



**College of Child and Youth Nurses,  
NZNO Monthly News Bulletin  
Friday, 3 April 2020**

## Section news

### Consultation

NZNO consults with members on a range of issues. The full outline can be [found here](#)

#### Contraceptive Standards

Medsafe is undertaking a process of aligning the NZ standard requirements with those accepted by other major international regulators to ensure that contraceptive devices sold here meet the current internationally accepted requirements and to remove any NZ specific requirements which would hinder supply of devices into the market.

NZNO welcomes your feedback to inform this process.

**Please complete** the [online survey](#) and send feedback to [policyanalysts@nzno.org.nz](mailto:policyanalysts@nzno.org.nz) by **23 April 2020**.

### ADHD

#### **Childhood ADHD Linked to Psychiatric and Somatic Disorders, Large Financial Costs**

Childhood attention-deficit/hyperactivity disorder (ADHD) has long-term associations with both psychiatric and somatic disorders resulting in large financial costs, according to a study published in The Journal of Child Psychology and Psychiatry. Individuals with ADHD commonly experience an increased risk for a variety of behavioural, psychiatric, and somatic health issues, which poses significant clinical and public health problems. [Read more here](#)

### Allergies

*The article below is not freely available, but should be available via a DHB library, the NZNO library or an academic library readers may have access to.*

#### **Food allergy management in Early Childhood Education and Care Services in Australia.**

Hua, T., Sambell, R., Wallace, R., Vale, S. and Devine, A. (2020),  
J Paediatr Child Health, 56: 394-399. doi:[10.1111/jpc.14633](https://doi.org/10.1111/jpc.14633)

To assess Australian Early Childhood Education and Care Services (ECEC) staff on their preparedness to manage children with food allergy (FA) and anaphylaxis.

## Autism and Aspergers

*The article below is not freely available but should be available via a DHB library, the NZNO library or resources offered through an academic library readers may have access to.*

### **At a glance: Identifying autism in children**

Elizabeth Tinsley

Journal of Health Visiting, Vol. 8, No. 3: 106-108.

Autism spectrum disorder is a developmental disability in which affected people perceive and interact with the world in a different way to others. It is a lifelong condition and there are around 700,000 autistic people in the UK (approximately one in 100 people). It affects people from any culture equally, but it is slightly more prevalent in men than women. This article will look at the characteristics of the condition, and the support needed for children and young people in order to live as independently as possible in the long term.

## Behavioural

### **Challenging child behaviour during quarantine – Expert Reaction**

Kiwi parents and caregivers will likely be [facing their own challenges](#) caring for children as New Zealand enters the second week of nationwide lockdown.

The SMC asked experts to comment on what abnormal or challenging behaviours parents and caregivers might face from their children under the stressful conditions, and the best way to handle them. [Read more](#)

## Cancer

### **Back to school with telepresence robot technology: A qualitative pilot study about how telepresence robots help school-aged children and adolescents with cancer to remain socially and academically connected with their school classes during treatment.**

Weibel, M, Nielsen, MKF, Topperzer, MK, et al

*Nursing Open.* 2020; 00: 1– 10. <https://doi.org/10.1002/nop2.471>

To explore how an AV1 telepresence robot helps school-aged children and adolescents with cancer to remain socially and academically connected with their school classes during cancer treatment. [Read more](#)

## Child development

### **Leaving your baby to 'cry it out' has no adverse effects on child development: study**

Leaving an infant to 'cry it out' from birth up to 18 months does not adversely affect their behaviour development or attachment, researchers from the University of Warwick have found. They also discovered that those left to cry at 18 months of age cried less and for a shorter duration. [Read more](#)

## Clinical

### **Diagnosing hypertension in children**

Results from a new study provide insights on evaluating high blood pressure in children. The findings appear in an upcoming issue of CJASN. [Read more](#)

## COVID-19

### **Helping children and young people while they are learning at home**

Guidance for parents, caregivers and whanau. [Read more](#)

## **Coronavirus and Children with Respiratory Conditions**

Right now, there is no community outbreak of COVID-19 in New Zealand and children and teenagers are at lower risk than adults from coming to harm from the virus. [Read more](#)

