



Maranga Mai!
Māori Language Week

**NZNO Maranga Mai
Day of Action
Saturday 15th April!**

For more information on how
you can participate click [here](#)

From the Committee...

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

Kia Ora Members, and welcome to the first CCYN newsletter of 2023. We hope that the start of the year has been a positive one for you all.

That said, it was certainly an upsetting start to the year for many beginning with the confronting impact of the Auckland floods in late January, and swiftly followed by the devastating effects of Cyclone Gabrielle across many parts of the country. On behalf of the CCYN committee we extend our thoughts and condolences to all those who were impacted and their families, colleagues and communities.

The CCYN Committee have been busy planning and preparing for the year ahead; we are aiming to deliver on a raft of exciting projects and initiatives. These include the completion of the New Zealand Child Health Knowledge and Skills Framework in partnership with our Plunket colleagues, the launch of a new Māori name for the College to coincide with Matariki celebrations, and the hosting of the biannual CCYN symposium in November - watch this space for more information on all of these exciting initiatives!

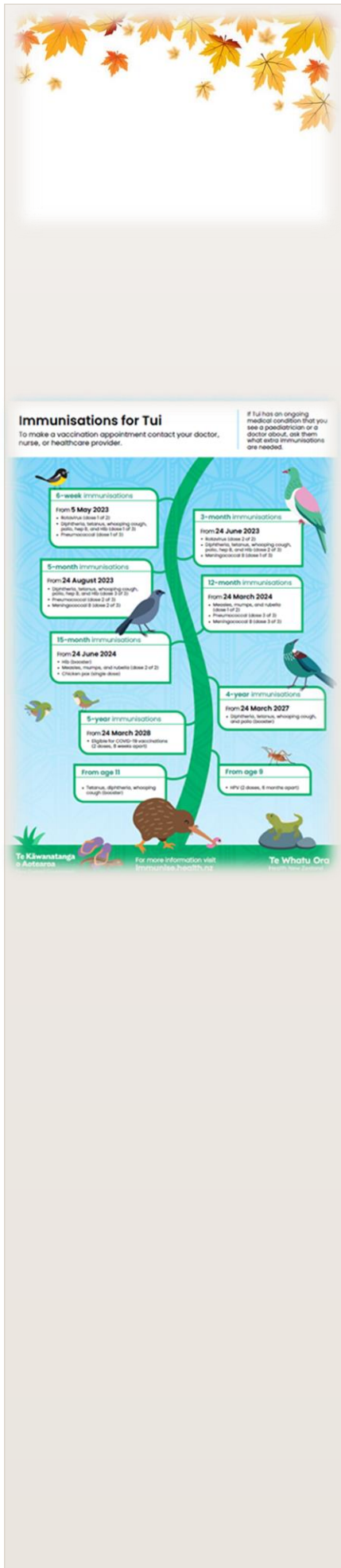
Over the year ahead please look out for opportunities to have your say when we call for your contributions to policy submissions that aim to promote the health and wellbeing of tamariki and rangatahi in Aotearoa New Zealand. Remember, feedback doesn't have to be in the format of a long essay, a few lines or bullet points are just as useful and gratefully received by the committee.

We hope that you enjoy this edition of TimeOut – aptly named to encourage you to pour a cuppa, sit down and have a read! As always, there are plenty on links to follow and lots of interesting reading.

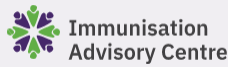
We look hearing from you throughout the year, feel free to email us or contribute to discussions through our Facebook page anytime.

Ngā mihi nui,

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



National News



Vaccination Update

With childhood immunisations at their lowest level since national records began in 2009, there is significant concern about the potential for disease outbreaks. For babies and children, measles and pertussis are of particular concern. All health practitioners who care for whānau with children should prioritise discussions about the importance of infant and childhood immunisations. A helpful tool has been developed for midwives and other health practitioners to support whānau to know when their baby's immunisations are due. When a name and date of birth is entered into the tool, an attractive chart of the immunisation timeline is created and can be downloaded or printed for later use; click this link to see more: [create a child's personalised immunisation schedule](#)

Pertussis:

There is a call for tamariki and pregnant people to receive whooping cough vaccination. The last epidemic was in 2018. We are starting to see a rise in rates again with the recent tragic deaths of three pepe in less than 2 months - around half the babies who catch pertussis before the age of 12 months require hospitalisation. Funded Boostrix can be administered from 16 weeks of pregnancy (preferably the second trimester). Pepe and tamariki can receive pertussis immunisations as per the National Immunisation schedule. Scroll through the [Immunisation Advisory Centre](#) website for more information.

