



College of Child and Youth Nurses, NZNO
Monthly news bulletin
Friday, 2 October 2020

Consultation

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

New Zealand news

Plunket takes baby steps into the cloud

The familiar New Zealand charity has the ultimate goal of a digital Plunket book, and more intelligent services for nurses, and others working with clients. [Read more](#)

ADHD

Concerns ADHD medication being over prescribed

Fears are looming that young New Zealanders with ADHD are being medicated unnecessarily after a study revealed the rate of prescribing has soared. [Read more](#)

Specialized parental training helps improve quality of life for preschool children with ADHD

Research findings from Aarhus University and the Central Denmark Region's Child and Adolescent Psychiatric Centre show that quality of life is poorer for preschool children with ADHD, compared to children from the control population, but the children's quality of life can be significantly improved using treatment without medication. [Read more](#)

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

Medication dispensing for attention-deficit/hyperactivity disorder to New Zealand youth

Stephanie D'Souza, Nick Bowden, Sheree Gibb, Nichola Shackleton, Richard Audas, Sarah Hetrick, Barry Taylor, Barry Milne

NZMJ Vol 133 No 1522: 25 September 2020

Attention-deficit/hyperactivity disorder (ADHD) is a childhood-onset neurodevelopmental disorder characterised by symptoms of hyperactivity/impulsivity and inattention.

Behavioural issues

Girls participating in sports show improved behaviour and attentiveness in early adolescence

Girls - but not boys - who participate actively in school sports activities in middle childhood show improved behaviour and attentiveness in early adolescence, suggests a new Canadian study published in Preventative Medicine. [Read more](#)

Clinical

The articles below are not freely available in full text but may be available via a DHB library, the NZNO library or an academic library.

Surgeon's practices and beliefs in Australia and New Zealand regarding the donor site wound for paediatric skin grafts.

McBride, C.A., Patel, B., Kimble, R.M. and Stockton, K.A. (2020),
J Paediatr Child Health. doi:[10.1111/jpc.15117](https://doi.org/10.1111/jpc.15117)

Children's burns care in Australasia is performed by paediatric and plastic surgeons. The aim was to determine practices regarding the donor site wound (DSW), and to explore any differences by training scheme or nature of unit (paediatric vs. mixed).

Cancer

Youth cancer unit at new Christchurch hospital won't open due to 'financial constraints'

A teenage cancer survivor says a decision not to fund a dedicated unit for youth is “gut-wrenching” and shows the health care of young people is not valued by the Canterbury health board. [Read more](#)

Child protection

Thinking fast and slow in the evaluation of injury plausibility in child protection.

Skellern, C. (2020),
J Paediatr Child Health. doi:[10.1111/jpc.15084](https://doi.org/10.1111/jpc.15084)

In evaluating injury in children, child protection paediatricians are tasked with determining whether the history given by parents or caregivers is valid with respect to explaining injury causation. This paper summarises metacognition and in particular the dual processing theory of ‘fast and slow thinking’ to explain how complex information in contexts of uncertainty is processed to produce decisions and responses, applied to a child protection context. An example is used that resembles abusive head trauma, which focuses on understanding the difference between likelihood and plausibility in forensic interpretations of injury causation. [Read more](#)

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

Health professionals' perception of the New Zealand National Child Protection Alert System: An online survey.

Kelly, P., Basu, C., Graham, V.T., Chan, C., Ritchie, M., Wilson, D. and Seymour, F. (2020),
J Paediatr Child Health. doi:[10.1111/jpc.15098](https://doi.org/10.1111/jpc.15098)

Aim

To describe the multi-disciplinary child protection teams, which administer the National Child Protection Alert System in District Health Boards in New Zealand, and the understanding and perceptions of that system held by team members.

COVID-19

More Research Needed Into COVID-19 Effects on Children, says WHO Head

More research is needed into factors that increase the risk of severe COVID-19 disease among children and adolescents, the head of the UN World Health Organization ([WHO](#)) has said. Adding that while children may have largely been spared many of the most severe effects, they have suffered in other ways. [Read more](#)

Identification and treatment key in responding to COVID-19 health anxiety in children

Psychologists have published advice for practitioners on responding to health anxieties among children and young people resulting from COVID-19. [Read more](#)

Post-COVID syndrome severely damages children's hearts

Multisystem inflammatory syndrome in children (MIS-C) appears even after asymptomatic cases of COVID-19, a case review confirms, and in some children damages the heart to the extent that the children will need long-term monitoring and interventions. [Read more](#)

