

From the Committee...

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

Kia Ora Members, welcome to our 2023 Winter/Spring edition of TimeOut. We hope everyone has managed to stay well, dry and warm through these cold and soggy winter months! In addition to the weather, the current cost of living crisis is impacting us all, with one in three New Zealanders going without medical care when they are unwell, according to a recent cost of living survey. The cost-of-living crisis reminds us that our environment shapes our health on many levels.

Since our last newsletter, the CCYN Committee has been very busy; some of the committee activities are outlined in this edition, including launching a new Māori name and tohu for the College coinciding with Matariki celebrations in July. Plus, we are entering the final planning stages of our 2023 biannual symposium, which is being held in Auckland on Friday, 3rd November. Our AGM will be held the day before, on the afternoon of the 2nd of November. More details are in this newsletter.

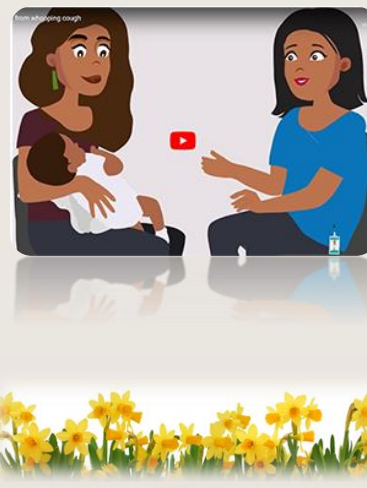
The CCYN newsletter provides a great opportunity and platform for our members to share information on projects, initiatives, research or upcoming education sessions with other members. We love profiling the work that child health nurses do and fostering information sharing and collaborative working. Too often, we overlook opportunities to celebrate ourselves and each other in our work supporting the health and wellbeing of children and their families; we must get better at this as a profession. The following quote encompasses this sentiment well: "Success is not a finite resource; share it, wish it on others, and celebrate others".

We hope you enjoy this edition of TimeOut; there is plenty of content to explore and enjoy over a cup of your favourite brew! We always enjoy hearing from our members; please feel free to email us directly or contribute to discussions through our Facebook page anytime.

Ngā mihi nui,

*Sarah Williams,
Chair & Editor,
College of Child and Youth Nurses, Tapuhitia ngā mokopuna ma apopo NZNO*





National News



Cure Kids 3rd State of Child Health Report

Cure Kids' third report on the State of Child Health in Aotearoa, New Zealand, was published in May 2023. The report makes the case that we need urgent action on four main priorities for the health of our tamariki and rangatahi. Cure Kids joined forces with the Paediatric Society of New Zealand, the Royal Australasian College of Physicians, and the New Zealand Child and Youth Epidemiology Service to analyse the data. Based on national data on hospitalisations from 2000 to the end of 2021 for children and young people aged up to 18 years, the group agreed that the priorities should be: Respiratory conditions; rheumatic fever and rheumatic heart disease (RHD); skin infections, and mental health concerns.

The report highlights growing inequity in child health, with Māori and Pasifika children and those living in areas with the greatest socioeconomic deprivation being disproportionately affected.

The full report can be found here:
<https://www.curekids.org.nz/our-research/state-of-child-health>

KidsHealth

Whooping Cough Education Resource

The KidsHealth team have worked alongside Māori paediatrician Dr Owen Sinclair and an animator to produce an informative whooping cough animation. The resource can be found through the following link.

<https://kidshealth.org.nz/whooping-cough-immunisation>

And more...



More disabled young people in New Zealand face inequities than previously known

Research published in July of this year by Growing Up in New Zealand has found that more people and families experience disability than shown before, and these young people are experiencing inequities in many areas of their lives. As a result, researchers recommend that disabled young people are made a priority across government. The report takes a unique look at disability using a combination of parent and young person viewpoints, providing a deeper understanding at both individual and family levels. The webinar and report can be accessed here:

<https://www.growingup.co.nz/growing-up-report/the-impact-of-disability-on-young-people-and-their-family>



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](#)

Child Poverty Related Indicators Report

The latest Child Poverty Related Indicators (CPRIs) Report was released in July. The five CPRIs are measures related to the causes and consequences of child poverty, and help tell a broader story about the lived experience of children in poverty. Over time, they can also tell us more about the impact of policies established to reduce child poverty and mitigate its consequences.

