

From the Committee...

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

Kia Ora Members, welcome to our first edition of TimeOut for 2024. I am unsure where the month of May went, and apologise that this edition is a little behind schedule.

It feels as if 2024 started with a hiss and roar, with a new coalition Government now in situ and many changes afoot. What has not changed, however, is the increased work-related stress and burnout that many of our nurses are currently experiencing. This is a concern given our changing population and the need for more nurses to meet the associated health needs. New Zealanders are living longer, with our older population growing faster than our younger population. Is the Government planning for this? There is little evidence that they are - NZNO has voiced concerns that the money set aside for health in the recent budget is barely enough to keep the health system running, let alone improve systems and services that will lead to better health outcomes for all New Zealanders long-term.

It is vital that we, as nurses, continue to have our voices heard; we are key advocates for our patients, but we must also remain so for ourselves. If you can make time to contribute to policy submissions or be in working groups, do so. This way, we will ensure that the nursing voice is at the table one way or another. Over the past year, the committee has contributed to several submissions on behalf of the College; these include the United Nations response to the UN Convention on the Rights of the Child: New Zealand report; the Te Whatu Ora Health and Disability Strategy and Whānau Ora Healthy Families. The College is proud and committed to helping inform policy discussion and change in various areas related to child health and the nursing profession in Aotearoa.

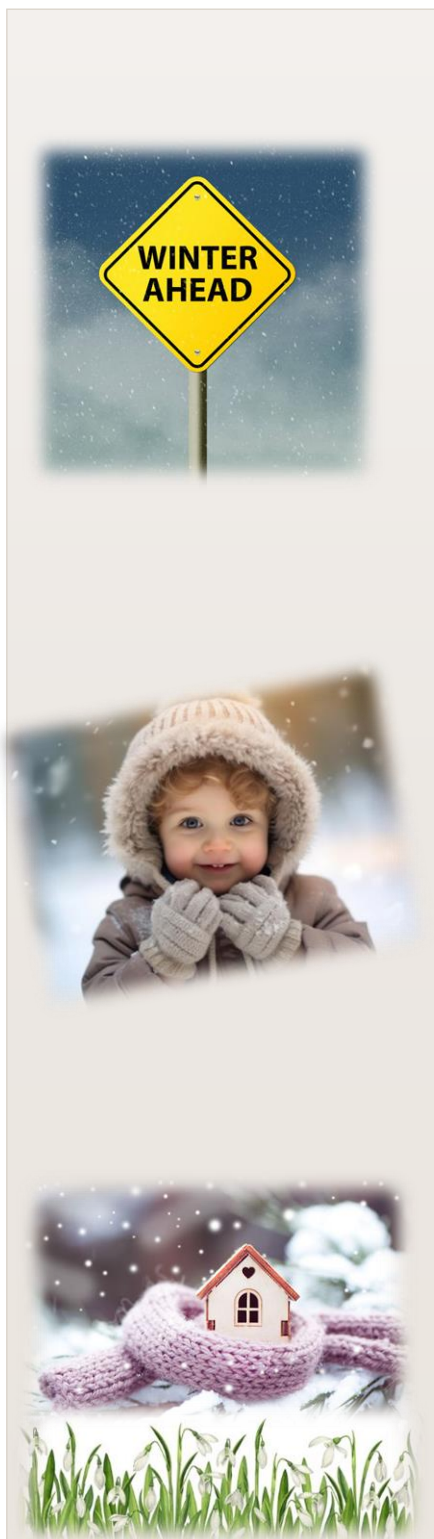
I am excited to share that the new Child Health Nursing Standards Framework Aotearoa 2024, which replaces the previous New Zealand Child Health Nursing Knowledge and Skills Framework 2014, will be released soon! Keep an eye out for announcements from us through email communication to our members and stakeholders and our Facebook and LinkedIn pages. It has taken a while to complete this work, but we are proud of what we have created in partnership with our colleagues at Whānau Āwhina Plunket.

