



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

**Section news**

**Consultation**

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

**NZ News (general)**

**Plunket logo acknowledges founding Māori midwives**

Plunket is aiming to better cater to whānau Māori under its new branding. [Read more.](#)

**Talking to tamariki about coronavirus - expert**

How do we talk to our children about coronavirus to keep them informed, but not alarmed? How much do they need to know and how much do our reactions affect them? [Read more.](#)

**Allergies**

**Caesarean delivery has little impact on development of childhood allergic diseases**

A caesarean birth had little impact on whether a child would go onto develop allergies, a new study led by the Murdoch Children's Research Institute (MCRI) has shown. [Read more](#)

**Autism and Aspergers**

**Horse riding plus brain-building exercises may help kids with autism, ADHD**

(Reuters Health) - A combination of horseback riding and brain-building activities may help improve motor skills in children with neurodevelopmental conditions like autism-spectrum disorders and ADHD, a small study suggests. [Read more.](#)

**Behavioural**

**Study highlights new strategies for helping children process negative emotions**

A recent study of indigenous people in southern Chile challenges some Western assumptions about children's emotional capabilities and highlights the potential value of spending time outdoors to help children regulate their emotions. [Read more.](#)

**Cancer**

**Study: Five-year survival rate for adolescents and young adults with cancer has improved**

The five-year survival rate for adolescents and young adults with cancer has significantly improved from 1975 to 2005 in the United States overall, but this was not the case for all cancers, according to a report in the Journal of the National Cancer Institute. [Read more.](#)

## Child development

### **1 in 5 kids start school with health or emotional difficulties that challenge their learning**

Teachers identify one in five children as having emerging health or developmental concerns when they start school. This might include:

- a child being disruptive,
- having difficulties understanding the teacher's instructions, or
- experiencing fears and anxieties at a level that makes it difficult for them to learn. [Read more.](#)

## Diet, food and nutrition

### **To Reduce Unhealthy Food Intake In Children, Motivate Their Parents**

According to study results published in *Nutrients* children are less likely to overconsume unhealthy foods if their parents are confident they can plan and succeed in limiting intake of these foods, even in the face of everyday barriers that may make unhealthy food provision a more convenient option,. [Read more.](#)

## Drugs and alcohol

### **Understanding alcohol use and subsequent harms in young people: an evidence summary**

28 FEB 2020

Health Promotion Agency (New Zealand)

A large number of factors affect youth drinking and subsequent alcohol-related harms; this evidence review aimed to improve understanding about three specific focus areas:

- age of first drink,
- patterns and trajectories of drinking, and
- parental supply of alcohol.

Literature reviews looked at the link between each of the focus areas and alcohol-related harms in adolescence and adulthood. This review suggests that age of first drink and parental supply have a role to play in young people's drinking and subsequent harms. The review also highlights the importance of:

- broader individual,
- parental, and
- community-level factors in influencing youth drinking patterns.

This evidence review confirms that understanding early drinking behaviour is important, with young people's patterns of drinking continuing into adulthood. This demonstrates that targeting youth drinking can have implications not only for adolescents' development in the short-term but also long-term health and wellbeing. [Read more.](#)

## Head injuries

### **Computer-based programs and virtual reality effective at treating children with acquired brain injury**

Use of a computer environment is a new and fast-developing field in paediatric neurorehabilitation. The first longitudinal study in Estonia on the cognitive and social rehabilitation of children with acquired brain injury was completed at the University of Tartu, confirming the efficiency of using computer-based programs and virtual reality for improving children's attention, visuospatial abilities and social skills. [Read more.](#)

## Health, safety and injury prevention

### **Therapeutic cooling effectively targets site of brain injury**

When a new-born suffers lack of oxygen before or during birth, doctors have very little time to save precious brain tissue. The only proven effective way to treat babies with hypoxic brain injuries is by reducing body temperature through controlled cooling. In a new study,

Children's Hospital Los Angeles neonatologist Tai-Wei Wu, MD, uses leading-edge imaging to measure temperature deep in the brains of these patients. The results demonstrate effective cooling in the deep areas of the brain, which are most often damaged by lack of oxygen. [Read more](#)

### 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*

#### **Using participatory drama workshops to explore children's beliefs, understandings and experiences of coming to hospital for clinical procedures.**

*J Child Health Care*. 2019 Oct 22:1367493519883087. doi: 10.1177/1367493519883087.

