



## From the Chair...

*Kia ora, Talofa lava, Malo e lelei, Fakaalofa atu, Namaste*



*My apologies for the slight delay in getting this last CCYN newsletter out to you all but hope that it finds all our members and their families well and ready for the festive season plus hopefully a bit of a break factored in somewhere along the way...*

*It has been a long, challenging and tiring year for all of us and as I mentioned in my report at the AGM, the impact of Covid-19 on us as members of the international nursing community has been profound. Through great leadership and a 'Team of Five Million', Aotearoa New Zealand has found itself in a better position than many other countries however, it is important that we don't become complacent and that we continue to remain vigilant in our communities – Covid-19 is still lurking...*

*On a more positive note, I was delighted and honoured to be elected as Chairperson for CCYN at our AGM in October. I am looking forward to working in conjunction with the committee and our members to see what we can achieve in 2021. Fostering relationships with other groups and organisations who work in child health related contexts in Aotearoa New Zealand, is important for us going forward – strength in numbers is vital if we are to keep the needs of children front and centre in policy and practice across the board.*

*The committee is also delighted to welcome Donna Burkett and Emma Densem, both were elected by our members for the two vacancies we had open. Donna and Emma bring a wealth of child health knowledge and expertise to our committee and we are really looking forward to working together with them in 2021.*

*We hope you enjoy this Summer edition of TimeOut, there are lots of links to click and hopefully some good holiday reading!*

*Wishing you all a very Merry Christmas/Meri Kirihimete and a Happy New Year,*

*Sarah*

*Sarah Williams, Chairperson, College of Child and Youth Nurses*





## National News Children's Experiences in Lockdown....

The office of the Children's Commissioner has recently published the results of an online survey of children and young people aged 8-18 years to hear about their experiences of the COVID-19 lockdown under levels 3 and 4 and how they rated their own wellbeing at this time. See what they had to say [here](#)



The Children' Commissioner is undertaking a review of [Oranga Tamariki](#). The review has been focused on answering the question:

*"What needs to change to enable pēpi Māori aged 0-3 months to remain in the care of their whānau in situations where Oranga Tamariki is notified of care and protection concerns?"*

This latest report published last month:

[\*Te Kuku O Te Manawa — Moe ararā! Haumanutia ngā moemoeā a ngā tūpuna mō te oranga o ngā tamariki\*](#)

This second report concludes the overall review and identifies six key themes and six areas for change.

## And More...



Barnados is a NZ children's charity. Their recent focus has been on 'an Aotearoa where every child has what they need to thrive'. Barnados conducted a New Zealand-wide project asking tamariki and rangatahi to share their hopes and dreams for the next decade. Visit the gallery to explore their art and poetry, it is amazing and very thought provoking:

[dreamsforthedecade.co.nz](https://dreamsforthedecade.co.nz)

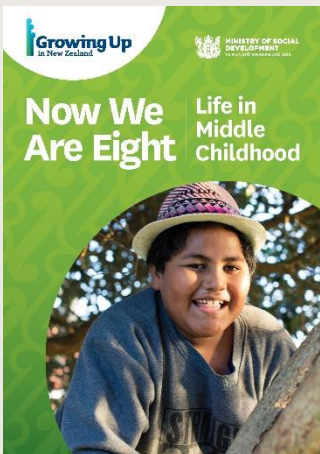


From 1 October 2020 changes to the measles vaccination came into force. A new event was created at age 12 months, and MMR vaccine moved from being given at 15 months and 4 years to being given at 12 months and 15 months.

For this and other changes - [review the 2020 immunisation schedule change here](#)

In a recent MoH report, it was noted that there has been a [reduction in immunisation rates](#) for events that were due last Autumn and Winter, coinciding with the Covid-19 lockdown periods. This varied across DHBs but disproportionately affected tamariki Māori and babies living in high deprivation areas, particularly at 6 months of age. Click on the link above for the data.





## National News

The [Children’s Rights Alliance Aotearoa New Zealand](#) is a coalition of non-governmental organisations, families and individuals that promotes the rights and wellbeing of our children and youth through advocacy and education using the United Nations Convention on the Rights of the Child and other international human rights instruments. The primary function of the Children's Rights Alliance is to lead the shadow reporting process in relation to New Zealand’s compliance with UNCROC. Currently they are in the middle of the 6<sup>th</sup> cycle of reporting on the Children’ Convention. You can read more about this [here](#)



### Tongue Tie Guidance

At the end of last month, the Ministry of Health released guidance for the health sector around the identification, assessment, diagnosis and treatment of tongue-tie in New Zealand. The reason behind this guidance was to support a consistent and equitable approach to assessment, diagnosis and surgical treatment of tongue tie. A link to the guide can be found [here](#). In addition, there is a very useful [parent fact sheet](#) provided

## And More... Now We Are Eight...



Growing up in New Zealand has launched its latest “Now We Are” report - *Now We Are Eight: Life in Middle Childhood*. The report provides a unique insight into the lives of eight-year-old New Zealand children, and for first time contains fascinating perspectives from the children themselves about who they are and how they see their place in the world. You can find out more about this report, along with the latest news and findings from the study through the following links:

