



**College of Child and Youth Nurses, NZNO**  
**Monthly news bulletin**  
**Friday, 2 July 2021**

### **Consultation**

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

#### **[Proposal that the HART Order should explicitly state that the use of cryopreserved testicular tissue is an established procedure](#)**

NZNO invites your feedback on a proposal to amend the HART Order to explicitly state that the extraction and use of sperm from thawed cryopreserved testicular tissue is an established procedure.

#### **[Government Policy Statement on Housing and Urban Development](#)**

NZNO invites your feedback on a government discussion document that sets out a policy on housing and urban development.

### **New Zealand news**

#### **BOPDHB: New sensory space at Children's ward set to ease anxiety for youngsters**

A new sensory space, the first of its type at Tauranga Hospital, is designed to ease the anxiety of youngsters during stays on the Children's ward. [Read more](#)

#### **Three quarters of eligible school students about to get access to free period products**

75% of eligible school students will have access to free period products at school from next week. [Read more](#)

#### **Mental health calls to Whānau Awhina Plunket 'already higher than total figure in 2020**

New figures reveal rise in parents seeking mental health support. Just five months into 2021, calls to Whānau Awhina Plunket from parents seeking mental health support have already exceeded those received in all of 2020, which was already up 22% on 2019 levels. [Read more](#)

#### **Child advocates and cake: children tell Women's Refuge what kids need**

Children need better support and specialist child advocates at Women's Refuge. More cake and a pillow fort would also be good. That's advice from the horse's mouth as 19 child "special advisers" reveal in a report published by Women's Refuge today. [Read more](#)

### **Otago University study: Lockdown contributed to health harm for children**

Avoiding hospitals and reduced access to healthcare contributed to moderate and severe harm for children during last year's lockdown, a new University of Otago study reveals. [Read more](#)

### **School concerns over end of COVID-19 funding for student welfare**

Schools welcome more money to support students through COVID-19, but say they will still need help with rising student anxiety when the funding runs out. [Read more](#)

### **Boys (still) don't cry: How thinking outside the 'man box' could help prevent violence**

They know the rules of being a bloke, and they know it's not ok to break them. But what if challenging boys to think outside the "man box" is key to ending violence against women? Kirsty Johnston reports. [Read more](#)

### **Pēpē packs initiative to help wāhine hapu on their smoke-free journey**

A free quit smoking service providing for whanau from Wellsford to Manukau is taking a new tack to get wāhine hapu to give up by offering them incentives. [Read more](#)

## **COVID-19**

### **Study: Babies produce strong immune response to ward off COVID-19**

Monday, 14 June 2021 (HealthDay News) - Based on a new small study, British researchers report that babies have a strong immune response to the virus that causes COVID-19. [Read more](#)

### **Vulnerable children should be bumped up COVID-19 vaccine queue, health leaders argue**

The government is being asked to rethink its COVID-19 vaccine plan now Medsafe has given the green light for children as young as 12 to receive a Pfizer injection. [Read more](#)

### **COVID-19: Pfizer vaccine approved for use in 12-15 year olds in New Zealand**

Medsafe has granted provisional approval for the Pfizer/BioNTech [COVID-19](#) vaccine to be given to 12-15 year olds.

The medical regulator has already approved it for use in those 16 and older, and this move follows decisions to approve the vaccine for use in 12-15 year olds by other regulators in Europe, the US, Canada, and Japan. [Read more](#)

## **Child development**

### **The role of play in early childhood development**

The role play in early childhood development, and in particular the prevention of behavioural and emotional difficulties is the focus of professor of play Paul Ramchandran. [Read more](#)

## **Dental care**

### **Hot on the wheels of teen dental health care**

The wheels are in motion to fill a gap in teen oral health. Teen Dental Mobile is a new, fully equipped dental practice on wheels visiting high schools throughout Nelson, including:

- ★ Nayland College,
- ★ Waimea College,
- ★ Nelson College for Girls, and
- ★ Nelson College. [Read more](#)

### **Thousands of Kiwi children require general anaesthetic for rotten teeth removal clearance.**

The word brings to mind everything-must-go sales, or clear-felling land, but in the world of dentistry "clearance" has a very different meaning. [Read more](#)

## **Watch: Children's dental care - Getting to the roots of a nationwide health problem**

Why are children as young as two having all their teeth taken out? *Frank Film* gets to the roots of our national crisis in dental health. [Read more](#)

## **Diabetes**

*The article below is not freely available, but may be available at a DHB, the NZNO or academic libraries.*

### **Youth perceptions and experiences of type 2 Diabetes: Protocol for a collaborative knowledge translation approach and qualitative study.**

Archibald, M.M., Dart, A., Wicklow, B., Pundyk, K.J., Marks, S.D. and Sellers, E.A.C. (2021), *J Adv Nurs*, 77: 3218-3225. <https://doi.org/10.1111/jan.14845>

The aim of this study is to generate an in-depth understanding of youth perceptions and experiences of living with type 2 diabetes to inform knowledge translation, research and intervention development.

