

CCYN Newsletter

Volume 1, Issue 1
October 2018



A Note from the Chairperson

We welcome each of our wonderful members to the first issue of the revised CCYN newsletter. It has been an exciting few months for CCYN. We have continued planning for our symposium “Doing things Differently” which will be held in Auckland on November 23, 2018. We have come to the joint decision as a committee that creating a journal at this time is not financially viable for us, and have shifted our focus towards creating an inspiring newsletter. We have attended Colleges and Sections day and the NZNO AGM, and come away more inspired than ever, and we have celebrated several career successes of our CCYN committee members.

We were proud to welcome new members Emma Collins and Sarah Williams to our committee this year, and have seconded Katie Mullord to fill an open position until our AGM in November.

We will be sad to have Sarah McKenzie and Julie Blamires finishing their committee membership roles in November this year, they have both worked incredibly hard and produced wonderful work during their time in CCYN.

Do you have a passion for child and youth health? Do you have a friend who is great at setting challenges and achieving goals? Are you motivated to make a difference to the health outcomes of all New Zealanders by contributing to submissions? If any of these points sound like you, then you could be our newest committee member. We currently have three committee vacancies, and you might be our newest member. Please read on to find out how to complete the nomination process.

Whilst “CCYN Newsletter” is fairly self-explanatory, it is hardly attention grabbing! We are looking for a fantastic newsletter title. If you have any ideas please email them to chairperson.ccyn@gmail.com

We love hearing from you, so please feel free to email us or comment on our Facebook page anytime.

Enjoy the newsletter!
Olivia Sanders- CCYN Chairperson

Committee



Pictured at our August Face-to-Face in Wellington. Clockwise from top left: Emma Collins, Jackie Wade, Sarah McKenzie, Olivia Sanders, Marg Bigsby, Katie Mullord

| Name | Position | Term of Office |
|----------------|------------------------------|-------------------------|
| Olivia Sanders | Chairperson | 2017-Current |
| Sarah McKenzie | Secretary | 2014- November 2018 |
| Jackie Wade | Treasurer | 2015-Current |
| Julie Blamires | Committee Member-Symposium | 2016- November 2018 |
| Kath Allen | Committee Member | 2017-Current |
| Emma Collins | Committee Member | 2018-Current |
| Sarah Williams | Committee Member | 2018-Current |
| Katie Mullord | Committee Member-Seconded | July 2018-November 2018 |
| Marg Bigsby | Professional Nursing Adviser | Current PNA |

About Us

Since this is our first newsletter we thought we should tell you a little bit about ourselves! We would love to hear a little bit about you too. If you are interested in writing a piece for our newsletter about yourself and something you have done in your career that you are proud of please email it to chairperson.ccyn@gmail.com



Olivia Sanders: Hi everyone, I am a paediatric nurse in Christchurch. I work in Ward 22, a Paediatric Medical Ward/ High Dependency Unit, and I am a Clinical Nurse Specialist in Paediatric Diabetes. I have been on the committee since early 2017, and have been Chairperson since November 2017. I am proud to be part of a committee that works so hard to improve the health of children and youth in New Zealand. I'm so excited to see what the future brings for CCYN.

Emma Collins: Hello, my name is Emma Collins and I am a Principal Lecturer at the Nursing School in Dunedin. I also work as a staff nurse in the children's unit at Dunedin Hospital. I have worked in Paediatrics, in one form or another, since graduating almost 20 years ago. I am lucky enough to be teaching child health as well as working in child health. I came on to the College of Child and Youth Health in February this year as a committee member. I am enjoying the conversations around child health and look forward to continuing this work in the future.

Sarah McKenzie: Kia Ora Kotou,
My name is Sarah McKenzie and my term on the committee for CCYN ends this November. I have been on the Committee for 4 years, three of them as the secretary. What an amazing opportunity it has been, meeting with colleagues from a diverse range of child and youth health, working through the challenges of the journal, contributing to our voice via submissions to the government and meeting with CCYN members at the hugely popular symposiums.
I work as a well child nurse for Plunket in Canterbury.

Jackie Wade: Hi there, I have been a committee member since February 2016 and am presently undertaking the Treasurer role and updating the CCYN Facebook page regularly. I emigrated to New Zealand 11 years ago, bringing with me over 30 years of child health work experience. In the UK I worked with both the sick and the well child, having worked in the hospital as a paediatric nurse, a community paediatric nurse, and a specialised health visitor working in neurodevelopment. I am currently employed as a Child and Youth Nurse Practitioner in Napier.

