



From the Committee...

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

Kia Ora Members, welcome to our 2023 Summer edition of TimeOut. We hope everyone is surviving the last frantic weeks of the year and have some time set aside to relax and unwind over the summer break.

Since our last newsletter, the CCYN Committee have continued to work hard to deliver on some of our key initiatives. One of these was our 2023 Biennial Symposium in Auckland at the beginning of November. Despite fewer attendees than face-to-face symposiums held before the pandemic, it was a great day, and we received excellent feedback about this event. You can read more about the 2023 symposium later on in this newsletter.

The day before our symposium, our 2023 AGM afforded us time to reflect on our achievements as a committee and College (the AGM reports are available on our website for those who may have missed them). At the AGM, we were delighted to announce that our previously seconded committee members, Michael Brenndorfer and Chris Drown, are now elected committee members for a full term. In our last newsletter, we profiled the work of these two amazing nurses and that of Kathy Rose, elected at our 2022 AGM. We feel very fortunate to have all three join the committee.

Another person I would like to acknowledge is our fantastic Professional Nurse Advisor (PNA), Marg Bigsby. We could not function without the support of Marg, who brings extensive knowledge and value to our committee. In her role as PNA, Marg is an essential conduit between the NZNO industrial and professional arms. She offers guidance to ensure a shared direction and common purpose through the two lenses. Thank you for all you do to support us as a College and committee, Marg.

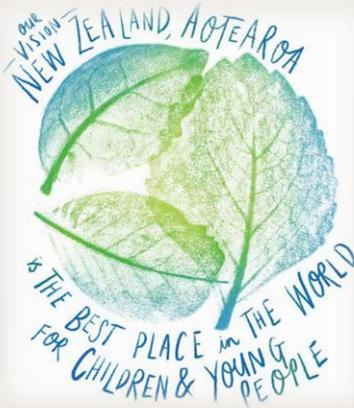
I am delighted to share that the College has experienced a surge in membership over the last quarter of this year; we now have around 430 members (and still growing) across all areas of child health. Strength in numbers enables us to advocate with more (and louder) voices for the needs of our tamariki and child health nursing across the board.

We hope you enjoy this edition of TimeOut; as always, there is plenty of content to read, listen to and explore! If you have ideas for content or would like to contribute or promote activities through our newsletter, please email us directly.

Wishing you all a Meri Kirihimete and a Happy New Year!

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





National News



Child and Youth Wellbeing

Index of child and youth engagement reports

The New Zealand [Child and Youth Wellbeing](#) website now includes a new collection of engagement reports featuring child and youth insights and perspectives across a range of wellbeing areas. The [collection](#) covers a wide range of topics, including general wellbeing, health and mental health, environment, employment and transitions. A particularly useful resource is the [Best Practice Guidelines for Engaging with Children and Young People](#)

Te Whatu Ora Health New Zealand

National Oral Campaign hits exciting milestone

This month, the National Oral Health campaign achieved a major milestone. Over 1.5 million free toothbrushes and toothpastes have now been distributed to preschoolers and their whānau across the motu through a national initiative aimed at improving the oral health of young children. Products are distributed through Well Child Tamariki Ora providers (including Whānau Āwhina Plunket), Kaupapa Māori and Pacific-led healthcare providers and immunisation outreach providers.

The campaign was started in response to findings from the New Zealand Health Survey which highlighted that poor oral health in early childhoods leads to poor oral health in adulthood. The initiative aims to promote and improve toothbrushing among children under five. For more information visit: <https://www.hpa.org.nz/campaign/oral-health-baby-teeth-matter>

And more...



Telehealth consults for rural communities

A new rural after-hours telehealth service is now available, improving access to primary health care for almost 900,000 New Zealanders. This is great news for whānau, especially those with young children who have previously had to travel long distances to get after-hours medical care.

Co-commissioned by Te Whatu Ora and Te Aka Whai Ora, the new service is delivered by [Ka Ora Telecare](#), which brings together three organisations with an extensive record in telehealthcare (Reach Aotearoa, Practice Plus and Emergency Consult). Rural communities are a priority group identified in Te Pae Tata (Interim New Zealand Health Plan).