COVID-19 Discovery in Children May Inform Development of Vaccines, Treatments

New discoveries about the immune response made against a particular part of the COVID-19 virus in children who have the rare but dangerous Multisystem Inflammatory Syndrome in Children (MIS-C) may have important implications for the development of vaccines and immune therapies for COVID-19, according to a new commentary from Steven Zeichner, MD, PhD, of UVA Children's, and Andrea Cruz, MD, of Baylor College of Medicine in Houston, appearing in the scientific journal Paediatrics. Both Zeichner and Cruz are associate editors of Paediatrics. [Read more](#)

Paediatric inflammatory multisystem syndrome temporally associated with SARS-CoV-2 (PIMS-TS): providing resuscitative care

Mark Kempself-Smith, Sarah Meenan

Nursing Children and Young People. doi: 10.7748/ncyp.2020.e1340

This article presents a case study to explore the resuscitative care provided to a ten-year-old child with suspected PIMS-TS. [Read more](#)

Dental health

How New Zealanders are unknowingly contributing to the tooth decay 'epidemic'

OPINION: Tooth decay has been described as a neglected epidemic in New Zealand however, our recent research suggests many people are unaware they are contributing to the problem by choosing a fluoride-free or "natural" toothpaste. [Read more](#)

Diabetes

More children diagnosed with 'insidious' type 2 Diabetes each year – experts

More children are being diagnosed with type 2 Diabetes every year with some weighing up to 150 kilograms at just 12 years old, says Starship paediatrician Dr Craig Jeffries. [Read more](#)

Helping teens with type 1 Diabetes improve Diabetes control with MyDiaText

Adolescence is a difficult period of development, made more complex for those with Type 1 Diabetes mellitus (T1DM). The challenges of managing multiple doses of daily insulin administration, blood glucose monitoring, dietary and exercise requirements, can make self-care difficult and complicate outcomes. Adolescents with T1DM often have poorer Diabetes outcomes than others, indicating that glucose control is difficult for them to maintain. [Read more](#)

Using telehealth for rural paediatric diabetics: Does it deliver good care?

Williams, M. (2020),

J Paediatr Child Health. doi:[10.1111/jpc.15149](https://doi.org/10.1111/jpc.15149)

To evaluate rural paediatric diabetic telehealth clinics, including whether they meet clinical standards, provide equivalent care to central clinics. Families were satisfied and difficulties were encountered. [Read more](#)

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

Disruption, worries, and autonomy in the everyday lives of adolescents with type 1 Diabetes and their family members: a qualitative study of intra-familial challenges.

Overgaard, M., Lundby-Christensen, L. and Grabowski, D. (2020),

J. Clin. Nurs.. Accepted Author Manuscript. doi:[10.1111/jocn.15500](https://doi.org/10.1111/jocn.15500)

Aim

To explore daily life with type 1 Diabetes in families with an adolescent with type 1 Diabetes.

Background

Management of adolescent type 1 Diabetes is carried out in the context of everyday life, thus involving and affecting the entire family. Type 1 Diabetes causes disruption of family life, but the specific experiences and challenges of adolescents with type 1 Diabetes, siblings, and parents are not well-explored. Specifically, research is lacking on the siblings' experience of adolescents with type 1 Diabetes.

Drugs and alcohol

Cannabis, the cannabis referendum and Māori youth: a review from a life course perspective,

Reremoana Theodore (Ngāpuhi, Te Arawa), Mihi Ratima (Ngāti Awa, Whakatōhea), Tuari Potiki (Kāi Tahu, Kāti Māmoe, Waitaha), Joseph Boden & Richie Poulton (2020)

Kōtuitui: New Zealand Journal of Social Sciences

Online, DOI: [10.1080/1177083X.2020.1760897](https://doi.org/10.1080/1177083X.2020.1760897)

For Māori, the indigenous peoples of Aotearoa New Zealand, cannabis use and resulting interactions with the justice system are shaped by structural determinants of inequity, including the country's colonial history and the ongoing consequences and impacts of

- colonisation,
- institutional racism, and
- poverty.

Māori have higher rates of cannabis use than non-Māori and are more likely to be convicted on cannabis charges, even accounting for higher rates of use. In 2020, New Zealanders will vote either 'yes' or 'no' to legalising personal cannabis use. Ensuring Māori rights to health equity and parity of outcomes is a government responsibility under Te Tiriti o Waitangi (the Treaty of Waitangi). This paper synthesises information from previous research studies, with a focus on life course research, to describe how cannabis may affect the health and wellbeing of Māori youth. Māori are a proportionately youthful and growing population.

