



**College of Child and Youth Nurses
NZNO monthly news bulletin
Friday, 8 January 2021**

Consultation

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

New Zealand news

Prime Minister confident at launch of new Whānau-centred young parents scheme, saying 'they've shown they work'

Prime Minister Jacinda Ardern has hailed the launch of the Tiaki Whānau pilot programme to support young parents, saying it's based on a long history of programmes "and they've shown they work". [Read more](#)

Ministry moves to prevent choking in early childhood centres

The mother of a child who was left severely disabled after choking at daycare says she is pleased with new guidelines aimed at preventing similar incidents. [Read more](#)

250,000 estimated to have been abused in state and faith based care

It has been estimated that up to a quarter of a million children, young people and vulnerable adults were abused in state and faith-based care between 1950 and 2019. [Read more](#)

Whānau Āwhina Plunket NZ Giving Free Hand Sanitiser To New Parents

Whānau Āwhina Plunket will include free Dettol Instant Hand Sanitiser 200 ml packs in around 50,000 Plunket New Parent Bags they give to families/caregivers* in a move to support good hand hygiene. [Read more](#)

Young people with lived experience to shape healthcare - ProCare

ProCare, New Zealand's largest primary health organisation, has appointed its first Youth Advisory Group. The fourteen young people who make up the group will provide guidance to the organisation, based on lived experience, to help improve health outcomes for children and young people across Auckland. The group will also guide implementation of ProCare's Population Health Strategy. [Read more](#)

Landmark statement on Indigenous Child Health in Aotearoa NZ and Australia - RACP

A person nurtured in the community contributes strongly to society. Learn the colonial history of your country. Recognise the strength and resilience of whānau. Understand how privilege and racism operates within health care systems and be open to naming it. Promote the use of te reo and tikanga Māori in workplaces. [Read more](#)

Thousands of fines handed out over missing or wrongly installed children's car seats
Hundreds of parents have been fined this year for issues with their children's car seats – and in some cases, they didn't have a car seat at all. [Read more](#)

The doctor changing a 'messed-up system' from the inside

As a paediatrician, Dr Nina Scott got frustrated seeing the same children admitted again and again.

Eventually, she grew angry at herself for not being able to keep them out of hospital and started looking at how to change the system. [Read more](#)

Tongue-tie: New guidelines for assessing and treating babies

The Ministry of Health has released new guidelines for assessing and treating babies born with tongue-tie. [Read more](#)

Autism and Aspergers

SAFE, a new therapeutic intervention for families of children with autism: a randomised controlled feasibility trial

McKenzie R, Dallos R, Stedmon J, *et al*

BMJ Open 2020;**10**:e038411. doi: 10.1136/bmjopen-2020-038411

Objectives To establish the feasibility of a definitive randomised controlled trial of Systemic Autism-related Family Enabling (SAFE), an intervention for families of children with autism.

[Read more](#)

Behavioural issues

Focusing on diversion yields positive results for kids with behavioral issues

Researchers found that focusing on diversion -- instead of detention -- yields positive results for youth with behavioral health issues. [Read more](#)

Covid-19

Pregnant women in third trimester unlikely to pass SARS-CoV-2 infection to newborns

Pregnant women who are infected with SARS-CoV-2, the virus that causes COVID-19, during the third trimester are unlikely to pass the infection to their newborns, new research suggests. The study followed 127 pregnant women who were admitted to Boston hospitals during the spring of 2020. Among the 64 pregnant women who tested positive for SARS-CoV-2, no newborns tested positive for the virus. [Read more](#)

COVID-19 generally 'mild' in young children: Evidence review

Babies and asymptomatic cases account for up to half of COVID-19 infections in the under-five age group, which has implications for vaccination programs, a new study has found.

[Read more](#)

Drugs and alcohol

Clean teens: More young Kiwis snubbing drugs, smoking and booze

It's a curious "megatrend" that has health experts scratching their heads: why are young Kiwis turning their backs on binge-drinking, smoking and drugs? [Read more](#)

Growth

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

Faltering growth: signs, symptoms and guidance on improving care

Erin Dean

Nursing Children and Young People. 33, 1, 6-6. doi: 10.7748/ncyp.33.1.6.s2

Faltering growth refers to a slower rate of weight gain in childhood than expected for their age and sex. Concerns about faltering growth may be raised by healthcare professionals or parents about a child they feel is not feeding or eating, not growing as expected or is thin or seems unwell. Faltering growth in early childhood may be associated with persistent problems with appetite and feeding.

Kids and health professionals / hospital

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

Positive impacts of a dedicated General Paediatrics “home” ward in a tertiary paediatric Australian hospital.