Now take a moment to relax, make a cup of your favourite brew and enjoy reading this latest edition of TimeOut. There is something for everyone: items to listen to, read and study. We welcome feedback, so if you have ideas for content or would like to contribute to or promote activities through our newsletter, please email us directly.

Ngā mihi nui,

Sarah Williams, Chair & Editor,

College of Child and Youth Nurses, Tapuhitia ngā mokopuna ma apopo NZNO



Recommendations
for the use of digital
technologies:
schools, kura and
early childhood
education



National News



The Government announced new health targets in March of this year. One of these was to lift child immunisation rates to 95% of children being fully immunised at 24 months of age. The latest data shows immunisation rates for children aged 24 months is sitting at 83%. The target's will be reported nationally, regionally and by population groups where possible and will take effect from 1 July 2024 . To find out more visit [Health Targets](#)

KidsHealth

KidsHealth New Release: [Bronchiolitis Video](#)

The incredible team at KidsHealth have released a new video animation on bronchiolitis, designed to help parents and whānau identify and take action if they suspect their child might have the condition. The resource includes real audio of a child with the condition, providing an audible cue to recognise symptoms early. A timely tool as we approach the winter season! ❄️

Dengue Fever

Given the recent outbreak of Dengue fever in Samoa, KidsHealth have updated their [Dengue Fever in Children](#) webpage with a helpful new symptoms illustration. Dengue fever is a viral illness spread by infected mosquitoes. Many children who contract dengue fever may have no symptoms or they may just have a mild illness with a fever. A small proportion may get a severe type of dengue fever and become very unwell. For more information visit the KidsHealth page by clicking the link above.

And more...



The Paediatric Society of New Zealand
Te Kāhui Mātai Arotamariki o Aotearoa



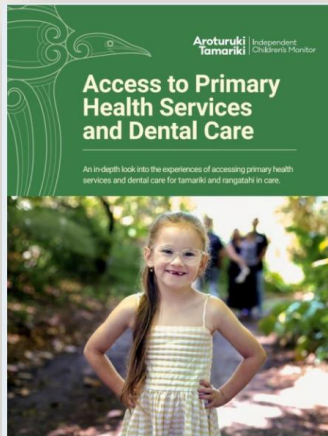
New Guidelines

New guidelines on the use of digital technologies within schools, kura, and early childhood education settings have recently been released. The guidelines were developed from a research study and have been released with support of a working group of across sector specialists in health and education. Endorsed by various organisations including Brainwave, and the Paediatric Society of New Zealand, the guidelines provide practical and comprehensive recommendations to maximise the educational benefits of digital technologies while minimising potential health risks. [Recommendations for the use of digital technologies: Schools, kura and early childhood education.](#)



New Resource

Last month, The Newborn Clinical Network, shared their new resource: [Te Whakapuāwai Pēpi o Aotearoa - Newborn Transitional Care: Resources for Health Professionals](#). The purpose of this document is to provide resources and information to guide health professionals caring for māmā, pēpi and whānau receiving newborn transitional care. A working group of senior midwives, nurses, medical staff, Māori and whānau cultural support contributed to the content of the document by reviewing best practice standards for newborn transitional care.



National News cont...

Access to health services for children in state care

Research has shown that tamariki and rangatahi in state care are more likely than others to have poor long-term health outcomes. The National Care Standards (NCS) Regulations came into effect in 2019 and set out the minimum standards required when a child comes into care, including that health and dental needs are identified through annual checks. These regulations apply to Oranga Tamariki, and any other agency with custody and care responsibilities. A new report released by Aroturuki Tamariki | Independent Children's Monitor, entitled: [Access to Primary Health Services and Dental Care](#) looked at access to primary health services and dental care for tamariki and rangatahi in care and found that Oranga Tamariki had not yet implemented basic health requirements.

