINE

DESCRIPTION OF IMPLEMENTATION STRATEGY

Toolkit:

Implementing Clinical Practice Guidelines

Nursing best practice guidelines can be successfully implemented only where there are adequate planning, resources, organizational and administrative support, as well as the appropriate facilitation. In this regard, Registered Nurses Association of Ontario (RNAO) (through a panel of nurses, researchers and administrators) has developed The Toolkit for Implementing Clinical Practice Guidelines, based on available evidence, theoretical perspectives and consensus. The Toolkit is recommended for guiding the implementation of any clinical practice guideline in a health care organization.

The "Toolkit" provides step by step directions to individuals and groups involved in planning, coordinating, and facilitating the guideline implementation. Specifically, the "Toolkit" addresses the following key steps:

1. Identifying a well-developed, evidence-based clinical practice guideline
2. Identification, assessment and engagement of stakeholders
3. Assessment of environmental readiness for guideline implementation
4. Identifying and planning evidence-based implementation strategies
5. Planning and implementing evaluation
6. Identifying and securing required resources for implementation

Implementing guidelines in practice that result in successful practice changes and positive clinical impact is a complex undertaking. The "Toolkit" is one key resource for managing this process.

For specific recommendations regarding implementation of this guideline, refer to the "Major Recommendations" field.

Enhancing Healthy Adolescent Development Guideline Checklist

This best practice guideline has a wide scope, and contains many elements. Because of this, a checklist has been developed in order to summarize these elements, and to assist the implementation team in verifying whether all relevant elements were included in their activities. This checklist is meant to be used throughout planning, implementation and evaluation of the best practice guideline. Note that not all elements may apply to all types of interventions or situations.

Evaluation and Monitoring

Organizations implementing the recommendations in this nursing best practice guideline are recommended to consider how the implementation and its impact will be monitored and evaluated (see table in the original guideline document), based on a framework outlined in the RNAO Toolkit: Implementation of Clinical, Practice Guidelines (2002), illustrates some indicators for monitoring and evaluation.

INSTITUTE OF MEDICINE (IOM) NATIONAL HEALTHCARE QUALITY REPORT CATEGORIES

IOM CARE NEED

Staying Healthy

IOM DOMAIN

Effectiveness

Patient-centeredness

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ADAPTATION

Not applicable: The guideline was not adapted from another source.

DATE RELEASED

2002 Jul

GUIDELINE DEVELOPER(S)

Registered Nurses Association of Ontario - Professional Association

SOURCE(S) OF FUNDING

Funding was provided by the Ontario Ministry of Health and Long Term Care.

GUIDELINE COMMITTEE

Not stated

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FINANCIAL DISCLOSURES/CONFLICTS OF INTEREST

The Registered Nurses Association of Ontario (RNAO) received funding from the Ontario Ministry of Health and Long-Term Care. This guideline was developed by a panel of Registered Nurses convened by the RNAO. The panel conducted its work independent of any bias or influence from the Ontario Ministry of Health and Long-Term Care.

GUIDELINE STATUS

This is the current release of the guideline.

GUIDELINE AVAILABILITY

Electronic copies: Available in Portable Document Format (PDF) from the [Registered Nurses Association of Ontario \(RNAO\) Web site](#).

Print copies: Available from the Registered Nurses Association of Ontario (RNAO), Nursing Best Practice Guidelines, 438 University Avenue, Suite 1600, Toronto, Ontario, M5G 2K8; Fax: (416) 599-1926; Order forms available on the [RNAO Web site](#).

AVAILABILITY OF COMPANION DOCUMENTS

The following is available:

- Toolkit: implementation of clinical practice guidelines. Toronto (ON): Registered Nurses Association of Ontario (RNAO); 2002 Jan. 91 p.

Electronic copies: Available in Portable Document Format (PDF) from the [RNAO Web site](#)

Print copies: Available from the Registered Nurses Association of Ontario (RNAO), Nursing Best Practice Guidelines, 438 University Avenue, Suite 1600, Toronto, Ontario, M5G 2K8; Fax: (416) 599-1926; Order forms available on the [RNAO Web site](#).

PATIENT RESOURCES

None available

NGC STATUS

This NGC summary was completed by ECRI on December 17, 2003. The information was verified by the guideline developer on January 16, 2004.

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