

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#



NEW TOILET TRAINING RESOURCES

Mastering toilet training is a significant developmental milestone for children and their parents/caregivers. It affects self esteem and independence. Sometimes it is difficult to know how to start toilet training. What if the child is in child care? When do you start toilet training if your child has additional learning or health needs?

An education package has been developed in response to an increasing number of referrals and calls to the Paediatric Continence Service asking for advice on toilet training. At the same time, the local Ministry of Education office was concerned at the number of children starting school who were not toilet trained. The service at MidCentral DHB has collaborated with the local Ministry of Education office, Well Child Tamariki Ora providers, Public Health nurses and consumer to develop a resource package aimed at pre-school health and education providers.

The resource package covers a number of topics including:

- Skills needed for toilet training
- Signs of readiness/timing
- Considerations for children with additional learning and/or health needs
- Constipation
- Diet
- Communication
- Troubleshooting
- Who to contact for help/support.

The package includes:

- A booklet for health and education professionals
- A booklet for parents, whānau and caregivers
- A quick guide for families (one page tear off sheets)
- A poster that can be displayed promoting the resource. This includes a QR code to enable quick access to the MDHB electronic versions of the resources.

The resource package is available from: MDHB Paediatric Continence Service; Public Health; Well Child Tamariki Ora Providers; local Ministry of Education Office; Pasifika Team; and GP practices. It is also available on the MDHB website – search “toilet training” or go to www.midcentraldhb.govt.nz/HealthServices/ChildHealth/Pages/Toilet-Train.aspx#

If you would like more information contact Ange Woolley, Clinical Nurse Specialist, Paediatric Continence Service, Child Health (06) 350 9164 or 027 295 2220 or email angela.woolley@midcentraldhb.govt.nz

Christmas Generosity 2018



For the third year, the Child Health Community Team have been the recipients of over 100 Xmas gifts to distribute to children and families in the MidCentral community. We extend a huge thank you to Inland Revenue's Palmerston North office who donated these gifts, gift wrapped and ready to deliver. Also Arrosta Coffee for supplying us with coffee sacks to deliver the gifts in.

“Wow you're so lucky, we don't have a Xmas tree this year, but you will have a present.”

“Unreal thank you so much – what can we say.”

Presents were delivered to the children's nana through a bedroom window, in the coffee sack, so they could be hidden for Xmas day. She was so grateful.



P2A Paediatric to Adult Transition

P2A is a new programme to support and empower young people with long-term conditions to transition from Paediatric Services to Adult Services and their General Practice Team.

Come along to the Child Health Forum on March 27th from 5pm to hear about this exciting new programme.

P 2 A

INVITATION TO THE FREE

CHILD HEALTH FORUM

Wednesday 27 March 2019

5.00pm – 7.30pm

Convention Centre, Main St, Palmerston North

RSVP to cpd@centralpho.org.nz or ph 022 043 1093 by Wednesday 20 March.

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



IS YOUR PRACTICE READY FOR WINTER?

Check out MidCentral DHB's Asthma in Children pathways which features the Child Asthma Action Plan (Asthma Foundation NZ), information resources and a link to the referral form for the nurse-led asthma clinic. These pathways aim to improve self-management for children and their whānau.

WELCOMING MOKOPUNA ORA TO THE TEAM

Dee Hikairo joined the Community Child Health Team on 5th December 2018, in the role of Kaikawe Kaupapa O Mokopuna Ora.

ABOUT MOKOPUNA ORA

Mokopuna Ora can be literally translated to mean healthy grandchildren. However, te ro Māori often has multiple meanings for the same word.

Mokopuna – means grandchild(ren). It also means someone who is a reflection of their ancestors and therefore is a representation of their whakapapa.

Ora – refers to life and being healthy.

Together, Mokopuna Ora refers to the health and vitality of future generations. It is more than a focus on mother and child as it includes all those who support mothers and help to raise children.