Annual Report on the Child and Youth Wellbeing Strategy 2022/23

This latest report sets out the progress towards the outcomes of the Child and Youth Wellbeing Strategy and looks at changes in the Strategy outcomes for children and young people, from 2019/20, when the first Annual Report was produced, to 2022/23. The report shows that while the majority of children and young people in New Zealand are doing well, and there have been improvements in some areas, not all children and young people are having the same positive experiences. To read the report visit:

[Annual Report on the Child and Youth Wellbeing Strategy and Child Poverty Related Indicators](#)

And even more...



Data from the latest [New Zealand Health Survey](#) from the Ministry of Health includes child disability statistics for the first time. Overall, compared to non-disabled children, disabled children were more likely to experience:

- Poor overall health
- Poor mental health
- Emotional, behavioural and social problems
- Food insecurity.

The survey results from Ministry of Health were released late last year and can be accessed by clicking the New Zealand Health Survey link above.



RSV rates rising

Hospitals are reporting seeing an increase in respiratory illness presentations such as Respiratory Syncytial Virus (RSV) and influenza over the past couple of months. This comes as Aotearoa is also seeing a sharp increase in Covid-19 cases. In Aotearoa, RSV is usually the most common cause of hospitalisation for lower respiratory tract infections in babies and children aged under 2yrs but can also affect older adults. For more information on RSV including how to prevent its spread, visit [Healthify-RSV](#)



Beyond NZ - Global Bulletin cont...



Seeking Safety

In the last two years, over 2 million children have fled their countries of origin to European countries. They have fled alone, or with their families. A newly released Save the Children research report: [Hope and Harm: Children's Experiences of Seeking Safety in Europe](#) explores how children have experienced coming to European countries and the impact these different policy approaches have on their wellbeing. It draws on 18 focus group discussions with children, 52 interviews with teachers and other educational staff, and responses to a detailed questionnaire from over 222 children and 279 caregivers, across 11 countries in total. To read the report click the link above.

The impact of war

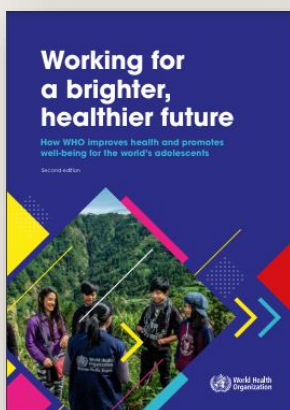
Another powerful brief released by [Save the Children](#) is one that looks at the immense impact of months of war on the mental health of children in Gaza and the West Bank. The insights demonstrate that months of deadly bombardment, forced displacement and escalating risks of starvation and disease have not surprisingly caused profound mental harm to Palestinian children living in Gaza. You can download and view the brief [here](#)



In March 2024, the World Health Organization released an updated report entitled ["Working for a Brighter, Healthier Future: How WHO improves health and promotes well-being for the world's adolescents"](#). This second edition reflects the priorities around supporting adolescent health and wellbeing. Work in adolescent health has been progressively strengthened within WHO, which has expanded its portfolio to include research, norms and standards, country support and advocacy. The scope of work now spans more than 15 departments and covers all levels of the organization, addressing the multifaceted needs of the global adolescent population.



This month UNICEF released a brief: [Building Strong Foundations: Brighter Futures through education for health and wellbeing](#). The brief highlights quality education as being central to establishing foundations for child wellbeing and resilience. Recognising that children thrive in the classroom when they are in good health, it is crucial to learn about health and wellbeing early on in primary schools. The Building Strong Foundations briefs developed jointly by UNESCO and UNICEF, provide evidence-based guidance to support primary school-aged children to thrive through foundational education for health and wellbeing. Visit the link above to access the four briefs.





Global Nursing News



On May 12th we celebrated International Nurses Day. To coincide with this event the International Council of Nurses launched their International Nurses Day Report focusing on the [Economic Power of Care](#). The report highlights evidence from economists and other experts, showing the contribution nurses and nursing can make to global economic growth, with a sufficient level of investment. This investment includes creating more jobs, optimising roles and responsibilities to enable nurses to work top of scope, and enhancing and expanding continuous professional development opportunities. Click on the link above to read this powerful report.



