



**College of Child and Youth Nurses, NZNO monthly news bulletin
Friday, 6 November 2020**

Section news

Consultation

NZNO consults with members on a range of issues. The full outline can be [found here](#).

New Zealand news

\$3.2 million boost to improve child health facilities at new Christchurch Hospital Hagley

A 3.2 million dollar make-over is about to brighten the lives of sick children entering Christchurch Hospital's new acute services building. [Read more](#)

Kiwi's award-winning invention makes collecting babies' urine samples easier

Collecting a urine sample from a baby is by no means a quick or particularly glamorous job, as any parent or nurse will know. [Read more](#)

New Resource Aimed To Destroy Myths about Down Syndrome

The new Living with Down Syndrome publication will destroy myths and help overcome barriers for people with Down syndrome to reach their full potential. [Read more](#)

Autism and Aspergers

Improving health care autonomy for young adults with autism

Independence has always been a driving force in Nancy Cheak-Zamora's life. Now an Associate Professor at the University of Missouri School of Health Professions, she grew up undiagnosed with dyslexia, a learning disorder that can lead to difficulty reading. [Read more](#)

Children with autism, ADHD have more doctor and hospital visits during infancy

Children who are later diagnosed with autism and/or attention deficit hyperactivity disorder (ADHD) visit doctors and hospitals more often in their first year of life than non-affected children, suggesting a potential new way to identify the conditions early. [Read more](#)

Breastfeeding

Supportive nursing care during labor and after childbirth increases breastfeeding rates

New parents who receive attentive, supportive nursing care during labour and immediately after childbirth are more likely to exclusively breastfeed their newborn when leaving the hospital, finds a study published in MCN: The American Journal of Maternal/Child Nursing. [Read more](#)

Cancer

A Smiling Nurse Makes All the Difference in Paediatric Oncology

Being hospitalized for cancer can be a frightening experience for a child, but a friendly and approachable nurse can make all the difference. [Read more](#)

Highly effective tumour detection strategy for common childhood brain tumours

A team of scientists have developed a way to more accurately both detect and monitor a common type of paediatric brain cancer, setting the stage for giving clinicians a real-time view into how the cancer responds to treatment. [Read more](#)

The article below is not freely available in full text but may be available via a DHB library, the NZNO library or an academic library.

Associations between childhood cancer treatment and tooth agenesis

Matthew Shum, Erin Mahoney, Kate Naysmith, Yaso Ramadas, Manisha Narsinh, Heather Anderson, Arun Natarajan, Elizabeth Hitchings, Rob Corbett, Scott Macfarlane
NZ Medical Journal Vol 133 No 1523: 9 October 2020

Globally, approximately 300,000 children are diagnosed with cancer each year, a disease which historically had high mortality rates.

Child protection

Taking Māori babies after birth 'cruel and inhumane' - Māori midwives head

The head of Māori midwives has told the Waitangi Tribunal the taking of Māori babies just after birth is "cruel and inhumane," as it targets the mother when she is at her weakest.

[Read more](#)

Clinical

Can children swallow tablets? (Outcome data from a feasibility study to assess the acceptability of different-sized placebo tablets in children (creating acceptable tablets (CAT))

Bracken L, McDonough E, Ashleigh S, *et al*

BMJ Open 2020;**10**:e036508. doi: 10.1136/bmjopen-2019-036508

Objective Feasibility study to investigate the acceptability of different-sized placebo tablets in children aged 4–12 years. [Read more](#)

Day surgery for children and young people (RCN)

This publication highlights the specific needs of children and young people undergoing day surgery, outlining:

- pre- and post-operative aspects of care and preparation,
- parental involvement, and
- facilitating discharge. [Read more](#)

COVID-19

Italian research shows low transmission of SARS-CoV-2 within schools

A team of scientists from Italy has recently conducted a study to investigate the incidence of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infection among students attending Italian schools since reopening after COVID-19 lockdown. The findings reveal that the transmission of SARS-CoV-2 is low among younger students. The study is published on the [medRxiv](#)* preprint server. [Read more](#)

Pregnant women with COVID-19 don't pass the virus to their newborns, study finds

Oct. 12 (UPI) - New mothers infected with [COVID-19](#) during pregnancy didn't pass the virus to their babies, even if they breastfed and shared the same hospital room, according to a study published Monday by [JAMA Pediatrics](#). [Read more](#)

CoVID-19: Parent and caregiver concerns about reopening New Zealand schools.

