



From the Chair...

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

Kia ora Members,

Welcome to our Spring/Kōanga edition of TimeOut; I cannot believe at the time of writing this editorial that it is only 119 days until Christmas! I hope you and your families have managed to stay well over these rather dreary winter months and are enjoying the short bursts of warmer weather and the arrival of spring flowers at last. One event that brightened up our CCYN Committee's winter was the safe arrival of our ex-treasurer Anna's baby boy - congratulations Anna, he is gorgeous!

The CCYN committee continue meet regularly on Zoom and we had our first face to face for a long time in July. It was great for most of us to be able to get together albeit briefly, and to discuss in person our work plan going forward. We continue to be involved in and to champion various projects and initiatives that aim to promote the health and wellbeing of tamariki and rangatahi in New Zealand. We are also constantly seeking ways in which we can support our members, including:

recognition for contributions to CCYN, funding opportunities, representation on work streams and opportunities to share research and to present. We are excited to share that we are in the preliminary stages of planning a CCYN symposium event for 2023 and will keep you updated.

Our Annual General Meeting this year is on 1 November at 3:00 PM in New Plymouth. Further information will be distributed soon. We have chosen to hold it in New Plymouth to coincide with the Paediatric Society (PSNZ) 73rd Annual Scientific meeting which is running from 1 - 4 November, also in New Plymouth. We hope CCYN members attending the PSNZ event will find time to attend the CCYN AGM.

Enjoy this Spring 2022 edition of TimeOut. As always, feel free to get in touch with any of the committee at any time. You can reach us by email: secretary.ccyn@gmail.com or by following our active Facebook page. You can also keep up to date our latest news through the [NZNO CCYN website](https://www.nzno.org.nz/ccyn). Please do let us know if you would like us to include anything specific in future newsletters.

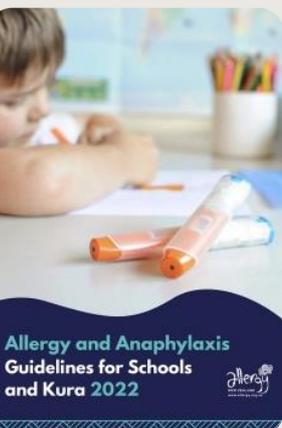
Ngā mihi nui

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

Te Whatu Ora
Health New Zealand

Te Aka Whai Ora
Māori Health Authority

Whaikaha
Ministry of Disabled People



National News

On 1 July 2022, New Zealand moved to a new national health system. The Pae Ora (Healthy Futures) Act 2022 established four new entities: [Te Whatu Ora-Health-New Zealand](#); [Te Aka Whai Ora-Māori Health Authority](#); a new [Public Health Agency-Pou Whirinaki](#) and [Whaikaha-Ministry of Disabled People](#).

Te Whatu Ora works in partnership with the Te Aka Whai Ora-Māori Health Authority and leads the day-to-day running of the health system across New Zealand, with functions delivered at local, district, regional and national levels. It weaves the functions of the 20 former District Health Boards into its regional divisions and district offices. Te Whatu Ora manages all health services, including hospital and specialist services, and primary and community care. Hospital and specialist services are planned nationally so they can be delivered consistently across the country. Primary health, wellbeing and community-based services are also planned and purchased through the four regional divisions of Te Whatu Ora. Each region works with their district offices to develop and implement plans based on local needs to improve the health and wellbeing of communities.



Allergy New Zealand is thrilled to launch a series of new allergy management Guidelines to support schools and kura. The free Allergy and Anaphylaxis Management Guidelines for Schools and Kura has been developed by Allergy New Zealand and peer reviewed by healthcare professionals on Allergy New Zealand's Medical Panel. To access and download the free Guidelines, visit the [Allergy New Zealand](#) website.

And more...



Child and Youth Wellbeing

In late 2021, The Department of the Prime Minister and Cabinet (DPMC), Child Wellbeing Unit commissioned an external process evaluation of the Child and Youth Wellbeing Strategy. For a link to this document click [here](#). The Process Evaluation will help inform the upcoming review of the Strategy, which must be completed by the end of August 2022.



The Youth19 Rangatahi Smart Survey (Youth19) is the latest in the Youth 2000 series of health and wellbeing surveys. Youth19 was conducted in 2019 in the Auckland, Northland and Waikato regions and released earlier this year as the final stage of a three-part study.

Harnessing the spark of life: Maximising Whānau contributors to rangatahi wellbeing.

Youth19 provides valuable resources to support our rangatahi to thrive. To learn more, visit the [Youth19](#) site.



The [Second State of Child Health Report](#) released in June from Cure Kids confirms the worsening impact of high-burden diseases. The report identifies four high-burden disease groups which are causing hospitalisations at increasing rates.