The report can be downloaded [here](#)

Paediatric Early Warning System



National News cont...

Te Tāhū Hauora
Health Quality & Safety
Commission



The **Paediatric Early Warning System (PEWS)** has now been launched in the majority of paediatric wards in Aotearoa New Zealand. This work, in partnership with Te Tāhū Hauora Health Quality & Safety Commission and the Paediatric Society of New Zealand, is keeping tamariki safer in Aotearoa hospitals by helping clinicians to recognise the early signs of clinical deterioration so they can respond quickly. To learn more about PEWS visit [here](#) and read the roll out update at the end of this newsletter.



Immunisation
Advisory Centre

Immunisation Handbook update

The Immunisation Handbook 2020 has been updated to version 23. The Handbook is not available in print version – the [online version](#) should be referred to for current clinical and technical advice.



Asthma +
Respiratory
FOUNDATION NZ

Asthma in New Zealand 2023 Survey Findings

The Asthma in NZ Survey was undertaken by the Asthma and Respiratory Foundation NZ between 20 March 2023 and 8 April 2023. The purpose was to gain insights into the experiences of New Zealanders living with asthma. One of the findings was 64% of children 12 years and under surveyed had poorly controlled asthma and 49% of those over 12 years had poorly controlled asthma.

A link to the full report can be found [here](#)

And even more...

plunket
whānau āwhina

Online breastfeeding support

Online breastfeeding cafés run by lactation consultants are the latest in a suite of FREE specialist breastfeeding support services now available through PlunketLine. PlunketLine has a team of six specialist breastfeeding lactation consultants.

Pacific neighbour adopts Whānau Āwhina Plunket model

In May of this year, a health ministry delegation from Kiribati signed a Memorandum of Understanding with Whānau Āwhina Plunket paving the way for a nurse-led programme like Plunket to be set up in Kiribati.

For more information on Plunket's current initiatives and projects (plus many more) visit [here](#)



diabetes
new zealand

Resources for Schools and Early Childhood Centres

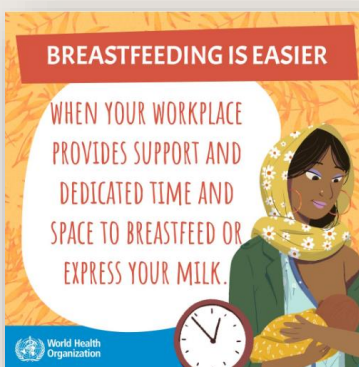
The National Child and Youth Clinical Diabetes Network has undertaken significant work looking at available school diabetes health resources across New Zealand, identifying educational gaps and determining specific resources required to support the safe care of children and youth with diabetes in schools. One of the outcomes of this work is a collection of diabetes action and management plans. This collection is intended to provide a formal guide for the consistent care and management of children and young people with diabetes in schools and early childcare organisations. For more information visit [here](#)



The selection and use of essential medicines
2023
Web Annex B

World Health Organization
Model List of Essential Medicines
for Children

9th list
(2023)



Beyond NZ - Global Bulletin

Fighting childhood obesity in Tonga: Creating supportive environments for kids to lead healthier lives

Supported by the [World Health Organization](#) (WHO), Pacific health leaders are prioritising the issue of obesity, particularly among children and young people. Creating enabling environments which make it easy for people to make healthier choices is critical to decreasing the obesity burden in the Pacific. In Tonga, where over half of children and teenagers are estimated to be overweight, health leaders are cognizant of the important part they play to tackle the drivers of obesity in the country. Facilitating collaboration with other sectors is an important aspect of their work. Some initiatives include Health Promoting Schools, Health Promoting Church partnership and Health Promoting Workplace. Tonga has also introduced policies such as the sin tax on sugary drinks. To follow this topic visit [here](#)

WHO Model List of Essential Medicines for Children – 9th List 2023

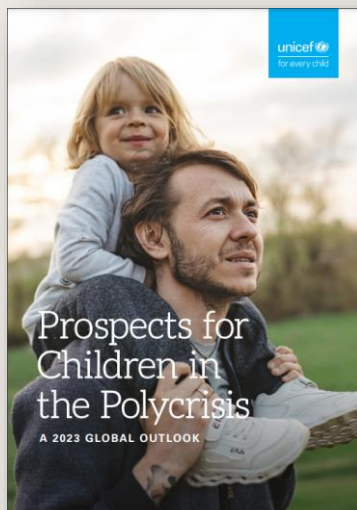
Did you know? The [WHO Model List of Essential Medicines for Children](#) is updated and published every two years and is intended as a guide for countries or regional authorities to adopt or adapt according to local priorities and treatment guidelines for developing and updating national essential medicines lists. The core inventory lists the minimum medicine needs for a basic healthcare system, listing the most efficacious, safe and cost-effective medicines for priority conditions. Priority conditions are selected based on current and estimated future public health relevance and potential for safe and cost-effective treatment.