[Now We Are Eight Report](#)

[How much sleep are New Zealand pre-schoolers really getting?](#)

[Early childhood education leads to better friends but more illness](#)

[Family behaviours can help children to develop self-control](#)





## General CCYN Committee News

Unfortunately, due to Covid-19 travel restrictions the committee have been unable to meet face to face as often this year but we do use trusty Zoom for our regular catch-ups. On the left is a picture taken from our last one minus our secretary Emma Collins 😊

### CCYN Scholarship

Twice a year the CCYN offers a scholarship of up to \$500 to help support CCYN members to attend conferences, engage in professional development, and contribute to their knowledge development in regards to child and youth nursing. The next due date for scholarship applications is **12<sup>th</sup> Feb, 2021**. There is a simple application form to be completed with some supporting evidence required. Please consider applying for this scholarship. If you are successful, we ask that you write a small report for this newsletter about the PD opportunity you engaged with. More details including the application form can be found here on the NZNO Scholarship and Grants page: [https://www.nzno.org.nz/support/scholarships\\_and\\_grants](https://www.nzno.org.nz/support/scholarships_and_grants)

### A Christmas Carol from Katie...

#### *Silent night(shift)*

*Silent night,  
Holy night.  
Patients sleep,  
Docs out of sight.  
Nothing is due until 4 in the morn,  
The teen in room 3 has stopped watching porn.  
There's chocolate still in the tearoom,  
All patients sleep until dawn.*

*Silent night,  
Holy night.  
Charge nurse away,  
Toddlers tucked tight.  
Colleague's neighbour is leaving her man,  
Boxes all ticked on the nightshift care plan.  
Thought it was 2 but it's near 3,  
Dreaming of getting a tan...(rpt)*





## Beyond NZ – Global Bulletin

As Covid-19 continues its rampage across the globe, concerns continue to rise about the impact of the pandemic on global child health. There are concerns about a decrease in immunisation rates for children being experienced internationally as a result of imposed lock downs and the ensuing difficulties in accessing health care. In addition, children’s mental health and safety are also at risk due to disruption of socio-economic conditions and resulting hardship. There has been a call for child health professionals to advocate more strongly for children’s needs to become more visible and to uphold the rights of all children in these difficult times. There are a number of interesting articles appearing in international literature. You can read some through the links below:

- [Impact of the COVID-19 pandemic on global child health: joint statement of the International Child Health Group and the Royal College of Paediatrics and Child Health](#)
- [The indirect impact of COVID-19 on child health](#)
- [Prioritising children’s rights in the Covid-19 response](#)
- [The Complex Trauma Spectrum During the Covid-19 Pandemic: A threat for children and adolescents’ physical and mental health](#)

## Newly released research...

Jacqui Southey, Child Rights Advocacy, Strategy and Research Director at Save the Children, New Zealand, has recently released her Masters research dissertation report on positive parenting practices of parents of children aged 1-5 years of age in New Zealand. The research also explores how parents are informed and supported in their parenting practices.

The research takes a prosocial approach in seeking to understand positive parenting practices and hopes to inform policy and practice in greater promotion of positive parenting as a means to reduce violence toward children in their homes. A key theme of the research is reclaiming the meaning of discipline to its origins of guidance, nurturing and teaching, and away from the common misinterpretation of control, obedience and punishment.

You can access the research report through the following link:

[Understanding the positive discipline practices of children aged one-five years old in Aotearoa New Zealand](#)



## NZNO Professional Nursing Advisor, Margaret Bigsby on making submissions...

When I read the editorial by Jill Clendon in the October edition of Kai Tiaki Nursing, New Zealand, called “Why nurses need to be politically engaged”, I also considered application of the principles in a broader context. Jill referred to the Nursing and Midwifery Council (UK) definition of being a professional as including that:

- We support the provision of services that improve or protect health;
- We base our practice on the best available evidence; and
- We show professional leadership in a number of ways. (Nursing and Midwifery council (UK) (2016)

One way that nurses can demonstrate professionalism is to use our knowledge and skills to make submissions on documents circulated for comment. For nurses working with children and youth and their families, there are many opportunities to apply the lens of **“is this helpful for children and youth?”**

NZNO’s policy team prepares approximately 70 submissions annually on behalf of NZNO members. The open consultations are found on NZNO’s website (see [https://www.nzno.org.nz/get\\_involved/consultation](https://www.nzno.org.nz/get_involved/consultation) ). The submissions that NZNO has already made are found here: <https://www.nzno.org.nz/resources/submissions>

Recent documents offered for consultation gave nurses the opportunity to apply the lens of advocacy for children and youth. These include consultation on draft guidelines on the right to a decent home in Aotearoa, the Mental Health Commissioner’s Mental Health and Addiction Services’ Monitoring and Advocacy framework (especially for youth consumers and for children of parents with mental illness and addictions), and the Ethical framework for Resource Allocation during times of scarcity – especially relevant when we consider the impact of COVID-19 restrictions on children and youth.

