



From the Chair...

Kia ora, Talofa lava, Malo e lelei, Fakaalofa atu, Namaste

Kia ora Members,

My apologies for the delay in getting this last CCYN newsletter of the year out to you all but hope that it finds you all well and ready for the festive season with hopefully a bit of a break planned to restore yourselves ready for 2022.

It has been another long, challenging and tiring year for all of us and as I mentioned in my report at the AGM, the impact of Covid-19 on us and our colleagues in the international nursing community has been significant. Together we have rallied, often pulled in all directions to support different causes such as vaccinating, contact tracing, covid testing, providing care for those suffering with Covid-19 and caring for those who still need us regardless of Covid. Never have I felt prouder to be a nurse than in these challenging times.

The past 12 months have been productive for the CCYN committee; despite lockdowns impacting our ability to sometimes meet face to face, we managed to maintain contact with each other and our members through Zoom meetings, newsletters, and monthly emails. We continued to offer input on Government submissions relating to child and youth health throughout and continued to plan for our 2021 CCYN Symposium. I am immensely grateful for the commitment and support of the committee members during this time, all of whom were simultaneously balancing other work and family demands.

The CCYN Committee are delighted to welcome Yune Fontaine onto the committee. Yune will be covering Emma Densem whilst she is on parental leave and brings with her a wealth of paediatric experience and expertise from both the United States and New Zealand. We are really looking forward to working with Yune in 2022.

We hope you enjoy this Summer 2021/22 edition of TimeOut, there are lots of links to click and hopefully some interesting holiday reading!

Ngā mihi o te Kirihimete me te Tau Hau,

Sarah Williams, Chair, College of Child and Youth Nurses, NZNO



JR McKenzie Trust

NZ Child and Youth Epidemiology Service

YOUTH19
A Youth2000 Survey



TIME Out

National News



MANAAKITIA A TĀTOU TAMARIKI
**Children's
Commissioner**

News from the Office of the Children's Commissioner: On the 1st of November 2021, Judge Frances Eivers was appointed as the new Children's commissioner. Judge Eivers was born in Kawerau and is of Ngāti Maniapoto and Waikato descent. Before being appointed Commissioner, Judge Eivers worked in the District Court in Manukau, working extensively with mokopuna in the New Zealand court system. Her background gives her the ability, and credibility, to walk in two worlds: te ao Māori and te ao Pākehā. As part of a review process within the Office of the Children's Commissioner, monitoring activities under the Oranga Tamariki Act are transferring to the Independent Children's Monitor. This will enable Judge Eivers to focus on advocating for our tamariki and rangatahi.

The Office of the Children's Commissioner for children has a range of links to web pages and information to support children and young people and the adults who care for them. [Click here](#) to access the links.

Children & COVID-19

Children's Rights in the COVID-19 response outlines what has worked for children in the COVID-19 response over the last year and recommends ways to better implement children's rights in laws, policies and practices. It is the third thematic report in the Getting it Right series prepared by the Children's Convention Monitoring Group. Read the content here [Getting it right: Children's rights in the Covid-19 pandemic](#).

And More...



The Child Poverty Monitor is a partnership between the **J R McKenzie Trust**, the **Office of the Children's Commissioner** and the **NZ Child and Youth Epidemiology Service**. This partnership began in 2013 and each year they measure and on child poverty and current initiatives for improvement. The Child Poverty Monitor for 2021 was launched on 6 December. For more information, follow the [Link to the child poverty monitor page](#). The Child Poverty Monitor Report for 2021 can be accessed separately [here](#).

Youth19 Rangatahi Smart Survey reports

Youth 19 is the latest in the Youth 2000 series of NZ adolescent health and well-being surveys conducted in 2019 in Auckland, Northland and Waikato regions by researchers from The University of Auckland, Victoria University of Wellington, University of Otago and Auckland University of Technology. The survey builds on previous Youth2000 surveys beginning in 1999. In Youth19, 7721 year 9-13 students, 92 alternative education students and 78 who are not in education, training or employment were surveyed. Two reports explore the experiences of young people. To find out more [click here](#), or follow the link below to learn more about the [adolescent health research group](#)



CCYN Committee L to R:
Emma Collins, Anna Hamed, Katie Mullord, Michelle Adams, Jo Clark-Fairclough, Emma Densem, Marg Bigsby, Sarah Williams. Absent: Donna Burkett & Yune Fontaine

Even more....