Based on current evidence we make recommendations to support the wellbeing of Māori youth, and reduce inequities across the life course. These include:

- treating regular cannabis use and dependence as a health not a criminal issue;
- age restrictions for purchasing cannabis;
- equal partnership with Māori to support effective policy, regulation and services; and
- ongoing monitoring of cannabis use by youth. [Read more](#)

Environmental

Tobacco smoke-exposed children have higher rates of hospital admissions

Children who are exposed to tobacco have higher rates of hospital admissions after visiting emergency departments or urgent care facilities, according to a new study by University of Cincinnati researchers. [Read more](#)

Food and nutrition

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

Feeding disadvantaged children during the COVID-19 pandemic

Margaret Anne Defeyter, Emily Mann, Pauline Wonders, and Sabine Goodwin
Journal of Health Visiting, Vol. 8, No. 9: 370-372.

The coronavirus crisis has shone a light on pre-existing social, economic and health inequalities. This article examines what has been done to support children who rely on free school meals and holiday clubs to access healthy, nutritious food

Gastrointestinal problems

Kids' stomach bugs linked to big downpours - study

Kiwi kids are at higher risk of picking up stomach bugs through contaminated drinking water a few days after big downpours, a new long-term study finds. [Read more](#)

Hearing

For kids with hearing issues, early intervention crucial to school readiness

When babies with hearing impairments get help very early in life, they are more likely to be "kindergarten-ready" when the time comes, a new study finds. [Read more](#)

Maternity and neonatal care

New wireless monitors let premature babies have skin-to-skin contact even in the NICU

Premature and ill babies thrive with direct contact, but wires from traditional sensors get in the way. [Read more](#)

Mental health

Youth mental health in Aotearoa New Zealand: greater urgency required

In light of worsening mental health among New Zealand youth over the past decade, a new Kōi Tū commentary piece is calling for urgent action to better understand the underlying factors and effective strategies for prevention and intervention. Youth mental health in Aotearoa, New Zealand: Greater urgency required warns that the 'silent pandemic' of mental health morbidity among NZ and other youth globally, exacerbated by COVID-19, will have adverse lifelong consequences if not addressed as a matter of priority. [Read more](#)

Prenatal cannabis exposure associated with adverse outcomes during middle childhood

While cannabis use during pregnancy is on the rise, researchers at Washington University in St. Louis have found evidence that the resulting children are more likely to have psychopathology in middle childhood. [Read more](#)

Assessing mental health in vulnerable adolescents,

Farley, Holly R. EdD, RN. *Nursing*: October 2020 - Volume 50 - Issue 10 - p 48-53 doi: 10.1097/01.NURSE.0000697168.39814.93

A dramatic shift in adolescent risks and behaviours in recent years threatens adolescents' mental well-being more than ever. This article explores:

- vulnerable adolescent populations,
- describes the importance of nurses in all categories of assessment for adolescent mental health, and
- identifies assessment strategies and immediate interventions for successful outcomes.

[Read more](#)

Obesity

Promoting healthy weight for all young children: a mixed methods study of child and family health nurses' perceptions of barriers and how to overcome them.

Cheng, H., Eames-Brown, R., Tutt, A. *et al.*

BMC Nurs **19**, 84 (2020). <https://doi.org/10.1186/s12912-020-00477-z>

Childhood obesity is a global health concern. Early intervention to help parents adopt best practice for infant feeding and physical activity is critical for maintaining healthy weight.

Australian governments provide universal free primary healthcare from child and family health nurses (CFHNs) to support families with children aged up to five years, and to provide evidence-based advice to parents. This paper aims to examine factors influencing the child obesity prevention practices of CFHNs, and to identify opportunities to support them in promoting healthy infant growth. [Read more](#)

Palliative care

Managing and sharing research data in children's palliative care: Risks, benefits and imponderables.

Harris, N., Noyes, J., Fraser, L., Lapwood, S., Harrop, E., Blackburn, M., Price, J., Chambers, L., Bluebond-Langer, M. and (2020), *J Adv Nurs*. doi:[10.1111/jan.14527](https://doi.org/10.1111/jan.14527)

There is an expectation that during academic studies, publication of peer-reviewed papers or production of reports to funding bodies, this scrutiny will include access to the data collected as part of the research process (Concordat Working Group, [2016](#)). Access to research data by those outside the research team raises some important issues for research in this area, amplified by the challenges of research with a small population. In this editorial, we explore what this means for those conducting research and for participants in research. We then highlight areas for further consideration to inform a conscientious approach in the future.