And More...

Measles:

There has also been a call for tamariki and whanau to be vaccinated against measles. Administration is recommended for 12 and 15-month-old children. All older children and adults can receive funded vaccination until age 55. Adults older than 55yrs. do not require measles vaccination as were likely to have contact with this disease as children. Two doses will protect around 99% of people long term. For more information visit [here](#)



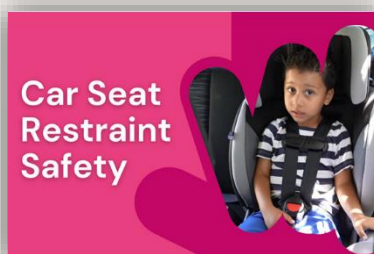
Meningococcal B:

Meningococcal B vaccine MenB(Bexsero) is now funded from 1st March 2023 for children up to 12 months age (as part of childhood immunisation programme). It is also funded for those aged 13 to 25 years who are entering into/part of first year of specified close- living situations. Catch up programmes are also funded for these groups. For more information visit [here](#)



Influenza Vaccination:

For 2023, Pharmac has widened access for funded flu vaccination to children aged 6 months to 12 years. Widened access for tamariki is expected to reduce the impact of influenza for these children this year, and also reduce the spread of influenza to their whānau. Tamariki under 9 years of age who have not previously had flu vaccination will require two doses given four weeks apart. Visit [here](#) for more information.



National News cont...

safekids Aotearoa

Safekids Aotearoa has partnered with Whānau Āwhina Plunket in a campaign aimed at improving car seat restraint safety. They have created a toolkit to help with safety messaging with whānau and communities. Within the toolkit you will find information on:

- Key safety and first aid messages
- Videos to share on your channels
- Child car restraint resources, research and policy
- Links to information from other organisations

To explore the campaign further visit:

<https://starship.org.nz/safekids/child-car-restraint-safety/>



We welcome the Paediatric Society of New Zealand/Te Kāhui Mātai Arotamariki o Aotearoa recent publication - a guide to support parents and caregivers of children with a newly diagnosed rare disorder. Around 300,000 New Zealanders live with a rare disorder, half of which are children. This booklet covers a range of challenges whānau may face and provides support to navigate this path. The guide was launched at Government House 28th February 2023. This booklet, produced by Rare Disorders New Zealand is accessible online through clicking on this [link](#)

And More...



In 2019, the Paediatric Society of New Zealand commissioned a suite of clinical guidelines for paediatric end of life care in New Zealand. The project had two aims - to update existing Paediatric Palliative Care in New Zealand: Clinical Guidelines of End-of-Life Care (2015), and to create new components for end-of-life care. The new guidelines were finalised at the end of 2022 and are available on the [Starship Clinical Guidance page](#).



Child and Youth Wellbeing

Child and Youth Wellbeing E-newsletter update:

The latest Child and Youth Wellbeing e-newsletter is now available and can be viewed [here](#).

Save the Date: The Child Wellbeing and Poverty Reduction Group is hosting a webinar to share findings from the Child and Youth Wellbeing Strategy Annual Report 2021/22 on Tuesday 18 April from 12-1pm. To register, visit [here](#). The report details progress towards achieving the outcomes, as measured against the Strategy's indicators. It includes specific information on outcomes for Māori and Pacific children and young people, and for other population groups where data is available. It also includes progress updates on key actions in the [Strategy's Programme of Action](#).





