



**College of Child and Youth Nurses
NZNO monthly news bulletin
Friday, 7 May 2021**

Consultation

NZNO consults with members on a range of issues.

The full outline can be [found here](#)

Newborn Pulse Oximetry Screening

NZNO welcomes your feedback on draft Ministry of Health guidelines for newborn pulse oximetry screening. Some District Health Boards have implemented the screening and others are yet to introduce it.

Proposals for a Smokefree Aotearoa 2025 Action Plan

NZNO welcomes your feedback on the Ministry of Health's proposed actions to achieve their Smokefree 2025 goal.

Sunscreen (Product Safety Standard) Bill

NZNO welcomes your feedback on a bill that aims to introduce mandatory regulation of safety standards for sunscreen products.

Aotearoa New Zealand's Histories in our National Curriculum

Aotearoa New Zealand's histories are being incorporated into the national curriculum to ensure that all ākonga (learners) in all schools and kura learn about fundamental aspects of our country's history and how these have shaped our lives.

NZNO sees this as very important from an equity perspective. We welcome your feedback on the draft curriculum content. Please note we are particularly keen to hear from members who are supporting health services in schools.

New Zealand news

Health Minister Andrew Little praises new Māori-led service for at-risk mothers in Whanganui

Minister of Health Andrew Little was in Whanganui on Thursday, meeting with Māori and iwi health practitioners tasked with delivering a new programme for at-risk mothers and their whānau. [Read more](#)

Report Finds Inequities For Māori Following Major Trauma

The Perioperative Mortality Review Committee (POMRC) is calling for district health boards (DHBs) to conduct an in-depth review into all cases of major trauma resulting in hospitalisation in Māori aged 15-18 years. [Read more](#)

Enhancing Resilience Of Pacific Youth In South Auckland

Foundation North has recently granted \$98,100 to The Tongan Health Society to support its wellbeing work with young Pacific people in Auckland. [Read more](#)

Number of parents smacking children drops by half in 15 years

There has been a significant reduction in the number of parents smacking their children, a new study has found. [Read more](#)

Missing babies: Scramble to track down children lost from health system

Authorities are urgently trying to track down babies missing from the nation's health system - sparking fears about the wellbeing of potentially hundreds of at-risk Kiwi children. [Read more](#)

Exclusive: Inside Starship's paediatric intensive care unit

Sunday's Miriama Kamo was given a rare and exclusive look inside PICU at Starship Children's Hospital in Auckland. [Watch here](#)

Autism and Aspergers

Individualized training is key for autistic adolescents learning to drive

A new study identified clear strengths and a series of specific challenges autistic adolescents experience while learning to drive. [Read more](#)

Study examines movement in children with autism

Researchers have used real-time 3D animation to investigate motor impairments in children who have autism spectrum disorder (ASD). The study found that when teaching or coaching new movements to an individual with autism, the teacher or coach needs to understand the individual with autism's specific motor learning characteristics. [Read more](#)

Body image

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

Promoting Confident Body, Confident Child in community child health: A mixed-methods implementation study.

Norton, L, Hart, LM, Butel, F, et al.

Health Promot J Austral. 2021; 00: 1– 9. <https://doi.org/10.1002/hpja.487>

To evaluate population-level implementation of Confident Body, Confident Child (CBCC); an evidence-based program providing parenting strategies to promote healthy eating, physical activity and body satisfaction in children aged 2-6 years; with community child health nurses (CHNs).

Breastfeeding

Why Are Māori Preterm Babies Less Likely To Get Breast Milk?

Why are preterm babies less likely to get breast milk if they're Māori?

That question has emerged from research by the University of Auckland's Liggins Institute into nutrition for preterm babies. [Read more](#)

Govt move to increase breastfeeding as only one-fifth of babies breastfed to six-months

The Government has launched a push to reduce barriers for breastfeeding among Kiwi women, as uptake languishes below target. [Read more](#)

Bullying

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

Risk factors for teen suicide and bullying: An international integrative review.

Cuesta, I, Montesó-Curto, P, Metzler Sawin, E, et al.

Int J Nurs Pract. 2021;e12930. <https://doi.org/10.1111/ijn.12930>

This study aimed to analyse risk and protective factors for teen suicide and bullying.

