



**College of Child and Youth Nurses
NZNO monthly news bulletin
Friday, 4 December 2020**

Consultation

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

Review of Document Development Process 2015

NZNO warmly invites your feedback on NZNO's publication: 'Document Development Process' which is now due for its 5 yearly review.

Standards New Zealand: DZ 8134:2020 - Health and disability services standard and sector solutions

NZNO warmly invites your feedback on a revised draft version of the standard for health and disability services. The document sets out the minimum requirements necessary to present fair and equitable health and disability services. It aims to improve the experience and outcomes of people and whānau, and reduce care variations.

New Zealand news

Hunger means school kids suffering headaches, stomach cramps, nurse says

As the school nurse at Auckland Seventh-day Adventist High School, Joanne Longstaff sees a lot come through her door. [Read more](#)

'Exceptional and inspiring' youth hub in central Christchurch gets the green light

A \$20 million youth hub in central Christchurch has been given the go-ahead – but only just. The hub, [planned for Salisbury St and Gracefield Ave](#), has been granted a resource consent, despite vehement opposition from neighbours. [Read more](#)

Multisensory Snoezelen room opens at Wilson Centre

A new multisensory Snoezelen room to support children's and adolescents' wellbeing has opened at the Child Rehabilitation Service, based at the Wilson Centre in Takapuna. [Read more](#)

Oranga Tamariki report: Midwives and support workers detail heartbreak of whānau

The Children's Commissioner wants no more urgent uplifts of tamariki and pēpi Māori from hospitals but has stopped short of recommending an end to all uplifts where the whānau is not notified first. [Read more](#)

Babies moved in superbug outbreak at Waikato Hospital

Four newborn babies and four of their caregivers developed symptoms of a superbug in a hospital neonatal unit, following an outbreak that affected 24 babies, 12 mothers and some staff. [Read more](#)

'Grim' report released on state of NZ kids' health

An attempt to capture the current health of children has highlighted a grim picture of rising dental disease, skin infections and breathing problems. [Read more](#)

Covid-19

COVID in Kids: The Most Telling Symptoms

MONDAY, Nov. 30, 2020 (HealthDay News) -- Among thousands of kids tested for COVID-19, an upset stomach, loss of taste/smell, fever and headache were symptoms most predictive of positive test results, a Canadian study found. [Read more](#)

Dental treatment

Innovative dental schemes bringing healthy smiles to Eastern Bay students

Dental pain isn't just a health issue for young Eastern Bay students, says one high school principal, it affects their education and their futures. Addressing that issue is just one of the motivating factors behind some innovative dental health schemes launched at schools across the region. The work is yielding impressive results. [Read more](#)

Auckland children living in pain as dental system struggles to keep up

Thousands of Auckland children, many in serious pain, are waiting up to eight months for dental treatment and the situation is set to get worse. [Read more](#)

Auckland DHB indicates potential change for city's child dental care system

Dire child dental statistics have been keeping some Auckland DHB members awake at night, as major change is signalled. [Read more](#)

Diet, food and nutrition

Teen Suicide Rates Linked To Zinc Malnutrition; Nutrition Review Needed

New Zealand has the highest teen suicide rate and the second highest incidence of child obesity in the developed world and it is long overdue for a national child nutrition review, pharmaceutical scientist Sir Ray Avery says. [Read more](#)

Eating disorders

Eating disorders treatment services overwhelmed as demand doubles

The mother of a teenager with anorexia and bulimia says children will die unless the government puts more money and resources into treatment for eating disorders.

[Read more](#)

Environmental

Childhood lead exposure linked to reduced brain development in midlife

For this study, the researchers from Duke University analyzed data from participants in the Dunedin Study, a project that tracks the physical and mental health of people in Dunedin, New Zealand, who were born between April 1, 1972 and March 31, 1973. [Read more](#)

Foetal Alcohol Syndrome

'Bicultural approach needed' to address foetal alcohol spectrum disorder in Māori

Weaving Māori values in with those of western medicine will provide better outcomes for tangata whenua in the treatment of [foetal alcohol spectrum disorder](#), researchers say.

