

KIDS HEALTH NEWS

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 MDHB website:

www.midcentralthb.govt.nz/Publications/AllPublications/pages/default.aspx?query=Kids#



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Guest editorial by Katherine Gibbs, Programme Director:
Clinical Networks, Health Care Development, MidCentral DHB.



ADOLESCENT AND YOUNG (AYA) CANCER

There are six AYA keyworkers that support the approximate 180 young people and their families that are newly diagnosed with cancer each year in NZ. The MidCentral DHB AYA service covers the Manawatu, Wanganui, Taranaki and Hawkes' Bay regions and has a particular focus on encouraging a youth development approach to AYA work, keeping the AYA engaged in their treatment process, and assessing and providing follow-up work and support around psychosocial concerns relevant to the young person and their family. The AYA worker can be contacted on 0800 292 226 for new referrals, or to discuss how this service can assist you further.

At an open forum hosted by the MidCentral DHB Cancer District Group in November 2011, young adults (AYA) with cancer in the region, a panel was formed comprising: Anna Hocquard – youth cancer survivor; Blanche Collins – social worker, MidCentral DHB AYA cancer services; Karen Woodfield – CanTeen Youth Worker (member services)

The aim of the panel was to provide information to community based nurses who work with youth within the MDHB region. It is noted that AYA outcomes for some cancers have plateaued (when compared with their child and adult equivalents) since 1995. Reasons for this include that for this age group:

- They often have 'poorer prognosis' cancers
- They present with a larger array of cancers – they experience childhood cancers plus earliest cases of cancers associated with later adulthood as well as cancers associated with environmental factors (eg malignant melanoma). There are also certain types of cancer that are more commonly seen in this age range including thyroid and testicular cancers
- Delayed diagnosis – can affect as many as 75% of AYAs
- Theories that body composition, size, organ maturity and hormonal status may have an impact
- They may not be strongly advocating for their own health and the financial cost of health care can prevent AYAs receiving timely treatment
- There are fewer people enrolled in clinical trials in this age group.

Diagnosis can be difficult. An acronym to remember is **CAUTION**:

- C = change in mole or new skin lesions
- A = abnormal discharge from orifice
- U = unilateral knee/shoulder/pain/swelling
- T = tumour/bulge/bump/mass anywhere
- I = increasing lymph gland
- O = obstinate fatigue, fever
- N = neurologic deficit



Consider re-assessment, further investigations or referral where presenting symptoms are persistent and unexplained.

NEW PASIFIKA SERVICE

The Pasifika Service rolled out on 1 July 2013, with the main objective of assisting Pasifika mothers and children to access health services that are already available to them in the MDHB region. The Pasifika Maternal Child Health developed in response to the poor health outcomes of the Pasifika population in New Zealand with the most vulnerable group being the mothers and children. Using a value based framework to guide its activities, the Pasifika service provides support and motivational strategies for empowering mothers and children with health services information. The service targets Pasifika mothers from pregnancy to 16 weeks post-delivery and children from 0 to 5 years

Pasifika mothers and children can be referred for follow-ups and support for DNAs in any child health services such as immunisation, specialist clinics, Plunket, newborn enrolment, eczema clinics and support, oral health issues, GP enrolment and maternity services such as assisting pregnant women enrol with a midwife or providing support for antenatal education and breastfeeding for primigravid women as well as identifying potential or existing perinatal mental health challenges in Pasifika families for specialist management.

The service provides home visits and does health assessments and makes referrals to other specialist services that are available and accessible to the families. The service also acts as an advocate for mothers having difficulties in navigating health services for their children and families and also strives to provide important information to empower mothers and families.

Pasifika mothers can self-refer and members of the Pasifika communities may also need to refer their relatives and immediate family members. All other health service providers are encouraged to refer Pasifika mothers and children that need follow up or support.

Based at the CentralPHO on 575 Main Street, the coordinator can be contacted at:

Email: alisi.vudiniabola@centralpho.org.nz,
Office Line: (06) 354 6107 Mobile: 027 274 8109

Alisi Vudiniabola, Pasifika Maternal Child Health Services Co-ordinator, Central PHO.

