

www.lesados.ch Newsletter #9 December 2018

EDITORIAL

Generation X, Y, Z... And what comes after Z? The Alpha. As described by the Australian sociologist Mark McCrindle, the Alpha Generation includes those who have been born since 2010. Who will be the youths of tomorrow and what will they face? Compared to previous generations, the Alpha Generation is born in a digital world in which technologies are directly integrated into their lives.

If questionings, ideas and recommendations are emerging today on certain topics and future issues, this generation will have to decide and implement concrete measures and this will be the case in particular for pollution, global warming and biodiversity, inequalities or even robotization. Indeed, this generation will directly compete with artificial intelligence and will have to reconsider the human role in such a context.

According to McCrindle, the Alpha Generation will be the most transformative one ever. However, does such a categorization of generations actually bring something in terms of science, care and advocacy? Could they not simply be considered as youths who face and will face issues in different contexts and environments but with similar needs such as support, understanding, affection, trust, safety and hope? Indeed, before giving them a letter, let's not forget that, as

Mandela said, *The Youths of Today are the Leaders of Tomorrow* and they therefore will need lots of encouragement for the challenges ahead.

NEWS

3rd International summer course on children and adolescents with chronic illness – 12-13 September 2018 & 1st European Transition Symposium, 14 September 2018

Our third international course gathered 14 participants from Canada, Denmark, France, Poland, Switzerland and the UK.



The two-day course ended with the Speed Networking Dinner that was the link with the first European Transition Symposium. Participants at the supper enjoyed being able to discuss projects, programs, problems and solutions with colleagues also involved in transition structures and to be inspired by them. Additionally, the young people at *Arsenic* prepared us a wonderful meal.



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We had fifty participants to the Symposium who debated the 30 oral presentations reporting on programs, research, evaluation and clinical situations. Dr. Nizar Mahlaoui from Necker Hospital in Paris and Dr. Janet McDonagh from the University of Manchester gave the keynote presentations.



Save the date! Mark in red in your agendas that the Second European Transition Symposium will be held in Lausanne on September 12&13 2019! More information will soon be available on www.lesadoscourses.ch

10th Excellence in Pediatrics (EiP) meeting, Prague, 6-8 December 2018.

We attended the EiP meeting in Prague (where we met former members of the research group such as Dr. Richard Bélanger)



With over one thousand participants from 80 countries, the meeting was rich in exchanges over a great program where the main problem was which session to choose from the different ones scheduled in parallel. It was great to see both medical residents and medical students attending the meeting and doing some great oral and poster presentations.

Save the date! Mark in your agendas that the 11th Excellence in Pediatrics (EiP) meeting will be held in Copenhagen on December 5-7 2019!

GenerationFree study

The fifth and final wave of the GenerationFree study (a longitudinal research on gambling and lifestyles of young people in the canton of Fribourg) has just been launched.

Energy drinks and youths: an update on their consumption

Our research group received a grant from the Service of Public Health of the Canton de Vaud to conduct a qualitative study on energy drinks (ED) consumption among youths. Using focus groups, we will explore the opinions of youths (14-20 years old) and parents on different topics linked to ED consumption such as knowledge of ED and their composition, reasons for

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consumption, perceived benefits and risks, etc. This study will begin in January 2019 for one year.

UPCOMING EVENTS

2019 Annual Meeting of the Society for Adolescent Health and Medicine (**SAHM**). Washington, *March 6-9, 2019. Psychological Well-Being: International Transcultural Perspectives.* [Information](#)

Journée adolescence, University of Lausanne – jeudi 6 juin 2019. *Générations numériques: défis et opportunités.*

2nd European Transition Symposium – Lausanne, 12-13 September 2019

11th Excellence in Pediatrics (EiP) meeting – Copenhagen, 5-7 December 2019

PUBLISHED ARTICLES

Agyeman PKA, Schlapbach LJ, Giannoni E, Stocker M, Posfay-Barbe KM, Heininger U, Schindler M, Kortzen I, Konetzny G, Niederer-Loher A, Kahlert CR, Donas A, Leone A, Hasters P, Relly C, Baer W, Kuehni CE, Aebi C, Berger C; **Swiss Pediatric Sepsis Study. Epidemiology of blood culture-proven bacterial sepsis in children in Switzerland: a population-based cohort study.** *Lancet Child Adolesc Health.* 2017 Oct;1(2):124-133. doi: 10.1016/S2352-4642(17)30010-X.

Bergsträsser E. [Paediatric Palliative Care: **What is different in children compared to adults?**] *Ther Umsch.* 2018 Jul;75(2):101-104. doi: 10.1024/0040-5930/a000973.

Brackmann N, Sauerland M, Otgaar H. **Developmental trends in lineup performance: Adolescents are more prone to innocent bystander misidentifications than children**

and adults. *Mem Cognit.* 2018 Nov 26. doi: 10.3758/s13421-018-0877-6.