The service will provide after-hours telehealth care (5.00 pm – 8.00 am) on weekdays and 24 hours a day on weekends and public holidays. The service is staffed by kaiāwhina, nurses, GPs and emergency medicine specialists.



Immunisation Advisory Centre

Don't forget about Measles!

November marked the thirteenth case of measles this year, stressing the importance of immunisations. Measles is **highly** contagious to adults and children and is dangerous to those with weakened immune systems. For more information on measles, check out these links:

<https://www.immune.org.nz/diseases/measles> and

<https://info.health.nz/conditions-treatments/measles/>





National News cont...

Te Tāhū Hauora
Health Quality & Safety
Commission



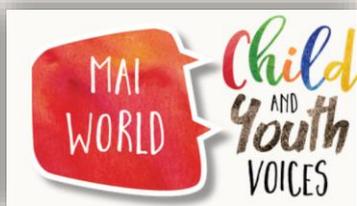
Paediatric blood pressure guidelines

In support of the national [PEWS](#) rollout, a new blood pressure guidance document has been developed. The focus is on the measurement of blood pressure on acutely unwell tamariki. The document can be found here: [Guide to recording blood pressure in acutely unwell tamariki](#)



New research examines structural disadvantage in rangatahi Māori mental wellbeing

Research published in November by [Growing Up in New Zealand](#) has identified patterns of structural disadvantage experienced by rangatahi Māori, and looks at mental wellbeing and cultural connectedness. Structural disadvantage refers to the disadvantage experienced by some individuals or groups as a result of the way society is organised and how resources are distributed. In this research structural disadvantage was measured by looking at information provided by the young person's mother, including the level of household material hardship, neighbourhood socioeconomic deprivation; maternal employment status and residential mobility (number of house moves). To read the report in full visit [here](#)



Mai World

[Mai World: Child and Youth Voices](#), aims to listen to, engage with, and reflect the voices of mokopuna and share them with decision makers. With links to [Mana Mokopuna](#), the team works with mokopuna from all around Aotearoa to understand what they think about a range of topics.



And even more...



Mana Mokopuna – Children and Young People's Commission

Established in July 2023, and replacing the sole-Commissioner model, Mana Mokopuna – Children and Young People's Commission is an independent advocate for all 1.2 million mokopuna aged under 1 years in Aotearoa and care-experience mokopuna aged up to 25 years. The Commission is an Independent Crown Entity governed by a board of five Commissioners led by Chief Children's Commissioner Dr Claire Achmad. It advocates for children's rights to be recognised and upheld, provides advice and guidance to government and other agencies, advocates for system-level changes, ensures children's voices are heard in decisions that affect them and monitors places where young people are detained.

To read more about the work of Mana Mokopuna, visit: <https://www.manamokopuna.org.nz/>



Hundreds rally against planned smokefree reversal

Labour's Health Spokesperson, Ayesha Verrall joined nurses, kaiāwhina, doctors and other healthcare workers on Wednesday, 13th December, in Wellington and Auckland to rally and protest the Government's shock decision to repeal world-first smokefree laws. For more about NZNO's response to these proposed changes visit:

<https://kaitiaki.org.nz/article/nurses-health-workers-stand-up-against-incomprehensible-smokefree-rollback/>



Beyond NZ - Global Bulletin

Global Girlhood Report 2023: Girls at the Centre of the Storm. Her Planet, Her Future, Her Solutions

The climate crisis is already changing girls' lives and futures. Save the Children's analysis shows that between now and 2030, almost 60% of girls - that's 931 million - will experience at least one extreme weather event, like flooding, drought or heatwaves. An estimated 4 million girls in lower income countries (countries where individuals have the smallest incomes) missed out on completing their education due to climate related events in 2021. And right now, at least 49 million people, including girls and their families are on the brink of starvation, unable to learn and grow because longer-lasting droughts and the war in Ukraine have combined to create a hunger crisis the size and severity of which has not been seen before. These experiences increase risks of harm that particularly affect girls, including gender-based violence and child marriage. To read more, download the report [here](#).