More than 6000 children and their families in New Zealand are taking part in the *Growing up in New Zealand* longitudinal study about what it's like to grow up in New Zealand. The 12-year Kōrero/Interviews have begun and will run for around nine-months. The information gathered will be released in a report called "Now We Are 12" in 2023. For more information about the Growing up in New Zealand study and to access previous years findings, follow this link [Growing up in New Zealand](#). *Growing Up in New Zealand* data is available for researchers, Government organisations, NGOs and others to access, analyse and use. Information about studies using the data can be found at <https://www.growingup.co.nz/research-projects>



2022 is a key year for children's rights in New Zealand. The UN Committee (comprising 18 international experts on children's rights) meets in **May 2022** to review the NZ Government's report on what it has done over the last 5 years to uphold and progress children's rights. The Children's Rights Alliance also presents a report (a collated civil society point of view), on what is going well and where improvements could be made. The UN Committee review both reports and engage in constructive dialogue with the NZ Government delegation about steps that are recommended to strengthen respect for children's rights in Aotearoa New Zealand. The UN committee review children's rights every 5 years. The Children's Rights Alliance has identified 8 areas which are considered key to upholding children's rights in its 2021 draft report. To read more about the key areas and the mahi being done in preparation for May 2022, follow the link: [Reporting on Children's Rights in New Zealand](#).

General CCYN Committee News

Unfortunately, due to Covid-19 travel restrictions the committee has only been able to meet face to face twice this year but we do use Zoom for our regular catch-ups. On the left is a picture of the team taken in the Wellington NZNO office earlier this year.

CCYN Scholarship

Twice a year the CCYN offers a scholarship of up to \$500 to help support CCYN members to attend conferences, engage in professional development, and contribute to their knowledge development in regards to child and youth nursing. The next due date for scholarship applications is **March 18th 2022**. There is a simple application form to be completed with some supporting evidence required. Please consider applying for this scholarship. If you are successful, all we ask is that you write a small report for this newsletter about the PD opportunity you engaged with. More details including the application form can be found here on the NZNO Scholarship and Grants page: https://www.nzno.org.nz/support/scholarships_and_grants



Beyond NZ – Global Bulletin

unicef | for every child 75

In October of this year, Unicef released its Flagship Report: The State of the World's Children 2021: *On my mind: Promoting, protecting and caring for children's mental health*

The report examines child, adolescent and caregiver mental health. It highlights the increasing concerns about the mental health of children, exacerbated by the Covid-19 pandemic but arguably an issue that has been present for some time and ignored for far too long. It is estimated that more than 13% of adolescents aged 10-19 live with a diagnosed mental health disorder as defined by the World Health Organisation. Anxiety and depression make up about 40% of these disorders.

The report calls for a commitment, communication and action to promote good mental health for every child as well as protecting vulnerable children and caring for children facing significant challenges. The report makes sobering reading but it is important as child and youth nurses we remain current about the issues young people are facing and be prepared to advocate for their needs at every opportunity. Click [here](#) to view the executive summary of this report.

Further information and resources can be found at <https://www.unicef.org/reports/state-worlds-children-2021>



Save the Children

Save the Children also produced a very interesting report this year: *[To be a child in the toughest places'](#)*

The report examines the many factors that rob children of their childhoods, such as: ill health, poverty, malnutrition, exclusion of education, early marriage and pregnancy, and child labour. The report includes the End of Childhood Index which compares the latest data for 186 countries (including New Zealand) and assesses where the most and the fewest children are missing out on childhood.



The world's climate crisis is affecting children and their rights, and will continue to affect future generations of children. Across the world, a growing number of children are demanding action on climate change. **Save the Children** has published a report on ways that children can participate and have a voice in their future. Although the COP has ended for 2021, this publication has useful information about how to include children's voices in events that will impact them. Read the report here [A COP fit for children.](#)





Global Nursing News

As we mentioned in our previous newsletter, the 74th World Health Assembly took place earlier this year. The Assembly marked a significant moment for nursing and midwifery, resulting in the first Resolution focused on nursing and midwifery in ten years. For the first time, Member States of the World Health Organization (WHO) considered the WHO [Global Strategic Directions for Nursing and Midwifery](#) (SDNM 2021-2025) and adopted it with a Resolution: [WHA74.15](#). In this Resolution, the World Health Assembly calls on partners and stakeholders from within the health sector and beyond to engage in and support the implementation of the global strategic directions for nursing and midwifery 2021–2025. The 12 policy priorities in the SDNM 2021-2025 reflect findings from the [State of the World's Nursing 2020](#) and [State of the World's Midwifery 2021](#). They provide an exciting new global mandate for nursing and midwifery.

