

KIDS

health

news



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This is a publication for frontline health professionals, where specific child/tamariki health information is brought together from a variety of sources. Our goal is to encourage consistent messaging, communication and collaboration across the range of child/tamariki healthcare services.

Kids Health News is now available on the MDHB website: www.midcentraldhb.govt.nz/Publications/AllPublications/pages/default.aspx?query=Kids Health News#

PERTUSSIS



Whooping cough, also known as pertussis, is a highly-infectious disease with symptoms that can last for weeks to months. It is transferred from person to person through close contact with droplets of saliva. There has been a significant increase in the number of cases reported, and it's expected that rates are likely to continue to increase. Throughout 2017 over 1300 cases were notified around the country. **Young babies less than 12 months are at the highest risk of severe disease and hospitalisation – the main focus is on protecting them.**

The best protection for infants is for their mother to be vaccinated during pregnancy, and for the infant to receive on-time immunisations. The FREE maternal immunisation programme recommends a whooping cough booster at 28 to 38 weeks of pregnancy. This stimulates the mother's immune system to make antibodies making her less likely to get sick with whooping cough. **This immunity also passes to the unborn baby, protecting them for their first few months of life, until baby is fully immunised.**

All the vaccines that protect against whooping cough are combination vaccines that include protection against other diseases. For infants, the schedule recommends immunisations at: six weeks, three months and five months of age for best protection. Preschool children and adolescents require further immunisations at four and 11 years of age to boost protection. Adults can have a booster immunisation at any age.

As health professionals, please continue to promote whooping cough immunisation amongst your patients. All infants or children with confirmed pertussis should be excluded from early childhood services, school or community gatherings until they are well enough to attend and have either received five days of antibiotics (shortened to two days if azithromycin is used) or three weeks have elapsed since the onset of coughing spasms.

It is also recommended that close family contacts of young infants, such as grandparents and fathers have a booster dose of pertussis vaccine to reduce spread of the disease.

If you suspect a patient has whooping cough, please complete a nasopharyngeal swab, if possible, and contact the Public Health Unit and make a notification (06) 350 9110.

The vaccines on the National Immunisation Schedule that protect against whooping cough are *Infanrix[®]-hexa* given at six weeks, three months and five months of age, *Infanrix[®]-IPV* given at four years of age and *Boostrix[®]* given at 11 years of age and to women between 28–38 weeks of pregnancy.

For further information visit:

<https://vimeo.com/177610424>
www.immune.org.nz

Pam Owen, MN,
Clinical Nurse Specialist-Lead,
Public Health Nursing Services

ATTENTION ALL KNITTERS



Donations of 8 ply wool and needles would be appreciated. Drop off points: Main foyer reception at PN Hospital and Knit World, 160 The Square.

Brought to you by MDHB, Kind Hearts Trust, & SuperGrans Manawatu.

To know more, contact: Leigh Rosanoski, Co-ordinator, leigh@kindheartsmovement
Facebook: kindheartsmovement



INVITATION TO THE FREE CHILD HEALTH FORUM 2018

Wednesday 28 March 2018

@ 5.00pm

Convention Centre, Main St, Palmerston North

RSVP cpd@centralpho.org.nz or
phone 022 043 1093 by Friday 23 March 2018.

Presented by MidCentral DHB and facilitated by Child Health Service Community Team. Participants from health, education and social services are welcome.

USEFUL LINKS |

- www.safekids.nz
- <https://vimeo.com/177610424>

Asthma and Respiratory Foundation NZ

In New Zealand one in seven children suffer from asthma. Help us to create awareness about asthma in New Zealand.



Child Health**Collaborative
Clinical
Pathways**MidCentral has published **13** Child Health Pathways on Map of Medicine.*(Map of Medicine is the platform that holds MidCentral's localised clinical pathways. If you need to register, or have forgotten your password, email clinicalpathways@midcentraldhb.govt.nz.)*

DEVELOPMENTAL ISSUES IN CHILDREN – LEARNING, COGNITION AND COMMUNICATION

This pathway relates to children (under 16 years) presenting to primary care where there are concerns around the child's development or learning. The pathway should be followed for suspected cases of: language or communication disorders, Autism Spectrum Disorder (ASD), Intellectual Disability (ID), Global Developmental Delay (GDD), specific learning disorder, other neurodevelopmental disorders. Guidance is provided for the assessment/identification of the main development concern with referral pathways specified. The pathway also hosts a variety of valuable resources including assessment/screening tools, referral information and forms (for Child Health, Ministry of Education, and vision and hearing screening).