### **Effective management of type 1 diabetes in children and young people.**

Dowling L (2021). *Nursing Children and Young People*. [doi: 10.7748/ncyp.2021.e1310](https://doi.org/10.7748/ncyp.2021.e1310)

This article provides an overview of the management of type 1 diabetes in children and young people, including the insulin replacement therapy and dietary management required. It also emphasises the importance of:

- ★ regular and ongoing monitoring of blood glucose levels,
- ★ quarterly measurement of glycated haemoglobin,
- ★ the management of hyperglycaemia and
- ★ hypoglycaemia.

## **Diet, food and nutrition**

### **Encouraging healthy habits: Safe ways to talk to kids about healthy eating and exercise**

It's no secret that despite our clean, green image and myriad of sporting successes New Zealand's children (and adults) are far from the healthiest they can be. [Read more](#)

## **Drugs and alcohol and smoking**

### **Teens vaping a problem for almost half of central Auckland primary and intermediate schools**

Principals warn there is an increasing amount of peer pressure for younger students to start vaping - a habit that has become a significant problem in almost half of all central Auckland primary and intermediate schools. [Read more](#)

## **Epilepsy**

### **The doctor trying to find out why Māori children are over-represented in epilepsy statistics**

Māori with epilepsy are more likely to:

- ★ turn up at hospital emergency departments,
- ★ have longer and more severe seizures, and
- ★ have a higher mortality rate. [Read more](#)

## **Injury prevention**

*The article below is not freely available, but may be available at a DHB, the NZNO, or academic libraries.*

### **Paediatric playground and tree-related injuries: Hospital admissions in the Midland region of New Zealand.**

Bentley, M., Amey, J., Smith, A. and Christey, G. (2021), *J Paediatr Child Health*. <https://doi.org/10.1111/jpc.15609>

To examine the incidence and outcomes of paediatric playground and tree-related injuries in the Midland region of New Zealand.

## **Kids and health professionals / hospital**

### **Being heard – Supporting person-centred communication in paediatric care using augmentative and alternative communication as universal design: A position paper.**

Thunberg, G., Johnson, E., Bornman, J., Öhlén, J. and Nilsson, S. (2021),  
Nurs Inq e12426. <https://doi.org/10.1111/nin.12426>

With its central focus on the patient in partnership with healthcare practitioners, person-centred care is considered to be the contemporary gold standard of care. This type of care implies effective communication from and by both the patient and the healthcare practitioner. This is often problematic in the case of the paediatric population because of the many communicative challenges that may arise due to the child's:

- ★ developmental level,
- ★ linguistic competency, and
- ★ illness and distress,
- ★ disabilities.

The principle of universal design put forth in conventions and legislation means that the design of products and services should be usable by all people to the greatest extent possible. Augmentative and alternative communication encompasses strategies, for example pictures and apps, that are typically used with people with communication disability. In this position paper, we argue for the universal use of augmentative and alternative communication to support person-centred communication and care for children, regardless of age or potential disability. Clinical examples are shared from three different paediatric care settings where pictorial supports were applied universally. Interviews were conducted with children and adolescents (with and without disabilities), parents and healthcare practitioners, and the principles of universal design were used as a framework to demonstrate how person-centred communication is supported in paediatric care. [Read more](#)

*The article below is not freely available, but may be available at a DHB, the NZNO or academic libraries.*

### **Youth Work in the Hospital Setting — A Narrative Review of the Literature,**

Marie Marshall & Gillian Waring (2021)

Comprehensive Child and Adolescent Nursing, DOI: [10.1080/24694193.2021.1936294](https://doi.org/10.1080/24694193.2021.1936294)

This paper presents a narrative literature review on the evidence relating to the youth worker role with young people in the hospital setting within which the research gaps and inconsistencies within the body of knowledge available are highlighted. Young people in a hospital setting were searched and screened for papers which involved the youth worker role, in the following databases:

- ★ Medline,
- ★ AMED, and
- ★ CINAHL,
- ★ British Nursing Index
- ★ PsycINFO,

Data relating to the youth workers who worked with young people in the hospital setting were extracted by two independent reviewers. A total of 11 papers were identified dating from 1971 to 2018 from a range of countries. In order to present the available body of knowledge, this narrative synthesis of the literature is presented under three headings:

- ★ descriptive work,
- ★ service evaluation, and
- ★ empirical research.