The International Council of Nurses (ICN) shared its [Strategic Plan 2024 - 2028](#) last month. This is now available to view on their website. The plan outlines five key goals aligning with ICN's vision that *"the global community recognises, supports and invests in nurses and nursing to lead and deliver health for all"*



The 2025 ICN Congress will be held in Helsinki, Finland from the 9 – 13 June. The theme for the congress is ***Nursing power to change the world***. [The call for abstracts](#) is out now! Abstracts can be submitted from 2 August – 30 September 2024 under nine sub themes. It would be great to see New Zealand nurses represented!





General CCYN Committee News

After a very busy 2023, the CCYN | Tapuhitia Ngā Mokopuna Mō Apōpō committee enjoyed a well-deserved break over December/January. To kick start 2024, Sarah Williams (Chair) and Donna Burkett (Membership coordinator) attended the NZNO Colleges & Sections annual forum in Wellington on 22nd March, titled: 'If we don't provide the voice of nursing, who will?' This was a unique opportunity to showcase all of our amazing CCYN mahi for 2023 and provided a great forum to meet with other Colleges and Sections where ideas and sharing of resources occurred. You might have seen us in Kai Tiaki – but if not, here is a pic or two from the day!



Sarah Williams (right) pictured with Abel Smith from the Nurses Section



Donna Burkett (left) pictured with Aloha Sison & Bridget Richards from the NZNO Pacific College of Gerontology Nurses

“If you don’t provide the voice of nursing, then who will?” NZNO –Tōpūtanga Tapuhi Kaitiaki o Aotearoa chief executive Paul Goulter challenged 20 colleges and sections, representing 12,500 nurses across 20 specialties. “Unless that voice is heard, and heard continuously and heard on an evidence base, nursing will be excluded from the conversation around our health system, and others will take your place and pretend to speak for you.” The expertise contained within the Colleges and Sections was “absolutely critical” to decision-making, said Goulter, who vowed NZNO would provide the support needed to grow their influence.

Also in March, the CCYN committee came together in Otautahi | Christchurch for our first face to face meeting for 2024. At this hui, we discussed our strategic work plan for 2024 and celebrated the near completion of our revised Child Health Standards. After continual hard mahi on our social media platforms and regular connections with our national network of stakeholders, we were thrilled to celebrate a **107% increase** in membership over the last year, increasing from 220 in March 2024 to 455! We are thrilled to see this number flourishing and continue to be proud of the voice we provide you all.

A great reminder, to make sure if you are an NZNO member, come join us and see what we are doing to advocate for all children | tamariki and young people | rangatahi and all those incredible nurses and allied healthcare professionals that care for them. You can join here: [CCYN Join us \(nzno.org.nz\)](https://nzno.org.nz)

Donna Burkett, Committee Member (Membership Coordinator)



CCYN Committee 2024



Left to right: Emma Collins, Michael Brenndorfer, Donna Burkett, Chris Drown, Jo Clark-Fairclough, Sarah Williams, Kathy Rose, Marg Bigsby. Absent: Yune Fontaine

Tapuhitia Ngā Mokopuna Mō Apōpō, College of Child & Youth Nurses NZNO Conference Scholarship

Applications for the next CCYN scholarship are due by the **9th August 2024**. The value of the scholarship for this round is \$600. The scholarship is available for registered nurses working in the area of child and youth health, who wish to attend an international/national conference relating to child or youth health. For further information on how to apply visit and the application form on the [NZNO Scholarships and Grants page](#)

Staying in Touch...

Contacting the Committee

Feel free to get in touch with any of the committee at any time. You can reach us via email: secretary.ccyn@gmail.com or by following our very active Facebook page by searching: College of Child and Youth Nurses NZNO.

You can also keep up to date our latest news, read past editions of our newsletter and recent AGM documents via the NZNO CCYN website by visiting:

https://www.nzno.org.nz/groups/colleges_sections/colleges/college_of_child_youth_nurses or scanning the QR code on the left of this page

Linking on LinkedIn

The College now has a LinkedIn profile which was created earlier this year and we are keen to promote this to our members and to wider stakeholder groups.