The report benchmarks the health of New Zealand children in relation to data on rates of dental disease, respiratory conditions, and skin infections in 2020. The report also reviews the impact of acute rheumatic fever and rheumatic heart disease for the first time and reveals that the rates of all four diseases are too high relative to other resource-rich countries.



CCYN Committee L to R:

Top: *Marg Bigsby* (NZNO PNA), *Yune Fontaine* (Treasurer, Facebook engagement), *Katie Mullord* (Submissions coordinator) - all Christchurch based. *Donna Burkett* (Membership/ Submissions - Dunedin), *Michelle Adams* (Committee member - Auckland)

Middle: *Sarah Williams* (Chair/ Newsletter Lead - Auckland), *Anna Hamed* (Maternity leave - Auckland), *Jo Clark-Fairclough* (Committee member - Kaitaia)

Bottom: *Emma Collins* (Secretary - Dunedin)



General CCYN Committee News

The CCYN committee continues to work hard for our members and finally got to meet face to face in Wellington on 1 July. This was our first face to face in almost a year, due to COVID-19 travel and lock down restrictions, and while our bi-monthly committee meetings on Zoom are always fun and productive, being face to face reinvigorated the committee and allowed us time and space to refocus our energy and we achieved a great deal! We did miss seeing Michelle and Jo however, who were unable to attend due to work commitments. During our meeting, we had the privilege of meeting our new NZNO CEO, Paul Goulter, and hear about his vision for NZNO and its members. We also had a chance to showcase the great work we have achieved and continue to achieve within CCYN on behalf of our members, which includes:

- regular submission responses,
- planning and providing meaningful bi-annual child and youth focused symposiums, networking with other child and youth stakeholders,
- developing and delivering our CCYN work plan, as well as
- highlighting our CCYN strategic plan and how this aligns with NZNO’s strategic plan.

It was fair to say Paul was impressed by the committee’s calibre and commitment to its members. Paul challenged us going forward to consider the intersection between the professional and industrial arms of NZNO and how ‘better’ could look for us all. We were also fortunate to chat with Mairi Lucas regarding the Maranga Mai campaign background and launch.

Our committee has seen some recent changes due to Anna Hamed stepping out of the committee due to becoming a new Mum for the first time! We wish Anna well on her new adventure and thank her for her valuable contribution to CCYN over the past three years. Thanks to Yune for taking on the role of treasurer and to Donna who has taken on the role of membership, both of which were Anna’s roles in the committee.

Knowledge and Skills Framework Update

As mentioned in our previous newsletter, the CCYN Committee has begun an exciting project to revise the New Zealand Child Health Nursing Knowledge and Skills Framework that was developed in partnership with Plunket in 2013 and endorsed by the National Nursing Consortium in 2014. As well as being required for NZNO College status, the purpose of this document was also to give nurses a framework for professional development as well as workforce development. Plunket continue to partner with us in this venture. Unfortunately, we have experienced a few more unplanned delays in being able to progress this project, but hope to be back on track in October 2022. Please look out for our updates and opportunities to provide feedback.

Linking with our Members

The CCYN committee continue to try hard to connect with our members and champion child and youth nursing. We have an active Facebook page which we would love you to join if you haven’t already, click: <https://www.facebook.com/ccynnz>

Beyond NZ – Global Bulletin



Hepatitis Outbreak in Children

As of 8 July 2022, 35 countries in five WHO Regions have reported 1010 probable cases of severe acute hepatitis of unknown aetiology in children, which fulfill the WHO case definition, including 22 deaths. WHO has launched a global survey with an aim to estimate the incidence of severe acute hepatitis of unknown aetiology in 2022 compared to the previous five years, to understand where cases and liver transplants are occurring at higher-than-expected rates. To learn more about the outbreak and its distribution globally click [here](#)

To listen to a podcast by Dr Phillippa Easterbrook, Senior Scientist in the Global Hepatitis Programme, HIV department at the World Health Organisation Headquarters in Geneva, click [here](#)

Multi-country Outbreak of Monkeypox

During the last few months there has been a steep rise in reported cases of Monkeypox globally. In response, the World Health Organization (WHO) has recently updated the [interim guidance on vaccines and immunisation for monkeypox](#). Updates include a clearer emphasis on the role of [preventative vaccination](#) for at-risk groups. The WHO has also produced a useful [fact sheet](#) detailing important facts about monkeypox and its transmission. The Health Navigator New Zealand website also contains useful, practical information under [Monkeypox](#). Monkeypox infection in children is less common but if contracted, can be more severe.