Jefferies, E., Lucas, N. and Walls, T. (2020),
J Paediatr Child Health. doi:[10.1111/jpc.15234](https://doi.org/10.1111/jpc.15234)

Children generally have a milder COVID-19 disease course and better prognosis than adults. Many countries have closed schools as part of measures to limit transmission and this has had a considerable impact on children world-wide. This includes New Zealand (NZ), where rates of COVID-19 have been very low. The aims of this study were to:

- investigate parents' and caregivers' knowledge of COVID-19 in children,
- understand their levels of concern and
- identify their most trusted sources of information. [Read more](#)

Diabetes

'New tech sees teens with diabetes improve glucose monitoring'

A world-first Otago study has revealed flash glucose monitors help youth with type 1 diabetes better monitor their blood sugar levels, however it does not improve glucose control. [Read more](#)

Diet, food and nutrition

Kiwi kids get half of energy intake from ultra-processed foods - research

New Zealand children consume almost half of their energy intake from ultra-processed food by 12 months old, with consumption rising even higher by the time they turn five. [Read more](#)

20,000 Kiwi kids start the Zespri Young and Healthy Virtual Adventure

From 16 November, 20,000 children across New Zealand will embark on the five-week Zespri Young and Healthy Virtual Adventure, which promotes the importance of eating well, exercising and taking care of the environment. [Read more](#)

Drugs and alcohol

How does methadone affect unborn babies? A New Zealand study investigates

New Zealand babies born to mothers prescribed methadone during pregnancy lagged behind their peers in early functioning and development, from motor skills and reflexes to the ability to settle, a new study shows. [Read more](#)

Eating disorders

The article below is not freely available in full text but may be available via a DHB library, the NZNO library or an academic library.

Understanding and supporting children and young people with eating disorders

Maddie Burton

Practice Nursing, Vol. 31, No. 10: 412-419.

Eating disorders can have devastating effects on individuals and families. Maddie Burton explains the crucial role practice nurses can play in identifying and supporting patients

Children and young people's mental health conditions have continued to increase. The NHS Digital 2017 survey found that 1 in 8 children have a diagnosable mental health condition. During the current COVID-19 pandemic numbers are set to increase. Eating disorders make up a relatively small proportion of these statistics, but have some of the most devastating effects on individuals and families. Anorexia nervosa, as discussed here, has the highest morbidity of any mental health condition. The issues are complex and a challenge to understand for both professionals and families, over typically a protracted period of illness. However, all work with children, young people and their families presents a 'window of opportunity' in being able to resolve issues within a developmental phase prior to the more concrete adult phase. The risk is highest for young people between the ages of 13 - 17 years. Several theoretical models aid understanding of how and why eating disorders emerge and are maintained. Practice nurses in primary care can have a crucial role in early identification, and can be found to be less stigmatising than mental health professionals. Practice nurses can have an ongoing role in remaining involved with the young person and their family and as part of the wider specialist support system.

Family

'How can we work together?' Nurses using relational skills to address child maltreatment in Australia: A qualitative study

Lauren Elizabeth Lines, Julian Maree Grant, Alison Hutton

Journal of Pediatric Nursing

VOLUME 54, P1-9, SEPTEMBER 01, 2020

Published: May 27, 2020 DOI: <https://doi.org/10.1016/j.pedn.2020.05.008>

Background: Nurses working with children often encounter child maltreatment. Nurses' roles in mandatory reporting are well documented, but less is known about additional ways nurses respond to child maltreatment. This is important because children experiencing less extreme maltreatment may have unmet needs without receiving a child protection intervention.

Objectives: This paper reports one key finding from a qualitative study exploring nurses' perceptions and experiences of keeping children safe from maltreatment. Specifically, it reports nurses' perspectives of their relational skills used to support children experiencing maltreatment.

Foetal Alcohol Syndrome

Hungover for life

Ignorance and disbelief is causing thousands of New Zealanders each year to be:

- incarcerated,
- placed in care, or
- left to fend for themselves without proper support.

Bruce Munro speaks to researcher Anita Gibbs about her campaign for change and hears from distraught parents pleading for help for their children with foetal alcohol spectrum disorder. [Read more](#)

Gastrointestinal problems

The article below is not freely available in full text but should be available via a DHB library, the NZNO library or an academic library readers may have access to.

