



**College of Child and Youth Nurses, NZNO
Monthly news bulletin
Friday, 1 November 2019**

Section news

Consultation

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

Consultation on exploitation of temporary migrant workers

The issue is how to address the exploitation of temporary migrant workers (including international students) in New Zealand workplaces and make them less vulnerable to exploitation. [Read more](#)

Please send feedback to jill.wilkinson@nzno.org.nz by 20 November 2019.

Autism and Aspergers

Teens with autism can master daily living skills when parents teach, reach for iPads

As adults, individuals with Autism Spectrum Disorder (ASD) can be highly dependent on family members or assistance programs for their day-to-day living needs. It has been reported that following high school and up to eight years after, only 17% of adults with ASD live independently. Developing skills like cooking, getting dressed and cleaning are essential to promote autonomy, self-determination and improving quality of life. For some individuals with ASD, completing daily tasks can be challenging because they often involve sequential steps. [Read more](#)

Care transition

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, which readers may have access to. Check databases such as CINAHL or Proquest too.

Transition from child to adult health services: A qualitative study of the views and experiences of families of young adults with intellectual disabilities. Brown, M, Higgins, A, MacArthur, J. *J Clin Nurs.* 2019; 00: 1– 13. <https://doi.org/10.1111/jocn.15077>

To explore the experiences of the families of young adults with intellectual disabilities at the point of transition from child to adult health services.

Background

The population of people with intellectual disabilities is changing rapidly. From young people with increasingly complex needs surviving into adulthood and requiring transition from child to adult health services.

Clinical

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Research awareness among children's nurses: An integrative review. Rossi, S, Bagnasco, A, Barisone, M, et al. J Clin Nurs. 2019; 00: 1– 15. <https://doi.org/10.1111/jocn.15068>

Background

Developing nursing research skills, awareness and research utilisation are important for improving healthcare outcomes, and are key to ensuring the full understanding and knowledge base necessary for optimal delivery of care. Nevertheless, little is known about research awareness in children's nurses.

Aims and objectives

To address this issue, an integrative literature review was conducted for studies published between January 2007 and January 2017 to obtain up-to-date evidence about the extent of research awareness and utilisation among children's nurses.

Diet, food and nutrition

Study: A third of Auckland kids lack vitamin D

A third of Auckland kids aren't getting enough vitamin D – a problem that could pose health problems for them later in life. [Read more](#)

Exercise and physical activity

Parental and peer input are linked to differing activity levels for boys and girls

Differences in levels of physical activity between boys and girls are linked to differences in levels of modelling and support by peers and parents, according to a new study in the open access journal PLOS ONE by Anne Reimers of Friedrich-Alexander-University Erlangen-Nuremberg in Erlangen, Germany, and colleagues. [Read more](#)

Head injuries

Clinically important sport-related traumatic brain injuries in children

Nitaa Eapen,... et al. Med J Aust October 2019 || doi: 10.5694/mja2.50311

Sports participation by children and adolescents is generally high in Australia and New Zealand, and many children sustain head injuries of varying severity during such activities. Concussion has received increasing attention, but less is known about the risk of severe acute intracranial injuries in children with sports-related head injuries. [Read more](#)

Mental health

Policy addressing suicidality in children and young people: an international scoping review. Gilmour L, Maxwell M, Duncan E *BMJ Open* 2019;**9**:e030699. doi:

10.1136/bmjopen-2019-030699

Objective

To map key policy documents worldwide and establish how they address the treatment and care needs of children and young people (CYP) who are suicidal. [Read more](#)

Suggestions to help parents reduce child's anxiety

The Journal of the American Academy of Child & Adolescent Psychiatry released a study in March 2019 that showcases steps parents can take, in addition to standard therapy, to help lower or prevent anxiety in their children. [Read more](#)

Pain

Emerging models for successful treatment of complex regional pain syndrome in children and young adults. Dunbar John, Wilson Hamish (2019) *Journal of Primary Health Care* 11, 283-287. <https://doi.org/10.1071/HC19025>

Complex regional pain syndrome (CRPS) is a relatively common condition that is often not well recognised or treated adequately. Patients are usually referred to multidisciplinary pain services, but outcomes remain variable. This case report describes a recent patient with CRPS who was treated quickly and effectively through a simple explanation of the relationship between mind and body, and who then was able to modify her own thought processes and behaviours. This single intervention enabled a complete resolution of symptoms. This report illustrates the clinical application of recent insights into neuroplasticity and individually tailored patient self-management that may now offer successful treatment of an otherwise chronic and disabling condition, especially in younger patients. There are implications for doctors in current practice, as well as for the training of medical students and junior doctors. [Read more](#)

Parenting

Māori Parenting programme yields groundbreaking results

Te Whānau o Waipareira has launched its three-year report for its "Incredible Years" parenting programme. The report has shown that for every dollar invested nearly four times the social value is generated. [Read more](#)

Primary health care

Experience of nurses measuring preschool body mass index for the Health target: Raising Healthy Kids. Moir Chris, Jones Virginia (2019) *Journal of Primary Health Care* 11, 275-282. <https://doi.org/10.1071/HC19022>

INTRODUCTION:

Childhood obesity is a major health concern in New Zealand. Primary care nurses have been charged with body mass index (BMI) screening and initiating education or referral of four-year-old children during the Before School Check (B4SC). Asking nurses about their BMI screening experiences when reporting is mandated by the Ministry of Health reveals valuable knowledge to inform the work of health professionals in this area.

AIM:

To explore the experience of nurses performing the B4SC since the inclusion of the Raising Healthy Kids targets into the well-child check. [Read more](#)

Respiratory

Research links virus to high rates of childhood pneumonia

Research into respiratory infection among young children in New Zealand has highlighted one particular virus as a leading cause of high rates of hospitalisation. [Read more](#)

Publications and reports

Restrictive physical interventions and the clinical holding of children and young people

PUBLICATION CODE: 007746

Guidance for nursing staff - This updated Royal College of Nursing guidance sets out children's and young people's rights concerning restrictive physical intervention and clinical holding in health care settings within a legal, moral and ethical framework. [Read more](#)

An Integrated Career and Competency Framework for Children and Young People's Endocrine Nurse Specialists

PUBLICATION CODE: 007287

Children's endocrinology covers a wide range of illnesses and disorders, varying from minor disorders to severe life-threatening conditions. The need for specialist children's endocrine services is paramount, and it is suggested that patients would benefit from the care provided by specialist children's endocrine nurses. This framework has been designed to help guide endocrine nurse specialists with decisions and inform appropriate care of a child or young person and their family. [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

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