

summary of 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 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; and

- Opportunities for reflection on personal and organizational experience in implementing guidelines.

In this regard, 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*.

Responsibility for Guideline Development

The Registered Nurses Association of Ontario (RNAO), with funding from the Ontario Ministry of Health and Long-Term Care, has embarked on a multi-year project of nursing best practice guideline development, pilot implementation, dissemination and evaluation. *“Enhancing Healthy Adolescent Development”* is one of seven (7) nursing best practice guidelines developed in the second cycle of the project. 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.