Background

Research shows that high percentages of bully-victims report suicidal thinking or suicide attempts.

Child protection

When does a bruise on an infant or young child signal abuse?

A refined and validated bruising clinical decision rule (BCDR), called TEN-4-FACEsp, which specifies body regions on which bruising is likely due to abuse for infants and young children, may improve earlier recognition of cases that should be further evaluated for child abuse. [Read more](#)

Clinical practice

Pediatric magnet ingestion,

Powell, Bridget BSN, RN; Parsh, Bridget EdD, RN

Nursing: May 2021 - Volume 51 - Issue 5 - p 11 doi: 10.1097/01.NURSE.0000743084.78702.3c

A child was brought to our ED after ingesting beads from a magnetic bracelet her mother had been wearing. Usually children are just monitored when they ingest such small objects, but this child was sent to the OR for removal despite being asymptomatic. What are the concerns with magnet ingestion? [Read more](#)

Dental treatment

Dental care for East Coast teenagers after principal fights tooth and nail for 20 years

Hundreds of East Coast teenagers will now get dental check-ups after a school principal says she had to call out health authorities for alleged systemic discrimination of Māori students before getting any action. [Read more](#)

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

Body mass index and dental caries in New Zealand pre-school children: A population-based study.

Aung, Y.M., Jolleyman, T., Ameratunga, S. and Tin Tin, S. (2021),

J Paediatr Child Health. <https://doi.org/10.1111/jpc.15500>

Pre-school dental caries is a significant public health problem and may be associated with the growth and nutritional status of children. This study aimed to investigate the association

between body mass index (BMI) and early childhood caries (ECC) among pre-school children.

Diet, food and nutrition

Research finds baby food pouches are sweet and low in iron

Research out of the University of Otago's Department of Human Nutrition has examined the nutritional quality of baby food pouches found in most supermarkets. The findings which include notable results around sugar and iron content have been published in the Nutrients journal. [Read more](#)

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

Adaptation and reliability of 'Nutrition Screening Tool for Every Preschooler' (NutriSTEP) for use as a parent administered questionnaire in New Zealand.

Wham, C., Edge, B. and Kruger, R. (2021),

J Paediatr Child Health. <https://doi.org/10.1111/jpc.15499>

To adapt the validated Canadian Nutrition Screening Tool for Every Pre-schooler (NutriSTEP), for use in New Zealand and test its reliability to identify nutrition risk in pre-school children aged 2–5 years, as a parent administered questionnaire.

Disabilities

More support needed for children with disabilities - advocate

Children with disabilities are more likely to be living in poverty, and families and advocates say they need more government assistance to help with extra costs. [Read more](#)

Health literacy

Children and young people need accurate, accessible information about their healthcare (UK)

New draft guidance from NICE published today recommends ensuring children and young people are fully informed about their health so that they are empowered to take an active role in their healthcare. [Read more](#)

Injury prevention

Coroner wants new regulations to stop roman blinds strangling toddlers

The coroner is asking for the urgent introduction of new regulations to stop roman blinds from strangling toddlers. [Read more](#)

Kids and health professionals / hospital

Impact of professional interpreters on outcomes for hospitalized children from migrant and refugee families with limited English proficiency: a systematic review,

Boylen, Susan; Cherian, Sarah; Gill, Fenella J.; Leslie, Gavin D.; Wilson, Sally

JBI Evidence Synthesis: July 2020 - Volume 18 - Issue 7 - p 1360-1388 doi:

10.11124/JBISRIR-D-19-00300

The objective of the review was to identify, critically appraise and synthesize evidence on the impact of professional interpreters on outcomes for hospitalized children from migrant and refugee families with limited English proficiency. [Read more](#)

Maternity and neonatal care

Newborns with vitamin D 'more likely to be hospitalised for respiratory infections'

New University of Auckland research has found that newborns with lower levels of vitamin D are twice as likely to be admitted to hospital with acute respiratory infections during infancy. [Read more](#)

Mental health

Childhood diet and exercise creates healthier, less anxious adults

Exercise and a healthy diet in childhood leads to adults with bigger brains and lower levels of anxiety, according to new research. [Read more](#)