Global Scales for Early Development (GSED)

The [Global Scales for Early Development](#) were launched by the World Health Organization earlier this year. The GSED contributes a new methodology and package of measures and implementation materials to monitor the holistic development of children at population level in the critical first three years of life. Despite growing interest in early childhood development globally, internationally validated tools to assess the development of children under the age of three at population level remain scarce. In the Global Scales for Early Development (GSED) project existing efforts have been brought together to develop a harmonized new methodology to assess development in children up to 36 months through measures that are culturally neutral, easy to administer, open access and acceptable and understandable to caregivers and children. For more information on this interesting topic and the development of the GSED visit [here](#):

Tracking Universal Health Coverage: 2023 Global Monitoring Report

The World Health Organization (WHO) and the World Bank have published the 2023 Universal Health Coverage (UHC) Global Monitoring Report, revealing an alarming stagnation in the progress towards providing people everywhere with quality, affordable, and accessible healthcare. Released ahead of the 78th United Nations General Assembly, this report exposes a stark reality based on the latest available evidence – more than half of the world's population is still not covered by essential health services. Furthermore, 2 billion people face severe financial hardship when paying out-of-pocket for the services and products they needed.

To read the full report click [here](#)



Beyond NZ - Global Bulletin cont...



unicef  for every child

Children in Gaza:

“In all wars it is children who suffer first and suffer most.”

The escalation of hostilities in the Gaza Strip is having a catastrophic impact on children and families. Children are dying at an alarming rate – more than 5,000 have reportedly been killed and thousands more injured. Well over 1.7 million people in the Gaza Strip have been displaced – half of them children. They do not have enough access to water, food, fuel, and medicine. Their homes have been destroyed, their families torn apart. These two photo essays produced by UNICEF offer reflective viewing: [Reclaiming innocence: A plea for peace and hope in the Gaza strip](#) and [children’s dreams amidst Gaza’s tragedy](#)

Report: The Climate Changed Child

Released last month, November 2023, this report builds on the [2021’s Children’s Climate Risk Index](#) and examines water scarcity and water vulnerability along with the critical actions the international community must take at COP28 to protect children against climate change. Children are particularly vulnerable to the effects of climate change - Whether it is too much, too little or too polluted, climate change is felt through water. Water security for all can only be achieved if people have access to drinking water that is safe, affordable and sustainable, and resilient to threats related to water scarcity, extreme weather events and climate shocks. Sadly, over 730 million children are currently exposed to high or extremely high water scarcity and 436 million children live in areas with high or extremely high water vulnerability. To read the full report visit [here](#)

Places and Spaces: Children’s views about their environments and how to make them right

A collection of artworks has been created by children and young people from Australia, Belgium, Bulgaria, Canada, Costa Rica, Italy and [New Zealand](#) on key environmental issues that they feel strongly about. In each participant country, small groups of children and adolescents discussed how global environmental challenges affect their daily lives. Based on their discussions, children engaged in creative activities: they made videos, drew or wrote stories, took photos, and wrote or recorded audio captions for their artwork. To learn more about children and young people's views on the places and spaces they live in, and access key environmental statistics from UNICEF’s [Innocenti Report Card 17](#) click [here](#). To view the inspiring New Zealand contribution, visit [here](#)





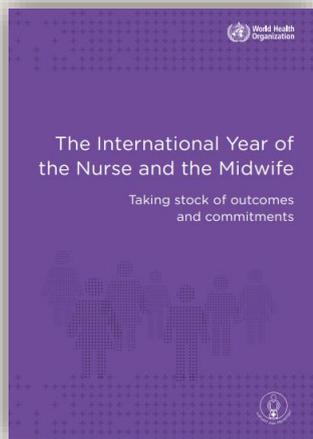
Global Nursing News



ICNs Key Messages on Climate Change and Health at COP28

The International Council of Nurses (ICN) raised the concerns of the world’s nurses about the dangerous health effects of climate change at the COP28’s first Climate and Health Day meeting in Dubai. ICN delivered its key messages about phasing out fossil fuels, building low-carbon, climate resistant health systems and putting health at the centre of climate change by investing in nursing.