Joint Statement by WHO Director-General and UNICEF Executive Director on the occasion of World Breastfeeding Week

Many countries have significantly increased exclusive breastfeeding rates in the last ten years. However, even greater progress is possible when breastfeeding is protected and supported, particularly in the workplace. During this year's World Breastfeeding Week (1-7th August), under its theme, *"Let's make breastfeeding at work, work"*, – UNICEF and WHO emphasised the need for greater breastfeeding support across all workplaces to sustain and improve progress on breastfeeding rates globally. Supportive workplaces are key. Evidence shows that while breastfeeding rates drop significantly for women when they return to work, that negative impact can be reversed when workplaces facilitate mothers to continue to breastfeed their babies. For more information about this campaign and for resources, visit:

<https://www.who.int/campaigns/world-breastfeeding-week/2023>





Beyond NZ - Global Bulletin cont...



unicef

The State of the World's Children: A red alert for childhood vaccination

The world is facing a red alert for children's health: Routine vaccination coverage dropped sharply during the COVID-19 pandemic. UNICEF's latest report, *The State of the World's Children 2023: For every child, vaccination*, explores the reasons behind this red alert and the steps we as a global community must take to make sure that no child is left behind. You can download the full report or executive summary [here](#).

Prospects for Children in the Polycrisis: A 2023 Global Outlook

UNICEF's recent flagship report, *Prospects for Children in the Polycrisis*, emphasises the need to prioritise holistic solutions to improve prospects for children when the world is forced to confront the interconnectivity of risks, trends and events. This report outlines the polycrisis in which the world finds itself — multiple, simultaneous shocks with strong interdependencies, intensified in an ever-more integrated world — along with eight trends that will shape child rights and well-being in the coming year. To read more about these trends, click on the report link above. You can also watch an interesting webinar incorporating the voice of young people through this link.

UN Committee on the Rights of the Child General Comment 26

In May of this year, the UN Committee on the Rights of the Child adopted its General Comment 26 on children's right to a healthy environment, focusing on climate change. GC 26 confirms that children have a right to a clean, healthy, sustainable environment. It also clarifies the obligations of States and the role of the business sector. GC 26 became available for all to use in July and will guide States on ensuring a child rights-based approach to addressing the current environmental and climate crisis. For more information about General Comment No.26 and the upcoming official launch in September, visit:

<https://childrightsenvironment.org/about/>





Global Nursing News

Health inequities and discrimination – new ICN’s position statement addresses role of nurses

The International Council of Nurses (ICN) recently released a new position statement on [Health inequities, discrimination and the nurse’s role](#). Presenting a brief overview of how inequities and discrimination intersect with health and affect the health of all persons across the globe, the position statement describes how experiences of discrimination, racism and historical trauma are critical social determinants of health inequities for certain groups of people, such as LGBTQ+, indigenous peoples, people of colour, women and gender minorities, people with disabilities, and older persons. ICN states that nurses must leverage their role as trusted advocates and leaders to help amplify the voices and meet the needs of all communities they serve. ICN calls on individual nurses in their roles as clinicians, educators, researchers, policy influencers, or executives to promote an environment in which human rights, values, personal choices, customs and spiritual beliefs of individuals, families and communities are respected. Click the link above to read the full position statement.

ICN Congress Montreal 2023



Every two years, the International Council of Nurses (ICN) holds its global nursing congress for nurses from member countries to showcase their excellence. Co-hosted by the Canadian Nurses Association, this year’s ICN Congress took place in Montreal from July 1 – 5 and celebrated the theme: *Nurses together: a force for global health*. More than 6,000 nurses from 130 countries attended the ICN Congress. It was a unique opportunity to celebrate nursing leadership and nurses’ collective impact around the world. I was privileged to be able to attend this inspiring event for the second time and would highly recommend that every nurse attend at least one ICN congress during their career. I came home rejuvenated, inspired and having made many new professional networks and friends from across the world. *Sarah Williams, Chair, CCYN.*

You can watch the 2023 ICN Congress recap video [here](#)



The 2025 ICN Congress will be held in Helsinki, Finland from the 9 – 13 June, it would be great to see more New Zealand nurses represented. Consider submitting an abstract for oral or poster presentation!