Government to expand school mental health, wellbeing programme

An in-school mental health and wellbeing programme will be rolled out to the West Coast, Bay of Plenty, Rotorua, Taupō, south Auckland and Northland. [Read more](#)

Demand for youth mental health services at crisis point

The demand on counsellors and therapists working in mental health has been described as “a tidal wave that keeps coming” as services struggle to keep up. [Read more](#)

Review: One-third of children develop post-concussion mental health issues

A third of children and adolescents develop a mental health problem after a concussion, which could persist for several years post-injury, according to a new literature review. [Read more](#)

NIMH Expert Dr. Mary Rooney Discusses Bipolar Disorder in Adolescents and Young Adults

In recognition of World Bipolar Day, NIMH hosted a livestream event on bipolar disorder in adolescents and young adults on March 30, 2021. Clinical psychologist and chief of the Child and Adolescent Psychosocial Interventions Research Program at NIMH, Mary Rooney, Ph.D., discussed bipolar disorder in adolescents and young adults. Also, Dr. Rooney discussed some of the challenges that the coronavirus (COVID-19) outbreak has presented for individuals living with bipolar disorder and other mental illnesses. [Read more](#)

Young adults suffering from mental illness: Evaluation of the family-centred support conversation intervention from the perspective of mental healthcare professionals.

Moen, Ø.L., Aass, L.K., Schröder, A. and Skundberg-Kletthagen, H. (2021), J Clin Nurs. <https://doi.org/10.1111/jocn.15795>

To explore how mental healthcare professionals' experience and evaluate the use of Family-Centred Support Conversation Intervention.

Background

Mental health professionals working in the community mental health service provide treatment, care and support to young adults suffering from mental illness. Young adults suffering from mental illness are dependent on other family members and live close to the family. The Family-Centred Support Conversation promotes healing and alleviates the suffering of the family. [Read more](#)

Respiratory

Premature babies could spend less time on potentially harmful ventilators thanks to Christchurch research

A new discovery about the lungs of premature babies – which could improve the way neonatal patients are treated – has been made as part of a Christchurch research collaboration. [Read more](#)

Māori Children Hospitalised With Asthma At Twice Rate Of Non-Māori, Study Finds

A study published today (16 April) in the New Zealand Medical Journal highlights clear inequities in the health outcomes of New Zealand children with asthma. [Read more](#)

Rheumatic fever

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

Structured review of primary interventions to reduce group A streptococcal infections, acute rheumatic fever and rheumatic heart disease.

Bennett, J., Rentta, N., Leung, W., Anderson, A., Oliver, J., Wyber, R., Harwod, M., Webb, R., Malcom, J. and Baker, M.G. (2021),
J Paediatr Child Health. <https://doi.org/10.1111/jpc.15514>

Rheumatic heart disease (RHD) is a large, preventable, global public health burden. In New Zealand (NZ), acute rheumatic fever (ARF) and RHD rates are highest for Māori and Pacific children. This structured review explores the evidence for primary prevention interventions to diagnose and effectively treat group A *Streptococcus* (GAS) pharyngitis and skin infections to reduce rates of ARF and RHD. Medline, EMBASE and Scopus databases were searched as well as other electronic publications. Included were 50 publications from 1980 onwards. This review has identified that there is little available evidence for effective primary prevention strategies to reduce ARF rates in NZ. However, two primary intervention strategies that should be considered by communities at high-risk of ARF are: the use of school-based clinics to identify and treat GAS pharyngitis and GAS skin infections; and intramuscular benzathine penicillin G with lignocaine analgesia in children who present with a GAS positive throat.

Schooling

Schools' exclusion of children with high needs 'common' - advocates

Parents of children with special needs are often asked to reduce the hours their children attend school, or take an extended break to avoid them being expelled altogether.

[Read more](#)

Breakfast After the Bell programs reduce school absenteeism

Making a healthy breakfast available to students not only can help alleviate hunger and improve concentration at school; it also appears to encourage regular attendance, according to new research I co-authored. [Read more](#)

“It Would be Harder Without Faith”: An Exploratory Study of Low-Income Families’ Experiences of Early Childhood Inclusive Education in New Zealand.