Children attending hospital for a clinical procedure, such as: a scan or blood test can experience anxiety and uncertainty. Children who are informed and supported before and during procedures tend to have a more positive experience. Despite this, there is a lack of empirical evidence directly from children around how they would like to be supported before, during and after a procedure. This qualitative study used improvised drama workshops to investigate children's ( $n = 15$ , aged 7–14 years) perceptions and opinions of attending hospital for a procedure and what would help them have a positive encounter. Children portrayed themselves as having a *small presence* during a hospital procedure, depicted by the two themes of 'having to be brave but feeling scared inside' and 'wanting to get involved but being too afraid to ask'. Within both themes, children described how the directive and reassuring language and actions used by health professionals and parents marginalized their contributions. This study shows that children attending hospital for procedures value the opportunity to have a *presence* and active role, to express their emotions, join in interactions and be involved in making choices about their care.

### Maori and Pasifika

#### **GPS2020: Vision beyond boundaries**

The fourth national conference to address the health and wellbeing concerns of New Zealand's Pasifika youth and families was to be held in Auckland, April 6 - 8, with around 300 professionals from the youth, health and social sectors in attendance, however this has since been cancelled due to COVID-19. [Read more.](#)

### Measles

**Clinical experience of intramuscular immunoglobulin for measles prophylaxis in children: Is it practical?.** Philips, L., Young, M.K., Wallace, J. and Dobinson, H.C. (2020), *J Paediatr Child Health*. doi:[10.1111/jpc.14800](https://doi.org/10.1111/jpc.14800)

Measles continues to be a public health concern world-wide. Vulnerable individuals including those in which vaccinations is contraindicated may be reliant on normal human immunoglobulin (NHIG) prophylaxis in an aim to prevent disease. This paper will summarise and discuss a tertiary paediatric hospital's clinical experience and the practicalities of administering intramuscular (IM) NHIG to paediatric patients, as per the current measles prophylaxis guidelines in Australia. Following potential exposure within the emergency department, 17 paediatric patients (0–15 years) were recommended IM NHIG for prophylaxis. The dose of NHIG ranged from 0.6 to 15 mL and required multiple (2–8) injections. Two patients required sedation for staff to safely administer the injections. Staff involved with these cases reported administering multiple injections to paediatric patients to be a traumatising experience. They also expressed views that the injection of large volumes via the IM route was an impractical method of administration. Based on this experience, we recommend intravenous immunoglobulin be considered when large volumes of NHIG are recommended intramuscularly. [Read more.](#)

## Mental health

### **Sitting still linked to increased risk of depression in adolescents**

Too much time sitting still—sedentary behaviour—is linked to an increased risk of depressive symptoms in adolescents, finds a new UCL-led study. [Read more.](#)

### **Passive smoking tied to adolescent depression symptoms**

(Reuters Health) - Regular exposure to second hand smoke is more common among non-smoking teens with depression symptoms, according to a survey across 22 low- and middle-income countries. [Read more.](#)

### **What's driving the deterioration in youth mental health?**

Ministry of Health figures show a growing number of our 15 to 24-year-olds are struggling with their mental health. [Read more.](#)

### **Smartphones, social media use, and youth mental health – Expert Reaction**

A [new analysis](#) suggests a link between excessive smartphone and social media use and mental distress and suicidality among young people. [Read more.](#)

## NICU

### **Rounding after NICU death may educate, heal staff**

An article in [Pediatrics](#) found NICU rounding the day after an infant death may help educate staff and provide healing. "Debriefing rounds are an excellent practice providing an opportunity to mindfully reflect on a life lost, build team cohesion, and potentially mitigate moral distress among staff who often wonder if they did everything they could," commented registered nurse Megan Quinn, of Cardon Children's Medical Center, who was not involved in the article. [Read more](#) (*Registration may be required to access*)

*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*

### **Information sharing in neonatal intensive care: Parental perceptions and preferences.**

Williams, L., l'Anson, J., Malarkey, M., Purcell, A., de Vries, N. and McKinlay, C. (2020), J Paediatr Child Health. doi:[10.1111/jpc.14842](#)

Information sharing is a key component of family-centred care, which has traditionally occurred through patient information leaflets. Although patients' access to health information is rapidly changing with internet and mobile technologies, there are few data on parents' perception and preferences for information sharing. Our aim was to evaluate parents' perception of information sharing in neonatal care, to determine parents' preferred medium for health information and to identify priority content for inclusion in a smartphone application.

