

KIDS health

news

ISSUE 30
SEPTEMBER 2019

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#



Child and Adolescent Oral Health Service
FREEPHONE 0800 825 583 | 0800 TALK TEETH

PREVENTING DECAY THROUGH HEALTHY EATING AND DRINKING

Key points to focus on during dietary counselling:

- What's good for oral health is good for general health
- Sugar no more than three times a day
- Water only whenever possible
- Between meals, drink milk or water; snack on fresh fruit, or occasionally, a small piece of cheese
- Nothing to eat or drink after brushing last thing at night.



VISITING EARLY CHILDHOOD DENTAL THERAPIST

Sharon Carkeek is an Early Childhood Dental Therapist working for the Child and Adolescent Oral Health Service covering Otaki, Horowhenua, Feilding, Tararua and Dannevirke.

Her role is educating families, communities and health providers on oral health messages and habits, which help to encourage "Teeth for Life". Sharon is available to visit your venue to give an oral health presentation either during the day and/or evenings (by arrangement) to meet your particular needs. Sharon's contact details are:

Phone: 027 807 2948

Email: Sharon.Carkeek@midcentraldhb.govt.nz



IMMUNISATION UPDATE

There continues to be measles outbreaks in New Zealand. There have been 688 cases so far in 2019 and 237 people with measles have been hospitalised. Measles is highly contagious but easily preventable by vaccination and is free for those who need it. Two doses of the measles vaccine is all you need to protect yourself, your family and your community. Vaccination is especially important if you are travelling anywhere overseas, to protect yourself and to help prevent further outbreaks in New Zealand.

A record number of influenza vaccine have been distributed this year which contributed to the vaccine supply running out. We now have FluQuadri vaccine which is approved for use in individuals three years and older. Fluarix Tetra continues to be the only vaccine available for children 6-35 months of age. In previous years the surveillance data in New Zealand has shown that the peak season for influenza is August. Influenza can spread rapidly through populations, so it is important to ensure that our most vulnerable are immunized. For further protection it is recommended for all front-line staff to be immunized and those who are in close contact with those who are more vulnerable or most at risk of complications and be less able to mount a strong immune response to vaccination.

Whooping Cough (pertussis) is a highly contagious infection spread by coughing and sneezing. It's caused by bacteria which damages the breathing tubes. This can be very serious for babies and children. From the 1st July 2019 funding for boostrix (pertussis) vaccine will include pregnant women in their 2nd and 3rd trimester. The Immunisation Advisory Centre recommend boostrix be given from 16 weeks gestation and at least two weeks prior to birth to allow time for the women's immune system to produce antibody protection against pertussis. This will also ensure enough time prior to birth for high levels of antibodies to pass through to the placenta into the baby to provide temporary protection until the baby gets its own immunisation at six weeks.

Shelley Daysh (Immunisation Coordinator) | Ph: (06) 560 3400
Mobile: 027 555 8977 | Email: shelley.daysh@thinkhauora.nz

INVITATION TO THE FREE

CHILD HEALTH FORUM
Wednesday 25 September 2019
5.00pm – 7.30pm

Convention Centre, Main St, Palmerston North

RSVP to cpd@thinkhauora.nz or ph 022 043 1093 by Wednesday 18 September.

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



NURSE PRACTITIONERS CHILD HEALTH UPDATE

Uru Pā Harakeke/Healthy Women Children and Youth cluster is proud and delighted to announce the recruitment of two Child Health Nurse Practitioners to our Community Child Health Team.

Uru Pā Harakeke in collaboration with Uru Kiriora/Primary, Public and Community Health cluster are implementing these new roles.

Bridget Bellhouse and Josh Puts commenced with the team on 1st July.

Bridget brings a wealth of experience within the Child Health setting, most recently as a CNS focusing on eczema and asthma in the Child Health Community Team.

Josh has been ACN for Paediatric Outpatient Services and will also bring significant child health knowledge to his role as he joins the Child Health Community Team.

Josh and Bridget will work across the District Health Board supporting Child Health, Public Health Services, General Practice Teams, community providers and linking with other sectors.

Josh and Bridget are known for their enthusiasm and professionalism and look forward to making even more of a difference for children living in our district.

STRATEGIC BREASTFEEDING IMPROVEMENT PLAN

The MidCentral DHB Strategic Breastfeeding Improvement Plan 2019–2029 is in its final stages of being endorsed as a result of needing to address the low rates of breastfeeding within the district.

A Breastfeeding Steering Group will be convened to support the implementation of the roll out, led by Marama McGrath and supported by Dee Hikairo.

If you would like further information please contact Marama on email:
marama.mcgrath-mcdonald@midcentraldhb.govt.nz



NEW ZEALAND CHILD AND YOUTH CLINICAL NETWORK

The New Zealand Child and Youth Clinical Network have been developed in partnership with the Paediatric Society of New Zealand and supported by the Ministry of Health.

Guidelines developed by the twelve clinical networks have been made available through the Starship website:

starship.org.nz/health-professionals/child-and-youth-eczema-clinical-network/



collaborative
clinical pathways

Child Health Collaborative Clinical Pathways



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



Whanganui & MidCentral

NEW CLINICAL PATHWAYS SITE COMMUNITY HEALTHPATHWAYS

On 1 July 2019, MidCentral DHB launched a new collaborative pathways site.

Whanganui & MidCentral Community HealthPathways

<http://ccp.communityhealthpathways.org/>

HealthPathways replaces Map of Medicine which was decommissioned in 2018. HealthPathways provides health professionals with access to more than 600 pathways, founded on evidence-based best practice across New Zealand and overseas, and backed by a very strong clinical and peer review process.

Initially all pathways will be standard national pathways without localisation to our district. Pathways will be localised progressively. Localising pathways will range from adding local contact details to changing advice within the pathway to fit with local service arrangements. In the interim, our localised Map of Medicine pathways are available through HealthPathways under MOM – MIDCENTRAL on the HealthPathways home page.

HealthPathways is available on a mobile-friendly platform – whether you are in a clinic, in the hospital or out in the community, HealthPathways can be accessed and used on a variety of computers and devices.

HealthPathways will open automatically if you click the link within Indici Practice Management System, MidCentral DHB intranet, THINK Hauora intranet, The Provider Portal or Regional Clinical Portal. Soon you will also be able to access HealthPathways automatically inside Medtech.

If you are a health professional in the MidCentral district and would like access to Whanganui & MidCentral Community HealthPathways click here:

<http://ccp.communityhealthpathways.org/>

For any other questions, please contact your pathways team:
Email ccp@thinkhauora.nz

YOUR FAMILY & ANTIBIOTICS

WHAT YOU NEED TO KNOW



Antibiotics aren't always the best treatment for some common infections. In fact, they can't fix a virus like a cold or flu, and are not usually needed to treat most ear infections.

We need to use antibiotics carefully, or they'll stop working.

Overusing antibiotics, especially when we don't need to, is causing **antibiotic resistance** – when bacteria get better at defending themselves, and our antibiotics don't work as well.

Over time, antibiotics could stop working when we need them to, putting people's lives at risk. It's a global health threat, and we all need to help keep antibiotics working.

PHARMAC New Zealand Government



www.keepantibioticsworking.nz