Children and digital dumpsites

E-waste exposure and child health



Beyond NZ - Global Bulletin



E-Waste and Child Health

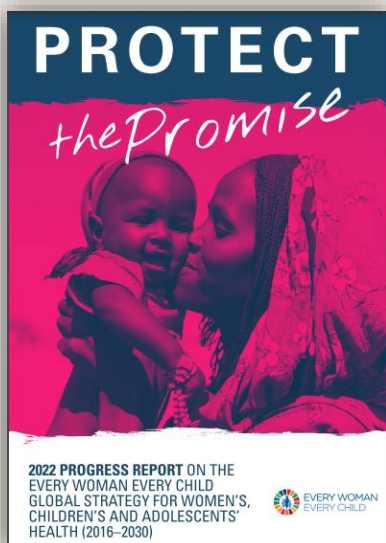
The [WHO Initiative on E-waste and Child Health](#), started in 2013, aims to increase access to the evidence and knowledge base; spread greater awareness about the health impacts of e-waste; particularly in children; improve health sector capacity; promote e-waste exposure monitoring; facilitate relevant research; and develop and test country-based pilot initiatives to reduce e-waste related health risks.

In June 2021, WHO published [Children and digital dumpsites: e-waste exposure and child health](#), its first-ever report detailing the scope of the effects of e-waste on child health. This report summarizes the latest scientific knowledge on the links between informal e-waste recycling activities and health outcomes in children. The report is intended to increase awareness and knowledge among health professionals of the dangers that e-waste recycling poses to the health of future generations and is a call to action to reduce children's exposure to harmful e-waste activities.



An update on the UN progress report, titled [Protect the Promise](#) mentioned in our previous newsletter, shows that women's and children's health has suffered globally, as the impacts of conflict, the COVID-19 pandemic and climate change converge, with devastating effects on prospects for children, young people and women. Data presented in the report show a clear and critical regression across virtually every major measure of childhood wellbeing, and many key indicators of the [Sustainable Development Goals](#) (SDGs). Since the last *Every Woman Every Child Progress Report* published in 2020, food insecurity, hunger, child marriage, risks from intimate partner violence, and adolescent depression and anxiety have all increased.

The *Protect the Promise* report, is published by global partners, including the World Health Organization (WHO), UN Children's Fund UNICEF, the UN sexual and reproductive health agency, UNFPA, Partnership for Maternal, Newborn & Child Health (PMNCH) and Countdown to 2030.



Interesting Reads:

- [Window of Susceptibility to Acute Otitis Media Infection](#)
- [The clinical impact of serious respiratory disease in children under the age of two during the 2021-2022 bronchiolitis season in the United Kingdom and Ireland.](#)
- [Trends in hospital admissions during transition from paediatric to adult services for young people with learning disabilities or autism: Population-based cohort study.](#)
- [Physical activity interventions to alleviate depressive symptoms in children and adolescents](#)



Beyond NZ - Global Bulletin cont...

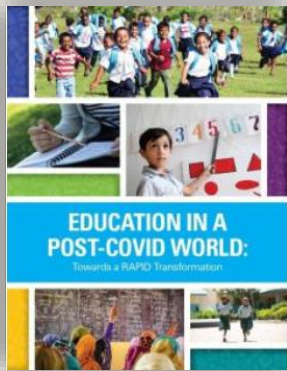


unicef



Education in a post-COVID world, towards a RAPID transformation

On March 11, 2020, the World Health Organization declared COVID-19 a global pandemic, resulting in disruptions to education at an unprecedented scale. In response to the urgent need to recover learning losses, countries worldwide have taken **RAPID** actions to: **Reach** every child and keep them in school; **Assess** learning levels regularly; **Prioritize** teaching the fundamentals; **Increase** the efficiency of instruction; and **Develop** psychosocial health and wellbeing. Marking three years since the onset of the pandemic, this report, released last month, March 2023, looks back at policy measures taken during school closures and reopening based on country survey data, initiatives implemented by countries and regions to recover and accelerate learning, and their emerging lessons within each RAPID action. To read the full report, click [here](#).

