



**College of Child and Youth Nurses
NZNO Monthly News Bulletin
Friday, 4 June 2021**

Consultation

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

New Zealand (NZ) news

Parents delay rushing kids to hospital due to lack of care for siblings — study

Research has found rural and Māori children are more likely to suffer from severe appendicitis than urban and non-Māori kids. [Read more](#)

Pasifika Beatz helping kids connect and learn pacific languages through music

Kids in Aotearoa can move to the beat of their own drum thanks to a collaboration between Whānau Āwhina Plunket, local musicians Loopy Tunes and the Ministry for Pacific Peoples. [Read more](#)

NZ should be ‘embarrassed’ about its global ranking on young carers, says world leading expert

Tens of thousands of young Kiwi children provide a significant level of care for family members across the country every day. They are known as ‘young carers,’ yet most New Zealanders will not have heard of the term before. Sunday and 1News.co.nz took an in-depth look at this hidden group of young New Zealanders and found how vital it is they are supported. [Read more](#)

New figures show one in five children in households where food can run out

One in five children are living in households where food can run out, and one in three are living in unaffordable housing, according to the latest child poverty indicators report. [Read more](#)

New twist to NZ scientific breakthrough that helps babies worldwide [Read more](#)

Half of children studied sleeping in bedrooms that are too cold, study says

A study of more than 2,000 NZ children has found nearly half are sleeping in bedrooms that are too cold. [Read more](#)

Bullying

How bullying and obesity can affect girls' and boys' mental health

Depressive symptoms are more common in teenage girls than in their male peers. However, boys' mental health appears to be affected more if they suffer from obesity. Irrespective of gender, bullying is a considerably greater risk factor than overweight for developing depressive symptoms. [Read more](#)

Covid-19

Delayed access to care and late presentations in children during the COVID-19 pandemic NZ-wide lockdown: A NZ Paediatric Surveillance Unit study

Duncanson, M., Wheeler, B.J., Jelleyman, T., Dalziel, S.R. and McIntyre, P. (2021), J Paediatr Child Health. <https://doi.org/10.1111/jpc.15551>

Describe paediatricians' experience of adverse health outcomes for children during the NZ-wide level four lockdown in response to the COVID-19 pandemic. [Read more](#)

Child development

Inside the teenage brain: What changes and how to cope

Teens are wired differently. The rational brain has not completely formed. That means adults need to adjust their own thinking and behaviour when communicating with them, writes David Skipwith. [Read more](#)

Diet, food and nutrition

Using 'food havens' to reduce high obesity rates in low socioeconomic neighbourhoods

A new concept in food environments, the food haven, developed by AUT researchers at the Child and Youth Health Research Centre, aims to reduce high obesity rates among Māori and Pacific peoples. [Read more](#)

Disabilities

The article below is not freely accessible but may be available through a DHB library, the NZNO library or an academic library.

Respite Care for Children with Complex Care Needs: A Literature Review

Maryanne Murphy, Katie Hill, Thelma Begley, Maria Brenner & Carmel Doyle (2021) Comprehensive Child and Adolescent Nursing, DOI: [10.1080/24694193.2021.1885523](https://doi.org/10.1080/24694193.2021.1885523)

Children with complex care needs form a diverse population with a variety of health and social care requisites, in the presence of a range of complex symptoms and diagnoses. An exploratory literature review with a systematic search of the current qualitative literature was undertaken to explore parents' perceptions and evaluation of respite care services for children with complex needs. A systematic search was undertaken using a pre-defined search strategy in six databases;

- CINAHL,
- EMBASE,
- PsycINFO,
- Applied Social Sciences Index & Abstracts, and
- Web of Science.