[Read more](#)

Respiratory

Videos most effective in communicating with parents about second-hand smoke risks

The best way to communicate with parent smokers about the risks of second-hand smoke to their children is to use videos depicting the risks, as well as solutions to reduce those risks.

[Read more](#)

Novel Gamified Mobile App Improves Asthma Control in Paediatric Patients

ASTHMAXcel Adventures is a gamified, guideline-based, paediatric mobile application that improves asthma control, knowledge, and quality of life, and reduces emergency department (ED) visits and prednisone use with high satisfaction scores, according to the results of a study published in the *Annals of Allergy, Asthma & Immunology* [Read more](#)

School nursing

The article below is not freely available but should be available via a DHB library, the NZNO library or an academic library

Ethics reflection groups for school nurses.

Heggstad AKT, Førde R, Magelssen M, Arnekleiv B.

Nursing Ethics. July 2020. doi:[10.1177/0969733020940373](https://doi.org/10.1177/0969733020940373)

Background:

School nurses have great responsibilities as the connecting link between school, children/adolescents, parents, and other healthcare services. Being in this middle position, and handling complex situations and problems related to children in school, may be demanding and lead to ethical challenges. Clinical ethics support, such as ethics reflection groups, may be of help when dealing with ethical challenges. However, there is little research on experiences with ethics reflection groups among school nurses.

Aim:

The aim of this research was to explore how nurses in school healthcare experience their role, and how they experience participation in ethics reflection groups, using a model for systematic ethics reflection, the Centre for Medical Ethics model

Screen time and digital devices

2 hours of TV a day in late childhood linked to lower test scores later

Children aged 8-9 who watched more than two hours of TV a day or spent more than one hour a day on a computer had lower scores than their peers on reading and numeracy at ages 10-11, our study has found. [Read more](#)

Sexual health

School sex ed update tackles consent, inclusion, online porn

An emphasis on informed, enthusiastic and ongoing consent, inclusion and shifting social norms in relation to gender will be some of the things teachers share with students when teaching sexuality and relationships in schools. [Read more](#)

Sleep

Third of Kiwi toddlers likely not getting enough sleep, study finds

More than a third of Kiwi toddlers and a fifth of pre-schoolers are likely not getting the recommended amount of sleep, [research has found](#). [Read more](#)

Transitioning care

Important factors for a smooth transition from paediatric to adult rheumatology care

As children with chronic rheumatic illnesses age, it's important that they experience a smooth transition from paediatric to adult care. A study published in Arthritis Care & Research has identified certain factors that are important during this time. [Read more](#)

Vaccination / immunisation

Thousands of children missed vaccinations due to COVID-19

There are fears an outbreak of measles or whooping cough could re-emerge once borders open, if thousands of children who have missed vaccinations because of COVID-19 are not caught up quickly. [Read more](#)

COVID-19: Canterbury children falling behind on vaccinations since coronavirus

The number of Canterbury children falling behind on their vaccinations has increased by 50% since the COVID-19 lockdown lifted. [Read more](#)

Taranaki DHB investigating low child immunisation rates

Taranaki's child immunisation rates are among the lowest in the country, and the region's health officials are investigating to find out why. [Read more](#)

Fewer children being immunised - research

New research on childhood vaccination suggests that immunisation coverage is slipping, and that vaccine hesitancy among parents may be partly to blame. [Read more](#)

Incomes and Location Affect Childhood Vaccination In NZ

Family wealth and geography are major factors determining childhood vaccination rates around New Zealand, according to new research. [Read more](#)

Immunisation Handbook 2020 | Ministry of Health NZ

The Immunisation Handbook 2020 provides clinical guidelines for health professionals on the safest and most effective use of vaccines in their practice. [Read more](#)

2020 National Immunisation Schedule Changes Guide

This 2020 immunisation schedule changes guide is intended to be a reference to the 2020 schedule changes for use by immunisation providers who will be most affected by these changes.

