

## **Guidance and top tips for using the All About Me (AAM) Health Information Pack**

### **Aims:**

- To use as an established transition pathway
- Can be used throughout the whole time in the service from pre-naming up to point of transfer into adult services. Primarily within the clinic setting but can also be utilised outside of clinic i.e. support groups
- The pack gives a brief overview of a wide range of topics to enable further discussions
- Enables all professionals to use the same language and up to date information
- A way of documenting information/knowledge building throughout the child/young person's time within the paediatric service

### **Background:**

#### **What young people involved in developing the pack wanted:**

- Small units of information
- Colourful
- Interactive elements
- Own pack not an app
- Email-able pages if requested
- Pack held by clinic team
- Local information & services
- Ownership – illustrations by young people
- Quiz sections
- Fun facts

#### **What professionals involved in developing the pack wanted:**

- For all – pre-naming to transfer
- Patient-centred/flexible approach
- Evidence-based

- Guidance document re. current health information
- Learning log within pack to show progression
- Used alongside 'RSG'
- Language age appropriate and reframed
- Option to be continued in adult HIV service

**Example of how the AAM pack is used in practice at Leeds, where it was developed:**

- AAM pack printed and kept in a locked draw in the clinic room
- Discussion takes place with parents as to how the pack will be used. It is then introduced to the child at around 3 or 4 years of age (depending on the individual child)
- Following the naming process each child/young person is shown the contents page, and they then have the option to choose which topic they would like to go through at their clinic appointment
- The pack will be introduced during the initial appointment for older children that are new to the service
- If the child/young person has a consultant led appointment, then following this consultation the CNS would usually see them separately to undertake AAM work either with a parent or alone, depending on age. If the CNS is unavailable the consultant will undertake the AAM work as part of their consultation
- Each topic is signed and dated by the child/young person and professional once discussed
- Each topic is covered as many times as required throughout the child/young person's time in clinic
- Children/young people often find it useful to take a photo of the page discussed. An alternative is to email them the page from the electronic version of the pack
- The pack is kept by the clinic team until the first appointment in adults. It is then taken along to the young person's first appointment and used as a discussion aid, demonstrating knowledge gained during their time in paediatrics. The young person then keeps the pack

### **Feedback from young people that have used the pack:**

- “Unique”
- “Very detailed and intriguing”
- “I like how there is so much advice and how it gives you your local information”
- “When there are pictures and diagrams it helps you understand better”
- “I’ve learnt much more that I didn’t know or understand before”
- “I like how questions are given to help you remember”
- “The ‘Did you know’ really reassures me”
- “It contains a lot of useful information for the future”
- “It is very colourful”
- “It is very useful as if I want a question answered I can search for it and discuss it”
- “It helps with how I am taking my medicine”
- “I might change the colours maybe”
- “Maybe you could add mini games in the sheets”

### **Feedback from professionals that have used the pack:**

- “We now have consolidated info”
- “Colleagues can all work together”
- “Good terminology in speaking about HIV”
- “Bright and attractive”
- “YP friendly language”
- “Allows basic review in fact finding way”
- “Triggers further discussions”
- “User friendly – not overwhelming”
- “You could give pre appointment to choose topics”
- “Use of e-version for updatable online records?”

### **Feedback from the Chiva Youth Committee:**

“The booklet has a lot of good things in it. It addresses crucial topics about HIV and transmission in an easy-to-understand format, which helps with understanding and reducing stigma.”

“It’s clear, child-friendly language can empower younger patients.”

“I like the ‘All about me booklet’ as it allows some type of creative freedom for the young person to draw or write specific things, and I also like how there’s paragraphs to read before the drawing tasks.”

“I like how it has a box to help young people get tested and protected safely, making sure there is also protection from other STIs and also U=U is used which is good to keep reminding other younger people of to remove fear.”

“I like how near the end there is a constant reminder to maintain a healthy lifestyle and keep your health up and make sure to avoid anything that might cause problems to you besides your HIV. There is also a variety of support help offered through the booklet and support groups available in the area to go to when in need.”

“At the end I also like how there’s a transition page from children to adult clinic to show the differences and explain how things work.”

“Overall, I think that the ‘All about me’ booklet is absolutely great and offers a large amount of information inside that explains things well whilst also giving tips and facts all throughout, it has drawing activities that also help younger people properly engage in the booklet and look into the information that is being given.”

**For further information about the AAM pack please contact  
mariadowie@nhs.net**