Studies were screened using inclusion criteria and eight studies were included in the review. These were analysed using thematic analysis based on Braun and Clarke framework. Findings identified that there was a limited availability of respite care services for children with complex needs. Parents' perceived that respite was beneficial for themselves, their child and other siblings in the family. Barriers to accessing respite were also identified. It is recommended that respite services should be flexible and appropriate to the family's needs. A flexible combination of in and out of home services that are responsive to families' needs would be optimal. Qualitative research is considered most suitable to obtain the views of parents of children with complex needs. Further research is recommended in this area,

particularly in determining how services may improve, and what the views of children using the respite services and their siblings are around respite.

Drugs and alcohol

Vaping and e-cigarettes are glamourised on social media, putting young people in harm's way

Despite their widespread reputation as a “safer” alternative to cigarettes, e-cigarettes (also known as electronic cigarettes or vapes) are far from harmless, particularly for adolescents, whose developing brains may suffer lifelong adverse effects from nicotine-containing products. [Read more](#)

Epilepsy

Doctor aims to uncover reasons for higher burden of epilepsy on Māori

A Māori paediatrician is committing to research to help understand the impacts of epilepsy on children and the disproportionate factors which burden Māori and tamariki Māori.

[Read more](#)

Injury prevention

The article below is not freely accessible but may be available through a DHB library, the NZNO library or an academic library.

Australian and NZ Guideline for mild to moderate head injuries in children

Babl FE, Tavender E, Ballard DW... et al Paediatric Research in Emergency Departments International Collaborative (PREDICT).

Emerg Med Australas. 2021 Apr;33(2):214-231. [doi: 10.1111/1742-6723.13722](https://doi.org/10.1111/1742-6723.13722). Epub 2021 Feb 2. PMID: 33528896.

Objective: Children frequently present with head injuries to acute care settings.

Although international paediatric clinical practice guidelines for head injuries exist, they do not address all considerations related to:

- triage,
- imaging,
- observation versus admission,
- follow-up of mild to moderate head injuries relevant to the Australian and NZ context.
- transfer,
- discharge, and

The Paediatric Research in Emergency Departments International Collaborative (PREDICT) set out to develop an evidence-based, locally applicable, practical clinical guideline for the care of children with mild to moderate head injuries presenting to acute care settings.

Kids and health professionals / hospital

The article below is not freely accessible but may be available through a DHB library, the NZNO library or an academic library.

Care of sick children: what nurses need to know when calming anxious parents

Nursing Children and Young People. 33, 3, 7-8. [doi: 10.7748/ncyp.33.3.7.s3](https://doi.org/10.7748/ncyp.33.3.7.s3)

Parental anxiety can transfer to a sick child, so parents need to feel supported and calm, but what is the best way for nurses to do this?

Caring for sick children often means managing their parents as well. Seeing their child unwell or injured can create degrees of anxiety in parents, frequently made worse by the child's inability to articulate symptoms or the locus of any pain.

Positive impacts of a dedicated general paediatrics “home” ward in a tertiary paediatric Australian hospital

Venettacci, O. and Skull, S. (2021),
J Paediatr Child Health, 57: 659-663. <https://doi.org/10.1111/jpc.15305>

Whilst a centralised model of care intuitively makes sense and is advocated in other subspecialty areas of medicine, there is a paucity of supportive evidence for general paediatrics. Following ward restructuring at our tertiary paediatric centre in preparation for the COVID-19 pandemic, a new dedicated general paediatrics ward was established. We evaluated medical and nursing staff well-being, morale and perceived impacts on care after the ward's establishment.

Mental health

Lifeline records busiest month with children as young as 11 feeling suicidal

Children as young as 11 are contacting [Lifeline](#) feeling suicidal as the helpline records its busiest month. [Read more](#)

Family history of psychiatric conditions raises risk for childhood psychopathy

Family history was found to be significantly associated with childhood psychopathy, according to the results of a retrospective cross-sectional study. These findings were published in JAMA Psychiatry. [Read more](#)

Online therapy effective against OCD symptoms in the young

Obsessive-compulsive disorder (OCD) in children and adolescents is associated with impaired education and worse general health later in life. Access to specialist treatment is often limited. According to a new study, internet-delivered cognitive behavioural therapy (CBT) can be as effective as conventional CBT. The study can help make treatment for OCD more widely accessible. [Read more](#)