Lancet Child & Adolescent Health 2022 - [The monkeypox outbreak: risks to children and pregnant women](#)



In response to the 2020 [Covid-19 and the International Supply of Nurses](#) Report for the International Council of Nurses (ICN), the ICN recently called for stronger codes for ethical recruitment of nurses and investment in nursing education. In their more recent January 2022 report '[Sustain and Retain in 2022 and Beyond](#),' Howard Catton, Professor James Buchan and Dr Franklin Shaffer revealed how the COVID-19 pandemic has made the fragile state of the global nursing workforce much worse and suggest up to 13,000,000 more nurses will be required over the next decade.

ICN's [position statement](#) on international career mobility and ethical nurse recruitment *“supports the rights of nurses to pursue professional achievement through career mobility and to better the circumstances in which they live and work”* but *“condemns the targeted recruitment of nurses from countries or areas within countries that are experiencing a chronic shortage of nurses and/or a temporary health crisis in which nurses are needed”* and *“acknowledges the adverse effects that international migration of nurses and other health professionals may have on healthcare quality in countries seriously depleted of their nursing workforce.”*



#NURSESFORPEACE



International Council of Nurses
The Global Voice of Nursing

Global Nursing News



International Council of Nurses
The Global Voice of Nursing

ICN stands in solidarity with nurses in Ukraine and across the globe who are working in conflict situations. We are immensely proud of their courage and strength to continue to provide much needed care despite the dangers. To show our solidarity with these nurses, ICN has launched a **#NursesforPeace** campaign to call for peace, condemn attacks on healthcare, and support nurses on the frontlines.

In the five months since the start of the conflict, nurses in Ukraine have remained in contact with ICN so that ICN can inform the world's nurses of the situation on the ground. ICN's Humanitarian Fund has provided monies for the Ukrainian Nurses Association so that it can continue its normal functions and direct funds to the nurses who are most in need. WHO has a range of mental health tools and support for professionals who are experienced in mental healthcare and ICN has secured a place for a Ukrainian nurse to join a WHO course on that topic. ICN will be working with WHO Europe to examine how they can help roll-out pre-existing training on mental health needs to other nurses in Ukraine, using proven training resources and development opportunities.

The latest ICN **#NursesForPeace** campaign update can be found [here](#)

Research in Aotearoa New Zealand

Children's perceptions of their neighbourhoods during COVID-19 lockdown in Aotearoa New Zealand

Research with children across Aotearoa has shown how neighbourhoods supported child wellbeing during COVID-19 lockdowns. The study, led by researchers from the University of Auckland's School of Nursing found that children enjoyed having less cars on their streets, enabling them to walk and wheel about more than usual, and seeing neighbours out and about was a source of comfort and joy to children. Community activities such as the NZ Bear Hunt were appreciated by children. Natural environments, being home, spending time with family, and simple activities were all liked by participants. Maintaining social connections were important to support child wellbeing but often required access to, and an ability to use, technology. The findings have been shared in a variety of ways including the below:

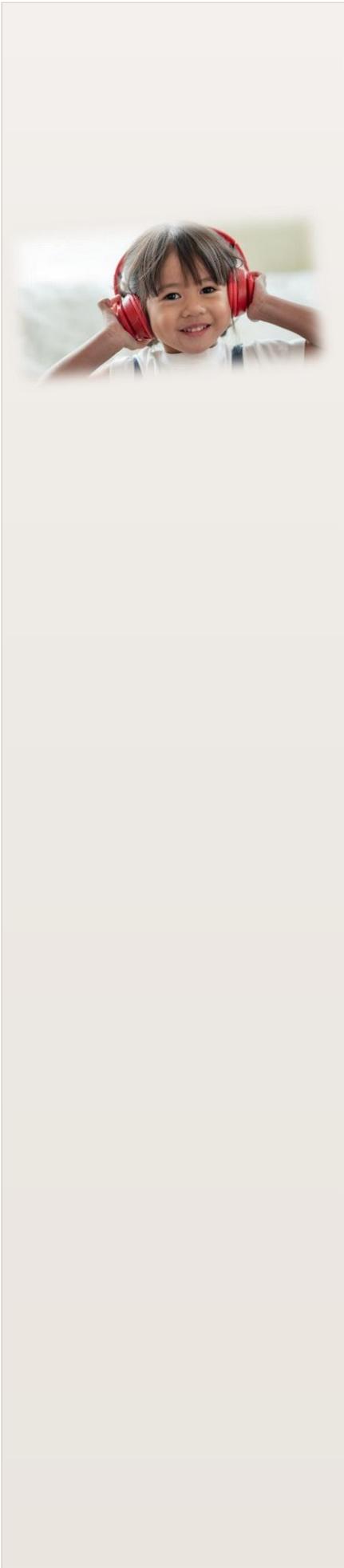
Journal Article published in Children's Geographies: www.tandfonline.com/doi/full/10.1080/14733285.2022.2026887

Graphic Novel: auckland.figshare.com/articles/book/Kidshare_Lockdown_perceptions_in_Aotearoa_New_Zealand/14073467

Suzy Cato: <https://www.youtube.com/watch?v=T0hIm3ySxmE>

Profiled in Kaitiaki: <https://kaitiaki.org.nz/article/lockdown-gets-graphic-novel-treatment/>





Worth a Listen...

