



From the Chair...

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

Kia ora Members,

Welcome to our Autumn/Ngahuru edition of TimeOut; I cannot believe we are almost halfway through the year already! I hope you and your families are keeping well during these challenging times.

It has been a busy start to the year with Covid-19 and its variants continuing to affect our day-to-day lives in so many ways. Nurses continue to be at the forefront of the pandemic; while this has been exhausting and all-consuming for many, one unanticipated but positive outcome is that our profile has been raised significantly. The increased focus on nursing has drawn attention to the different roles nurses play in varying circumstances and contexts in our communities; it has also shone a light on the critical shortage of nurses in New Zealand and internationally. One can only hope that this increased profiling will help ensure we endeavour to look after and retain our nursing workforce going forward. Contributing to achieving this will be ensuring safe working conditions as well as fair and equitable pay.

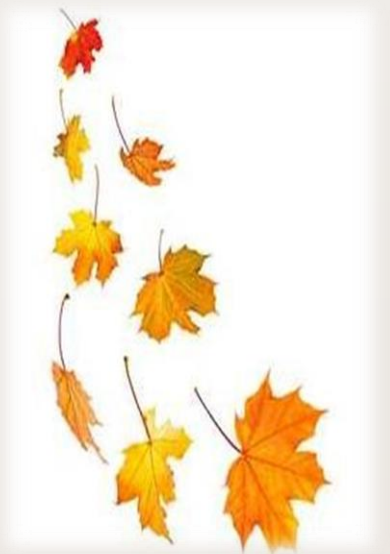
Over the last few months, the CCYN committee has continued to meet regularly via Zoom. We have been involved in various projects and activities, including submissions, that aim to promote the health and wellbeing of tamariki and rangatahi in New Zealand. As a committee, we are trying to maximise opportunities to represent our members through invited attendance at any planning meetings, hui, workshops, and review panels that may arise out of new health system reform.

The committee are sad to see the departure of our treasurer Anna Hamed who has a very exciting new job starting next month – Anna is becoming a Mum for the first time! Thank you for all your hard work and valuable contributions during your time on the committee. Anna, we will miss you very much but wish you all the best for the safe arrival of your precious baby.

We hope you enjoy this Autumn 2022 edition of TimeOut; as always, there are plenty of links to click and lots of exciting reading! Please let us know if you would like us to include anything specific in future newsletters.

Ngā mihi nui,

Sarah Williams, Chair, College of Child and Youth Nurses, NZNO



National News

Research Report-How we fail children who offend and what to do about it: 'A breakdown across the whole system'

This research report released in April 2022 is about children aged between 10 to 13yrs who have offended or are at risk of offending. The report provides up to date information on the characteristics, backgrounds and trajectories of these children. This research clearly showed that child offending does not occur in a vacuum but, in the vast majority of cases, was preceded by significant child welfare concerns. Eliciting a better understanding of the factors associated with child offending is critical to better support children's wellbeing and the communities in which they live.



Child and Youth
Wellbeing

Also in April this year, the Government released its first statutory [Annual Report for the Child and Youth Wellbeing Strategy](#) which reports on progress towards achieving the outcomes, as measured against the Strategy's indicators. It highlights the impacts of COVID-19 on child and youth wellbeing, and also includes progress updates on key actions in the Strategy's Programme of Action. Unfortunately, the report highlights that disparities continue to persist for many groups, in particular, Māori, Pasifika, rainbow and disabled children and young people

The [Child Poverty Indicators Report](#) was released at around the same time and focuses on a subset of the wider set of wellbeing indicators - measures related to the broader causes and consequences of child poverty. Taken together, the reports help tell a broader story about the lived experience of children and young people in New Zealand.

And More...



New research using

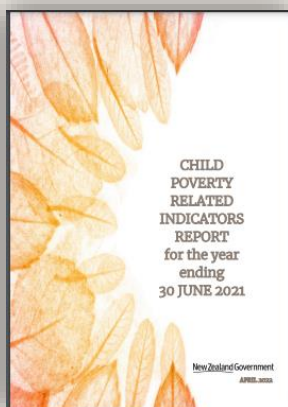
data from New Zealand's largest longitudinal study of child development, *Growing up in New Zealand*, has revealed that nearly fifty percent of New Zealand babies are being introduced to food earlier or later than is recommended putting them at greater risk for ongoing health issues including obesity, anaemia and growth and development issues. The research was published in the April edition of the British Journal of Nutrition. Click [here](#) to read the full research paper.