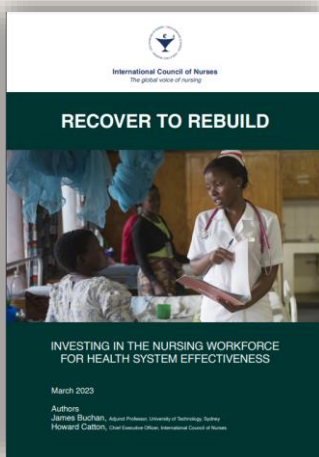


Global Nursing News

Recover to Rebuild: Investing in the nursing workforce for health system effectiveness

This report, released in March 2023, was commissioned by the International Council of Nurses (ICN). The aim of the report is to inform the policy debate on how health systems, countries and international organisations should respond to the vital issue of protecting and restoring a sustainable nursing workforce against a backdrop of a global pandemic, and the need for global health system recovery and rebuild.

The report sets out the urgent action agenda for 2023 and beyond. It highlights the increasing evidence of the stress, burnout, absence and strikes affecting the nursing workforce. The core emphasis in this report is that without sufficient investment in well-supported nurses there can be no effective healthcare system recovery and rebuild. To read the report click [here](#).



WHO Director-General launches emergency care campaign

WHO Director-General Dr Tedros Adhanom Ghebreyesus introduced the launch of the 25x25x25 Emergency Care Saves Lives campaign on 6 April 2023.

The 25x25x25 campaign is designed to close the training gap among nurses and midwives, with the objective of training 25% of nurses and midwives from 25 partner countries in basic emergency care by the end of 2025. You can hear more about the campaign by viewing the video [here](#)





COLLEGE OF CHILD & YOUTH NURSES • NZNO

General CCYN Committee News

Warm autumnal greetings from the CCYN committee, who continues to work hard for its membership of well over 300 at present.

The committee has undergone further membership changes since our last newsletter. Firstly, we would like to congratulate Katie Mullord on the announcement of her pregnancy; we wish her well for her next big adventure into motherhood. Katie will be taking parental leave from the committee. Katie has given several years of service to the CCYN committee leading our submission responses as well as taking a lead role in organising our last symposium. We are grateful for Katie's time and commitment to the work we do.

Secondly, we welcome Chris Drown and Michael Brenndorfer who have both been seconded onto the committee in recent weeks, and we look forward to introducing them formally to you in our next newsletter.

An overview of the key work that CCYN is currently involved in on behalf of its members includes:

- Ongoing project review of the New Zealand Child Health Nursing Knowledge and Skills Framework.
- National submission responses including:
 - UN response to the UN convention on rights of the child – NZ report
 - Registering as a community advocacy group for the Whānau Ora Healthy Families online discussion forum
- Planning for the bi-annual CCYN symposium scheduled for **3rd November 2023** in Auckland...*further details available soon*
- Development and maintenance of stakeholder relationships with national child & youth networks.
- Consolidating our strategic and workplan goals for 2023-2024.
- Planning for the launch of a new Māori name and logo for CCYN in July 2023.

Feel free to get in touch with any of the committee at any time. You can reach us via email: secretary.ccyn@gmail.com or by following our very active Facebook page by searching: **College of Child and Youth Nurses NZNO.**

You can also keep up to date our latest news via the NZNO CCYN website via: https://www.nzno.org.nz/groups/colleges_sections/colleges/college_of_child_youth_nurses

Donna Burkett, CCYN Committee member & submissions coordinator.



Jo and Emma



College and Sections Representatives



**Maranga Mai Day of Action
Saturday 15th April!**

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Report from the NZNO Colleges and Sections Day 16th March 2023

The day opened with a karakia and a resounding chorus of Tutira Mai. There was a round robin of everyone present, and it was great to see so many Colleges and Sections represented. The first presenter was Kerri Nuku who set the scene by telling us that they day was about disruption. Kerri said that the power is within us to use our voice to challenge decision makers. We need to actualise tino rangatiratanga, equity, options and partnership. Along with this, Colleges and Sections need to be meaningful, political and clearly be making a difference. We need to critically analyse what we do. The challenge has been set! This was followed by CEO Paul Goulter. Paul reiterated what Kerri Nuku had said, and added that we need to be more political in saying what we want to see in the health sector. As a College and Section, Paul suggested we need to sit down, assess our purpose, and realign our work with the current [NZNO Maranga Mai](#) initiative through being engaged with our members. This means that as a College and Section, we will be re-evaluating our strategic direction to still serve our members and what they want to see from us, but also aligning with NZNO's strategic direction. Tracey Morgan, Chair of the College of Primary Health Nurses, engaged us in some thinking about how this might look.