Podcasts are a great way to keep up with what is happening in Child and Youth health, especially if you are driving and need something to listen to, or need a break from reading!

While there isn't a great selection of podcasts available from New Zealand, especially within nursing, there are a number of overseas sources. This [link](#) from Health Navigator, lists a number of health-related podcasts to take a look at. Here is a selection for you to browse through.



[Goodfellow Podcast](#)

The Goodfellow Unit regularly publishes relevant and topical podcasts for health professionals. They have been endorsed by the College of Nurses as well as the RNZCGP. Here are a couple of particularly interesting podcasts:

[Youth vaping](#)

[Child Neglect](#)

[HEEADSSS in five minutes](#)

[Periods: Managing their impact impact](#)



[Don't forget the bubbles](#)

This is an Australian organisation primarily aimed at medical staff working in Paediatrics. Many of their podcasts are suitable for all health-care clinicians and very nicely delivered. This is the link to their [podcast](#) page. Their most recent podcasts is from 2021. Hopefully they start to publish again soon.

[Pediatric Nursing](#)

PODCASTS [Pediatric Nursing Podcast Series](#)

On Spotify or Apple Podcasts, this podcast series is based on articles published in the Pediatric Nursing journal. There are a number of COVID-19 related podcasts as well as many other topics. There isn't a huge selection currently, but hopefully this extends in the future.



[Pediatrics on Call](#)

This podcast series is from the American Academy of Pediatrics. Many topics are medical and disease focused, but there are a number of topics covered.

These two were particularly interesting (*note: there are 'updates' and general chit chat before the topic begins*):

[Managing Fear of Needles](#)

[Updated Asthma Guidelines](#)

Events and Education...

Education & Conferences scheduled for 2022/2023



Goodfellow Webinars

[Measles and the potential crisis of childhood immunisations](#)

Goodfellow webinar. Tuesday, 6 September, 7:30pm- 8:45pm



The NZNO 2022 AGM and conference is scheduled to run from 13-15 September in Wellington. Registrations are open - for more information visit the conference page [here](#)



The long-awaited School and Youth Nurses two-day conference is being held in Hamilton on 3-4 October 2022. [Click here for more information](#)



The 9th Congress of the
EUROPEAN ACADEMY OF PAEDIATRIC
SOCIETIES

October 7-11, 2022, Barcelona & Online

Wanting to visit Barcelona? The 9th Congress of the European Academy of Paediatric Societies is scheduled for 7-11 October 2022 and attendance can be in person or online. The theme is: The Hybrid Experience: Shaping the Future of Child Health. To learn more visit: <https://eaps2022.kenes.com/attending-from-barcelona-or-online/>

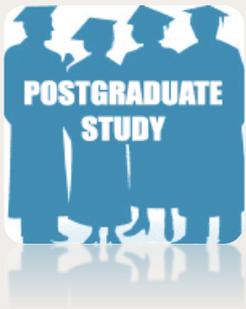


The Paediatric Society of New Zealand
Te Kāhui Mātai Arotamariki o Aotearoa

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

CHILD & ADOLESCENT
MENTAL HEALTH CONFERENCE

- The Child & Adolescent Mental Health Conference is being held on the Gold Coast in Australia in March 2023. The conference is designed to: provide practical skills, relevant information, personal insight, and strategies for professionals working in child and adolescent mental health and wellbeing. For more information follow this link: <https://anzmh.asn.au/camhc-2023>



Postgraduate Study Opportunities for 2023

There are many great opportunities for post graduate study relating to child health in New Zealand. Check out some study options below:

- [University of Otago: PG Diploma in Child Health 2023](#)
- [AUT: PG Diploma in Health Science \(Child Health\) 2023](#)
- [Massey University: Maternal and Child Health Level 7 paper 2023](#)
- [Auckland University: Postgraduate study in Paediatrics 2023](#)

HOT OFF THE PRESS!

CCYN Honorary Membership

In an exciting new initiative, the CCYN committee has just implemented an Honorary Life Membership award. The award may be presented to any member or ex-member of CCYN in recognition of their contribution to child and youth nursing in New Zealand.

The nominee must be a current or past CCYN member who has/ had a commitment to CCYN and who has made a significant contribution to the national work of CCYN. To read the guidelines for Honorary Life Membership click [here](#).

Visit the [CCYN webpage](#) for the application form

Closing Reflection

Take care of our children. Take care of what they hear, take care of what they see, take care of what they feel. For how the children grow, so will be the shape of Aotearoa.

*Dame Whina Cooper
Photographer: Michael Tubberty*