## **What scientists know so far about the effects of coronavirus on children**

Studies show that young people are at less risk of serious illness, but as invisible carriers they may be key to spreading the virus. [Read more](#)

## **No Evidence found for SARS-CoV-2 Vertical Transmission to Fetus**

No maternal-fetal transmission of SARS-CoV-2 seen to date in pregnant women with COVID-19. [Read more](#)

## **COVID-19 coronavirus: Government will fund home-based childcare for essential workers**

The Government has agreed to fund home-based childcare for children of essential workers who can't arrange their own care during the coronavirus lockdown. [Read more](#)

## **COVID-19: Don't bring it home**

Nurses and healthcare workers are doing what they can to protect themselves from COVID-19 while on the job, but what measures can they take to protect the families and their home environments after work?

The ANMJ has compiled a list of tips to keep your home virus free. [Read more](#)

## **OP-ED: Nursing in the time of COVID-19**

LEXINGTON, Ky. - When the World Health Organization and the American Nurses Association declared 2020 as "The Year of the Nurse and Midwife," no one imagined it would look like this. The declaration is so timely, as the need for nurses in the COVID-19 pandemic is apparent now more than ever. [Read more](#)

## **Diabetes**

### **With childhood diabetes, close family ties lead to flourishing adults**

(Reuters Health) Children with type 1 diabetes who grow up in families that are close and affectionate are more likely to flourish as adults, a new study suggests. [Read more](#)

## **Disabilities**

### **Parents' physical activity helps kids with developmental disabilities improve motor skills**

It's a self-perpetuating cycle: Kids with developmental disabilities face challenges in building motor skills, which makes them less able to participate in routine physical activity, which gives them less opportunity to practice those same motor skills. [Read more](#)

## **Epilepsy**

*The article below is not freely available in full text but should be available via a DHB library, the NZNO library or an academic library readers may have access to.*

### **Seizures: Management in children**

Dr Edward Luff

British Journal of Child Health, Vol. 1, No. 1: 20-25.

Epilepsy is a common neurological condition, and one that school nurses are likely to deal with due to its prevalence in the population. It is therefore important to know how to manage a child having a seizure in the community. Having an appreciation of the long-term management with antiepileptic drugs to try to prevent and control seizures is useful. Children suffering from epilepsy may experience a seizure at any time, often without warning, so an understanding of the correct first aid measures and the use of emergency medication is key. It is also important to know when further medical help is required, as well as when it may not

be. This article will give a brief overview of the management of seizures in children, covering both prevention and initial management in the community setting.

## Kids and health professionals / hospital

### **Hospitalized children's experience of a Fairy Garden in Northern Thailand.**

van der Riet, P, Jitsacorn, C, Thursby, P.

Nursing Open. 2020; 00: 1– 12. <https://doi.org/10.1002/nop2.482>

To explore through draw, observation and talk hospitalized children's experience of a Fairy Garden in Northern Thailand. [Read more](#)

## Maternity and neonatal care

### **More Support Needed For Children Born Very Pre-term**

There is a need for the health and education system to adopt a more proactive approach in addressing the developmental needs of children born very pre-term, a University of Canterbury (UC) child health development expert says. [Read more](#)

## Mental health

### **Study shows efficacy of parent-based treatment for childhood anxiety**

A study in the Journal of the American Academy of Child and Adolescent [Psychiatry](#) (JAACAP), published by Elsevier, reports that an entirely parent-based treatment, Supportive Parenting for Anxious Childhood Emotions (SPACE), is as efficacious as individual cognitive-behavioural therapy (CBT) for the treatment of childhood and adolescent anxiety disorders. [Read more](#)

## Obesity

### **Obesity rates may skew perceptions of healthy weight**

Teens living in counties with higher obesity rates were more likely to choose a larger body as their ideal body size, compared with teens living in countries with lower obesity rates, according to a study in [JAMA Network Open](#). "One implication of our finding is that higher obesity rates may normalize unhealthy weight in teens and make obesity prevention harder," said researcher Ashlesha Datar. [Read more](#)

### **Second Trimester Antibiotic Exposure May Up Risk for Offspring Obesity**

Exposure in infancy might also increase the risk for childhood overweight or obesity [Read more](#)