[Read more](#)

Kids and health professionals / hospital

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

The experience of school-aged children with hospitalization.

Manuela Loureiro, F., Vanessa dos Reis Ameixa Antunes, A., Pelander, T. and Borges Charepe, Z. (2020),

J Clin Nurs. Accepted Author Manuscript. <https://doi.org/10.1111/jocn.15574>

Aims and objectives

This study intended to contribute to the improvement of nursing care for both children and their parents and aimed to identify the best and worst experiences of school-aged children during hospitalization.

Background

Child hospitalization has traditionally been studied from the parent's perspective, but studies in which the child is the subject are scarce and mainly focus on to the hospitalization experiences

Learning disabilities

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.

Implementing blended feeding for children with intellectual disabilities in a school environment.

Shovlin A, Flynn M, Louw J et al (2020)

Learning Disability Practice. doi: 10.7748/ldp.2020.e2093

Enteral feeding is commonly used in children with intellectual disabilities for short and long periods of time, and for a variety of reasons. Traditionally, sterile, ready-to-use commercial feeds are the recommended method of enteral feeding. However, the use of blended diets – where home-made food is mixed to a smooth consistency – has been increasing, with parents preferring to use these to ensure more natural nutritional management and to control their child's gastrointestinal symptoms.

This article explores the implementation of blended feeding for gastrostomy button-fed children with intellectual disabilities in the special school environment in Ireland. It presents a case study that details the multidisciplinary team approach that was adopted and the decision-making tool and risk assessment process used. Blended feeding has now been adopted in the special school environment, with the intellectual disability nurses working at the school leading its implementation.

Maternity and neonatal care

Wahakura - a woven cradle to save babies' lives

Professor David Tipene Leach, from the Eastern Institute of Technology, has won the 2020 Tahunui-a-rangi Award from the Royal Society Te Apārangi .

David led a team which applied mātauranga Māori to create the wahakura, a woven flax bassinet to address the problem of sudden unexpected death in infancy by creating a safe shared sleeping space for babies in their parents' bed. [Read more](#)

New milk bank to help Wellington region's vulnerable infants

The Wellington region's most vulnerable infants will now have local access to pasteurised donor breast milk at Wellington Regional Hospital's Neonatal Intensive Care Unit (NICU).

[Read more](#)

Mental health

Why infant mental health is even more critical now

No matter what role we play in caring for patients and families, as nurses, we know that the relationship children have with their caregivers is critical for their healthy development. In addition, we know that the [COVID-19 pandemic has significantly impacted](#) not only children, but also their families. Fortunately, we can apply infant mental health (IMH) concepts to better meet their needs. [Read more](#)

Mind-Body Interventions Provide Treatment Options for Teens With Depression

Mind-body modalities, including mind-body skills groups (MBSGs), teach a variety of mind-body techniques and allow for the patient to choose the specific technique that works best for them. In an analysis of adolescent patients with depression in a primary care setting, an MBSG intervention reduced depression symptoms significantly. Full study results have been published in the Journal of Pediatric Health Care.¹ [Read more](#)

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.

Issues affecting trans* young people: considerations for mental health nurses.

Litvin R, Trainor G, Dickinson T (2020)

Mental Health Practice. doi: 10.7748/mhp.2020.e1490

Trans* is an umbrella term that is used to describe a wide range of individuals who identify with a gender that is different from their assigned sex at birth. Many young trans* people are being referred to gender identity services and/or child and adolescent mental health services (CAMHS) with gender dysphoria and coexisting mental health issues such as depression, anxiety, suicidal ideation and self-harm. This group of young people are at risk of experiencing various challenges, such as stigma, discrimination and lack of understanding from their families, wider communities, educational institutions and healthcare services. This article discusses the growing body of research and best practice guidelines related to the mental health and social needs of young people identifying as trans*. It aims to support mental health nurses to enhance their knowledge and awareness of the unique needs of these young people. It may also provide useful information to parents and/or carers, education providers, policymakers and mental health practitioners.