After morning tea, we heard from all the Colleges and sections about what they have been engaged with recently. There is some incredible work happening around the motu from Colleges and Sections, who, like the CCYN, are all volunteers. There is engagement with leadership within the Ministry, Te Whatu Ora, Te Aka Whai Ora, Office the Chief Nurse, and more. There are webinars and professional development days being offered, as well as conferences and training days. It was inspiring to see what we can do when we come together with shared passion.

Natalie Seymour from the College of Gerontology engaged us in thinking about how we can exercise our political influence, and the membership committee inspired us to build our member power. After lunch we had some media training with Rob Zorn, followed by a session with Cath Byrne, Nyk Huntington, Cheryl Goodyear and Clare Prendergast from the Nursing Council. They reminded us about registration and fitness to practice. Their strategic priorities were good to hear – Te Tiriti, standards and competencies that protect the public, to gather, use and learn from the best available data and evidence, be visible and engage with the public, the profession and the system, and to promote diversity, equity and inclusion. Following this we had a panel discussion discussing leadership, recruiting passionate committee members and aligning with [Maranga Mai](#).

Overall, it was a very productive, informative, thought provoking and at times, intense day. We came away feeling proud to be part of a profession where so many people give so much of their time and energy to support one another.

Ngā mihi,
Emma Collins and Jo Clark-Fairclough, CCYN Committee



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 **August 4th 2023**. 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

Worth a Listen...



Nursing 2023 Podcast: Mental wellness for nurses

is bought to you by the editors of Nursing, the peer reviewed journal of clinical excellence. Click the link below to listen to the following podcast:

Long-term, elevated stress can wreak havoc on a body. In this episode, the editors of Nursing speak with The Wisdom Coalition's Nancy Werten and Kim Howie about the importance of mental well-being and strategies for nurses to alleviate stressors and achieve joy.



Goodfellow Podcast: Vegan Babies

Dr Taisia Cech and Dr Marissa Kelaher discuss how to optimise nutrition in the prenatal period for expectant parents, and in the first 1000 days.



Kids Health Info: The Royal Children's Hospital, Melbourne

Based on the hugely popular RCH Kids Health Info fact sheets, the Kids Health Info podcast explores common topics and concerns with experts in children's health. The podcasts are available through [Apple Podcasts](#)



Child Health Research in Aotearoa New Zealand



Study shows how dads' involvement in childcare impacts their kids

Recent research offers surprising insights into how fathers are involved in childcare, and why their involvement matters. This research offers surprising insights into how fathers are involved in childcare, and why their involvement matters. Commissioned by the Ministry of Social Development (MSD), Auckland University of Technology's (AUT), NZ Work Research Institute (NZWRI) examined how, how much, and how well fathers were engaged in their young children's lives, and the impact of that engagement on the children's outcomes.

The detailed snapshot that emerged allowed researchers to also explore the association between paternal involvement in the child's early years and children's cognitive, physical, and psychological development later in life. To read the report in full, click [here](#)



