



**College of Child and Youth Nurses, NZNO monthly news bulletin
Friday 6 February 2020**

Section news

Consultations

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

Taumata Arowai - Water Services Regulator Bill

NZNO seeks your feedback on the above Bill which, if passed, would create a regulatory body to oversee, administer, and enforce a new drinking water regulatory system. Taumata Arowai – the Water Services Regulator would be established as a new Crown agent dedicated solely to drinking water.

Please [link to the Bill here](#), and send feedback to diana.cookson@nzno.org.nz by 4 March 2020.

Options to reform the Burial and Cremation Act 1964 and related legislation

NZNO welcomes your feedback on a consultation setting out a range of options for modernising the legislation relating to death, burial, cremation and funerals in New Zealand.

Please [click the link for the Consultation document and survey](#), and send feedback to Leanne.Manson@nzno.org.nz by 3 April 2020.

Cytotoxic Drugs and Related Waste consultation

NZNO would like to inform members that WorkSafe are running a consultation on the Cytotoxic Drugs and Related Waste. We will not make a submission on behalf of members, but you are welcome to make your own submission:

- [click the link and read the Consultation document](#)
- contact WorkSafe directly on GuidanceandEducationDevelopment@Worksafe.govt.nz,
- in the subject line, put **Consultation on draft Cytotoxic Drugs and Related Waste guidance**
- use the [submission form](#) for your feedback.

Feedback closes: 10 March 2020

NZ News (general)

[50 years of new-born screening](#)

A screening programme that has seen thousands of new-born babies avoid a potential life of ill-health and suffering has celebrated its 50th anniversary.

Autism and Aspergers

[How VR helps kids with autism make sense of real world](#)

HERMITAGE, England (Reuters) - A specialist care facility in England is using virtual reality (VR) headsets and data mining to help children with autism to acclimatize to scenarios they are likely to encounter outside of school.

[Grand Opening of Australasia's First Autism Resource Centre](#)

Autism New Zealand is set to open Australasia's first Autism Resource Centre on the 20th of February 2020. The building, located in Petone, was originally constructed as a large warehouse. Eventually, the Autism Resource Centre will be a place for all people living with autism to access clinical diagnostic services, intervention and support.

[Feeding difficulties in children with autism spectrum disorder: Aetiology, health impacts and psychotherapeutic interventions.](#) Zhu, V. and Dalby-Payne, J. (2019), J Paediatr Child Health, 55: 1304-1308. doi:10.1111/jpc.14638

Feeding difficulties are common and significant issues for children with autism spectrum disorder and their families. Key features of autism are intrinsically linked with factors contributing to these children's feeding difficulties. Following a multidisciplinary assessment to exclude non-behavioural reasons for the feeding difficulty, there are two mainstay modalities of treatment: operant conditioning and systematic desensitisation. Currently, evidence points towards operant conditioning as the most efficacious psychotherapy. However, recent research into cognitive behavioural therapy for older children with feeding difficulties has shown promising results and will be an area to monitor in the coming years. This review outlines the causes and health impacts and evaluates current evidence supporting the available psychotherapeutic interventions for children with autism spectrum disorder experiencing feeding difficulties.

Cardiac health

[Hundreds of babies with heart defects could be picked up earlier if screened](#)

Baby experts are calling on the Government to fund a "quick, cheap and safe" screening tool which could pick up hundreds of new-borns with potentially deadly heart defects each year.

Clinical

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.

[What instruments should we use to assess paediatric decision-making interventions? A narrative review.](#)

Robertson EG ... et al. 2019 Aug 26:1367493519869717. doi: 10.1177/1367493519869717. [Epub ahead of print]

There is an increasing number of shared decision-making (SDM) interventions in paediatrics. However, there is little consensus as to the best instruments to assess the feasibility and impact of these interventions. This narrative review aims to answer: (1) what feasibility, knowledge and decision-making instruments have been used to assess paediatric SDM interventions and (2) what are the psychometric properties of used decision-making instruments, guided by the 'consensus-based standards for the selection of health measurement instrument' criteria. We conducted a review of the peer-reviewed literature.