ICN Chief Executive Officer Howard Catton said: “Nurses right around the world are seeing the harmful effects of climate change and are caring for those who are affected by them. Climate Change is putting additional demands on already overburdened health systems that are still struggling to recover from Covid. The current situation is simply unsustainable for nurses and other health workers, and the facilities they work in. To read more on ICNs position click [here](#)



International Year of the Nurse and Midwife: Taking stock of outcomes and commitments

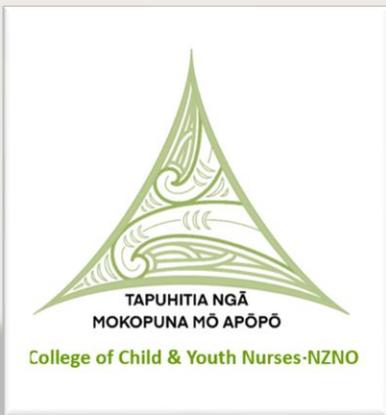
The 72nd World Health Assembly (WHA) designated (WHA72(19)) 2020 The International Year of the Nurse and the Midwife (YONM). This provided a unique opportunity to celebrate the two professions and drive investments in the education, employment, leadership and working conditions of the largest component of the health workforce.

A rapid review was conducted of online information in English of reported activities and outcomes of the International Year of the Nurse and the Midwife from mid-2019 (when it was announced) through mid-2021 (to capture activities postponed due to the COVID-19 pandemic). The findings, which cannot be considered representative or comprehensive, were described at the Global and WHO Regional levels. At the country level, they were grouped into special events, high-level recognition and awards, advancements in leadership, commitments and actual investments in education, employment and working conditions. To read the full report published online this month click [here](#) or on the report image to the left of this page.



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. Perhaps consider submitting an abstract for oral or poster presentation!





General CCYN Committee News

The CCYN | Tapuhitia Ngā Mokopuna Mō Apōpō committee has had an extremely busy last few months which has included our recent AGM and Biennial symposium.

The College’s AGM was held on Thursday 2 November at 4pm. The meeting was an opportunity to verify the college’s activities in the year that ended 31 March 2023 and to anticipate new opportunities in the coming year/s. The College’s membership continues to grow – there are now 429 members up from 308 members on 01/11/2022, a growth of 28% in a year! Further growth has occurred in the College’s social media platforms (<https://www.facebook.com/ccynnz/> has now over 700 followers), where the College connects with members and other stakeholders on child health issues and opportunities for the purpose of creating a voice for nurses working in the child and youth health sector in New Zealand.

Committee activity has included a review of our Child Health Standards; thank you to those who have provided feedback to date on this important mahi. Watch this space for the official launch of these standards early next year. We also continue to actively respond to submissions at both government and local levels to continue to advocate for tamariki and rangatahi, and the nursing workforce that supports them.

CCYN Scholarship

Applications for the next CCYN scholarship are due by 15th March 2024. The value of the scholarship for this particular round is \$1200. Further information on how to apply visit: https://www.nzno.org.nz/groups/colleges_sections/colleges/college_of_child_youth_nurses/scholarships

Staying in Touch...

Contacting the Committee

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, read past editions of our newsletter and recent AGM documents via the NZNO CCYN website by visiting: https://www.nzno.org.nz/groups/colleges_sections/colleges/college_of_child_youth_nurses or scanning the QR code on the left of this page

We would like to take this opportunity to wish all our members and their whānau a safe and happy festive season. We look forward to representing you again in 2024.



2023 CCYN Biennial Symposium Report

The Committee ran a very successful symposium in early November in Auckland. The theme was: *Ko ahau te taiao, ko te taiao ko ahau – I am the environment and the environment is me*. The day was opened with a Mihi Whakataua by Te Whatu Ora District Kaumātua Tom Hotu and a beautiful waiata sung by pupils in the kapahaka group from Parnell Primary School. The programme included contributions over the day from ten invited distinguished experts across a wide range of relevant and interesting topics:

We had an excellent range of keynote speakers plus invited and abstract presenters.