Evaluating the effects of appointing an associate nurse consultant to a CAMHS team.

Currah K (2020)

Mental Health Practice. doi: 10.7748/mhp.2020.e1485

Nurse consultants have an important role in strengthening the capacity and productivity of the workforce in child and adolescent mental health services (CAMHS). An associate nurse consultant (ANC) was appointed to a local CAMHS team in County Durham, primarily to support the medical staff. A service evaluation of the effects of the newly developed post on the team, particularly the medical staff, showed that it had reduced the medical staff's workload.

The evaluation further showed that the ANC had enhanced the support available to nursing staff and that there may be scope for another similar role to provide better coverage of the locality and respond to all healthcare disciplines' needs. A major benefit of the appointment of an ANC is that it has developed another route for nurse career progression, thereby providing a means of improving staff recruitment and retention.

Obesity

Otago study finds link between teen chewing pace and obesity, News, University of Otago, New Zealand

Overweight teenagers chew slower and spend less time eating compared to their thinner

peers, a University of Otago study has found.

Lead author Dr Ghassan Idris, of Otago's Sir John Walsh Research Institute and Queensland Children's Hospital, describes the results as "unexpected" but says they open new pathways of research into youth weight-management interventions.

For the study, recently published in *Pediatric Obesity*, the research team recruited 42 15-year-olds (21 in a healthy weight range and 21 who were overweight), and assessed their chewing features over one evening, including an evening meal, in their homes. [Read more](#)

Respiratory

Study examines the diagnosis of exercise-induced respiratory symptoms in children

Exercise-induced respiratory symptoms are common in childhood, and it can be difficult to diagnose their cause. A study published in *Pediatric Pulmonology* found that the diagnoses proposed by primary care physicians are often not the same as the final diagnoses after specialist referrals. [Read more](#)

Skin conditions

Primary care improvement case study: South City Health: Managing child eczema

At South City Health, a practice nurse was struggling with her own child's severe facial eczema. Realising that if as a nurse she was struggling, others would be struggling too, she gathered support from the wider practice team and management to test a free nurse-led clinic. The nurse worked with the families to learn more about their lifestyle and routines and teach them how to use their creams and medication better. Together, they developed an individualised management-plan to help them manage their children's eczema. This resulted in improved management of eczema for these children and improved quality of life not only for children, who experienced fewer flares and less pain and discomfort, but for the whole family as well. [Read more](#)

Sexual health

Let's talk about sex: Why teens' contraceptive use is dropping

A survey of 7,500 Kiwi teens has found their sexual activity has dropped - but so too has the use of condoms and other forms of contraception. The [just-released Youth19 Rangatahi Smart Survey](#) found overall, the number of sexually active students who always wore condoms had dropped from 49 per cent two decades ago, to 41 per cent. The numbers were more stark when broken down by ethnicity: 42 percent of Maori and 30 percent of Pasifika reported using contraception consistently, compared to Pakeha - at 61 per cent. To talk about why condom and contraceptive use hasn't improved in 20 years, Kathryn talks to the study's co-lead investigator, Associate Professor Terryann Clark, CEO of Family Planning Jackie Edmond and Christine Cammell, who's project lead for the School Nurses Association. [Read more](#)

Social health

Poverty as much to blame as devices for childrens' language delay

Catherine Campbell isn't surprised by [research](#) showing some children are starting school with the language skills of toddlers. [Read more](#)

Social media

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

Social networking sites: Can midwives and nurses working with adolescent mothers harness their potential value?

Nolan, SJ, Hendricks, J, Williamson, M, Ferguson, SL.

Int J Nurs Pract. 2020;e12895. <https://doi.org/10.1111/ijn.12895>

Aim

This paper aims to discuss social networking sites as potentially salutogenic, culturally relevant extensions to maternity care provision for adolescent mothers.

Background

Studies report that online networking may enhance social capital, a concept linked to enhanced well-being, particularly for marginalized individuals. Improving outcomes for adolescent mothers is an ongoing global strategy; thus, this paper has relevance for all professionals involved in their care.