Role of serological tests in the diagnosis of coeliac disease in children in New Zealand.

Ho, S.S.C., Keenan, J.I. and Day, A.S. (2020),

J Paediatr Child Health. doi:[10.1111/jpc.15076](https://doi.org/10.1111/jpc.15076)

To circumvent the need for an endoscopic biopsy to establish the diagnosis of coeliac disease (CD), the European Society for Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) introduced a non-biopsy pathway for selected children in 2012. This pathway was recently updated to utilise anti-tissue transglutaminase IgA (anti-TTG IgA), 10 times the upper limit of normal (ULN) and positive endomysial antibodies (EMA). This study focused on the retrospective application of these guidelines in children from two regions of New Zealand.

Kids and health professionals / hospital

The articles below are not freely available in full text but should be available via a DHB library, the NZNO library or an academic library

Approaches to visual arts-based data collection with hospitalized children: A discussion of lessons learnt and suggestions for practice.

Van Der Riet, P, Jitsacorn, C, Thursby, P.

J Adv Nurs. 2020; 00: 1– 7. <https://doi.org/10.1111/jan.14615>

To discuss the experience in using a visual arts-based method of draw and talk with hospitalized children, lessons learnt and strategies for practice.

Maternity and neonatal care

Fewer Painful Procedures Could Help Premies' Brain Development: Study

WEDNESDAY, Oct. 21, 2020 (HealthDay News) -- Giving fewer needle sticks to premature newborns in the intensive care unit may improve growth of a key brain area, a new study suggests. [Read more](#)

The article below is not freely available in full text but may be available via a DHB library, the NZNO library or an academic library.

Laryngeal mask airway use during neonatal resuscitation: a survey of practice across newborn intensive care units and neonatal retrieval services in Australian New Zealand Neonatal Network.

Goel, D., Shah, D., Hinder, M. and Tracy, M. (2020),
J Paediatr Child Health, 56: 1346-1350. doi:[10.1111/jpc.15110](https://doi.org/10.1111/jpc.15110)

This is an Australia New Zealand Neonatal Network (ANZNN) wide survey to identify current practice and guide future practice improvement for the use of laryngeal mask airway (LMA) during neonatal resuscitation. An online questionnaire containing 13 questions was sent to all tertiary neonatal centres ($n = 29$ units) and neonatal transport units ($n = 4$) within ANZNN. The non-tertiary (level-II) centres were not included. Response from a senior neonatologist at each centre was received and evaluated.

- Twenty-two services (67%) had LMA available;
- of that only, 40% felt the competency of staff to be adequate; and
- 59% had routine training in LMA use.
- During neonatal resuscitation, 68% units reported using LMA if endotracheal intubation was unsuccessful after two or more failed intubation attempts, and
- only 18% used it before intubation if face mask ventilation was inadequate.

This survey highlighted variations in practice across the tertiary neonatal centres in ANZNN network. One-third of the units lack LMA availability, and the units with LMA face concerns of underutilisation and lack of skills for its use.

Mental health

Vulnerable students: What if there are no red flags?

Every year about 580 people are lost to suicide in New Zealand, many of them students. A *Stuff* examination of 270 coroners' reports of student suicides from 2007 - 2019 found that one in three had no known mental health concerns. How can vulnerable students be helped in time when there are no red flags? Sam Sherwood and Mariné Lourens investigate. [Read more](#)

Best practice when working with suicidal behaviour and self-harm in primary care: a qualitative exploration of young people's perspectives

Bellairs-Walsh I, Perry Y, Krysinska K, et al
BMJ Open 2020;10:e038855. doi: [10.1136/bmjopen-2020-038855](https://doi.org/10.1136/bmjopen-2020-038855)

Objectives: General practitioners (GPs) have a key role in supporting young people who present with suicidal behaviour/self-harm. However, little is known about young people's opinions and experiences related to GPs' practices for such presentations, and their decisions to disclose suicidal behaviour/self-harm to GPs. Additionally, existing guidelines for the management of suicide risk and/or self-harm have not incorporated young people's perspectives. This study aimed to explore young people's views and experiences related to the identification, assessment and care of suicidal behaviour and self-harm in primary care settings with GPs. [Read more](#)

New research identifies gaps in helping youth diagnosed with early stages of psychosis

New UBC research is highlighting the need for improved training when it comes to helping young people living with psychosis determine their sense of identity. [Read more](#)

‘Don’t abandon me’: Young people’s experiences of child and adolescent psychiatric inpatient care supporting recovery described in blogs.