Julie Blamires: Julie Blamires is a Registered Nurse and lecturer in the School of Clinical Sciences at AUT. She teaches Advanced Assessment and Diagnostic reasoning to child health clinicians at the post-graduate level. Prior to coming to AUT Julie worked at Starship Children's Hospital for 18 years in a variety of senior nursing roles, most recently as a Paediatric Rheumatology Nurse Specialist. Julie has spent her nursing career working primarily with children and young people with chronic disease, from chronic respiratory conditions such as Cystic Fibrosis and Bronchiectasis to rheumatological conditions Lupus and Juvenile Idiopathic Arthritis. Julie is passionate about children and young people's health and in particular is interested in how chronic illness impacts on lives of young people. She is currently undertaking a doctoral research study that asks the question "How do young people with bronchiectasis describe their everyday life experience?"

Sarah Williams: My name is Sarah Williams and I am currently working as Nurse Consultant & Educator for Starship Community Child Health at Auckland District Health Board. I have thirty years of experience in community child health and am passionate about optimising health outcomes for children and the role nurses in the community play in this. I am currently studying towards a Doctor of Health Science qualification and my research focuses on the relationship between health service delivery and education in primary schools. This is my first year as a member of the CCYN committee and I am looking forward to championing the work and profile of all child health nurses going forward.

Marg Bigsby - PNA: I began my nursing career as a hospital-based trainee in Melbourne, and then completed Midwifery training. I worked in midwifery while I completed the LaTrobe University degree course in Community Health Nursing; that qualified me as a Maternal and Child Health Nurse. I worked in either midwifery or as a well child nurse for the next 26 years (with a five year gap when our three children were born - one in Australia, one in Canada, and one in New Zealand!). My Masters thesis examined the characteristics of nurses in relation to career planning and development. I have worked as a Professional Nurse Adviser with NZNO since 2015 and enjoy supporting nurses with professional issues, advocacy and education. I especially enjoy supporting nurses working with children and youth. My son and his wife are expecting the arrival of their first child in about one month's time, and I am excited to share in their transition to parenthood and become a Nana myself. Even if they live on the other side of the world...



Kath Allen: Kia Ora my name is Kath and I have worked with child and youth for the past 5 years. My current role is within the family start team at Te Kupenga Hauora-Ahuriri. I support parents to develop their parenting skills and help build resilience in their child. Previous to this role I was the school nurse at a boys' boarding school, I also offered a youth clinic for all their needs and I was the post crisis counsellor helping youth work through any crisis they were going through. I am passionate about building resilience in our young children and youth.

Katie Mullord: Kia ora koutou, I am a Christchurch-based Public Health Nurse with a background in acute paediatric medical and afterhours urgent care. I am currently completing my Master of Nursing which I both love and hate! I feel very privileged to have been seconded onto the CCYN committee and I am really enjoying the challenges and camaraderie. I love that CCYN provides a channel for the knowledge of New Zealand's child and youth nurses to be heard by those making change.

Symposium

On November 23, 2018, we are hosting a child health symposium in Auckland. The theme is “Doing things Differently.” A copy of the programme is below, to give you something to get excited about! We would love to have you come along, and bring your friends! You can sign up using the following link:

<https://www.eiseverywhere.com/ereg/index.php?eventid=358142>



College of Child and Youth Nurses Symposium Program November 23rd/2018

| | |
|---------------------------------------|---|
| Registration | |
| Mihi Whakatau Welcome/Introduction | |
| Mike Allsop | Our keynote speaker is a well-known and respected motivational & keynote speaker. Mike will show us how ordinary people can achieve extraordinary things. His advice will inspire us to embrace challenges, overcome obstacles and set our limits sky high. |
| MORNING TEA | |
| Dr. Tineke Water | Doing things differently: Participatory research with children. |
| Dr Wayne Cutfield | Childhood obesity. The silent zeplin |
| Kirsty Gibbs | The lived experience of paediatric nurses caring for children with non-accidental head injuries |
| LUNCH | |
| Sarah Little | Small Steps – Big Futures Changing the face of Child Health Nursing one step at a time into the future. |
| Dr. Alison Leversha | Changing our thinking... from “What’s wrong with you” to “What’s happened to you”? |
| Michelle Adams | An innovative approach to learning maternal infant health in an undergraduate nursing programme |
| Shelley Winters | Integrating paediatric assessment into the curriculum for undergraduate nurses. |
| Afternoon Tea | |
| Kind hands | Sharlene Clements will tell us about the challenges and rewards of setting and achieving the goal of building a respite health-care facility in Northland. |
| Jadespeaksup | A community project arm of Violence Free Communities that provides a learning resource with practical effective solutions. |
| Sharon Cassidy | The Margaret May Blackwell Fellowship |
| | |
| Closing remarks and finish | |

Scholarship Recipient



In October, 2017, I attended the Diabetes Nurse Specialist Symposium in Wellington New Zealand. Thank you to CCYN for supporting me to attend. My objectives for attending this symposium initially were about informing and developing my diabetes knowledge to assist my professional growth in working with children and their families who have type 1 diabetes.