Vaccination / immunisation

Measles vaccination drive stalling amid pandemic response

A campaign to vaccinate hundreds of thousands of young adults against the measles has barely made inroads, four months after its launch. [Read more](#)

Rural GP Publishes Comic About Vaccination To Counter Growing Anti-Vac Movement

Seeing vaccination rates drop around the world and outbreaks of diseases such as measles resurging, concerned Canterbury GP Richard Clinghan wanted to find a way to educate children and parents about the importance of vaccination. The result is a comic titled Jenny & the Eddies, a whimsical allegory about vaccines and viruses he hopes will help stop the spread of misinformation, mitigate concerns and ultimately save lives. [Read more](#)

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

Minimising Immunisation Pain of childhood vaccines: The MIP pilot study.

Jenkins, N., Orsini, F., Elia, S. and Perrett, K. (2020),

J Paediatr Child Health. <https://doi.org/10.1111/jpc.15229>

Pain associated with immunisations can result in distress and/or anxiety for children and parents. We assessed the feasibility and acceptability of two novel devices; Coolsense (cold) and Buzzy (vibration ± cooling pads) versus standard care to minimise pain during immunisations. We also evaluated compliance to the devices and parent's perception of the effectiveness of the devices/standard care for minimising pain during immunisation.

Articles of interest

Our Truth, Tā Mātou Pono: How we've made Māori the face of child abuse and minimised the abuse of Pākehā children

Our Truth, Tā Mātou Pono is a Stuff project investigating the history of racism. Part one has focused on Stuff and its newspapers, and how we have portrayed Māori. National Correspondent Charlie Mitchell looks at how our organisation has portrayed child abuse.

[Read more](#)

Child health nurse perceptions of using confident body, confident child in community health: a qualitative descriptive study.

Norton, L.N., Hart, L.M., Butel, F.E. et al.

BMC Nurs 19, 103 (2020). <https://doi.org/10.1186/s12912-020-00499-7>

Confident Body, Confident Child (CBCC) is an innovative, evidence-based program providing parenting strategies to promote healthy eating, physical activity and body satisfaction in children aged 2–6 years. This study aimed to explore Child Health Nurse (CHN) experiences with using CBCC in their community health clinics with parents of young children. This work is part of a larger study involving tailoring, implementing and evaluating CBCC in a community child health setting. [Read more](#)

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

Management of inflammatory bowel disease in children: It is time for an individualised approach.

Grover, Z. and Alex, G. (2020),

J Paediatr Child Health, 56: 1677-1684. <https://doi.org/10.1111/jpc.14652>

Paediatric-onset inflammatory bowel disease (PO-IBD) is associated with greater morbidity compared to adult-onset IBD. However, as not all children with PO-IBD will have poor outcome and the best management decisions involve weighing risks versus benefit and wishes of patient's and family, we review risk factors of IBD progression in children and summarise rapidly expanding treatment choices, potential drug-related adverse events and risk minimisation strategies, ending with new treatment paradigms focusing on long-term goal of intestinal healing. For the purpose of this article, we have outlined the conventional approach, including medications currently licenced and available for use in Australia for paediatric IBD through the Pharmaceutical Benefit Scheme and briefly discuss other promising therapies that are shown to be effective in adults but are undergoing paediatric clinical trials.

Other

Fetal and Infant Deaths web tool (Ministry of Health)

This web tool presents a summary of fetal and infant deaths, with a focus on deaths and stillbirths registered in 2017. Information presented includes demographic information (eg, ethnicity and sex), cause of death, gestation and birthweight, as well as deaths classified as sudden infant death syndrome (SIDS) and sudden unexpected death in infancy (SUDI).

[Read more](#)

Day Surgery for Children and Young People (RCN UK)

This publication highlights the specific needs of children and young people undergoing day surgery, outlining pre- and post-operative aspects of care and preparation, parental involvement and facilitating discharge. [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.

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