## Nurse led services

*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*

### **Wellbeing Wednesdays: nurse-led clinic for improving physical health care in a general adolescent inpatient unit**

Catriona ... et al

British Journal of Nursing, Vol. 29, No. 4: 230-235.

#### **Background:**

Young people with mental illness are at high risk of physical health complications. Physical healthcare on a general adolescent inpatient unit is complex.

## **Aim:**

To establish a wellbeing clinic to improve efficiency and quality of the physical healthcare offered and increase health promotion.

## **Obesity**

### **Extra hour's sleep slashes pre-schoolers' obesity risk: Growing Up in NZ study**

An extra hour's sleep each night can slash a pre-schooler's risk of obesity, according to Growing Up in New Zealand (GUNZ) research. [Read more.](#)

## **Palliative care**

### **First neonatal palliative care guidebook launched for nurses**

A trio of leading children's nurses have edited what is believed to be the first comprehensive textbook for nursing staff on caring for babies with life-limiting conditions. [Read more.](#)

## **Respiratory**

### **A health problem in NZ you don't hear much about**

A large proportion New Zealand's under-twos are hospitalised annually with an acute lower respiratory illness, putting extreme strain on families and the health system. Associate Professor Karen McBride-Henry shares her research into this under-studied area and discusses what needs to be done to help families.

According to previous research, 10.3 percent of New Zealand children under two are hospitalised annually with a lower respiratory illness, with Māori and Pasifika children significantly more likely to be hospitalised.

As well as the long-term effect on children's health, this repeated hospitalisation is putting huge strain on families and healthcare systems. There has been little work done focusing on the impact on parents and families when their child is repeatedly hospitalised for acute illnesses, so we wanted to investigate this serious issue further. [Read more.](#)

## **Sexual health / sexuality / gender**

### **Many trans youth avoid revealing gender identity to doctors**

(Reuters Health) - Nearly half of transgender teens and young adults say they sometimes hide their gender identity from healthcare providers, a U.S. study finds. [Read more.](#)

## **Sleep**

### **Behavioural sleep interventions in infants: Plan B – Combining models of responsiveness to increase parental choice.**

Blunden, S. and Dawson, D. (2020), J Paediatr Child Health. doi:[10.1111/jpc.14818](https://doi.org/10.1111/jpc.14818)

In families with infants between the ages of 6 and 18 months, sleep disruption can be significant, often putting parents at risk of a range of negative psychological and psychosocial consequences. Commonly prescribed sleep interventions typically involve 'extinction' methods, which require parents to completely or periodically ignore their infant's overnight cries. These methods can be effective in many, but not all cases. For over 40 years 30–40% of parents have consistently reported difficulty ignoring their child. For this group, ignoring their child is behaviourally and/or ideologically difficult with attrition often leading to a perceived sense of failure. For these parents the treatment may be worse than the problem. On the other hand, there is emerging evidence to support the use of more responsive methods for those who find extinction approaches behaviourally or ideologically challenging. In this paper, we propose an integrated, less polarised approach to infant behavioural sleep interventions that better caters to those who have difficulty with extinction methods – our so-called 'Plan B'. [Read more.](#)

*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.*

**Sleep problems and solution seeking for children with cerebral palsy and their parents.** Petersen, S., Francis, K.L., Reddihough, D.S., Lima, S., Harvey, A. and Newall, F. (2020), *J Paediatr Child Health*. doi:[10.1111/jpc.14830](https://doi.org/10.1111/jpc.14830)

Sleep problems are common in school-aged children with cerebral palsy (CP). Despite the significant impact of sleep disturbance and deprivation, there is a paucity of research in the area. The aims of this study were to (i) investigate the frequency of sleep problems in children with CP and their parents and (ii) understand what happens when parents ask for help with sleep problems from their health-care professionals.