General CCYN Committee News

The committee has been busy with various projects and initiatives including the launch of a new Māori name and tohu for the College, and planning for our biennial 2023 symposium which is being held on November 3rd in Auckland.

2023 CCYN Symposium Flyer



Registrations now open: NZNO College of Child and Youth Nurses (CCYN) biennial Symposium 2023

When: Friday 3rd November 2023 from 0830-1700hrs

Where: Marion Davis Library, 32 Park Road, Grafton, Auckland

Registration prices:

NZNO CCYN Members - \$80

Non CCYN-members - \$100

Undergraduate health professional students - \$40

Half day registration - \$50 (limited numbers available)

Symposium theme: *Ko ahau te taiao Ko te taiao ko ahau...I am the environment, and the environment is me...*

Register at this [link](#) or visit our NZNO CCYN website.

Keen to present at our symposium? The call for abstracts is open until Friday 15th September – see abstract submission instructions and the abstract submission template on our NZNO CCYN website https://www.nzno.org.nz/groups/colleges_sections/colleges/college_of_child_youth_nurses

Please direct any queries or questions to: correspondence.ccyn@gmail.com

We look forward to seeing you there!

Register for the Symposium through this [link](#) or visit our [Conferences & Events site](#) Keen to present? See [Abstract Submission Instructions](#) and complete the [Abstract Submission Form](#)

Introducing our new committee members...

Kathy Rose (Auckland)

"I am currently working at Starship Child Health as a Nurse Specialist for the Respiratory Service. I have previously worked in the areas of Well Child Tamariki Ora, Urgent care and Paediatric Cardiology. I joined CCYN as I am passionate about child health and believe Nurses can contribute greatly to improving the health and wellbeing of tamariki, rangatahi and their whanau. I am grateful to be part of a team who advocates for the health of children and supports the amazing Nurses out there caring for them!"

Michael (Mikey) Brenndorfer (Auckland)

Michael Brenndorfer (he/they) works as a Mātanga Tapuhi/Nurse Practitioner at the Youth Health Hub in Tāmaki Makaurau/Auckland. Michael grew up in Northwestern Ontario, Canada, but has been living in Aotearoa since moving here in 1996 as a teenager. Along with being on the CCYN committee, Michael is a member of the executive committee for SYHPANZ (Society of Youth Health Professionals Aotearoa NZ) and has recently joined Te Tatau Kitenga, a youth health advisory group for Te Whatu Ora. Michael is passionate about the unique contribution nurses can make in youth health, and looks forward to working with CCYN to support its members caring for children and young people.

Chris Drown (Napier)

Kia ora tatou katoa, ko te mata o rongokako te maunga, ko ngaruroro te awa, ko Waimarama te moana. Ko waka Takitimu te waka, ko Kohupatiki te marae, ko ngati kahungunu te iwi. No Wairoa ahau, engari, ko Heretaunga toku kainga inaianei. Ko Chris Drown toku ingoa.

Kia ora, I am Chris. I am currently a school-based nurse in 5 primary kura in and around Maraenui in Ahuriri. I love what I do in these kura. These kura are all decile one so there are many needs to be met. I have a history as a senior nursing lecturer at EIT and prior to that worked in both acute mental health services and child health unit in HBDHB (as it was known then;-) Child health nursing has always been a passion of mine and my current position means that I am effective (not always) in meeting the needs of the tamariki and rangatahi in my care. My partner in life (of 37 years), Noreen, and I have three "boys" or young men who are excelling in their own life choices. I drive and maintain my own VW beach buggy and love music and learning to play guitar. I am a Roller Derby referee so that keeps me fit mentally and physically. No reira, tena kotou, tena kotou, tena tatou katoa.



Artist Te Awatea Pawa



CCYN Launch of Māori Name and Tohu

At a meeting in September 2020, the CCYN committee discussed the idea of gaining a name for the College in te reo to demonstrate the College's ongoing commitment to achieving equitable health outcomes for tamariki and whānau. Guided by our wonderful colleague and committee member Jo Clark-Fairclough (Te Rarawa, Nga Puhi and Tainui), we set the wheels in motion to find a suitable name and search for an artist who would create a new tohu to reflect that evolution.