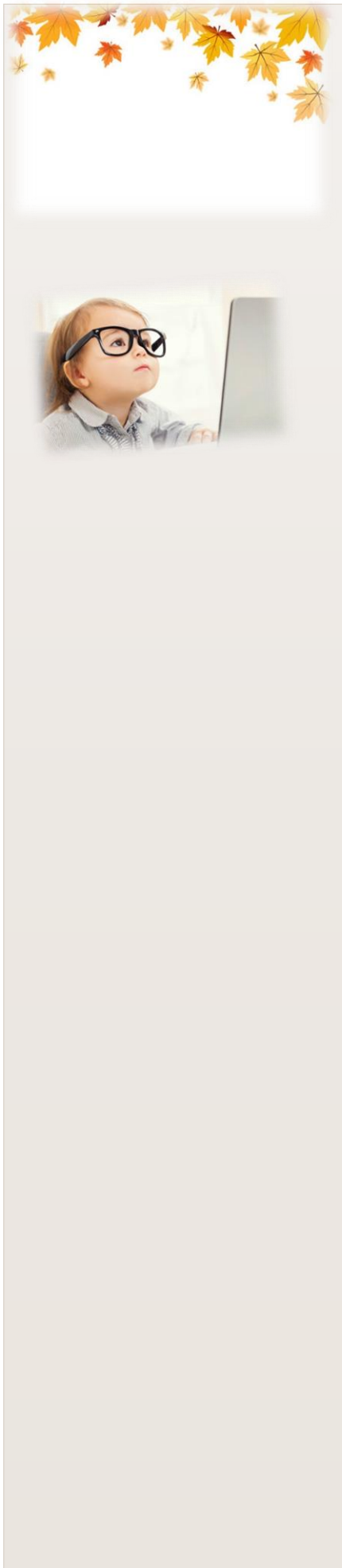
Regional Variation in Sudden Unexpected Death in Infancy in New Zealand

This interesting New Zealand study released online in the Journal of Paediatrics and Child Health in February 2023, found that there is a marked variation in SUDI risk by DHB, but this is explained by socio-economic and demographic variation within DHBs. The study emphasises the important contribution of social determinants of health in SUDI. To read and download the full research article click [here](#)



Adverse outcomes in adulthood for abuse survivors

Victims of childhood sexual abuse are more likely to suffer difficulties across multiple aspects of their lives as adults, a University of Otago study has found. Previous research has focused on mental health outcomes of childhood sexual abuse survivors, but this is the first time the impact has been shown over a long period, and across a wide range of outcomes – physical, mental, sexual, interpersonal, economic, and social. The study, published in the *Journal of Development and Psychopathology*, analysed information from 937 Dunedin Study participants followed from birth to age 45. You can read the findings and full publication here: [Childhood sexual abuse and pervasive problems across multiple life domains: Findings from a five-decade study](#)



Upcoming Events and Education...



Royal College of
Paediatrics and Child Health
Leading the way in Children's Health

The Royal College of Paediatrics and Child Health conference is being held in Glasgow, Scotland from 23 -25th May 2023. The theme is: '*Child health in a changing world*'. A theme more relevant than ever as we navigate challenges and opportunities in paediatrics globally. Visit <https://www.rcpch.ac.uk/news-events/rcpch-conference> for more information.



Early Childhood Australia
A voice for young children

Early Childhood Australia is hosting a conference entitled: *Promoting Children's Health and Safety Conference: Embedding a culture of information sharing in early childhood* in Melbourne on 18th July 2023. The programme includes a deep dive into the Child Information Sharing Capacity (CIS) Program introduced by the state of Victoria to promote the safety and wellbeing of Victorian children. Whilst the program is specific to the Australian context, the day offers and opportunity to listen to some expert speakers and participate in workshops learning from colleagues and other professionals from information sharing entities. Learnings that may be applicable to the NZ context too!



The 8th International Neonatology Association Conference (INAC 2023) is being held in Dublin, Ireland on 7-10 September 2023. Abstract submissions are due at the end of May. For more information and a full list of topics visit: <https://worldneonatology.com/2023/topics/>



The Australian College of Children and Young People's Nurses 2023 conference is being held on 13-15th September 2023 in Darwin, Australia. The theme is: *The New Age of Children and Young People's Health Care*. For more information, registration and information about abstract submissions click [here](#).



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

The Paediatric Society of New Zealand Te Kāhui Mātai Arotamariki o Aotearoa 74th Annual Meeting will be held in Rotorua from 8th -10th November 2023. The theme for the 2023 meeting is Hauora mō ngā tamariki katoa - Health for all Children. For more information visit: www.psnzconference.org.nz