You can read the WHO's [Global Strategic Directions for Nursing and Midwifery](#) and find language versions including Arabic, Chinese, French, Portuguese, Russian, and Spanish [here](#).

Recent research in Aotearoa New Zealand

What makes a good life for disabled children and young people? A summary report in the *What Makes a Good Life? Children and Young People's views on wellbeing series* was published by the Office of the Children's Commissioner, in September 2021. It is hoped that this summary report will inform people's understandings of what disabled children and young people experience and that this understanding is reflected in the development of policy, practice and service delivery: To read the report click [here](#).

Brain Development Collective Wānanga

A recently released report -*Talking about early brain development in Aotearoa New Zealand* - captures insights from a two-day wānanga, hosted by the Child Wellbeing Unit, which aimed to build awareness and understanding of mātauranga and tikanga Māori and Pacific world views of brain development and parenting, and share best practice and evidence. [Find out more and read the report](#)

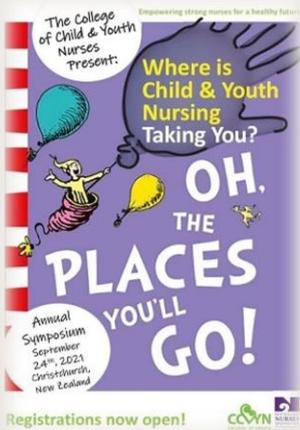
Interesting Article Links

[A Systematic Review of Child Health and Developmental Outcomes Associated with Low Birthweight and/or Small for Gestational Age in Indigenous Children from Australia, Canada and New Zealand](#)

[What factors are associated with early childhood dental caries? A longitudinal study of the *Growing Up in New Zealand* cohort](#)

[Vision screening in New Zealand pre-school children: Is it equitable?](#)

[Pēpē-infant sleep practices and sudden unexpected death in infancy in Aotearoa New Zealand](#)



The College of Child and Youth Nurses Symposium Report

The shift to going online did not deter the CCYN from holding an informative and dynamic 2021 symposium. A huge thank you to committee member Donna Burkett, who MC'd the day and did a wonderful job. The organising committee members, Marg Bigsby, Katie Mullord and Emma Densem worked hard to ensure there was a diverse range of presentation topics and are to be congratulated on facilitating a very successful day.

Here is a summary of the presentations:

Our first keynote was **Dr Glen Colquhoun** (General Practitioner), who spoke to us about working with young people in a fractured health system. Glen illustrated many key points about working with youth health through his poetry. He reflected on the broken healthcare and unequal health care system and the difficulty in forming relationships with youth. Glen read some of his poetry (Letter to a Young Nurse 2 and The Far Paddock).

Our second keynote speaker was **Dr Libby Haskell** (Nurse practitioner at Starship Child Health). Libby's presentation titled 'Bronchiolitis – don't just do something, stand there' was an informative report on a large multi-site study which explored compliance with guidelines given for key therapies.

Cara Meredith, from Te Puawaitanga, presented their approach to supporting maternal mental health for their indigenous clients. This service offers a range of health and social services. Their culturally appropriate approach to caring for wahine and tamariki in particular is helping to reach many vulnerable clients.

Josh Puts (Nurse Practitioner) talked about the diversity of his role as a Nurse Practitioner in Palmerston North, where a large proportion of his clients are refugees. He works with the communities to help with interpretation and develop cultural understanding. This is an inspiring role and it is improving child health outcomes in the region.

Te Aroha Noa is a NP lead paediatric clinic in a high deprivation community within Midcentral DHB. **Bridget Bellhouse** (Nurse Practitioner at Midcentral DHB) an innovative NP, described how the Te Aroha Noa clinic has reduced non-attendance rates. Bridget also gave an example of a school clinic where she has worked to develop healthy food programmes. Bridget's work showcases the high value of nurses working in focused community settings.