We identified 23 studies that evaluated a paediatric intervention to facilitate SDM for a specific health decision. Eighteen studies assessed intervention feasibility, with a wide variability in assessment between studies. Twelve studies assessed objective knowledge, and four studies assessed subjective knowledge with all but one study aggregating correct responses. We identified nine decision-making instruments that had been assessed psychometrically, although few had been thoroughly evaluated. The Decisional Conflict Scale was the most commonly used instrument and the only instrument evaluated in paediatrics. Our study revealed a lack of consistency in the instruments used to evaluate decision-making interventions in paediatrics, making it difficult to compare interventions. We provide several recommendations for researchers to improve the assessment of SDM interventions in paediatrics.

Eating disorders

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

[Young people's experiences of brief inpatient treatment for anorexia nervosa.](#)

Thabrew, H., Mairs, R. and Taylor-Davies, G. (2020), J Paediatr Child Health, 56: 30-33.

To understand the experiences of young people with anorexia admitted to hospital for brief stays and to inform the design of contemporary inpatient treatment to better suit their needs in the context of a significant shift in practice from longer hospital admissions to shorter stays.

Methods - A qualitative study was undertaken with young people within a few months of discharge from a specialist inpatient eating disorder service, Auckland, New Zealand. Audiotaped, semi-structured interviews were conducted with participants within a few months of their discharge from hospital and transcribed for coding.

Emergency medicine and first aid

[Implementation of combined paediatric observation unit improves patient outcomes, satisfaction](#)

It's a quandary facing many busy emergency departments (EDs) across the country: how to treat young patients who require emergency care and a brief stay, while reserving limited inpatient beds for the most acute cases. In winter, when respiratory cases compound the rising patient census, limited resources are stretched even thinner.

[Acute otitis media in children presenting to the emergency department: Is it diagnosed and managed appropriately?](#) Balasundaram, N., Phan, D., Mazzone, D., Duong, E., Sweeny, A., Del Mar, C. and Keijzers, G. (2019), J Paediatr Child Health, 55: 1335-1343.

To describe the diagnostic and management practice in children with acute otitis media (AOM) presenting to the emergency department (ED) and compare diagnosis and management against existing guidelines.

[Management and outcomes of patients presenting to the emergency department with croup: Can we identify which patients can safely be discharged from the emergency department?](#) Elder, A.E. and Rao, A. (2019), J Paediatr Child Health, 55: 1323-1328.

Croup is a major cause of emergency department (ED) presentations, but there remains a paucity of evidence to guide clinical decision-making around which patients require admission. We aimed to describe the clinical characteristics, management and outcomes of patients presenting to the ED with croup and to identify characteristics associated with a need for further intervention.

[Analysis of written resources for parents of children discharged from a paediatric emergency department.](#)

[Phonpruk K](#)1, 2019 Dec;23(4):652-662. doi: 10.1177/1367493519852460. Epub 2019 Jun 2.

The aim of this study was to profile the information and readability of parent-focused resources to support care at home following a child's discharge from a paediatric emergency department (ED). Analysis included recording the scope, source, readability scores and benchmarking the contents against previous recommendations for discharge information. Information from 46 resources (on 41 conditions) from three separate sources was analysed. Overall, a wide range of resources was available. Inconsistency was evident in the framework and design of resources available. Approximately two-thirds of resources provided information about referral to community resources, and most had links to community health providers. Assessment of readability levels showed a predominant pitch towards a relatively high level of schooling. Existing written resources available for parents to use in caring for their child following discharge from an ED could improve with more streamlined designs as well as consistent references to community resources and additional health providers. Parents with low reading capacity may not be able to make the most of existing resources to care for their child at home following ED discharge. This framework was developed for reviewing the resources that could be useful for quality assessment of other parent-focused discharge information.