Physical activity

Bringolf-Isler B, Schindler C, Kayser B, Suggs LS, Probst-Hensch N; **SOPHYA Study Group. Objectively measured physical activity in population-representative parent-child pairs: parental modelling matters and is context-specific.** *BMC Public Health.* 2018 Aug 17;18(1):1024. doi: 10.1186/s12889-018-5949-9.

Parental modelling seems relevant for children's physical activity (PA), but not to the same degree in all children. Interventions focusing on strengthening parental PA behaviour for the promotion of PA in the young must consider additional contextual factors related to the socio-cultural and structural environment.

Spirituality and addictive behaviors

Chen F, Berchtold A, Barrense-Dias Y, Suris JC. **Spiritual belief and its link with potentially addictive behaviors in a youth sample in Switzerland.** *Int J Adolesc Med Health.* 2018 Nov 29. pii: /j/ijamh.ahead-of-print.

The study provides evidence that spiritual belief could protect youth from the risk of alcohol misuse but could also increase the risk of excessive Internet use and gambling. The role of spiritual beliefs in preventing or motivating these problematic behaviors is of great interest for adolescent health care providers and should be considered in the light of the separation-individuation process and transition from adolescence to adulthood.

Christen S, Weishaupt E, Vetsch J, Rueegg CS, Mader L, Dehler S, Michel G. **Perceived information provision and information needs in adolescent and young adult cancer survivors.** *Eur J Cancer Care (Engl).* 2018 Jul 27:e12892. doi: 10.1111/ecc.12892.

Chronic conditions and risky behaviors

Gubelmann A, Berchtold A, Barrense-Dias Y, Akre C, Newman CJ, Suris JC. **Youth With Chronic Conditions and Risky Behaviors: An Indirect Path.** J Adolesc Health. 2018 Dec;63(6):785-791. doi: 10.1016/j.jadohealth.2018.06.021

The results show that the link between suffering from a chronic condition and adopting risk behaviors is indirect through internalizing behaviors. Health professionals should address emotional wellbeing and perception of the future rather than focus exclusively on the effects of risk behaviors on specific diseases.

Antisocial and prosocial behaviors

Hofmann V, Müller CM. **Avoiding antisocial behavior among adolescents: The positive influence of classmates' prosocial behavior.** J Adolesc. 2018 Oct;68:136-145. doi: 10.1016/j.adolescence.2018.07.013.

While in the context of antisocial behavior the peer group is often assumed a risk, the study results indicate that school peers can also exert positive influence. Hereby the finding of an effect of prosocial peer norms over and above antisocial peer norms suggests that building up prosocial behaviors in the classroom may be a promising approach for the prevention of antisocial behavior.

Smoking in adolescent cancer survivors

Kasteler R, Belle F, Schindera C, Barben J, Gummy-Pause F, Tinner EM, Kuehni CE; Swiss Pediatric Oncology Group (SPOG). **Prevalence and reasons for smoking in adolescent Swiss childhood cancer survivors.** Pediatr Blood Cancer. 2019 Jan;66(1):e27438. doi: 10.1002/pbc.27438.

In Switzerland, survivors smoke as often as their siblings but less than the general population. Peer smoking was a more important reason for

smoking in survivors than in the general population, suggesting that reducing smoking in peers could result in a reduction of smoking in survivors. Overall, reasons for smoking were very similar, thus interventions to reduce smoking in survivors could be the same as those used in the general population.

Khazaal Y, Breivik K, Billieux J, Zullino D, Thorens G, Achab S, Gmel G, Chatton A. **Game Addiction Scale Assessment Through a Nationally Representative Sample of Young AdultMen: Item Response Theory Graded-Response Modeling.** J Med Internet Res. 2018 Aug 27;20(8):e10058. doi: 10.2196/10058

An App for adolescents with T1 Diabetes

Klee P, Bussien C, Castellsague M, Combescure C, Dirlwanger M, Girardin C, Mando JL, Perrenoud L, Salomon C, Schneider F, Schwitzgebel VM. **An Intervention by a Patient-Designed Do-It-Yourself Mobile Device App Reduces HbA1c in Children and Adolescents with Type 1 Diabetes: A Randomized Double-Crossover Study.** Diabetes Technol Ther. 2018 Nov 7. doi: 10.1089/dia.2018.0255.

The intervention resulted in a significant decrease in HbA1c, without increasing the prevalence of hypoglycemia in patients with initial HbA1c >8.0% (63.9 mmol/mol).

Labhart F, Livingston M, Engels R, Kuntsche E. **After how many drinks does someone experience acute consequences-determining thresholds for binge drinking based on two event-level studies.** Addiction. 2018 Dec;113(12):2235-2244. doi: 10.1111/add.14370.

Leu A, Frech M, Jung C. **Young carers and young adult carers in Switzerland: Caring roles, ways into care and the meaning of communication.** Health Soc Care Community. 2018 Nov;26(6):925-934. doi: 10.1111/hsc.12622.