New Zealand Breastfeeding Association (NZBA) have recently released their 2021 [National Infant Feeding Data at Discharge](#) report. The report highlights the impact the Covid-19 pandemic has had on NZBA and their ability to support breastfeeding on all levels. The report indicates the rate of fully breastfed infants has declined since the start of the pandemic with a corresponding increase in the rate of partially breastfed infants. Historical breastfeeding data has seen the exclusive breastfeeding rate decline overall by 5.5% since 2012.



At the end of March Oranga Tamariki released their [Safety of Children in Care](#) report showing our children are suffering an increase in abuse in state care. At a time when the state needs to be helping improve outcomes for our children and young people, it seems we are moving backwards. This report makes a sad and challenging read.





CCYN Committee L to R:

Top: Marg Bigsby, Yune Fontaine, Katie Mullord, Donna Burkett, Michelle Adams.

Middle: Sarah Williams, Anna Hamed, Jo Clark-Fairclough,

Bottom: Emma Collins



General CCYN Committee News

The committee continues to meet regularly via Zoom and are really looking forward to our first face to face meeting for some time on July 1st in Wellington. Due to Covid-19 travel restrictions and intermittent lockdowns it has not been possible to meet face to face until now. On the left is a picture of the team taken at a Zoom meeting in March of this year – we will make sure we have an updated face to face one for the next newsletter!

We are very excited to have recently welcomed Yune Fontaine to the committee following the CCYN AGM last year. Yune has kindly put together a short bio to share with our members:

Paediatrics is my passion!

I have been in paediatrics my whole nursing career. I completed my Bachelors of nursing programme from Rutgers University in 1991 and worked in paediatric rehabilitation and paediatric haematology/oncology inpatient wards. I then graduated New York University in 2001 with a Master's in Advanced Practice Nursing as a paediatric Nurse practitioner (PNP) with a sub-specialty in children with special needs. As a PNP, I worked in haematology/oncology in the outpatient setting at the renowned Memorial Sloan-Kettering Cancer Center in New York City. Then having relocated to Denver, Colorado, I worked at Children's Hospital of Colorado in the emergency/urgent care department.

My family and I moved to Christchurch in 2018. I worked as a nurse in the Children's Acute Assessment Unit at the main hospital for three years. I am currently working part-time with Ara teaching into the postgraduate programme (nurse prescribing/nurse practitioner pathways) and mentoring transition students. I am also working at Linwood Medical Center as a nurse practitioner intern as I prepare my application to obtain licensure, hopefully very soon. I'm very excited to be a CCYN committee member and to be working with such an amazing group of nurses. I hope during my time on the committee I can help make an impact on child and youth healthcare in New Zealand. Yune Fontaine, May 2022

Knowledge and Skills Framework

The CCYN Committee has begun an exciting project to revise the New Zealand Child Health Nursing Knowledge and Skills Framework that was developed in partnership with Plunket in 2013 and endorsed by the National Nursing Consortium in 2014. As well as being required for NZNO College status, the purpose of this document was also to give nurses a framework for professional development as well as workforce development. Plunket continue to partner with us in this venture which is slowly gathering momentum after a few unplanned interruptions. Please look out for our updates and opportunities to provide feedback. Please see the latest report at the end of this newsletter kindly written by NZNO PNA Marg Bigsby.

Linking with our Members

*The CCYN committee continue to try hard to connect with our members and champion child and youth nursing. We have an active Facebook page which we would love you to join if you haven't already, search: **College of Child and Youth Nurses NZNO***



Beyond NZ – Global Bulletin

unicef for every child 75

Earlier this year, UNICEF released another of its **Flagship Reports**, this one entitled *Prospects for children in 2022: A global outlook*.

As we enter a third year of the pandemic, what can be done to improve children's futures? This report focuses on the next 12 months, taking an in-depth view of key trends impacting children. The key findings include the need for the global community to recast its COVID strategy to focus not only on mitigating the virus but mitigating its effect on society-particularly children. The report also emphasises amongst other things, the consequences of school closures on learning losses.

The report is very thought provoking and an interesting read. Further information and the full report can be found at:

<https://www.unicef.org/globalinsight/reports/prospects-children-2022-global-outlook>



Mental Health & Wellbeing

Placing children and young people's mental health at the heart of the COVID-19 recovery

In March of this year, the Ministry of Health of Greece partnered with WHO/Europe to launch a new programme to support and promote the quality of mental health care of children and adolescents in all 53 countries of the WHO European Region. Unfortunately, the mental health of children and young people in the WHO European Region has been under significant strain in recent years, first because of the COVID-19 pandemic, and now – for the millions affected by the conflict in Ukraine.