I currently work as a nurse in the diabetes clinic and the paediatric ward in Dunedin Hospital. I also work up into the diabetes nurse educator role when covering for leave. My main focus on education and professional development is to enhance my diabetes knowledge wherever possible as I still only have limited clinical time in diabetes.



The symposium was two days with several topics appropriately related to the diabetes speciality. Of particular significance for me were the topics on current initiatives working in the communities. One that caught my attention was “healthyfutures.org.nz”

the wai water mission: To reinstate wai as the drink choice for New Zealanders. I have already introduced this to my children’s school in Dunedin, it was a great hit with the kids. I also have discussed this with families in my role encouraging healthy lifestyle choices.

Another topic presented by the psychologists on motivating patients was very informative. They were able to give insight within their discussion, I liked how they drew a parallel between the diagnosis of diabetes and how this goes in the child’s backpack. Initially the health team carry the decisions, and over time the backpack is carried by the parents then the child. The journey of the child with diabetes can be altered by “rocks in the road” this can be normal life events, developmental stages, past experiences.

This day highlighted the complexities of a chronic disease for me, and the life lived by individuals. It is just a reminder of the need for the Multi-Disciplinary Team being involved with the child and the family in managing the disease and normalising life influences.



There were multiple talks on complications which was fantastic learning opportunities for me. Because I have been working in Paediatrics for a long-time, complications are not something I see a lot of. Now that I am involved in outpatient clinics I am seeing these more. This has highlighted some gaps in my knowledge and so I am planning to now extend my learning in this area and have booked into a wounds care study day “management of patients with diabetic foot ulcers” and I am planning to spend some time with my colleague in the diabetes foot clinic to solidify my learning in this area.

I have actively included some of my learning already into my practice with discussions around healthy lifestyle choices, acknowledging the complexities of a chronic disease and its impact on the individual and their family working in collaboration with MDT members when children or parents are struggling. I am providing feed back to my colleagues next week on the ward around some of the topics at the Symposium.

I feel very privileged to have had the support of the CCYN to attend this symposium, thank you again.

Carla Frewen:
Registered Nurse
Southern DHB

Ponderings:

Something to Think About



“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”
Margaret Mead – Anthropologist

Something to Read- The Strategy for Nursing

NZNO has recently published the NZNO Strategy for Nursing. The strategy aims to inform, influence and inspire all nurses in Aotearoa. The Strategy is divided into five sections: Our community; Model of Care; Equity; Leadership; and the Nursing Workforce. Click on <https://www.nurses.org.nz/> to have a closer read and to learn more about the Strategy.

Something to Consider- Nominations Open:

Are you passionate about making a difference to child and youth health? Do you know somebody else who you think would be a brilliant College of Children and Youth committee member? We have three committee vacancies for next year. If you think that being a committee member sounds like something you would excel at then please then click [here](#) and complete the nomination form by October 31, 2018.



TŌPŪTANGA
TAPUHI
KAITIAKI O AOTEAROA



COLLEGE OF CHILD &
YOUTH NURSES • NZNO

College of Child & Youth Nurses, NZNO

If you are passionate about children and young people's health in New Zealand, you need to belong to the College of Child & Youth Nurses, NZNO. We promote the co-operation and the sharing of knowledge and skills among nurses concerned with the health of children, young people and their families—both in hospital and community settings

What we offer

With CCYN you can be supported, get information on further education and research, and participate in national conferences. You can also benefit from:

- A vehicle for talking online to other nurses throughout the country
- A voice to foster and promote cohesive child advocacy in the political arena
- Opportunities to comment on and/or contribute to proposals, legislation and national policies which affect children, young people and their families

You can keep in touch with CCYN through our Facebook page:



College of Child & Youth Nurses NZNO or @ccynnz

CCYN look forward to growing our membership and harnessing the huge knowledge and skill base of child and youth nurses to improve outcomes for children and youth.

Join Today!

To find out more about us visit:

https://www.nzno.org.nz/groups/colleges_sections/colleges/college_of_child_youth_nurses

Email enquiries to:

Secretary.ccyn@gmail.com

Membership.ccyn@gmail.com