LinkedIn is the world's largest professional network on the internet and is used to connect and strengthen professional relationships. LinkedIn groups such as CCYN provide a place for professionals in the same line of work or with similar interests to share their insights and experiences as well as build valuable connections. If you have an account on LinkedIn please consider following us and supporting our posts. Visit LinkedIn New Zealand to log in or sign up <https://nz.linkedin.com>

Worth a Listen...

The Education Hub

Conversation
with the
experts

The Royal Children's
Hospital Melbourne

The Education Hub: The Royal Children's Hospital Melbourne

Available through Apple Podcasts and Spotify, this podcast is for any health professional wanting to learn more about how to provide best-practice clinical care for children and their families. In each episode, experts from The Melbourne Children's Campus provide advice and insights, tips and tricks, and discuss latest research findings on a range of topics.

Check out: [Managing escalated behaviour in a paediatric setting](#) and [Vaccine Hesitancy](#) podcasts.



Goodfellow Podcast: [Nutriton and Mental Health](#)

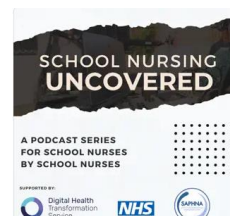
In this episode, Julia Rucklidge provides an update on the relationship between nutrition and mental health. Julia explores the current state of mental health in the nation and delves into the role of diet.

RCPCH Podcasts

The Royal College of Paediatrics and Child Health, UK runs a [podcast series](#) aimed at paediatricians and those working in child health. Episodes are available on Apple Podcasts, Spotify, Stitcher or wherever you listen to your podcasts.

[Patient Safety podcast 4 – Involving children, young people and their families.](#)

was released by RCPCH Podcasts earlier this year. Dr Victoria Dublon and Dr Jane Runnacles describe involving children, young people and their families in improvement work improves the experience and outcome for all involved.



At the beginning of this year, a new podcast series for school nurses by school nurses, 'School Nursing Uncovered' was launched in the UK. The series is a collaboration between an NHS Trust and the School and Public Health Nurses Association (SAPHNA). If you are a school nurse there's plenty here for you! Check out: [Gender identity – What are the facts?](#) Plus lots more great topics.

Worth a Read...Research in Aotearoa

Appraisal of Australian and New Zealand paediatric sepsis guidelines

This study, by a collective of Emergency doctors from across Australia and New Zealand, present a study that demonstrates that paediatric sepsis guidelines in Australia and New Zealand are of variable quality and limited consistency. They concluded that a bi-national sepsis Clinical Practice Guideline would reduce variation in clinical practice, facilitate quality improvement and allow healthcare teams to respond rapidly and consistently to children with sepsis.

Exploring the impact of the COVID-19 pandemic on perceptions of national scheduled childhood vaccines among Māori and Pacific caregivers, whānau, and healthcare professionals in Aotearoa New Zealand

This article used culturally informed interviews to explore Māori and Pacifica understanding of their perceptions of routine childhood vaccines. As childhood vaccinations in these populations has dropped dramatically since the COVID-19 pandemic, it is a topic that needs to be explored further. Four themes were determined from the results - "We go with the norm", "Everything became difficult", "It needed to have an ethnic-specific approach", "People are now finding their voice". The authors state in their conclusions that "to improve uptake and positive immunization experiences, mechanisms are needed to support mana-enhancing vaccine decision making among caregivers and to embed Māori and Pacific-led vaccination strategies in mainstream service delivery".

Transitional care of adolescents with inflammatory bowel disease to adult services varies widely across Australia and New Zealand.

The transition from children's services to adult services is something that many of us who work in Paediatrics are concerned about. Often there is a lack of process and clarity about the transition which causes unnecessary anxiety for the children and their families. This article highlights the great variability across New Zealand and Australia with the transition to adult services, and recommends the development of Australasian guidelines to optimize the transition process for adolescents with IBD and improve their longitudinal outcomes.