The programme included contributions over the day from ten invited distinguished experts across a wide range of relevant and interesting topics:

Prof Marek Tesar spoke on Environment, childhood, sustainability and urban nature, and addressed wide ranging issues, including the inequity of impact from health challenges like Covid-19 pandemic and climate change. He also challenged us to move the discourse from ‘troubled children’, to instead engaging with ‘capable, agentic, progressive children’.

CNS Ellyn Proffit shared the ‘metaphorical conversation’ she developed to engage with Adolescents and Young Adults enrolled with Te Whatu Ora Waikato’s Cancer Service. Ellyn created “Te Awa” to use the metaphor of a turbulent and twisting river when conceptualising the challenging cancer journey that her ‘bosses’ (service recipients) experience. Ellyn shared some moving stories that demonstrated the efficacy of this approach.

Dr Emma Sharp prompted the audience to consider different aspects of environmental values (scientific, economic, utilitarian, cultural (and more) concerning land use. She demonstrated a range of creative ways that have flipped the discourse from environmental research on children to research with children and highlighted the importance of safe outdoor areas for children to play and grow in.





Symposium Report continued...

Dr Louise Webster and CNS Noeleen Glubb highlighted the considerations in caring for the hospitalised child, presenting case studies of children at different ages and developmental stages to profile their unique needs. This warm and humorous presentation had the audience reflect on the candour of children - those that we parent and have cared for, and even what we remembered feeling when we were children – a wonderfully empathic presentation.

Yasmeen El-Rafey shared insights that her experience as a paediatric social worker at Starship Children’s Hospital yielded. She spoke on the dynamic relationship between housing and health, and highlighted strategies that nurses can use to help improve families’ access to healthier housing.

Annie Ah Mu jointly presented with College committee chairperson Sarah Williams on the therapeutic benefits of Raranga Harakeke (Māori flax weaving) for wellbeing. While Annie illustrated the steps involved in preparing materials and learning skills and techniques, Sarah spoke about how her engagement with a group of other learners had provided unexpected wellbeing benefits at a time of significant grief and loss.

Other presenters had submitted abstracts to showcase the wonderful work they are doing in the child and youth space:

Jo Heap Clinical Nurse Educator shared the results of her years of working with children and young people living in the presence of parental/caregiver mental illness or addiction to highlight available resources and effective strategies

Christine Cammell Professional Teaching Fellow and Youth Forensic Clinician with Te Whatu Ora Te Toka Tumai shared her insights into the role of the child and youth nurse in preventing youth offending

Karen Carpenter Clinical Nurse Educator and Youth Justice Residence Nurse spoke of Solibula (the sacrifice in putting others first) and Talanoa (respectful communication) in her work with Māori and Polynesian youth. Karen highlighted the importance of better matching the ethnicity of the consumer group with those working with them, and use of culturally derived models of health. She spoke of the lasting harm resulting from culturally discriminatory approaches (dawn raids) and how learning from those experiences inform the care that she gives.

Joelle De Danann CNS with the Child & Family Safety Service Te Whatu Ora Waitaha spoke about ways of facilitating and construing healthier relationships with children and youth, to avoid creating the undertones in engagement that can unintentionally wound and cause harm.

The symposium was a stunning success, with active engagement by participants in many various discussions and ideas. The feedback received was overwhelmingly positive and we would like to thank all those that attended and presented on the day. The symposium provided a great opportunity to network and share practice stories from across the motu. The day was a great achievement by the symposium planning committee - stay tuned for the sequel in late 2025!

Marg Bigsby, NZNO PNA and CCYN committee member
Donna Burkett, CCYN committee member





Worth a Listen...