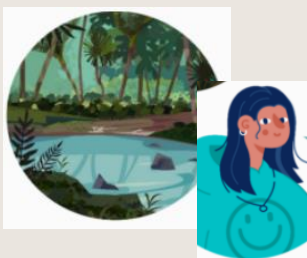
The new WHO programme will set out a response to the mental health challenges arising from the negative impacts of the pandemic, while also keeping in mind the consequences of the current humanitarian crisis in Ukraine on the mental health of the millions of children and young people affected. The new programme will support millions of children and young people across the WHO European Region with concrete steps and solutions to improve and promote their mental health and the quality of mental health services available to them. For more information on this initiative click [here](#)

Interesting Reads:

- [ON MY MIND How adolescents experience and perceive mental health around the world](#)
- [Covid-19: Pandemic has disproportionately harmed children's mental health, report finds](#)
- [Children's Mental Health: Understanding an Ongoing Public Health Concern](#)
- [The State of the World's Children-On my mind: Promoting, protecting and caring for children's mental health](#)



**NZ Child and Youth
Epidemiology Service**
Te Ratonga Mātai Tahumaero
Taitamariki o Aotearoa



Global Nursing News

This year, the International Council of Nurses (ICN) theme for International Nurses Day was: *Nurses: A Voice to Lead – Invest in nursing and respect rights to secure global health*. This theme runs for twelve months and focuses on the need to invest in nursing and respect the rights of nurses in order to build resilient, high quality health systems to meet the needs of individuals and communities now and into the future. ICN have produced a report of the same name, that underpins this theme. The report examines the extra burden that the pandemic has put on health systems, in general, and the nursing workforce, in particular

The report looks at four policy focus areas: education, jobs, leadership and service delivery and discusses the benefits of investing in each of these areas and the evidence of underinvestment. The report is available [here](#)

B B C StoryWorks
Commercial Productions

Also, in time for International Nurses Day 2022, the International Council of Nurses and BBC StoryWorks partnered to produce an online film series celebrating the work of nurses entitled *Caring with Courage*. The films and articles contained within *Caring with Courage* reveal the power of care and dedication in the inspiring work of nurses from all over the world. Take time to have a look at this really motivating and moving film series: www.caringwithcourage.com

Research in Aotearoa New Zealand

The [New Zealand Child and Youth Epidemiology Service](#) (NZCYES) was established in 2004, and has been hosted by the University of Otago since March 2009. Through its annual report series, the New Zealand Child and Youth Epidemiology Service:

- Provides the New Zealand health sector with up to date and accurate information of the health of children and young people
- Highlights areas where there are disparities in child and youth health, or where inequities in service provision mean that children and young people are not reaching their full potential
- Contributes to the evidence base for policy development in child and youth health
- Shares the Service's expertise with other researchers interested in improving the wellbeing of children and young people

The NZCYES publishes national and regional reports which can be browsed [here](#). It is useful to know about the NZCYES particularly when needing data to support a business case, policy submission or for study purposes.

Growing up in New Zealand study news

New app trial underway with Growing Up's Leading Lights

Over the next few months, a trial is underway using a ground-breaking new app which aims to use innovative techniques to help researchers understand more about the health and wellbeing of young people. Called *Tō Mātou Rerenga – Our Journey*, the interactive app lets rangatahi share their experiences about growing up with researchers. For more information on this trial click [here](#)



Research cont...

Links to new and interesting research articles:

[Increased Risk of Parental Instability for Children Born Very Preterm and Impacts on Neurodevelopmental Outcomes at Age 12](#)

[Food-Related Quality of Life in Children and Adolescents With Crohn's Disease](#)

[Parental education related to their children's health in late childhood and early adolescence for Pacific families within New Zealand](#)

[Dental health in a cohort of six-year-old New Zealand children who were breastfed as infants – a comprehensive descriptive study](#)

CCYN Scholarship

Twice a year the CCYN offers a scholarship of up to \$500 to help support CCYN members to attend conferences, engage in professional development, and contribute to their knowledge development in regards to child and youth nursing. The next due date for scholarship applications is **June 17th 2022** and the amount available is \$1000 which can be divided between applicants. There is a simple application form to be completed with some supporting evidence required. Please consider applying for this scholarship. If you are successful, all we ask is that you write a small report for this newsletter about the PD opportunity you engaged with. More details including the application form can be found here on the NZNO Scholarship and Grants page: https://www.nzno.org.nz/support/scholarships_and_grants



Worth a Listen...



['Obesity rate among 4-year-olds in NZ continues downward slide'](#)

Obesity among 4-year-olds is continuing to decline, but one in three children are still considered overweight, a new University of Otago study shows. Have a listen to the radio interview with Professor Barry Taylor from Otago University [here](#) Duration 5 mins.