Developing nursing interventions in Paediatric Emergence Delirium: a scoping review

This article was written by an Honours Nursing Student and discusses the delirium that some children experience post anaesthesia. The results of this scoping review found that 'the anxiety of the child, the post-operative phase, continuity of care and medication administration were key themes in the nursing management of Emergence Delirium'. They conclude by saying that more research needs to occur, especially in the area of nurse led interventions.

Upcoming Events and Education...



Paediatric Palliative Care Education Forum

Every 3rd Tuesday of the month 8-9am

A national forum held by video conference for health professionals with an interest in paediatric palliative care. Sessions are provided by the Starship Palliative care service, and clinicians around the country. For more information visit:

<https://starship.org.nz/health-professionals/education-opportunities-paediatric-palliative-care/>



Faculty of Child and Adolescent Psychiatry 2024 Conference

Theme: *Titiro whakamuri, kōkiri whakamua: Learning from the past to inform the future.* Dates 21st – 23rd August 2024. Location: Christchurch



Don't Forget the Bubbles “We Belong” conference is being held in Aotearoa for the first time on 25th-28th August 2024 in Christchurch. Experts from several fields of **paediatric and emergency medicine** will share ideas that will assist in improving the quality of care we provide to children and their families. Get in quick, these conferences sell out fast!



The MCFHNA Conference: *Innovations: Driving change for better outcomes* is being held on 29th-31st August 2024 in Brisbane, Australia. For more information click on the link above.



The New Zealand Branch of the Thoracic Society of Australia and New Zealand (TSANZ), and the Australian and New Zealand Society of Respiratory Science (ANZSRS), invite you to join them for the New Zealand Branch Meeting to be held at the Millennium Hotel, Queenstown from September 25-27, 2024. There will be a Respiratory Paediatric stream available for Nurses interested in attending. For more information visit: <https://www.nzrespiratoryasm.co.nz>



And More...



Nurse Practitioners NZ Conference 2024.

Date: 18-19 October 2024. Location: Rotorua Energy Events Centre.

Theme: *"Advancing Nurse Practitioner Practice for Better Patient Outcomes"*



The Paediatric Society of New Zealand
Te Kāhui Mātai Arotamariki o Aotearoa

75th Annual Meeting | 12 - 15 November 2024
St David Complex | University of Otago | Ōtepoti Dunedin

Save the date for the Paediatric Society of NZ conference, 12-15 November 2024 in Dunedin. Call for abstracts opens soon. For more information visit:

<https://forumpoint2.eventsair.com/psnz-75th-annual-meeting-2024/>

Wanting to gain CPD hours through online learning?

Here are a few organisations that offer valuable eLearning opportunities to boost those continuing professional development hours:



Safeguarding Children
Tiakina ngā tamariki

Safeguarding Children: Safeguarding children provides comprehensive training and consulting services to equip individuals and organisations with the knowledge, tools, and strategies to effectively protect children in their care. There is a small fee for courses, check out their learning opportunities here:

<https://www.safeguardingchildren.org.nz/training-and-courses/>

Goodfellow Unit
hauora tautoko

Goodfellow Unit: If you are not already aware, the Goodfellow Unit provides elearning particularly focused for health professionals working in primary care.

<https://www.goodfellowunit.org/elearning>

LearnOnline
Learning resources for health practitioners

LearnOnline – MoH: Offers free elearning courses on topics such as SUDI and Power to Protect. A recent addition is the online learning module for Te Ūkaipō, the values-based framework for youth health and school-based health services. Attached to this is a group of podcasts as well. You will need to create an account to access these courses, not all are open access.

Visit: <https://learnonline.health.nz/login/index.php>



WHĀRAURAU
Empower the Workforce | Manaaki Mokopuna

Whāraurau - Infant, child, youth mental health workforce development

centre: Whāraurau offer a wide range of learning opportunities through their online platform. eLearning courses include Perinatal Mental Health, HeadSSS assessment, Infant and Child Mental Health, and Trauma Informed CareFor more information visit: <https://wharaurau.org.nz/elearning-courses>