The findings suggest that the youth worker role in the hospital setting has a positive impact upon the lives of young people. This was accomplished through the interventions the youth

worker employed when working with young people. Equally, challenges were highlighted relating to the youth worker undertaking their role in the hospital setting. However, changes during this time period in attitudes towards adolescent health particularly within the United Kingdom, along with the loss of funding for youth work has had an impact on the research in this area of clinical practice. The number of descriptive papers in this review highlights the necessity for empirical evidence in both quantitative and qualitative research in order to gain a greater understanding of what the youth worker role in the hospital provides to young people, and the impact of their interventions from the perspectives of young people, parents, youth workers and members of the multi-disciplinary team

## Mental health

### **New wellbeing service criticised as psychiatric help limited to 'actively suicidal' teens**

Doubts remain over the success of a new wellbeing service as New Zealand's mental health crisis continues to grow. Cate Broughton reports. [Read more](#)

### **Mental health: Sharp rise in number of children waiting more than two months for counselling**

The number of children having to wait for over two months to see a counsellor has tripled in the last three years amid a sharp rise in the number of young people needing mental health services.

### **Outrage over children as young as nine locked up alone for days in mental health hospitals**

Vulnerable young children are being locked in small rooms in mental health hospitals for days at a time, a practice that has drawn condemnation from experts. Cecile Meier reports. [Read more](#)

### **Teenagers at greatest risk of self-harming could be identified almost a decade earlier**

Researchers have identified two subgroups of adolescents who self-harm and have shown that it is possible to predict those individuals at greatest risk almost a decade before they begin self-harming. [Read more](#)

### **Twenty-year study links childhood depression to disrupted adult health and functioning**

Depression in youth, between the ages of 10-24 years is both a leading cause of stress and a possible risk factor for future diseases and impairment. Now, a study confirms that depression in childhood or adolescence is associated with higher levels of:

- ★ adult anxiety,
- ★ substance use disorders,
- ★ worse health and social functioning,
- ★ less financial and educational achievement, and
- ★ increased criminality. [Read more](#)

### **Asian youths face significant mental health challenges, report finds**

Young New Zealand Asians face significant mental health challenges as well as high rates of racism and discrimination, a study has found. [Read more](#)

## Obesity

### **Obesity in teens raises adult diabetes risk, even after weight loss**

Monday, 21 June 2021 (HealthDay News) - A finding confirms what many suspect, a new study shows that overweight or obese teens may be more likely to develop type 2 diabetes or have a heart attack in their 30s and 40s. [Read more](#)

## Pain

*The article below is not freely available, but may be available at a DHB, the NZNO or academic libraries.*

### **Pain management in children during invasive procedures: A randomized clinical trial.**

Ustuner Top, F, Kuzlu Ayyıldız, T.

*Nursing Forum*. 2021; 1– 7. <https://doi.org/10.1111/nuf.12616>

This study was performed to determine the effect of distraction technique that was applied to 4–6 year old children during blood drawl for decreasing the pain of the child during the procedure.

## Respiratory

### **South Auckland specialist worried about rise in severe respiratory virus cases among children**

As winter sets in a South Auckland doctor is worried about a sudden rise in severe respiratory virus cases among children. [Read more](#)

### **Sleep apnea in children linked to increased risk of high blood pressure in teens**

Children with obstructive sleep apnea are nearly three times more likely to develop high blood pressure when they become teenagers, than children who never experience sleep apnea, according to a new study funded by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health. However, children whose sleep apnea improves as they grow into adolescence do not show an increased chance of having high blood pressure, which is a major risk factor for heart disease. [Read more](#)

### **Stigma from medication use: an under recognised burden of care**

Sonal Kansra, Rachel Calvert, Steve Jones

*Breathe* Mar 2021, 17 (1) 210002; DOI: 10.1183/20734735.0002-2021

Children with respiratory diseases take treatments for the self-management of symptoms and to maintain disease control. Often, these treatments need to be taken in social environments like school. Respiratory treatments can foster a feeling of difference and stigmatisation, which negatively impact on the quality of life and adherence to treatment. Such perceptions can lead to a less than optimal disease control, a vicious cycle leading to further social exclusion and stigma. This aspect of “burden of treatment” is poorly recognised by clinicians. Recognition of how treatments and clinical practice can contribute to stigma, can help address this burden of care. [Read more](#)

## Rheumatic fever

*The article below is not freely available, but may be available at a DHB, the NZNO or academic libraries.*

### **Structured review of primary interventions to reduce group A streptococcal infections, acute rheumatic fever and rheumatic heart disease.**