We are excited to share with our members that in July, to coincide with Matariki, we launched the new Māori name and tohu to sit alongside our official College of Child and Youth Nurses, NZNO title. The new Māori name has been gifted to us by NZNO Kaumātua, Keelan Ransfield and our beautiful tohu designed by Northland artist Te Awatea Pawa. Our official launch was held in Wellington at the NZNO Te Poari Matariki dinner celebration.

Our gifted name: *Tapuhitia Ngā Mokopuna Mō Apōpō* (to nurse and care for the next generation), reflects the role of the child health nurse. The tohu signifies the organisation as a whole group, A unit that helps, supports and guides others through nursing. A summary of the meaning of this logo symbolises courage, nurture, people, support and strength.

Te Awatea Pawa is a young Ringatoi Māori who lives in Northland and is a mother of three young children. Being a mixed-medium artist allows Te Awatea to explore various ways to tell a story without using words.

Te Awatea's description of the new tohu:

This tohu signifies the organisation as a whole group. A unit that helps, supports and guides others through nursing. A summary of the meaning of this logo symbolises courage, nurture, people, support and strength.

Design

The details and designs within this tohu represent genealogy, identity and the future of our people. Whakapapa is what binds us to all things. These designs link and connect our relationships to mythology, history, knowledge, tikanga, philosophies and spiritualities.

Triangle

The triangle represents the Niho Taniwha design. Niho Taniwha is a traditional Māori pattern that symbolises strength and unity. The individual triangle represents hapū, which are brought together in the pattern to represent unity.

Two koru

The two koru represent the relationship between two people. The koru is a spiral shape created to represent the silver fern or Ponga. This shape has been symbolised as the identity of Aotearoa for stability and harmony through the challenges and pleasures of life. It shares a powerful connection to both lineage and our own experiences.

Worth a Listen...



Nursing Australia APNA – The Australian Primary Health Care Nurses Association Podcast: This is a [news and education podcast](#) series aimed at Australian nurses but with some recordings that will resonate with New Zealand nurses too. The podcasts are presented by APNA and contain powerful interviews, education segments and stories from nurses on the frontline of Australian health.



Goodfellow Podcast: [Nurse Practitioners](#)

Chelsea Willmott discusses nurse practitioners in New Zealand and the growing role they play in primary care practice.



The Royal College of Paediatrics and Child Health, UK runs a [podcast series](#) aimed at paediatricians and those working in child health. Members and guests discuss a wide range of topics across paediatrics and child health. Episodes are available on Apple Podcasts, Spotify, Stitcher or wherever you listen to your podcasts.

[Our voices: Engagement done well](#) was released by RCPCH Podcasts in December last year – it was put together by [RCPCH & Us](#) – a network of children and young people from all over the UK who volunteer together to help improve health, awareness and information/education around what matters to children and young people. This podcast is well worth a listen!



eHealth TALK NZ (powered by Health Informatics New Zealand produces a series of podcasts containing news and interviews on data and digital health in New Zealand.

[Episode 35: Professional supervision for nurses](#) is sponsored by the College of Nurses Aotearoa and contains an interview with Dr Catherine Cook from AUT about professional nursing supervision. Dr Cook runs a two-day supervision workshop for nurses throughout the year.



Worth a Read...

- [Global nursing workforce challenges: Time for a paradigm shift](#)
- [Childhood vaccination uptake among children born in Aotearoa New Zealand based on parental nationality](#)
- [Child and adolescent television viewing and metabolic syndrome in mid-adulthood](#)
- [Watching the watchers: assessing the nature and extent of children's screen time using wearable cameras](#)
- [Children and young people's participation in decision-making within healthcare organisations in New Zealand: An integrative review](#)
- ["She vaccinated my baby and that's all..." Immunisation decision-making and experiences among refugee mothers resettled in Aotearoa New Zealand](#)
- [Determinants of ethnic differences in the uptake of child healthcare services in New Zealand: a decomposition analysis](#)

Upcoming Events and Education...