Medico D , Zufferey A. [**Giving a future to transgender youth... What do we currently know of their needs, what are the best practices?**] Rev Med Suisse. 2018 Oct 3;14(621):1765-1769.

Problematic Internet use

Moreno MA, Eickhoff J, Zhao Q, Suris JC. **College Students and Problematic Internet Use: A Pilot Study Assessing Self-Appraisal and Independent Behavior Change.** J Adolesc Health. 2018 Sep 22. pii: S1054-139X(18)30282-9. doi: 10.1016/j.jadohealth.2018.06.029

College students have varied capacity to assess and implement effective behavior change regarding problematic Internet use (PIU). The role of providers in identification and intervention for PIU remains critical.

Musso P, Carballo S. [**Current practice for the prevention of sudden death in young athletes.**] Rev Med Suisse. 2018 Oct 17;14(623):1849-1853.

Pedersen ESL, de Jong CCM, Ardura-Garcia C, Barben J, Casaulta C, Frey U, Jochmann A, Latzin P, Moeller A, Regamey N, Singer F, Spycher B, Sutter O, Goutaki M, Kuehni CE. **The Swiss Paediatric Airway Cohort (SPAC).** ERJ Open Res. 2018 Nov 20;4(4). pii: 00050-2018. doi: 10.1183/23120541.00050-2018. eCollection 2018 Oct.

Vaccination of recently arrived migrants

Ravensbergen SJ, Nellums LB , Hargreaves S, Stienstra Y, Friedland JS ; ESGITM Working Group on Vaccination in Migrants; with the support of the Executive Committee and Membership of ESGITM. **National approaches to the vaccination of recently arrived migrants in Europe: A comparative policy analysis across 32 European countries.** Travel Med

Infect Dis. 2018 Oct 15. pii: S1477-8939(18)30366-1. doi: 10.1016/j

There is striking variation in policies across Europe regarding vaccinations offered and approaches to vaccination in adult and child migrants. There is a lack of clarity on optimum approaches to vaccination in migrants, and a need for robust research in this area. More emphasis must be placed on ensuring that migrant-specific guidance is disseminated to front-line healthcare professionals to improve vaccine delivery and uptake in diverse migration populations across the region.

Salt intake in children

Rios-Leyvraz M, Bovet P, Bochud M, Genin B, Russo M, Rossier MF, Tabin R, Chiolero A. **Estimation of salt intake and excretion in children in one region of Switzerland: a cross-sectional study.** Eur J Nutr. 2018 Oct 19. doi: 10.1007/s00394-018-1845-4.

Cross-sectional study using a convenient sample of children 6-16 years of age in Valais, Switzerland, between 2016 and 2018. Salt intake in children in this region of Switzerland was high. The study findings suggest that salt intake in children could be reduced by lowering salt content in commonly eaten foods.

Sleep problems and suicidality

Rössler W, Angst J, Ajdacic-Gross V, Haker H, Berrouguet S, Ujeyl M, Glozier N, Hengartner MP. **Sleep Disturbances and Suicidality-A Longitudinal Analysis From a Representative Community Study Over 30 Years.** Front Psychiatry. 2018 Jul 16;9:320. doi: 10.3389/fpsyt.2018.00320. eCollection 2018.

Sleep problems and suicidality are longitudinally inter-related, which has important implications for clinical practice. Most importantly, the causal pathways appear to be bi-directional and independent of socio-demographics and concomitant mental disorders. More research is

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needed to examine the possible biopsychosocial etiological mechanisms linking suicidality to sleep problems.

Cardiometabolic risk scores

Stavnsbo M, Resaland GK, Anderssen SA, Steene-Johannessen J, Domazet SL, Skrede T, Sardinha LB, Kriemler S, Ekelund U, Andersen LB, Aadland E. **Reference values for cardiometabolic risk scores in children and adolescents: Suggesting a common standard.** *Atherosclerosis*. 2018 Nov;278:299-306. doi: 10.1016/j.atherosclerosis.2018.10.003.

This study suggests a common standard to define cardiometabolic risk in children. Adapting this approach makes single risk factors and clustered cardiometabolic disease risk scores comparable to the reference material itself and comparable to cardiometabolic risk values in studies using the same strategy. This unified approach therefore increases the prospect to estimate and compare prevalence and trends of cardiometabolic risk in children when using continuous cardiometabolic risk scores.

Vazsonyi AT, Ksinan Jiskrova G, Ksinan AJ. **Sleep, low self-control, and deviance: Direct and indirect links across immigrant groups and socioeconomic strata.** *J Adolesc*. 2018 Oct;68:40-49. doi: 10.1016/j.adolescence.2018.06.002. Epub 2018 Jul 18.

Wouters É, Gasser J. [State of the art about **credibility assessment of minors**]. *Rev Med Suisse*. 2018 Sep 19;14(619):1651-1654.



Happy Holidays to all!

Our [website](#)