Bennett, J., Rentta, N., Leung, W., Anderson, A., Oliver, J., Wyber, R., Harwod, M., Webb, R., Malcom, J. and Baker, M.G. (2021),

*J Paediatr Child Health*, 57: 797-802. <https://doi.org/10.1111/jpc.15514>

Rheumatic heart disease (RHD) is a large, preventable, global public health burden. In New Zealand (NZ) acute rheumatic fever (ARF) and RHD rates are highest for Māori and Pacific children. This structured review explores the evidence for primary prevention interventions to diagnose and effectively treat group A Streptococcus (GAS) pharyngitis and skin infections to reduce rates of ARF and RHD. Medline, EMBASE and Scopus databases were searched as well as other electronic publications. Included were 50 publications from 1980 onwards. This review has identified that there is little available evidence for effective primary prevention strategies to reduce ARF rates in NZ. However, two primary intervention strategies that should be considered by communities at high-risk of ARF are: the use of school-based clinics to identify and treat GAS pharyngitis and GAS skin infections; and

intramuscular benzathine penicillin G with lignocaine analgesia in children who present with a GAS positive throat.

## Screen time/digital devices/social media

### **Study: Children's screen time and the impact on cognitive development**

New research sheds light on how Kiwi pre-schoolers' use of screen media may affect the development of executive functions, such as: inhibitory control which helps children to manage their impulses and behaviour. [Read more](#)

## Sexuality/Sexual health

### **How teachers are making classrooms safe spaces for LGBTQIA+ students**

What role does Pride Month have in the classroom? Brittney Deguara speaks with teachers – both LGBTQIA+ members and allies – to learn more. [Read more](#)

### **Auckland University's Assoc. Prof Katie Fitzgerald on the state of health and sex education**

In this COVID-19 era of fevered concern about health, why are we not seeing better health education in schools? [Read more](#)

## Sport and exercise

### **Active Kids: evaluation protocol for a universal voucher program to increase children's participation in organised physical activity and sport.**

Reece LJ, Foley B, Bellew W, Owen K, Cushway D, Srinivasan N, Hamdorf P, Bauman A  
Public Health Res Pract. 2021;31(2): e30122006. First published 2 June 2020.

Background: Regular participation in physical activity during childhood and adolescence is important for good health. There is strong evidence of the physical and psychosocial benefits associated with recreational physical activity in these age groups, specifically in the context of organised sport. Most children in New South Wales (NSW), Australia, do not meet the recommended guidelines for physical activity, with financial cost commonly cited as a barrier to the initiation and maintenance of sport. The Active Kids program is a major policy initiative introduced in 2018 that aimed to overcome this barrier by implementing a statewide sport voucher scheme, allowing all NSW school-enrolled children (1.2 million) initial access to a \$100 annual contribution towards organised sport and physical activity, with concurrent evaluation over the initial four-year phase of the program.

Study type: This paper presents the protocol for evaluation of the Active Kids program, including an assessment of program impact on children's organised sport participation and recreational physical activity level, and analysis of the correlates of participation at individual, state and national levels. [Read more](#)

## Wellbeing

### **Attentive listening helps teens open up, study finds**

A new study has shown engaged listening techniques such as eye contact, nodding and using key words to praise openness helps teenagers when they admit bad behaviour and share hurt feelings with their parents. [Read more](#)

## Articles and reports of interest

### **Participants' and caregivers' experiences of a multidisciplinary programme for healthy lifestyle change in Aotearoa/New Zealand: a qualitative, focus group study**

Anderson YC, Wild CEK, Hofman PL, *et al*

*BMJ Open* 2021;11:e043516. doi: 10.1136/bmjopen-2020-043516

Objective: Child and adolescent obesity continues to be a major health issue internationally. This study aims to understand the views and experiences of caregivers and participants in a child and adolescent multidisciplinary programme for healthy lifestyle change. [Read more](#)

*The article below is not freely available, but may be available at a DHB, the NZNO or academic libraries.*

**Incidence, severity and clinical manifestations of juvenile dermatomyositis among Maori and Pacific Island compared to European children.**

Concannon, A. and Han, D.Y. (2021),  
J Paediatr Child Health. <https://doi.org/10.1111/jpc.15595>

To describe the incidence, demographics, diagnostic clinical manifestations and long-term outcomes of juvenile dermatomyositis (JDM) in Maori and Pacific Island compared to European children.

*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](mailto:secretary.ccyn@gmail.com)*

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**Linda Stopforth, BA, Dip Bus; NZLSC, RLIANZA**  
PO Box 315 WELLINGTON 6140  
PH: 04-383-6931 or 021-107-2455  
email: [stop4th@xtra.co.nz](mailto:stop4th@xtra.co.nz)



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