Exercise and physical activity

[Dance PREEMIE, a Dance PaRticipation intervention for Extremely prEterm children with Motor Impairment at prEschool age: an Australian feasibility trial protocol.](#)

Cameron KL, McGinley JL, Allison K, et al
BMJ Open 2020;10:e034256.

Introduction Children born extremely preterm (EP: <28 weeks gestation) and/or extremely low birth weight (ELBW: <1000 g) are at increased risk of motor impairment compared with children born at term. Children with motor impairment have lower rates of physical activity (PA) participation compared with their typically developing peers. PA participation is an important outcome for children with motor impairment, however, there is limited evidence available to support interventions that improve PA participation in this population. The aim of this study is to assess the feasibility, including the recruitment and retention, acceptability and fidelity, of a preschool dance participation intervention for children born EP/ELBW with motor impairment called Dance PaRticipation intervention for Extremely prEterm children with Motor Impairment at prEschool age.

Family support

[Addressing resilience, emotional health within families of children with chronic conditions](#)

Be it autism, sickle cell or other life-disrupting health conditions, being the parent of a child with a chronic condition takes a psychological toll. For too many families, however, emotional and behavioural health support has been far too difficult to obtain.

Kids and health professionals / hospital

The article below is not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution

[A taxonomy to assess the interaction between nurses and children: Development and reliability.](#)

van Ingen Schenau-Veldman, ISA, Niemeijer, AS, Zuiker, J-K, Scholten-Jaegers, SMHJ, Lamberts, KF, Nieuwenhuis, MK J Clin Nurs. 2020; 00: 1– 7.

Aims and objectives - The aim of this study was to develop a valid and reliable instrument to assess the nurse-child interaction during medical or nursing interventions.

Background - Communication is an important competency for the professional practice of nurses and physicians. The nurse-patient relationship is fundamental for high-quality care. It has been suggested that if nurses have more skills to interact with children, care will be less distressing and less painful for the children

Maternity and neonatal care

National neonatal review finds more resources urgently needed

Overrun units caring for New Zealand's sickest new-borns urgently need more resources to make them safer, a review has found.

Kangaroo mother care increases survival of low birth weight babies

Researchers at Centre for Intervention Science in Maternal and Child Health (CISMAC) at the University of Bergen (UiB) followed 8400 low birth weight infants, from 2015 to 2018

Mental health

Poor mental health both cause and effect of school exclusion

Children with mental health needs require urgent support from primary school onwards to avoid exclusion, which can be both cause and effect of poor mental health, new research concludes.

Innovative approach to youth mental health comes to Aotearoa

Fourteen newly certified facilitators will be offering a fresh approach to talking about mental health when they complete the IHEART training in February 2020.

The Choice and Partnership Approach to community mental health and addictions services: a realist-informed scoping review protocol

Campbell LA, Clark SE, Ayn C, *et al*
BMJ Open 2019;**9**:e033247.

Introduction Early identification and appropriate treatment of child and adolescent mental health disorders can often be hampered by patchwork services with poorly planned or unclear pathways. The Choice and Partnership Approach (CAPA) is an evidence-based transformational model of community (community-based or outpatient) mental health and addictions services for children and adolescents that aims to better match services to needs and to improve timely access to care. CAPA has been variably implemented across jurisdictions but has not been comprehensively evaluated for its impact on system and client outcomes. Our research question is, 'To what degree does CAPA work, for whom and under what circumstances?' The purpose of this review is twofold: (1) to gain an understanding of the extent and outcomes of the implementation of CAPA in community mental health and addictions services; and (2) to identify the role of context as it influences the implementation of CAPA and resulting client and system outcomes.