Venettacci, O. and Skull, S. (2021),

J Paediatr Child Health. <https://doi.org/10.1111/jpc.15305>

Whilst a centralised model of care intuitively makes sense and is advocated in other subspecialty areas of medicine, there is a paucity of supportive evidence for General Paediatrics. Following ward restructuring at our tertiary paediatric centre in preparation for the COVID-19 pandemic, a new dedicated General Paediatrics ward was established. We evaluated medical and nursing staff well-being, morale and perceived impacts on care after the ward's establishment.

Learning disabilities

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

Planning surgery for young people with learning disabilities

Cheryl Honeyman

Nursing Children and Young People. doi: 10.7748/ncyp.2020.e1286

Surgery for spinal deformity is complex and preparation involves a wide multidisciplinary team. For young people with learning disabilities, especially those who have behaviour that challenges, there are further considerations to ensure that their hospital stay is a positive experience and all their additional needs are met. Staff and carers need to be well informed and there must be effective communication. Evaluation of one patient's journey through pre-assessment, surgery and rehabilitation has identified the need for more input from learning disability liaison nurses in acute children's services.

Maternity and neonatal care

Singing to preterm infants during kangaroo care reduces maternal anxiety

Premature births are stressful experiences that increase the risk of anxiety for mothers and may hinder the development of interaction between mother and infant. A new study indicates that the combination of singing and kangaroo care boosts the wellbeing of the mothers of preterm infants, also making it easier for them to establish a connection with their baby.

[Read more](#)

NICU uses massage, kangaroo care with preemies

SSM Health Cardinal Glennon Children's Hospital in St. Louis is using massage therapy and kangaroo care, which involves and skin-to-skin contact between infants and parents, to

improve outcomes among preemies in the neonatal intensive care unit. Massage therapy helps babies associate touch with something positive, as opposed to sensing touch as the possibility they will undergo another medical procedure. [Read more](#)

Mental health

Teen dislike of physical appearance strong predictor of depression in early adulthood

Teens who are unhappy with their physical appearance are at significantly heightened risk of depression by the time they reach early adulthood. [Read more](#)

Three pillars of mental health: Good sleep, exercise, raw fruits and veggies

Getting good quality sleep, exercising, and eating more raw fruits and vegetables predicts better mental health and well-being in young adults, a study has found. [Read more](#)

Youth depression tied to higher risk of 66 diseases and premature death

Depressed children and teenagers have an increased risk of suffering from premature death and a wide range of illnesses later in life. That is according to a large observational study by researchers at Karolinska Institutet in Sweden. The findings highlight the need to look for other potential diseases following childhood or adolescent depression. Other psychiatric conditions, such as anxiety and substance misuse, can explain part of the association. The study is published in the journal JAMA Psychiatry. [Read more](#)

Obesity

World-first research uses gut bacteria to improve health of obese teenagers - study

New Zealand research has shown how gut bacteria from healthy, lean people can be used to improve the health of teenagers who are clinically obese. [Read more](#)

Pain

Clowns may help children cope with the pain and anxiety of hospital treatment

Hospital clowns might help improve physical symptoms and psychological wellbeing in children and adolescents having treatment for acute or chronic conditions, finds a study in the Christmas issue of The BMJ. [Read more](#)

Parenting

Engaged dads can reduce adolescent behavioral problems, improve well-being

In low-income families, fathers who are engaged in their children's lives can help to improve their mental health and behavior, according to a new study. [Read more](#)

Primary health care

Placing GPs in emergency departments benefits patients and reduces healthcare costs

Integrating GPs into children's emergency departments for non-urgent cases can reduce waiting times, inpatient admissions and healthcare costs, but at the expense of increased antibiotic prescribing, a new Liverpool study has found. [Read more](#)

Respiratory

Asthma attacks in children are always preceded by poor asthma control: myth or maxim?

Heather H. De Keyser, Stanley Szeffler

Breathe 2020 16: 200169; DOI: 10.1183/20734735.0169-2020

Some, but not all, asthma exacerbations in children are preceded by poor asthma control

[Read more](#)

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

When and how should you ventilate a child?

Mike Stephenson

Nursing Children and Young People. 33, 1, 10-10. doi: 10.7748/ncyp.33.1.10.s5

The importance of mechanical ventilation and why there is a move to non-invasive treatment Ventilators play an essential role in supporting the respiratory system and breathing at several stages in a child's life. The purpose of a ventilator is to ensure a child's lungs receive sufficient air flow to deliver oxygen and remove carbon dioxide, while reducing the effort required by the child to move air in and out of the lungs ([Tobin and Manthous 2017](#)).