The Education Hub: The Royal Children's Hospital Melbourne

Available through Apple Podcasts and Spotify, this podcast is for any health professional wanting to learn more about how to provide best-practice clinical care for children and their families. In each episode, experts from The Melbourne Children's Campus (a collaboration between The Royal Children's Hospital, University of Melbourne and the Murdoch Children's Research Institute) provide advice and insights, tips and tricks, and discuss latest research findings on a range of topics such as: [Procedural holding of children](#) and [Non-specific abdominal pain in children](#)



Goodfellow Podcast: [Alcohol and Adolescents](#)

In this episode, Jude Ball (a member of the Adolescent Health Research Group) discusses alcohol use in New Zealand's adolescent population.



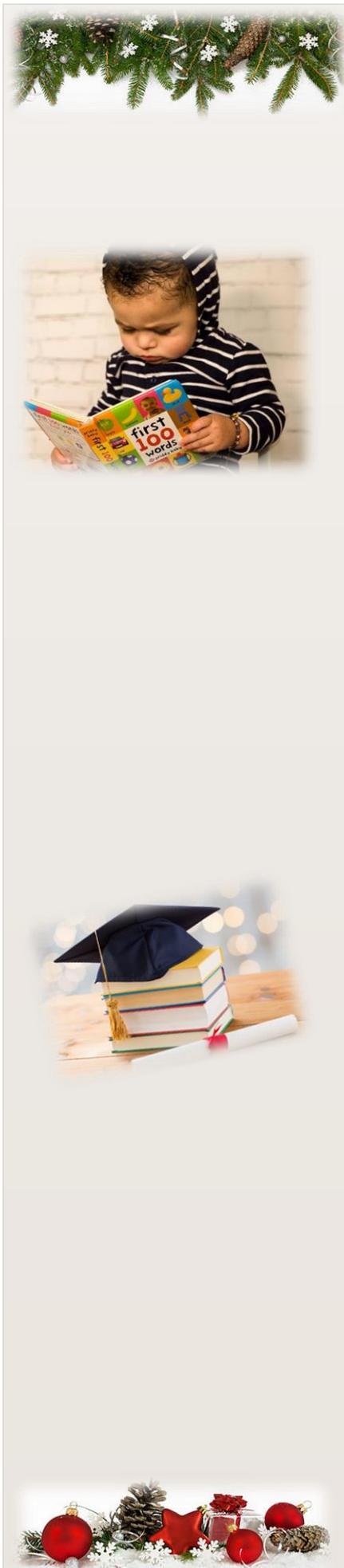
The Royal College of Paediatrics and Child Health, UK runs a [podcast series](#) aimed at paediatricians and those working in child health. Episodes are available on Apple Podcasts, Spotify, Stitcher or wherever you listen to your podcasts.

[The state of digital child health today: An interview with Professor Sam Shah](#) was released by RCPCH Podcasts last month – November 2023. Professor Shah talks about how digital technology can support child health. Although aimed at Paediatricians, 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 41: Gender Issues in Nursing](#) is sponsored by the College of Nurses Aotearoa and contains an interview with Professor Jenny Carryer from Massey University's School of Nursing about gender issues in nursing. This podcast is an essential listen-to!



Worth a Read...

[Estimating child maltreatment cases that could be alcohol attributable in New Zealand](#)

This study compared the risk of occurrence of child maltreatment among children exposed vs not exposed to parents with an alcohol-attributable hospitalisation or service use for mental health/addiction. The researchers also conducted sensitivity analyses to estimate the cases of child maltreatment that could be attributable to alcohol under two different conditions in New Zealand. The findings demonstrated that exposure to parents with an alcohol-attributable hospitalisation or service use is a risk factor for substantiated child maltreatment.

[Prevalence of low and high BMI during the first 3 years of life: using New Zealand national electronic health data](#)

This study aimed to describe the growth of NZ children under three and examine differences by sociodemographic characteristics (sex, ethnicity, and deprivation). Electronic data was collected via Whānau āwhina Plunket. The results showed that childhood BMI increases rapidly between 6 and 27 months, indicating this is a crucial intervention time.