Intergenerational disadvantage: why maternal mental health matters

This paper analyses and synthesises new research linking a mother's prenatal mental health to the child's brain development and shows how these tie into the problem of intergenerational disadvantage in NZ. [Read more](#)

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Self-harm in young people: risk factors, assessment and treatment interventions

Trainer GP (2020)

Nursing Children and Young People. [doi: 10.7748/ncyp.2020.e1281](https://doi.org/10.7748/ncyp.2020.e1281)

Self-harm, where an individual purposefully harms themselves with a non-fatal outcome is common, especially among young people. A wide range of mental health issues are associated with self-harm and it increases the likelihood that the person will eventually die by suicide.

This article explores the motivations for:

- self-harming behaviours,
- risk and protective factors,
- the components of risk assessment, and
- potential interventions.

Self-harm can be associated with stigma and discrimination in society and in healthcare services. This article aims to support healthcare practitioners in providing non-judgemental, empathetic, and respectful care to these young people and their families and carers.

Connecting through Kōrero: talking about suicide with young people

The 'Connecting Through Kōrero' guidebook is for parents, caregivers, teachers, counsellors, aunts, uncles, friends and other whanau members - anyone who cares about taiohi/young people and needs tautoko/support and guidance to korero with them about suicide. [Read more](#)

Obesity

The article below is not freely accessible but may be available through a DHB library, the NZNO library or an academic library.

Broaching overweight and obesity at maternity and child health clinics

Mäenpää, T., & Vuori, A. (2021).

International Journal of Nursing Practice, e12958. <https://doi.org/10.1111/ijn.12958>

The aim was to describe the experiences of nurses in broaching the issue of overweight and obesity at maternity and child health clinics.

Background The mother's obesity and excessive weight gain during pregnancy and rapid weight gain in early childhood increase the risk of obesity of the new-born baby both in childhood and throughout life. Attention must be paid to the prevention of weight gain in families already during pregnancy and before school age.

Oranga Tamariki

Mum's internet research on vaccines doesn't make her an expert, court decides

A mother who had previously opposed haircuts and dental visits for her children did not want them to get a measles vaccination, forcing Oranga Tamariki to turn to the court. [Read more](#)

Parenting

The article below is not freely accessible but may be available through a DHB library, the NZNO library or an academic library.

Experiences of LGBT parents when accessing healthcare for their children: a literature review

Kelsall-Knight L (2021)

Nursing Children and Young People. [doi: 10.7748/ncyp.2021.e1346](https://doi.org/10.7748/ncyp.2021.e1346)

There are increasing numbers of parents who identify as lesbian, gay, bisexual, and transgender (LGBT), but there is little research on the experiences of LGBT parents when accessing healthcare for their children. The aims of this literature review were to identify existing articles on the topic, explore LGBT parents' experiences and draw implications for practice. The review included 10 studies published from 1995 onwards and conducted in:

- Australia,
- Sweden,
- the US, and
- Finland.

Many LGBT parents had positive experiences while others had encountered overt homophobia. However, there remained an underlying sense of heteronormativity, with many healthcare professionals making heterosexist assumptions and healthcare forms being heterocentric.

The documentation used in healthcare settings should be adapted and healthcare professionals should improve their awareness on this issue and have training on how to recognise and include LGBT families. The review did not identify any studies on this subject from the UK, which suggests that research on the healthcare experiences of families with LGBT parents in the UK is required.