Good Night Sleep Tight is a charitable trust that provides Canterbury families with basic and essential nighttime supplies to keep them warm. If you are working with families in Canterbury urge you get in touch with them.



Michael Brenndorfer is a Youth Health Nurse and Nurse Educator in Auckland who is on the Nurse Practitioner pathway. He presented on 'Gender-affirming healthcare within a nurse-led primary health care youth clinic'. The case study about 'Ash' was thought provoking about how we care for gender diverse youth and how we practice gender affirming nursing care. He talked also about the different approaches with different ages and that with the younger children it is more parent led as opposed to the older youth who direct the process. Michael is part of the Professional Association for Transgender Health Aotearoa www.Patha.nz.

Lucy Carey (dietitian with Pegasus Health) talked about whanau wellbeing and nutrition and lifestyle for NZ families. Lucy works to debunk myths about childhood obesity and calling as it is! This presentation helped us to reflect on the dialogue that we engage with, when talking with children and families.

Leaha North (clinical nurse specialist for Child Health at Regional Public Health Wellington) talked about her leadership journey in child and youth health. Leaha spoke with compassion and humility from her own experience and encouraged us to be brave and confident with going for leadership roles. She referred to the book 'Ancient Wisdom Modern Solutions: The Inspirational Story of One Man's Quest to Become a Modern-Day Warrior' by Ngahihi o te ra Bidois.

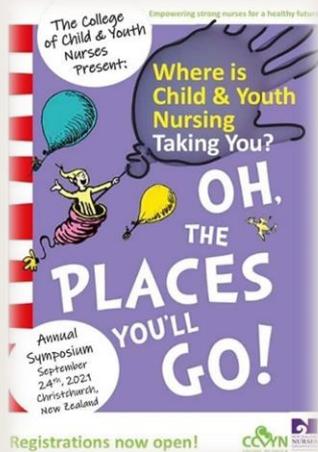
The **Youth Advisory Council** for Canterbury DHB are the only youth advisory council in Aotearoa. They reminded us about this critical developmental period and that communication is key to supporting them. They stressed the importance of being nonjudgmental, listening and giving them their voice. Coming from a place of care is paramount for success.

Jo Heap (clinical nurse educator at Whanganui DHB) outlined the positive impact health professionals can have on children and young people who have a parent or caregiver with mental illness or addictions. Jo provided audio snippets from youth about their experiences working with health care workers and the value they placed on them.

Lisa Smith's (Children's continence nurse educator for Continence NZ) presentation titled 'Getting to the bottom of children's continence in New Zealand' gave insight into a common (1 in 4) problem experienced by our tamariki. Lisa outlined the reasons for incontinence in the Western world and described the programme which uses Mr Poo and Ms Wees emoji plush toys to help child gain continence.

As you can see – a wonderfully diverse range of presenters and topics. A heart felt thank you to them all, for taking the time to share their work with us. Look at for our next symposium and make plans to attend. You won't be disappointed.

Emma Collins, Secretary, CCYN





TIME Out



Events and Education...

Conferences scheduled for 2022

As the world opens up again, plans are being made for conferences both here and internationally. Here are a few to get you planning for next year.



The Paediatric Society of New Zealand
Te Kāhui Mātai Arotamariki o Aotearoa

The 73rd Annual Scientific Meeting 2022 will be held in New Plymouth on the 1-4 November. [Check the link for information updates](#)



Covid meant the 2021 School and Youth conference was postponed, but fortunately they have chosen to regroup and are offering a two-day conference in Hamilton in April next year. [click here for more information](#)



The Nurse Practitioners bi-annual conference has been rescheduled to 18 – 20 May 2022 in the Wairarapa. [Follow the link for more information](#)



HOSPITAL PLAY
SPECIALISTS ASSOCIATION
AOTEAROA | NEW ZEALAND

Hospital Play Specialists Association International Conference 24-26th March 2022

Location: Holiday Inn, Rotorua. Conference schedule coming soon! For further enquiries contact the conference planning committee at

conference.hospitalplaynz@gmail.com



Keen for overseas travel? On 12-13 July 2022 in Ipswich, England, the University of Suffolk is hosting the **Children and Childhoods Conference 2022**. Deadline for abstracts is 31st March 2022 [For more information follow the link](#)