Formed in 2016, Mokopuna Ora is a collective of individuals and organisations located in MidCentral DHB committed to supporting whānau to achieve health and wellbeing during pregnancy, birth and parenting. Mokopuna Ora teaches whānau how to weave their own wahakura.

ABOUT WAHAKURA

Wahakura are lovingly individual hand-made sleep spaces for pēpi woven from of harakeke, using the tradition of rāanga. The wahakura is the first kaupapa Māori solution to providing a culturally appropriate safe-sleeping device to

reduce Sudden Unexpected Death in Infancy (SUDI). Wahakura also support co-sleeping, promote bonding and breastfeeding, and allow for parents to be responsive to their pēpi during the first few weeks of life. Teaching whānau how to make their own wahakura is empowering whānau to literally and symbolically create their own pathways to wellbeing. Weaving wahakura strengthens spirituality, cultural identity and connection with the environment. Harakeke connects whānau to Papatūānuku and our responsibilities as mana whenua (guardians), to nurture our future mokopuna (descendants). Rāanga connects whānau to Hineteiwaiwa, and Māori knowledge and practices associated with weaving and childbearing. Weaving wahakura is an innovative embodiment of mātauranga (knowledge) about reproduction, whakapapa, whānau, and whenua. The Waikawa style is made from fresh harakeke and have their own mauri created by Papatūānuku, Hineteiwaiwa and the whānau involved in weaving it. Weaving wahakura is a tapu process, just like pregnancy and childbirth.

If you would like to be kept up to date with what Mokopuna Ora is doing in 2019, please find us on Facebook or Instagram by searching Mokopuna Ora. Or email the Mokopuna Ora Coordinator, Dee Hikairo at dee.hikairo@midcentraldhb.govt.nz

Nāku noa, Nā Dee Hikairo, Mokopuna Ora Coordinator



Child Health Collaborative Clinical Pathways



MidCentral has published **14** Child Health Pathways on MidCentral Pathways

"STOP SORE THROATS HURTING HEARTS"

MidCentral DHB's "Sore Throat Management – Prevention of Rheumatic Fever" collaborative clinical pathway is based on the National Heart Foundation Sore Throat Management Guidelines (2014).



Key clinical messages are:

- Patients presenting with a sore throat AND who are at high risk of rheumatic fever should have a throat swab taken and be treated for Group A streptococcal (GAS) infection until proven otherwise.
- Patients with mild symptoms and at low risk of rheumatic fever do not need empiric treatment for GAS infection – consider analgesia instead.
- **All swab results, both positive and negative, must be followed up with the patient.**
- It is the **responsibility** of the ordering physician/health provider to ensure follow-up is undertaken for all swab results.
- Educate and encourage patients/whānau to complete the full course of antibiotics as prescribed to ensure effective eradication of GAS throat infection.

The pathway provides links to the following resources for clinicians:

- Rheumatic fever online training (MoH)
- NZ Guidelines for RF (Heart Foundation)
- Taking Responsibility for Test Results (BPAC)
- Instructions on how to take a throat swab
- Rheumatic fever education resources (in multiple languages) for sharing with family/whānau.

Links to information resources for patients and carers are also available.

FORGOTTEN YOUR PASSWORD OR NEED TO REGISTER FOR MIDCENTRAL'S PATHWAYS?

If you are new to pathways or forgotten your log on details, please email CCP@centralpho.org.nz to request registration.



IMMUNISATION UPDATE INFLUENZA

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 children who are:

- Aged four years or under who have been hospitalised for respiratory illness or have a history of significant respiratory illness.
- Children on a prescribed preventer for asthma.

Children between the ages of six months and eight years require two doses at least four weeks apart if an influenza vaccine is being given for the first time. This provides them with a better immune response after two priming doses of vaccine.

- Recommended for women to receive FREE influenza vaccination during pregnancy.

*Interesting read – see the fact sheet at www.immune.org.nz on the front page under "HOT TOPICS" for further information.

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