Wallström, R., Lindgren, E. and Gabrielsson, S. (2020), *Int J Mental Health Nurs.* doi:[10.1111/inm.12787](https://doi.org/10.1111/inm.12787)

Child and adolescent psychiatric (CAP) inpatient care has the potential to support or hinder young people’s mental-health recovery. Research describing inpatient care from the perspective of young people is rare. Personal blogs provide an opportunity to further understand how inpatient care relates to young people’s recovery processes. This study aimed to explore young people’s experiences of CAP inpatient care supporting mental-health recovery. The study is reported in accordance with the COREQ guidelines. Data were created during 2018 from 27 personal blogs describing first-hand experiences of being a patient in a CAP inpatient care facility in Sweden and analysed using a method for interpretive description. Information in blogs suggests they were written by women, a majority of which had experienced eating disorders. Findings describe young people’s experiences of CAP inpatient care supporting mental-health recovery in an interpretive explanation with one theme, ‘Don’t abandon me’, and three sub-themes:

- ‘Listen to me,’
- ‘Believe in me,’ and
- ‘Allow me to feel safe.’

This study adds to the growing body of empirical work suggesting the importance of the concept of recovery in young people’s mental health. To support recovery, CAP inpatient care needs to focus on developing the content of care rather than minimizing the length of the stay. User experience should be at the heart of efforts aimed at improving services.

[Read more](#)

The article below is not freely available but should be available via a DHB library, the NZNO library or resources offered through an academic library readers may have access to.

Mental Health Training to Improve Communication with Children and Adolescents: A Process Evaluation.

Moran, R. and Gutman, L.M. (2020),

Journal of Clinical Nursing. Accepted Author Manuscript. doi:[10.1111/jocn.15551](https://doi.org/10.1111/jocn.15551)

Aims and objective: To characterise the intervention components, mechanisms of change and barriers to implementation of an intervention to improve the communication of hospital staff surrounding mental health with children and adolescents.

Background: Healthcare professionals consistently report a lack of confidence and knowledge to care for young people experiencing mental health difficulties. “We Can Talk is a one-day training delivered to hospital staff, which provides tools to improve their communication with children and adolescents about mental health. Initial evaluation suggests the training improved confidence and skills regarding communication; however, the effective intervention components and mechanisms of change are not yet understood.

Pain

The article below is not freely available but should be available via a DHB library, the NZNO library or resources offered through an academic library readers may have access to.

Effects of virtual reality on pain, fear and anxiety during blood draw in children aged 5–12 years old: A randomised controlled study.

Özalp Gerçeker, G, Ayar, D, Özdemir, EZ, Bektaş, M.

J Clin Nurs. 2020; 29: 1151– 1161. <https://doi.org/10.1111/jocn.15173>

Virtual reality (VR) can be used during painful procedures in children. The aim of this study was to evaluate the effects of two different VR methods on procedure-related pain, fear and anxiety of children aged 5–12 years old during blood draw.

Palliative care

Factors influencing nurse retention within children's palliative care

Lisa Whiting, Michele O'Grady, Mark Whiting,...

Journal of child health care. First Published October 31, 2020 Research Article

(prepublication) <https://doi.org/10.1177/1367493520971426>

Retention of staff presents major challenges within children's palliative care; this has substantial implications for

- children,
- families, and
- the nursing workforce.

To address this, a programme was undertaken that provided pathways of professional development for senior nurses working in this field. This study reports the views of:

- nurses completing this programme,
- the overall project manager (PM),
- the day-to-day programme lead (PL) and
- factors that influence nurse retention within children's palliative care nursing.

The study drew on an appreciative inquiry approach that comprised of interviews with the PM and PL, as well as focus groups and questionnaires with senior nurses from the children's palliative care sector, who participated in the training programme. Thematic analysis of data from interviews and focus groups revealed factors influencing nurse retention:

- speciality,
- positivity and making a difference,
- support,
- provision of adequate resources,
- tailored education/professional development, and
- resilience.