The Developmental Issues in Children pathway is one of 13 Child Health Collaborative Clinical Pathways hosted on the Map of Medicine. The Map of Medicine provides a single repository of evidence based models of care, resources and standards for all health providers in the MidCentral District.

To register for the Map of Medicine, or if you have forgotten your password, email clinicalpathways@midcentraldhb.govt.nz.

Coming soon – Food Allergies in Children.



"Thank you, the kids will love opening these presents."

"This is the only present she will get, so I will put it hidden in the cupboard until Christmas morning."

"Children were jumping up and down. Parent was amazed that people were so kind and thoughtful."

PĀRURU MŌWAI

CALM HAVEN FOR MOTHERS AND BABIES



The purpose of Pāruru Mōwai is to enable the best possible outcome for women and their families during the maternity care period (antenatal to six weeks postnatal).

Women and babies with complex medical, mental health, social, cultural and economic needs can be referred to this group which meets weekly. A multi-disciplinary team will discuss services needed for the woman, baby and family and set up a support plan which will be shared with key professionals involved in their care.

Referrals can be emailed or faxed to Carolyn Baken, the Pāruru Mōwai Coordinator on parurumowai@midcentraldhb.govt.nz or fax (06) 350 4542.

If you have any questions, please call on (06) 350 4559.

IMMUNISATION UPDATE

It is that time of year again so how you are going to approach the flu season and recalls. Flu kits will be sent out mid-March and availability of vaccines will take place at the start of April. Just remember children between the ages of six months and eight years require two doses separated by at least four weeks if an influenza vaccine is being given for the first time as they will get a better immune response after two priming doses of vaccine.

Five key messages:

1. Immunisation is the best protection against influenza. Get a 'flu shot' each year, before winter.
2. Even a mild case of influenza can disrupt your everyday activities with family, friends, community and work.
3. Many people don't know they have influenza as they do not feel unwell. But they can still pass it on and make other people very sick.
4. Get immunised to stop the spread of influenza around your community.
5. Influenza immunisation is recommended and FREE for people who are most likely to get very sick, be hospitalised or even die if they catch influenza:
 - pregnant women, any trimester,
 - people aged 65 years old or older,
 - people aged under 65 years with diabetes, most heart or lung conditions and some other illnesses and
 - children aged four years or under who have been hospitalised for respiratory illness or have a history of significant respiratory illness also children with asthma on a preventer.

Discuss influenza vaccination with pregnant women and their whānau. Explain the risk of influenza to the pregnant woman, her growing baby and her vulnerable newborn. Getting the vaccine is highly effective in reducing the risk of influenza for pregnant women during pregnancy and after birth. The influenza vaccine has an excellent safety record so...

Make a clear recommendation for women to receive an influenza vaccination during pregnancy.

Shelley Daysh (Immunisation Coordinator)

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CHRISTMAS CHEER 2017

The Child Health Community Team has been the recipient of over 100 Christmas gifts to distribute to children and families in the Midcentral community.

A huge thanks to Inland Revenue's Palmerston North office which donated a large amount of these gifts – gift wrapped and ready to deliver.

Also Moana Road Gifts donated a selection of Kiwiana giftware for our adolescents.

Our team identified children and families within our service who generally don't have the means or ability to give any presents to their children. Christmas time can be very challenging in many aspects for these families.

The generosity from the wider community was overwhelming and it was an amazing experience for us as a team to be able to deliver these gifts to families.

Every child should have an Asthma Action Plan

**ASTHMA
CHECKPOINT**

IS YOUR ASTHMA UNDER CONTROL?

Here are three key questions to ask.

- Attendance at school/preschool
- Waking at night with cough or wheeze
- Ability to exercise.

Ask your health professional for an asthma action plan.

app.mapofmedicine.com

– Management of Chronic Asthma in Children 1–16 yrs
– Acute Exacerbation of Asthma in Children 1–16 yrs