Rheumatic fever

Pacific Fono: a community-based initiative to improve rheumatic fever service delivery for Pacific Peoples in South Auckland.

The National Hauora Coalition;¹ Anderson Anneka, The National Hauora Coalition;¹ Brown Rachel, The National Hauora Coalition;¹ Wheeler Jadene, The National Hauora Coalition;¹ Jansen Rawiri McKree The National Hauora Coalition;¹ (2020) *Journal of Primary Health Care* **12**, 384-390.

<https://doi.org/10.1071/HC20022>

BACKGROUND AND CONTEXT: Rheumatic fever inequitably affects Māori and Pacific children in New Zealand. School-based throat swabbing services, such as the South Auckland Mana Kidz programme, are a key element of rheumatic fever prevention interventions.

ASSESSMENT OF THE PROBLEM: Counties Manukau has the highest national rates of rheumatic fever (4.7 per 100,000 for first recorded rates). Given these disparities, Mana Kidz undertook an exploratory, community-based initiative to improve its service delivery for Pacific Peoples. [Read more](#)

Screen time and digital devices

Q+A: Parenting expert Nathan Wallis on children and screen time

New Zealand children spend too much time on digital devices, but cutting back is easier said than done. As part of a series on children and screen time, neuroscience educator and child development expert Nathan Wallis shares some tips with National Correspondent Katie Kenny. [Read more](#)

Social health

Eat My Lunch to feed 16,500 kids under Government's free school lunches scheme

Social enterprise Eat My Lunch has won the tender for the Government's Ka Ora, Ka Ako healthy school lunches programme, to feed 16,500 Kiwi kids a day from next year.

[Read more](#)

Preschool program linked with better social and emotional skills years later

A preschool enrichment program helps boost social and emotional skills that still have positive effects years later during middle and high school, according to a new study.

[Read more](#)

Impoverished children exposed to nurturing care have higher IQ scores in adolescence

Preschoolers living in impoverished communities who have access to a nurturing home environment have significantly higher intelligence quotient (IQ) scores in adolescence compared to those raised without nurturing care. That is the finding of a new international

study conducted by University of Maryland School of Medicine (UMSOM) researchers, which examined data from more than 1600 children from Brazil and South Africa who were followed from birth through their teenage years. Results were published this week in The Lancet Child & Adolescent Health journal. [Read more](#)

Transitioning care

Patient and parent perspectives on transition from paediatric to adult healthcare in rheumatic diseases: an interview study

Jiang I, Major G, Singh-Grewal D, et al

BMJ Open 2021;11:e039670. doi: 10.1136/bmjopen-2020-039670

Objectives To describe the experiences, priorities, and needs of patients with rheumatic disease and their parents during transition from paediatric to adult healthcare. [Read more](#)

Vaccination / immunisation

Paediatric Vaccines

Research Review

Issue 44

In this issue, a US phase 1 trial supports the selection of the COVID-19 vaccine candidate BNT162b2 for advancement to phase 2–3 safety and efficacy evaluation, an interesting article discusses an ethical framework for global COVID-19 vaccine allocation, and a brief communication hot off the press indicates that the Pfizer mRNA vaccine has the potential to provide durable humoral immunity. [Read more](#)

Articles of interest

Creating reliable and informative video content for patients

The ever-increasing demand for quality, engaging information is providing opportunities for hospitals and healthcare services to create real and authentic content that connects and informs their patients. We know that most patients will Google everything, so why not give them trustworthy and reliable content that they can watch? [Read more](#)

Nurse home visiting and prenatal substance use in a socioeconomically disadvantaged population in British Columbia: analysis of prenatal secondary outcomes in an ongoing randomized controlled trial

cmajo October 27, 2020 vol. 8 no. 4 E667-E675. doi: 10.9778/cmajo.20200063

Background: Nurse-Family Partnership (NFP) involves public health nurses providing frequent home visits from early pregnancy until children reach age 2 years, focusing on first-time parents experiencing socioeconomic disadvantage. Our aim was to evaluate NFP's effectiveness in improving child and maternal health. [Read more](#)

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

A challenging balancing act to engage children and their families in a healthy lifestyle – nurses' experiences of child-centred health dialogue in child health care services in Sweden.

Castor, C., Derwig, M., Borg, S.J., Ollhage, M.E. and Tiberg, I. (2021),

J Clin Nurs. Accepted Author Manuscript. <https://doi.org/10.1111/jocn.15622>

To describe nurses' experiences of a child-centred family-guided intervention for the prevention of obesity, the Child-Centred Health Dialogue (CCHD) with children and their caregivers when the child is identified with overweight in the child healthcare service.

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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