These themes were supported by the questionnaire findings. The programme was perceived as having a positive influence on nurse retention within the children's palliative care workforce. In addition, it was felt to be very beneficial in terms of shared learning and development. Participants highlighted the need for similar opportunities in the future. [Read more](#)

Parenting

Raising teenage boys

Many parents are bewildered when puberty turns their sweet, expressive sons monosyllabic, says Australia parenting expert [Maggie Dent](#), who is also the mother of four boys tells Kathryn Ryan, the key to staying connected with boys entering their teens is to understand the challenges brought about by the:

- physical changes,
- brain changes and
- hormonal surges overtaking their bodies. [Read more](#)

Rheumatic fever

Former Blues player tackles rheumatic fever for next generation

Former Auckland Blues player Matt Johnson is trying to stop children getting the disease that cut his rugby career drastically short, and nearly killed him. [Read more](#)

Screen time and digital devices

Screen-time a concern as research finds poor language skills for new entrant children

Alarming numbers of children are starting school with very poor language skills, with some only speaking like two year olds. [Read more](#)

Teens who participate in extracurricular activities, get less screen time, and have better mental health

A new study from UBC researchers finds that teens, especially girls, have better mental health when they spend more time taking part in extracurricular activities, like sports and art, and less time in front of screens. [Read more](#)

Sexual health

Teen sex ed is a 'failure': Why are teens ditching condoms?

Teens are having more unprotected sex than at any time in the past two decades, with experts pinning the “condom backlash” on patchy sexuality education, access to health services and pornography. Michelle Duff reports. [Read more](#)

Young women at highest risk of developing cervical lesions decrease

The number of young women with the highest risk of developing cervical lesions that can lead to cancer has halved. [Read more](#)

SIDS

Cot death prevention in New Zealand 'stalled' by long wait for investigations

Faced with the worst cot death rate in the developed world, the NZ Government set a national target for reduction in 2017 and ramped up measures to prevent deaths. Three years on, is the Government on track? No one really knows. [Read more](#)

Social health

Effects of poverty on childhood development seen in children as young as 5

Researchers have found that health inequities can be measured in children as young as five years old. The research contributes to a growing body of literature finding that children of colour, who are also poor, face greater health inequities than their white counterparts. [Read more](#)

The article below is not freely available but should be available via a DHB library, the NZNO library or an academic library

mHealth developmental screening for preschool children in low-income communities.

du Toit MN, van der Linde J, Swanepoel DW.

Journal of Child Health Care. October 2020. doi:[10.1177/1367493520970012](https://doi.org/10.1177/1367493520970012)

Children are often only identified with a developmental delay when they enter primary school due to developmental delays hindering academic progress. Detection of at-risk children in low-income communities is typically unavailable due to several challenges. This study validated a mHealth-based developmental screening tool as a potential time-and cost-effective way of delivering services for preschool children. This cross-sectional within-subject study screened 276 preschool children from low-income communities, using the mHealth Parents' Evaluation of Developmental Status (PEDS) tools. The mHealth PEDS tools' performance was then evaluated by comparing caregiver concerns according to the PEDS tools with results obtained using a reference standard assessment tool, the Vineland-3. The mHealth PEDS tools identified

- 237 (85.9%) of children at risk of developmental delay compared to 80.1% (n = 221) of children identified with a developmental delay using the Vineland-3.
- Sensitivity of the PEDS tools was high (92.6%) with low specificity (22.5%) using US standardised criteria.
- Literacy skills were found to be most delayed, according to the PEDS: DM (89.3%; n = 142) and Vineland-3 (87.1%; n = 134).

Low specificity of the prescribed criteria may require the implementation of adapted referral criteria within low socio-economic status (SES) settings. The mHealth PEDS tools may still be valuable for preschool developmental surveillance of children within low SES settings. It is recommended, however, that children who are identified with a developmental concern undergo a second screen to reduce false positives.

Vaccination / immunisation

Children now immunised against measles three years earlier

Children will be fully immunised against measles, mumps and rubella almost three years earlier than in the past thanks to a change brought in at the start of this month. [Read more](#)

Web-based tailored messages do not increase infant vaccination rates

(HealthDay) - Delivering web-based vaccine messages tailored to parents' vaccine beliefs and values does not improve uptake of infant vaccinations, according to a study published online Oct. 12 in *Pediatrics*. [Read more](#)

'No Jab, No Pay' policy has biggest impact in lowest SES areas

The national '[No Jab, No Pay](#)' policy has been linked to substantial catch-up vaccination activity, with some of the biggest changes observed in the lowest socio-economic status areas and for Indigenous Australians. The researchers, from the [University of Sydney](#) and the [National Centre for Immunisation Research and Surveillance](#) (NCIRS), have published their findings in the [Medical Journal of Australia](#). [Read more](#)

Youth 19 survey

Youth19 survey: One in five youth unable to access healthcare

Fears "we are failing our youth" come after new research reveals one in five high school students haven't been able to see a health professional when they needed to.