## Pain

### **Evaluating the impact of a multimedia training versus lecture training on attitudes and practices in paediatric nurses in children pain management: A randomized controlled trial.**

Arzani, A, Valizadeh, S, Poorkaremi, S, Taheri Ezbarami, Z, Ghojzadeh, M

Nursing Open. 2020; 00: 1– 7. <https://doi.org/10.1002/nop2.476>

The key message of our study is that multimedia training was more effective in improving the attitude and practices of nurses about pain management than the lecturing method. By changing their practice and attitude, they will be better and more effective in controlling the pain of children. Otherwise, given the relative advantages and shortage of nursing staff, which could make it difficult for them to attend lectures, it is suggested to use multimedia training method along with other teaching methods, so that more nurses can attend continuing educational courses. [Read more](#)

## Palliative care

### **The little things - Perspectives of paediatric nursing during end of life care**

The role of a paediatric nurse caring for a child and their family during EOL can be challenging and very rewarding. [Read more](#)

## Primary health care

*The article below is not freely available but should be available via a DHB library, the NZNO library or resources offered through an academic library readers may have access to.*

### **Primary Care Providers Involvement in Caring for Young Adults with Complex Chronic Conditions exiting Pediatric Care: An Integrative Literature Review,**

Emily Leake, Erica Koopmans & Caroline Sanders (2020)

Comprehensive Child and Adolescent Nursing, DOI: [10.1080/24694193.2020.1733707](https://doi.org/10.1080/24694193.2020.1733707)

The transition to adulthood is a critical time for everyone to build independence, experience new things, and become self-sufficient. With medical advances, individuals with complex chronic conditions are surviving into adulthood. As such, they withstand additional challenges during this stage of their life including;

- facing a discontinuity of care,
- loss of prior health-care networks and champions, and
- a shift toward increased responsibility and self-management of their conditions.

Often this shift results in the need for primary care providers to act as care managers, coordinating care and supporting the young adult as they navigate adulthood. In exploring the role of primary care providers with this population, we reviewed the literature to identify what strategies primary care providers can use to enhance the transition process for young adults ages 15 to 25 years, with complex chronic conditions exiting paediatric services.

## Screen time and digital devices

### **Parents should delay introducing their children to any screen media, research suggests**

New research from University of California, Davis, suggests that parents should delay introducing their children to any screen media, as well as limit preschool-age children's use of mobile devices, including smartphones and tablets. [Read more](#)

## Sleep

### **Sleep problems as an infant may cause behavioural problems later on**

Researchers from the University of Birmingham have found that infants that have sleep problems may have emotional and behavioural issues as they grow into toddlers. Their study titled, "Parent-reported early sleep problems and internalizing, externalizing, and dysregulation symptoms in toddlers", was published in the latest issue of the [BMJ Paediatrics Open](#). [Read more](#)

## Vaccination / immunisation

### **Addressing Parents' Concerns Improves Influenza Immunization Rates**

Increasing parental involvement in an immunization program helped to increase the number of young children, who received the influenza vaccine, according to study results published in the Journal of the American Association of Nurse Practitioners. [Read more](#)

## Wellbeing

### **Supporting Resilience In Young People Provides A Better Start**

A Better Start National Science Challenge has awarded Dr Karolina Stasiak and Tania Cargo from the University of Auckland \$1.4 million over 2 ¼ years to pilot the implementation

of tools in schools in South Auckland to increase access to quality support for rangatahi well-being. [Read more](#)

### **This Is the Fastest Way to Calm Down**

When people are [anxious](#) before getting surgery, doctors and nurses often tell them to [take slow, deep breaths](#) with long exhalations. It may seem like an inadequate way to quell anxiety, but in many cases it actually works. [Read more](#)

*The above bulletin has been compiled by Linda Stopforth, SNIPS, on behalf of NZNO College of Child and Youth Nurses.*

*It is provided on the first Friday of each month and contains an overview of news items, articles and research papers of interest to the Section members.*

*All links are current at the time of being compiled and distributed.*

*For feedback please contact your section administrator: [secretary.ccyn@gmail.com](mailto:secretary.ccyn@gmail.com)*

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