Goodfellow Podcast: Child Abuse

Date Published: Wednesday, February 9, 2022

Duration: 29:05 [Download MP3 File](#)

Dr Bronwyn Rosie discusses the prevalence of child abuse in New Zealand and dealing with an abuse or neglect case in the community.

<https://www.goodfellowunit.org/node/1017812>

Knowledge and Skills Framework Report

The CCYN Committee has begun an exciting project to revise the New Zealand Child Health Nursing Knowledge and Skills Framework developed in partnership with Plunket in 2013 and endorsed by the National Nursing Consortium in 2014. As well as being required for College status, the purpose of this document was to give nurses a framework for professional and workforce development. See [here](#)

In 2013, Erin Beatson, a Clinical Advisor for Plunket and an NCYPA Section committee member, was contracted to develop the framework, of which drafts were circulated widely for comment and refined. The final document was endorsed for five years, and its revision is now overdue. Since 2020, CCYN committee members have met with Plunket representatives to pursue the process of updating the document. This has included discussing whether to make minor revisions to the 2014 document or overhaul it. It also included reviewing the literature to decide whether to have a knowledge and skills framework or a specialty standards framework. It was agreed that a substantial review was required to reflect better nurses' commitment to implementing treaty principles and achieving more equitable child health outcomes. That aspect of the review will require specific input from representatives of Te Poari O Te Rūnanga, amongst others.

The task was recognised as larger than a subcommittee of CCYN, and Plunket representatives could achieve on top of their day jobs (however dedicated the members!). It was decided to appoint a contractor for the task. CCYN are excited to announce that Alison Hussey has agreed to lead the necessary work, funded from CCYN's operational budget for the 2022-2023 year. Alison has worked in several roles for Plunket, leaving the position of National Clinical Advisor in 2012 to work as a Senior Nursing Advisor in the Office of the Chief Nurse for four years. Between 2019 and 2021, Alison was the Principal Clinical Advisor to the Ministry of Health's Well Child Tamariki Ora team and completed other policy development projects for other national entities. These experiences give the CCYN committee confidence in Alison's extensive knowledge and skills to lead this work and collaborate with others successfully.

The project's purpose is currently being refined along these lines:

The [eventual document name] Framework sets out standards for nursing practice in the specialty of child health so that:

1. tamariki and their whānau experience care that responds to their health need and contributes to their health and wellbeing outcomes; and
2. there is a framework to guide the development of the child health nursing workforce

The purpose will be achieved when the Child Health Nursing Specialty Standards Framework provides:

- Indicators that describe specialty child health nursing practice in Aotearoa across the community, primary and secondary health care roles and settings.
- A skills and knowledge pathway, from competent to advanced, in the child health nursing specialty.
- A tool to guide curriculum development for child health nursing education.
- A tool for assessing competence and specialty practice in child health nursing education (undergraduate and postgraduate), workplace performance appraisal, and Professional Development and Recognition Programmes (PDRP)

CCYN membership surveys conducted in 2017 and 2019 asked respondents how familiar they were with the KSF, how they used it, and what changes might help the framework to be used more widely. This information, along with the recommendations made by NNC members upon the KSF's endorsement, a review of relevant literature and stakeholder feedback, will contribute to the document updating process.

CCYN members and other stakeholders will be invited to comment on drafts of the document as work progresses. Opportunities will be announced to CCYN members and through our available networks. When you receive those messages, we encourage you to take time to reflect and share your thoughts and suggestions. It is hoped that the document can be launched at the CCYN Annual General Meeting planned for November 2022. We look forward to receiving your help to deliver this exciting project! *Marg Bigsby, NZNO PNA*

Events and Education...

Conferences scheduled for 2022



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

The 73rd Annual Scientific Meeting 2022 will be held in New Plymouth on the 1-4 November. [Check the link for information updates](#)



Covid has meant the 2021 School and Youth conference was postponed twice, but fortunately they have chosen to regroup and are offering their two-day conference in Hamilton in October 2022. [click here for more information](#)



Keen for a quick whizz overseas? On 12-13 July 2022 in Ipswich, England, the University of Suffolk is hosting the **Children and Childhood Conference 2022**. [For more information follow the link](#)



Wanting to visit Barcelona? The 9th Congress of the European Academy of Paediatric Societies is scheduled for October 7-11th, 2022 and attendance can be in person or online. The theme is: The Hybrid Experience: Shaping the Future of Child Health. To learn more visit: <https://eaps2022.kenes.com/attending-from-barcelona-or-online/>



A little closer to home, the NZNO AGM, training day and conference 2022 is scheduled to run from 13-15 September in Wellington. Registrations open soon on June 1st. For more information visit the conference page [here](#)