## Skin conditions

### Daily moisturizer does not prevent eczema according to new research

Eczema or atopic dermatitis is a skin condition that causes the skin to become itchy, red, and dry due to inflammation. Most commonly found in babies and children, previous recommendations say that daily moisturizer use is crucial in preventing eczema bouts. However, a new study, published in *The Lancet*, has shown that there is no evidence that daily emollient or moisturizer use during the first year of life prevents eczema [Read more.](#)

## Sound and vision

### Dangerous Decibels: protecting hearing in wired kids

The charity Hearing New Zealand has teamed up with experts from the University of Auckland to deliver 'Dangerous Decibels' training in schools around the country so children can understand how and why they need to protect their hearing. [Read more.](#)

## Publications and reports

### Paediatric Vaccines, Research Review, Issue 41

In this issue, we report on Coalition of Epidemic Preparedness Innovation (CEPI) initiatives to support the development of vaccines, a very pertinent issue in the light of the emerging novel coronavirus. [Read more.](#)

## Articles of interest

**Exploring the role-based challenges of providing culturally inclusive health care for maternal and child health nurses: Qualitative findings.** Malatzky, C, Mohamed Shaburidin, Z, Bourke, L *Nursing Open*. 2020; 00: 1– 10. <https://doi.org/10.1002/nop2.457>

**Aims:** To explore how maternal and child health nurses (MCHNs) working in a specific regionally located service perceive and experience delivering health care to a diverse population. [Read more.](#)

*The following articles are not freely available in full text but should be available via a DHB library, the NZNO library or resources offered through an academic library readers may have access to.*

### Paediatric bladder dysfunction: A single centre experience of public hospital wait times.

Ling, N., Trajanovska, M., Griffith, A., Phan, T., Gibb, S., Goldfeld, S. and King, S.K. (2020), *J Paediatric Child Health*. doi:[10.1111/jpc.14758](https://doi.org/10.1111/jpc.14758)

Paediatric bladder dysfunction, including daytime urinary incontinence and enuresis, is a common and distressing condition. Unfortunately, children with these symptoms are often on waitlists for several months. This treatment delay may significantly impact upon the child and family unit. This study aimed to quantify waiting times for children who had attended hospital outpatient clinics for symptoms of wetting.

**Community-acquired invasive *Staphylococcus aureus*: Uncovering disparities and the burden of disease in Auckland children.** Vogel, A.M., Borland, A., van der Werf, B., Morales, A., Freeman, J., Taylor, S., Anderson, P., Horsfall, M., Drinkovic, D. and Lennon, D.R. (2020), *J Paediatr Child Health*, 56: 244-251. doi:[10.1111/jpc.14573](https://doi.org/10.1111/jpc.14573)

#### **Aim**

*Staphylococcus aureus* (SA) causes serious invasive disease in children. Large studies have measured the incidence of SA bacteraemia, but there is less information on the total burden of community-acquired invasive SA (iSA) in children.

#### **Conclusions**

Studies investigating SA bacteraemia alone significantly underestimate the total burden of iSA disease. There are marked ethnic and socio-economic disparities in iSA disease among Auckland children. Pacific infants are at the highest risk.

#### **An evaluation of training to prepare nurses in a home-based service to care for children and families**

*Journal of Child Health Care*

Prepublication. <https://doi.org/10.1177/1367493519881572>

Evaluation of training was conducted for a paediatric hospital-in-the-home service in Sydney, Australia. Community nurses with no paediatric training or experience were employed and undertook a training program. The aim was to assess the degree to which the training had prepared them to care for children and families in their homes. A mixed-methods design was employed. Overall, the following aspects of the training were well received by the community nurses: paediatric resuscitation, growth and development, clinical deterioration and child protection. Each topic provided basic knowledge and skills in the speciality. The participating nurses generally reached a 'competent' level of practice as defined by Benner (2000). Further training and development is recommended. Where paediatric nursing practice is isolated from acute paediatrics services, opportunities must be provided to improve safe levels of practice for children of all ages.

#### **Paediatric abusive head trauma in the emergency department: A multicentre prospective cohort study.**

Babl, F.E., ... et al (2020), *J Paediatr Child Health*. doi:[10.1111/jpc.14700](https://doi.org/10.1111/jpc.14700)

Abusive head trauma (AHT) is associated with high morbidity and mortality. We aimed to describe characteristics of cases where clinicians suspected AHT and confirmed AHT cases and describe how they differed.

This was a planned secondary analysis of a prospective multicentre cohort study of head injured children aged <18 years across five centres in Australia and New Zealand. We identified cases of suspected AHT when emergency department clinicians raised suspicion on a clinical report form or based on research assistant-assigned epidemiology codes. Cases were categorised as AHT positive, negative and indeterminate after multidisciplinary review. Suspected and confirmed AHT and non-AHT cases were compared using odds ratios with 95% confidence intervals.

*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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