Technology use and the mental health of children and young people (UK)

This report explores the use of technology among children and young people. It looks at the wider impact of different types of screen use on the mental health of children and young people including issues around screen time, the impact of negative content, and the potential for bullying and addiction. It also explores how vulnerable groups such as those with mental health problems and very young children may be affected and discusses issues around safeguarding.

Obesity

[South Auckland obesity: Health officials want beefed up advertising rules](#)

"Urgent" changes to junk food advertising rules are needed, health officials say, as figures continue to paint a grim picture of [childhood obesity](#) in [fast food-saturated south Auckland](#).

[New study unravels the complexity of childhood obesity](#)

The World Health Organization has estimated more than 340 million children and adolescents ages 5-19 are overweight or obese, and the epidemic has been linked to more deaths worldwide than those caused by being underweight.

Respiratory

[Influenza vaccination of children cuts hospitalization in half](#)

Fully vaccinating children reduced the risk of hospitalization for complications associated with influenza by 54%, according to a new study by Ben-Gurion University of the Negev (BGU) and University of Michigan researchers.

SIDS

[Prenatal alcohol and tobacco exposure linked to increased risk for SIDS](#)

Children born to mothers who both drank and smoked beyond the first trimester of pregnancy have a 12-fold increased risk for Sudden Infant Death Syndrome (SIDS) compared to those unexposed or only exposed in the first trimester of pregnancy, according to a new study supported by the National Institutes of Health.

Sleep

[Children's mental health is effected by sleep duration](#)

Depression, anxiety, impulsive behaviour and poor cognitive performance in children is effected by the amount of sleep they have researchers have found.

Social health and issues (homelessness/housing Poverty etc)

[Action needed to improve poor health and disadvantage in youth justice system](#)

Children and adolescents detained in the youth justice system experience poor health across a range of complex physical and mental health disorders, according to new research.

[Why poverty in New Zealand is everyone's concern](#)

A consultant paediatrician based in Auckland, with a special research interest in child health and development, Renee Liang is a named investigator with [Growing Up in New Zealand](#). This longitudinal study is tracking 7000 children from birth to young adulthood, to provide information about what shapes early development and how interventions might be targeted to give every child the best start in life.

[Māori babies five times more likely to end up in state care - stats](#)

Māori babies were five times more likely to end up in state care than non-Māori last year and their rate of urgent entries into state care has doubled since 2010, official figures show.

Toileting

[Nurse researcher develops poop kits for kids](#)

One of Australia's most unconventional nurse researchers is developing a 'Poop-it' educational kit for children.

Wellbeing

[5 Responses Guaranteed to Shut Down Nurse Bullying as Soon as You See it](#)

Even if you're not part of the [85 percent of nurses who've been abused by a fellow nurse](#), you're still probably aware that bullying among healthcare workers is a pervasive problem. Perhaps you've heard that [1 in 3 nurses has considered quitting](#) a job due to bullying — or you've seen it at your own workplace.

[5 ways to revitalize after a tough shift](#)

We've all had those tough shifts where you walk out both mentally and physically exhausted. This is common for healthcare professionals and here are some tips to help you invigorate your energy and mind.

Professional development

The articles below are not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution

[Research awareness among children's nurses: An integrative review](#). Rossi, S, Bagnasco, A, Barisone, M, et al. J Clin Nurs. 2019; 29: 290– 304.

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.

Comm2Work: Developing a nursing workforce plan for a child and youth community health service

Penny, Robyn A. et al. Collegian, Volume 0, Issue 0

Problem - There is a dearth of evidence on applied methodologies to workforce planning in nursing. Research and commentary to date reflects ad hoc, operational planning rather than strategic approaches. Strategic planning is particularly important in primary health care settings because investment in the early years lays the foundation for lifelong health representing a long-term return on investment.

Aim - The aim of this project was to ascertain the applicability of a comprehensive four-step workforce planning methodology to develop a three-to-five-year nursing workforce plan in a child and youth community health service. A secondary aim was to identify what elements of the methodology were important to engage nurses in the process

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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