The Government-funded Youth19 survey also found thousands of pupils weren't assured of their confidentiality, and were unable to talk with a health professional in private. [Read more](#)

Youth19 Rangatahi Smart Survey, Initial Findings: Hauora Hinengaro / Emotional and Mental Health.

Fleming, T., Tiatia-Seath, J., Peiris-John, R., Sutcliffe, K., Archer, D., Bavin, L., Crengle, S., & Clark, T. (2020). The Youth19 Research Group, The University of Auckland and Victoria University of Wellington, New Zealand.

This report highlights the emotional and mental health findings from the Youth19 Rangatahi Smart Survey (Youth19). It is designed to be read with the Youth19 Rangatahi Smart Survey, Initial Findings: Introduction and Methods report, which explains how the survey was conducted, who was included and how to interpret the results. [Read more](#)

Fact sheet: Period Poverty

Period poverty is when someone cannot access menstrual items for their period, because of cost. Period poverty can lead to missing out on school, work and other important activities.

This fact sheet explores new data from the Youth19 survey. [Read more](#)

Articles of interest

Study finds second-hand smoke sends more kids to the hospital

Children who are exposed to tobacco have higher rates of hospital admissions after visiting emergency departments or urgent care facilities, according to a new study by University of Cincinnati researchers. [Read more](#)

Child health care nurses' use of teaching practices and forms of knowledge episteme, techne and phronesis when leading parent education groups.

Forslund Frykedal, K, Rosander, M, Barimani, M, Berlin a. *Nurs Inq.* 2020; 27:e12366. <https://doi.org/10.1111/nin.12366>

This study explores child health care nurses' pedagogical knowledge when supporting parents in their parenthood using various teaching practices. That is how to organise and process the content during parent education groups in primary health care. The aim is to identify teaching practices used by child health care nurses, and to analyse such practices with regard to Aristotle's three forms of knowledge to comprehensively examine child health care nurses' use of knowledge in practice. A qualitative methodological design alongside the analysis of video-recordings was used. The results showed that child health care nurses used four teaching practices:

- lecturing,
- demonstration,
- conversation, and
- supervision.

Their use of *episteme* was prominent, but they also seemed to master *techne* in combination with *episteme* during the first three teaching practices. During the conversation teaching practice, the child health nurses rarely succeeded. Consequently, they missed opportunities to identify mothers' expressed concerns and to act in the best interests of both the mothers and their infants by the use of *phronesis*. In health care, however, theoretical episteme is superordinate to productive knowledge or phronesis, which also became evident in this study. Nevertheless, more interactive pedagogical practices are needed if more use of phronesis is to become a reality in parent education groups. [Read more](#)

The article below is not freely available but should be available via a DHB library, the NZNO library or an academic library

Facilitating the adherence journey of children, adolescents, and adults on long-term growth hormone therapy

Sally Tollerfield, Sherwin Criseno, Miriam Fallon, ... et al
British Journal of Nursing, Vol. 29, No. 19: 1118-1123.

Growth hormone deficiency in children and adolescents is treated with recombinant growth hormone injections, with the aim of helping patients reach a final height that falls within their genetically predicted adult height. While this treatment is very successful, overcoming issues of patient adherence is a challenge at each stage of the treatment journey, from early childhood to adulthood. An advisory board of senior endocrine nurses convened to discuss what strategies and tools work well in achieving adherence, and the best practices they identified—including the key strategies of choice, information, teamwork, and support—were presented at the 2016 meeting of The Endocrine Society. The advisers agreed that key steps to improve adherence include:

- patient/carer-centric endocrine nursing services,
- good-quality education, and
- support, patient autonomy (where possible),
- broader treatment choice (in terms of device and self-injection),
- optimal follow-up from childhood to adulthood, and
- sharing of best practices.

The above bulletin has been compiled by Linda Stopforth, SNIPS, on behalf of NZNO College of Child and Youth Nurses.

It is provided on the first Friday of each month and contains an overview of news items, articles and research papers of interest to the Section members.

All links are current at the time of being compiled and distributed.

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