The 8th International Neonatology Association Conference (INAC 2023) is being held in Dublin, Ireland on 7-10 September 2023. 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 and registration visit: <https://cre8itevents.eventsair.com/accypn-2023-conference>



The Aotearoa New Zealand Immunisation Conference 2023 and pre-conference workshop is scheduled for 15-17th November in Auckland. The conference programme will include a diverse range of topics and provides an excellent opportunity for researchers to present their academic research, and other delegates to present their experiences and practices related to service delivery or policy decisions. Visit <https://www.immune.org.nz/2023-immunisation-conference> to register.



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. Call for abstracts is now open and registrations. For more information visit:

www.psnzconference.org.nz



The New Zealand Respiratory Conference is running from 16-17 November 2023 at Te Papa, Wellington. The conference opens with a dedicated Te Whare Tapa Whā plenary, with presentations from three leaders in Māori health. The programme is designed to be of relevance to primary care practitioners and health professionals in respect to the management of respiratory conditions, patient and whānau care, education and support.

To find out more and to register visit: <https://www.nzrc2023.co.nz/>



The 2024 Child and Adolescent Mental Health Conference is running from 18th -20th March 2024 on the Gold Coast, Queensland. The theme is 'Together we stand: The importance of collaboration, connections, community and culture'. For more information visit: <https://anzmh.asn.au/camhc>



The RCPCH Conference 2024 is being held in Birmingham, UK from the 25th to 27th March 2024. The theme is 'Building a bright future together'. The call for abstracts has gone out and closes on 30th October. For more information visit:

<https://www.rcpch.ac.uk/news-events/rcpch-conference>



Aut Collab (the Autistic Collaboration Trust) is a community that welcomes all individuals and groups who fully appreciate the value of neurodiversity. The Autistic Collaboration Trust is working with healthcare professionals to facilitate sector wide education in the neurodiversity paradigm, the neurodiversity movement, and Autistic culture. For more information on available courses visit: <https://autcollab.org/projects/for-healthcare-professionals/>

National paediatric early warning system roll-out update

The **Aotearoa New Zealand national paediatric early warning system (PEWS)** roll-out is underway nationwide.

Te Tāhū Hauora Health Quality & Safety Commission partnered with the Paediatric Society of New Zealand to develop and test four paediatric vital sign charts. The development work began in 2017 and concluded at the end of testing in 2021/22. The charts are only one part of an early warning system. Therefore, systems for measurement, clinical governance, education, engagement with patients and whānau and mandatory escalation were developed along with national paediatric vital sign charts.

The project aims to reduce adverse outcomes by improving the early recognition and response to acutely deteriorating tamariki in hospitals. The adverse outcomes include:

- variation in the recognition of deterioration across the country
- unplanned admissions to higher levels of care (e.g., to intensive care units, high-dependency units, another hospital)
- death and cardiopulmonary arrest (acknowledging these are few already)
- poor patient and whānau experience of care
- inequities between patient groups

Paediatric teams from three Te Whatu Ora districts displayed a phenomenal commitment to testing a national PEWS. Despite COVID-19 and health professional staffing shortages, Wairau, Nelson, Whakatāne, Tauranga, and Starship hospitals tested and along with the Paediatric Society, approved the national PEWS for roll-out.

Te Tāhū Hauora began the national roll-out in October 2022 by inviting project teams from all main public and private hospitals in Aotearoa to attend regional workshops. Local teams have done much work preparing for the launch. The commitment from teams to have assessed the use of their current PEWS, developed policies and provided education demonstrates the significant appetite for a national PEWS.

Teams have met in monthly virtual meetings within their regions and have shared resources, experiences and offered advice and support to each other. As facilitators, the national PEWS Te Tāhū Hauora team can share information between regions. A highlight has been the inclusion of consumers in the project teams sharing their experiences. This has led to whānau not just being part of the recognition (do they have a concern?) but being included in the mandatory escalation response in some hospitals (treatment plans being reported to whānau). It has also been evident that teams have shared the same experiences and challenges with PEWS no matter where they are in the country.

Once launched, teams will enter a 6-month implementation period and then move into a sustained phase at the end of the year. For those of you working in a hospital and wanting further information on what is happening in your area, speak to your charge nurse manager. In addition, NZNO College of Child & Youth Nurses nurses can find more information here: [national PEWS](#).

Jane Craig-Pearson, Specialist, secondary care paediatric nurse
Te Tāhū Hauora Health Quality & Safety Commission