Please refer to the online [Immunisation Handbook 2020](#) versions for more detail about these changes and other chapter. [Read more](#)

Articles of interest

How nurse-led models of care are reshaping healthcare – Bega Valley Teen Clinic

Nurses working in nurse-led models of care undertake comprehensive assessment, provide timely person-centred care, opportunistic education and support, continuity of care and link patients to other health professionals and services. [Read more](#)

Dialogical Family Guidance (dfg)—Development and implementation of an intervention for families with a child with neurodevelopmental disorders.

Diana, C-R, Anna Liisa, A, Eva, B, Christopher, G.

Nursing Open. 2020; 00: 1– 12. <https://doi.org/10.1002/nop2.627>

To describe the development and implementation of a Dialogical Family Guidance (DFG) intervention, aimed at families with a child with neurodevelopmental disorders (NDD). [Read more](#)

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Paediatric eosinophilic oesophagitis in New Zealand: A 3-year prospective study.

Roberts, A.J., Day, A.S., Sinclair, J., Dickson, N., Porter, J., Wellington, G. and Evans, H.M. (2020),

J Paediatr Child Health. doi:[10.1111/jpc.15183](https://doi.org/10.1111/jpc.15183)

Eosinophilic oesophagitis (EoE) is a rare, chronic, relapsing immune/antigen-mediated disease characterised by symptoms of oesophageal dysfunction, with a paucity of data among New Zealand (NZ) children. This 3-year prospective study aimed to characterise EoE diagnosed nationally and to describe initial treatment strategies adopted.

Equipping children's nurses to de-escalate conflict and communicate challenging information

Doreen Crawford, Doris Corkin, Graham McKenzie

Nursing Children and Young People. doi: 10.7748/ncyp.2020.e1296

This article considers some of the challenging situations that children's nurses may encounter when there are tensions and disagreements between the family of the child or young person in their care and the wider professional team. The focus is on disagreements about what some might consider futile critical care. It aims to equip children's nurses with strategies for dealing with conflict and tensions, and support them to be proactive in identifying situations that might need de-escalation. The options available to support the

healthcare team and therefore avoid litigation are explored, while avenues of support available to nursing staff are considered. Suggestions and examples of effective and skilful communication with families receiving challenging news are provided. The legal position designed to safeguard children's nurses is reviewed and practical strategies are offered to support nurses to protect themselves from physical violence if the situation escalates.

Ethical considerations regarding the inclusion of children in nursing research.

Damsma Bakker A, van Leeuwen R, Roodbol P.

Nursing Ethics. September 2020. doi:[10.1177/0969733020948120](https://doi.org/10.1177/0969733020948120)

Evidence-based nursing practice is based on three pillars: the available research, known preferences of the patient or patient group and the professional experience of the nurse. For all pillars, research is the tool to expand the evidence we have, but when implementing evidence-based practice in paediatric nursing two of the pillars demand that children are included as respondents: practice research on the nursing interventions in paediatrics and the preferences of patients, something recognized by scholars and practitioners. But including a vulnerable group as children in nursing research raises specific ethical issues that need to be considered by researchers. What are ethical considerations that are currently raised about doing research with children and what do we learn by synthesizing the narrative of these studies of why the issues are raised and which solutions can be offered for these issues? In this article, considerations on three ethical principles according to the Belmont report are described by examining recent research. Twenty-one studies were found addressing relevant ethical aspects including vulnerability, gaining consent, designing quantitative or qualitative research methods and considerations regarding the execution of the study. Ethical considerations should be much more a case of continuous awareness and attitude, then box-ticking exercise, although there are sufficient international guidelines available specifically for research that includes children to aid researchers.

Other

No child left behind: a public health informed approach to improving outcomes for vulnerable children (Public Health England)

A public health informed approach looks at the factors for individual children, their families and the communities in which they live that make it more or less likely that vulnerability and adversity in childhood has a lasting impact on their lives. This holistic, multi-agency approach addresses inequality and the broader causes of vulnerability that might otherwise be overlooked. [Read more](#)

Developing Health Literacy Skills in Children and Youth: Proceedings of a Workshop.

National Academies of Sciences, Engineering, and Medicine. 2020. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25888>.

Young people develop health literacy skills in a variety of environments, facing critical thinking challenges about their health from school, home and family life, peers and social life, and online. To explore the development of health literacy skills in youth, the Roundtable on Health Literacy convened a workshop on 19 November 2019 in Washington, DC. Presenters at the workshop discussed factors relating to health literacy skills and ways to further develop those skills among youth from early childhood to young adulthood. This publication summarizes the presentation and discussion of the workshop. (A copy of this publication can be downloaded free of charge on registration with the site). [Learn 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.

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