One document open for consultation now is the draft [Health and Disability Services Standards and Sector Solutions](#) . The standard is intended to present “the minimum requirements necessary to present fair and equitable health and disability services that aim to improve the experience and outcomes of people and whānau and reduce care variation” (p15). It also seeks to reflect “fundamental shifts towards more person- and whānau-centred health and disability services”. The standard is to apply to all health and disability service providers in both public and private settings, including ranging from small single-owner operator services through to services provided by a large district health board. So, the question being asked is – does the draft document achieve this?

The standard comprises 6 parts: 1. Our rights; 2. Workforce and Structure; 3. Pathways to wellbeing; 4. Person-centred and environment; 5. Infection prevention and antimicrobial stewardship; 6. Restraint and Seclusion. Each part has a number of sections and within each section are the specific criteria proposed for service providers to meet. The standard recognises the complexity of the health sector and the variation between sectors for how they might be required to meet each criterion.



## Cont...

Sector solutions are proposed for each criterion, and the draft standard indicates which sectors the proposed solution applies to. Nine different sectors are identified in the document:

1. Aged residential care services
2. Assisted reproductive technology services
3. Home and community support services
4. Residential disability services
5. Residential mental health and addiction services
6. Public and private overnight hospital inpatient services
7. Birthing unit services
8. Hospice services
9. Abortion services

Aside from perhaps aged residential care services, I would imagine that children and youth interests could be directly or indirectly influenced by all how services are provided in all the other sectors. The scope for comment is huge!

I acknowledge that reviewing 258 pages of written material is a lot to ask of anyone. I also acknowledge that contributing feedback on this draft standard is an opportunity not often offered to nurses. The last overarching standards were created in 2008, and have only been amended upon review since then. This draft is a complete rewrite. It is important that MBIE receives the full range of views that people might have about the draft standard. If they only hear from people who identify shortcomings, they will not know that other reviewers might feel satisfied with the document.

There are numerous ways to give feedback on the draft standard. You can email the MBIE directly with your thoughts. MBIE provide a template that supports free-text comments as well as identifying specific sections you wish to comment on. Or you can send your comments to the CCYN committee- [Correspondence.cyn@gmail.com](mailto:Correspondence.cyn@gmail.com) and we will collate. Doing this will strengthen the representation and views expressed by the college made in a collective submission. Finally, you can contribute your views for inclusion in the submission that will be sent on behalf of all NZNO members. Or you can do all three – submit your own views directly, while also sharing them with CCYN. CCYN will then share the collated views of college members with NZNO to be included in the organisational submission.

Please consider taking time to exercise your professional values and advocacy for children and youth through reviewing the draft standard. I know that nurses working in other sectors) are making their plans to do so. Children and youth receiving health and disability services for the next ten or more years need us to do this for them!

*Marg Bigsby, PNA, NZNO*

### References:

- Clendon, J. (2020) Why nurses need to be politically engaged. *Kai Tiaki Nursing New Zealand*, 29 (9), 2.
- Nursing and Midwifery Council (UK). (2016). Enabling professionalism. Retrieved from <https://www.nmc.org.uk/globalassets/sitedocuments/other-publications/enabling-professionalism.pdf>



## Events and Education...

### Conferences scheduled for 2021

Covid lock down has resulted in many cancelled child health related conferences. Our own seminar planned for Auckland was one casualty. We are pleased to report we are planning a seminar for 2021. Look out or details in our newsletter early next year.

CCYN supports the **Paediatric Society of NZ** and encourages you to attend their conference next year:



The Paediatric society of New Zealand has announced dates for its conference in Rotorua 2-5<sup>th</sup> November 2021. For more information follow the link [Paediatric Society annual scientific meeting Rotorua 2021](#)



Annual Scientific Meeting on the New Zealand Pain Society Inc.

*‘Making the Connection – Cortex, Culture and Community’*

18-29 March 2021 Copthorne Hotel, Bay of Islands

17<sup>th</sup> March 2021 – Nurses SIG Education Day

18<sup>th</sup>-20<sup>th</sup> March – 2021 NZPS Conference

[www.nzps2021.nz](http://www.nzps2021.nz)

### Website Resources & Learning

Wellbeing continues to be a priority of care and support for our children, young people and their families. Anxiety is one of the most common problems experienced by children and young people and this has been a particularly difficult year for many children and young people. The Paediatric Society of NZ and the Starship foundation have been supported by the Ministry of Health to create a resource to support our youth.

Check it out here [Emotional wellbeing for children](#) on the KidsHealth webpage



Werry Workforce Whāraurau is funded by the Ministry of Health to deliver workforce development initiatives for the Infant, Child and Adolescent Mental Health (ICAMH) sector. They offer a variety of training, resources and webinars on child and adolescent mental health topics. For further information take a look here: [www.werryworkforce.org](http://www.werryworkforce.org)