[Duration of symptoms of respiratory tract infections in children: systematic review](#)

In this study, a systematic review of the existing literature was undertaken to determine the duration of symptoms of earache, sore throat, cough and common cold in children. The findings concluded that durations of earache and common cold are considerably longer than current guidance for parents in the UK and the United States. Updating current guidelines to reflect these findings is recommended to assist clinicians in evidence-based decision-making.

[Prevalence of nutrition risk and associated risk factors among New Zealand preschool children](#)

This study aimed to determine the prevalence of nutrition risk, using a previously validated tool, among preschool children in New Zealand. Results showed an intake of all the major food groups and excessive screen-watching during meals. The conclusions of this study showed that a fifth of NZ preschool children were at moderate to high nutrition risk. Many economic and ethnic disparities were apparent.

[Children's perceptions of their neighbourhoods during COVID-19 lockdown in Aotearoa New Zealand](#)

This interesting study looked at the impact of the COVID-19 lockdowns at the different Alert levels on children and families engaging with their neighbourhoods. During the pandemic, children between the ages of 5 and 13 completed a survey about walking and wheeling in their neighbourhood. The study found that the neighbourhood environment is essential to allow people to participate in recreational physical activity and support wellbeing. While a limitation of this is that it can only be generalised to a lockdown situation, it highlights the value of the neighbourhood on wellbeing. It certainly encourages us all to get our children out there!



Upcoming Events and Education...



Mayo Clinic Paediatric Days 2024 – January 14th- 18th 2024 in Hawaii
 The Mayo Clinic Paediatric Days 2024 provides pediatricians and child health nurses with the most current information on a variety of medical and surgical conditions affecting children and adolescents. To learn more about this four day symposium visit: [Mayo Clinic Paediatric Days 2024](#)



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>



The Cairns Institute Early Years Conference 16th -17th May 2024, Cairns, Australia
 Theme: *“It takes a village to raise a family”* For more information visit: <https://www.earlyyearsconference.com.au/>



The MCaFHNA Conference: *Innovations: Driving change for better outcomes* is being held on 29th-31st August 2024 in Brisbane, Australia. For more information click on the link above. Abstracts close 12th April 2024





More....



The Australian Institute of Family Studies is holding their 2024 conference in Melbourne from the 11th – 14th June. The theme for this conference is: *Families thriving? Asking big questions. Influencing change.* For more information visit: <https://aifs.gov.au/resources/news-and-events/aifs-conference-2024>

Wanting to gain CPD hours through online learning?

Here are a few organisations that offer valuable eLearning opportunities to boost those professional development hours:

Safeguarding Children: Safeguarding children provides comprehensive training and consulting services to equip individuals and organisations with the knowledge, tools, and strategies to effectively protect children in their care. There is a small fee for courses, check out their learning opportunities here:

<https://www.safeguardingchildren.org.nz/training-and-courses/>

Goodfellow Unit: If you are not already aware, the Goodfellow Unit provides elearning particularly focused for health professionals working in primary care.

<https://www.goodfellowunit.org/elearning>

Learnonline – MOH: Free elearning courses on topics such as SUDI and Power to Protect. You will need to create an account to access these courses, not all are open access: <https://learnonline.health.nz/login/index.php>

Whāraurau - Infant, child, youth mental health workforce development centre: Whāraurau offer a wide range of learning opportunities through their online platform. eLearning courses include Perinatal Mental Health, HeadSSS assessment, Infant and Child Mental Health, and Trauma Informed CareFor more information visit: <https://wharaurau.org.nz/elearning-courses>

Needing a place to store all those CPD hours?

Check out the 'Ascribe' app to help track CPD hours created by New Zealand Nurse Practitioner Chris Aldridge. The app is called "Ascribe" and is available for both iPhone and Android devices, from both the Google Play and Apple app stores. It is free to use, but Aldridge says it does contain ads to cover his costs in developing and upgrading it, as well as the cost of keeping it in the app stores. To read more visit:

<https://kaitiaki.org.nz/article/now-theres-an-app-for-your-cpd-thanks-to-a-nurse/>

Meri Kirihimete!