Zhang, K.C., Li, Q.

J Relig Health (2021). <https://doi.org/10.1007/s10943-021-01270-1>

New Zealand has a reputation for having one of the most inclusive education systems in the world. However, research and anecdotal evidence show that many parents of young children

with disabilities have difficulties accessing intervention and health-care services and may be less satisfied when they do receive services. In addition, though a plethora of research has been done on inclusive education, little attention has been given by researchers to low-income parents' perspectives on early childhood inclusion in New Zealand. This paper draws on findings from a qualitative study on 30 parents' experiences of early childhood inclusive education in New Zealand. Parents participating in this study came from different religious backgrounds, represented diverse ethnicities, all had at least one child who had a diagnosis of disabilities and/or chronic illness, and met the low-income criteria of New Zealand. Results showed that though the majority of the families appreciated the flexible time and structures of the early childhood programs their children attended, parents were concerned about the lack of intervention services for their children. In addition, these low-income families reported that they had limited access to early interventions and resources. The findings also highlight the importance of the use of positive coping methods (e.g., maintaining a positive outlook and seeking social support), and the role faith plays in family life.

School nursing

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

Embedding public health advocacy into the role of school-based nurses: addressing the health inequities confronted by vulnerable Australian children and adolescent populations.

Jones Debra, Randall Sue, White Danielle, Darley Lisa-Marie, Schaefer Gabrielle, Wellington Jennifer, Thomas Anu, Lyle David (2020)
Australian Journal of Primary Health 27, 67-70.

There has been a growth in Australian school-based nurses to address the inequities confronted by vulnerable students and school populations. Failure to address inequities can be evidenced in intergenerational poverty, poorer health and educational attainment and diminished life opportunities. School-based nurses are ideally located to advocate for public health policies and programs that address social determinants that detrimentally affect the health of school populations. However, school-based nurses can confront professional and speciality challenges in extending their efforts beyond individual student advocacy to effect change at the school population level. Guidance is required to redress this situation. This paper describes public health advocacy, the professional and speciality advocacy roles of school-based nurses and the barriers they confront in advocating for the health of school populations and strategies that can be used by key stakeholders to enhance school-based nursing public health advocacy efforts. School-based nurses who are competent, enabled and supported public health advocates are required if we are to achieve substantial and sustained health equity and social justice outcomes for vulnerable school populations.

'We're definitely that link': the role of school-based primary health care registered nurses in a rural community.

Sanford Catherine, Saurman Emily, Dennis Sarah, Lyle David (2020)
Australian Journal of Primary Health 27, 76-82.

Children and adolescents in rural Australia experience poorer health and educational outcomes than those in urban areas. This paper presents findings from a qualitative study exploring the role of primary health care registered nurses (RNs) working in the School-Based Primary Health Care Service in Broken Hill, far west New South Wales. The Service integrates health district-employed RNs with school learning and support teams to increase service access and improve health and education outcomes for students. The findings show that RNs used care navigation to reduce barriers to care by addressing healthcare candidacy with students and families. The RNs also linked schools, families and health and social care services, and facilitated intersectoral collaboration to improve the support

provided to students experiencing health and developmental issues. Integrating health district-employed RNs with existing student support services is a promising approach to improving the health and education of disadvantaged students. This study provides individual- and system-level explanations of the role of the school-based primary health care RN and can inform the development of similar services elsewhere.

Screen time/digital devices/social media

New study links screen time to children's emotional, behavioural difficulties

Young children who spend large amounts of time on mobile screens are more likely to have problems sleeping and managing their emotions and behaviour, a new Australian study has confirmed. [Read more](#)

Sexuality/Sexual health

New approach to adolescent contraception provision needed - researchers

The current system for providing teenagers with contraception is not working and should be replaced with a proactive approach, University of Otago researchers say. [Read more](#)

Relationships now the focus of sex education for young New Zealanders

Sex education is no longer just about sex, with consent, gender, sexual orientation and healthy relationships now key issues concerning young Kiwis. [Read more](#)

NZ Family Planning

New course on Gender and Sexual Diversity

We have a new online course on Gender and Sexual Diversity as part of our health promotion and education suite. It is FREE for teachers, guidance counsellors, school nurses, social workers, community and youth workers. This three hour course explores diversity in sex, sexuality and gender utilising the Affirming Diversity resource.