Respiratory

Asthma and Respiratory Foundation advises teens against vaping

This week there has been extensive media coverage talking about the vaping epidemic in high schools across the country. Both school principals and researchers have warned that this is a very real issue. [Read more](#)

Rheumatic fever

Leading rheumatic fever advocates implore Government to act on promise to establish national register for patient care

Pū Manawa Aotearoa, a recently formed network of health practitioners, researchers, and non-government organisations, is calling on the Government for urgent action on rheumatic fever in NZ. This country stands out from most other high-income nations – where rheumatic fever and rheumatic heart disease are now largely eliminated – with health data proving disease levels remain stubbornly high. [Read more](#)

Sound and vision

For twins, gesture and speech go hand-in-hand in language development

Twins produce fewer gestures and gesture to fewer objects than other children. Language use also lags for twins, and language - but not gesture - is also affected by sex, with girls performing better than boys. [Read more](#)

The article below is not freely accessible but may be available through a DHB library, the NZNO library or an academic library.

Vision screening in NZ pre-school children: Is it equitable?

Findlay, R., Hamm, L., Anstice, N., Chelimo, C., Grant, C.C., Bowden, N., Kokaua, J. and Black, J. (2021),

J Paediatr Child Health. <https://doi.org/10.1111/jpc.15548>

This study aimed to investigate the variability by ethnicity, socio-economic status and location in coverage and testability of the universal B4 School Check vision screening in children aged 4-5 years in NZ.

Sport and exercise

Exercise aids the cognitive development of children born preterm

A premature start in life can cause problems even into teenage years. A study indicates that training motor skills in these children helps even when they are older. [Read more](#)

Youth 19 survey

Nearly a third of NZ youth face housing stress - Youth19 survey

Housing deprivation is common among NZ secondary school students, according to a large-scale survey.

As many as 29% of students experienced at least one form of housing deprivation in the previous 12 months, according to the Youth19 Housing Deprivation Brief from the University of Auckland and Victoria University of Wellington. [Read more](#)

Newsletters

Paediatric Vaccines, Research Review - Issue 46

The content of this issue reflects the vast quantity of COVID-19 studies that are currently being undertaken globally, including studies addressing the safety of COVID vaccination in pregnancy, and the use of COVID vaccines in children. [Read more](#)

Articles and reports of interest

Child and youth wellbeing strategy

Annual report for the year ending 30 June 2020

This report covers the progress made during the first 10 months of the NZ Government's Child Youth and Wellbeing Strategy's implementation, from September 2019 to June 2020.

[Read more](#)

Respectful relationships education to prevent gender-based violence

Lessons from a multi-year pilot in primary schools: final evaluation report.

The focus of the Respectful Relationships Education in Primary Schools pilot was on implementing and evaluating a whole-of-school approach to respectful relationships education in primary schools, focusing on Years 1 and 2 (students aged 5-7 years) in particular. This report is the final evaluation report of a pilot of respectful relationships education in primary schools in Victoria and Queensland. [Read more](#)

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Children living with long-term conditions: A meta-aggregation of parental experiences of partnership nursing

Barratt, M., Bail, K. and Paterson, C. (2021),
J Clin Nurs. <https://doi.org/10.1111/jocn.15770>

Aim To explore how parents of children with long-term conditions experience partnership in paediatric and neonatal nursing care and to identify existing partnership barriers and facilitators.

Background Parent–nurse partnership is fundamental to paediatric and neonatal nursing. Partnership is characterised by five attributes:

- parental participation,
- negotiation,
- mutual trust and respect,
- shared roles and decision-making, and
- communication.

Little is known about the parental experiences of partnership nursing specific to children living with a long-term condition.

Barriers to pre-emptive kidney transplantation in NZ children

Weststrate, H., Ronaldson, J., Yonge, G., Dickens, A., Erickson, R., Wong, W. and Prestidge, C. (2021), J Paediatr Child Health. <https://doi.org/10.1111/jpc.15533>

Pre-emptive kidney transplantation (PKT) is generally considered the optimal treatment for kidney failure as it minimises dialysis-associated morbidity and mortality and is associated with improved allograft survival. This study aimed to determine rates of paediatric PKT in NZ, identify barriers to PKT and consider potential interventions to influence future rates of pre-emptive transplantation.

The above bulletin has been compiled by Linda Stopforth, SNIPS, on behalf of College of Child and Youth Nurses (CCYN), NZNO.

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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