

Providing Safe and Quality Care to Young People: The co-design of a practice guide for Adolescent and Young Adult Healthcare

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Background:

In 2020, Queensland Health held a Clinical Senate meeting to table growing concerns regarding youth healthcare, with recognition it is systemically suboptimal and not meeting national and international benchmarks. A key recommendation included the need to increase health professional education and confidence working with young people (1).

The notion that health professionals lack confidence and education in youth healthcare was further affirmed in 2022 by the Queensland Child and Youth Clinical Network (QCYCN) through a statewide multidisciplinary survey and through the co-design of a statewide strategy to optimise healthcare for young people (2, 3). The consistency of these findings prompted QCYCN to invest resources to develop multi and interdisciplinary health professional education resources.

Approach:

Over six months in 2023, eight geographically and demographically diverse young people from 17-25 years met with the QCYCN project lead to engage in co-authoring and co-designing a health professional practice guide. Once fully drafted, this was then further crafted by the clinician experts of the QCYCN AYA subnetwork to ensure the relevance and efficacy of the resource. Finally, the resource was shared for broad systems consultation to ensure its relevance to for all sectors and professionals caring for youth in Queensland Health.

Outcome:

Publication of the Queensland Health endorsed [Providing Safe and Quality Care to Young People: A practice guide to AYA Care, written by young people in partnership with health \(2023\)](#). The success of this publication was achieved through elevating authentic practice guidance through young people's lived experience.

Innovation and Significance:

This publication is a unique example of authentic partnership between clinical professionals and youth health consumers, elevating their voices and expertise to influence practice change and service improvement. It is a key step in advancing the AYA health agenda for Queensland and moving our system service delivery towards safe and optimal healthcare.

1. Queensland Clinical Senate. Adolescent and Young Adult Care: Doing Better Meeting Report Queensland Health: Queensland Health; 2020 [2024 January 12]. Available from: <https://clinicalexcellence.qld.gov.au/sites/default/files/docs/clinical-senate/senate-meeting-report-Dec-2020.pdf>.
2. Network QCaYC. Health Care Professionals Information and Resrouce Survey Outcomes. QCYCN AYA Innovation Hub: Clinical Excellence Queensland 2022.
3. Queensland Health. Optimising Adolescent and Young Adult Care in Queensland - a statewide strategy 2022-2027 Brisbane: Clinical Excellence Queensland; 2022 [2024 January 12]. Available from: <https://www.childrens.health.qld.gov.au/wp-content/uploads/QCYCN-AYA-Strategy-Optimising-Adolescent-and-Young-Adult-Care.pdf>.