[Visit our website to register](#) for any of the three sessions in May, June and July

Sport and exercise

Ditching fitness programme in schools will have long-term effects on health - expert

The ending of a long-running health and fitness programme for young people in Waikato has upset one of the driving forces behind it and schools. [Read more](#)

Newsletters

Child Health Research Review

Issue 15

This issue includes a special focus on the impact of COVID-19 public health measures on the incidence of childhood respiratory viral infections.

Other highlights include:

Daily emollient use during infancy does not prevent eczema

Isotretinoin and depression in individuals with acne

Common infant symptoms and cow's milk allergy [Read more](#)

Articles of interest

A Nurse's Guide to Social Media

Social media can be a tricky business, especially for a profession struggling with how and when to use our voices and one that is held to such a high standard. Nursing is the [most trusted profession](#), but one wrong move on social media may leave people questioning a nurse's character. For example, a group of nurses who go viral for recording a dance video on Tik Tok to build camaraderie may leave the nurses under scrutiny and accused of neglecting their patients. Improper use of social media, such as sharing patient information online, may even result in nurses being involved in litigation (pro tip: don't ever share patient information online). [Read more](#)

Secondhand Smoke Is Sending Kids to the ER

MONDAY, March 29, 2021 (HealthDay News) -- Nonsmokers usually try to avoid secondhand smoke, but many kids have no option, and now a new study finds tobacco smoke exposure puts them at higher risk of hospitalization. [Read more](#)

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

Early detection of cerebral palsy in high-risk infants: Translation of evidence into practice in an Australian hospital.

King, A.R., Machipisa, C., Finlayson, F., Fahey, M.C., Novak, I. and Malhotra, A. (2021), J Paediatr Child Health, 57: 246-250. <https://doi.org/10.1111/jpc.15191>
The early diagnosis of cerebral palsy (CP) allows children timely access to early intervention. In 2018, Monash Children's Hospital established an Early Neurodevelopment Clinic based upon evidence-based guidelines for the early diagnosis of CP in high-risk infants. In this study, we aimed to characterise the infants presenting to the clinic and determine the rate of CP diagnosis.

Development and validation of a Fever Management Questionnaire aimed at parents and care givers.

Arias, D., Chen, T.F. and Moles, R.J. (2021), J Paediatr Child Health, 57: 192-197. <https://doi.org/10.1111/jpc.15168>
The symptoms of childhood fever are often inappropriately managed by care givers resulting in overuse of health resources and medication errors. Understanding care giver's knowledge, attitudes and beliefs about fever management using a validated questionnaire is warranted. The aim of this study was to develop and validate a comprehensive Fever Management Questionnaire.

Adolescence: physical changes and neurological development

Olivia Best and Sasha Ban

British Journal of Nursing, Vol. 30, No. 5: 272-275.

This article provides a brief overview of adolescence. It highlights the key physical changes related to puberty and identifies the latest understanding of neurological development in young people. It is also recognised, within the article, that this period of rapid change can have an impact on social and emotional wellbeing. There are conditions that typically have an onset during adolescence, examples of this are offered. The term 'adolescence' is used to describe the stage of development and growth and 'young people' is used throughout to refer to the individuals.

Nurse-led service for children with gastrostomies: a 2-year review

Radhika Patel, Mohamed Mutalib, Akhilesh Pradhan, Hannah Wright, and Manasvi Upadhyaya

British Journal of Nursing, Vol. 30, No. 8: 462-466.

Percutaneous endoscopic gastrostomy (PEG) feeding can provide long-term nutritional support for patients with a functional gastrointestinal system but insufficient oral intake. Some patients, however, may require jejunal feeding, which can be achieved using a PEG tube with jejunal extension (PEG-J). A previous review at a tertiary paediatric hospital revealed poor documentation and a high incidence of buried bumper syndrome (BBS) in children with gastrostomies. Subsequently, a nurse-led service for gastrostomy care was introduced.

Aim: To determine the impact of the nurse-led 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.

For feedback please contact your section administrator: secretary.ccyn@gmail.com

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