Continuing Professional Development - Program Overview for 2014

Child Health Education Program

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
	Paediatric Assessment - The Well Child	Child Health Forum		Paediatric Assessment - Recognising the Unwell Child		Paediatric Pain Assessment and Procedure Management		Child Health Forum		Paediatric Conditions - What you need to know	
	3 hr workshop (9am-12pm), Palmerston North, Horowhenua & Tararua	2 hr evening forum (5-7.30pm), Palmerston North		3 hr workshop (9am-12pm), Palmerston North, Horowhenua & Tararua		3 hr workshop (9am-12pm), Palmerston North, Horowhenua & Tararua		2 hr evening forum (5-7.30pm), Palmerston North		3 hr workshop (9am-12pm), Palmerston North, Horowhenua & Tararua	
	PN - Mon 3rd	PN - Wed 5th		PN - Wed 7th		PN - Mon 7th		PN - Wed 10th		PN - Mon 3rd	
	Levin - Wed 12th			Levin - Wed 14th		Levin - Wed 9th				Levin - Wed 12th	
	DNV - Wed 19th			DNV - Wed 21st		DNV - Wed 16th				DNV - Wed 19th	

This is an overview of the child health sessions being offered by Health Care Development for 2014 for nurses working in Primary Health Care. The above sessions align to the Child Health Knowledge and Skills programme.

For more information & to register please access the online Continuing Professional Development (CPD) Calendar via the Central PHO website <http://elearningmidcentral.wordpress.com>



NEWBORN ENROLMENT PROGRAMME

Having a newborn baby can bring lots of excitement and happiness to a family's life. The excitement of holding the little bundle of joy for the first time and watching it take its first few breaths is unmatched. However, with the arrival of a newborn comes the responsibility of managing their health and wellbeing.

To help make this process easier for new parents, MDHB recently launched a newborn enrolment programme – this is available to all families of the 2,500 children born within the MidCentral DHB region each year. The programme consists of a form which links parents to a variety of publically funded health services – these include:

- National Immunisation Register
- Well Child Tamariki Ora provider
- General Practice Team
- Child & Adolescent Oral Health Service
- Universal Newborn Hearing Screening and Early Intervention Programme.



Forms are distributed to mothers after the birth of their babies and should be completed prior to leaving hospital. This enables all services involved to be notified as soon as possible.

For more information on the Newborn Enrolment Programme contact Michelle Drew michelle.drew@midcentraldhb.govt.nz or ext 4571.

MIDCENTRAL DISTRICT HEALTH BOARD
Te Pae Hauora o Ruahine o Tairāroa

HEALTH EXPO!

**Thursday, Waitangi Day
6 February 2014**

- Open to the public for free
- 10am – 4pm at the Convention Centre
- Te Manawa is holding Waitangi Day celebrations next door

**WELL CHILD EXHIBIT
UPSTAIRS**

Convention Centre
palmerston north

BOOSTER SEAT – NEW LEGISLATION

From November 1 2013, the New Zealand child restraint law changed. For children under the age of seven years must be properly restrained in an approved child restraint. They must not travel in a car if you can't put them in an approved child restraint. An approved restraint is one that best suits their height and weight (as specified on the seat). It can be a harnessed child restraint, full backed booster seat or half booster cushion. If a half booster is used the child needs sufficient head support behind their head at all times otherwise a full backed booster with head support is required. All approved child restraints display Standards Markings. For more information visit the following websites: www.plunket.org.nz or www.safekids.org.nz



IMMUNISATION UPDATE

National Immunisation Schedule 2014:

There will be changes to the National Immunisation Schedule next year these will be confirmed early in the year by Pharmac.

Hepatitis B: Babies of Hepatitis B positive mothers require a blood test after their 5 month vaccinations this is important to check they are immune to Hepatitis B. If you come across these children that have never had a blood test confirming they are immune to Hepatitis B please can you contact ourselves or Jane Heath at Public Health.

BCG: Can you please ensure when completing the request form for a BCG that the NHI, date of birth and contact details are filled in. If this is not completed it can make it very difficult to contact these families.

Vaccination Courses 2014: The immunisation Advisory Centre have released the dates for their education courses for next year this includes vaccinator training courses, updates for trained vaccinators, immunisation information courses and midwives education courses. For further information and to register – www.immune.org.nz or phone 0800 882 873 (IMAC).

Contact: Tracey Bentall, 027 588 4423, tracey.bentall@centralpho.org.nz or Vicki Rowden, 027 555 8977, victoria.rowden@compasshealth.org.nz



SUNSMART UPDATE

The Cancer Society can support you to develop SunSmart practices to protect the health and wellbeing of our children and reduce the burden of melanoma in New Zealand.

The Cancer Society supports you to develop your SunSmart organisational culture by:

- Identifying opportunities and barriers to sun protection
- Providing information and resources on sun protection and skin cancer prevention
- Assisting in developing action plans for implementing sun protection strategies
- Providing ideas and support for promotional activities and events
- Helping review and develop sun protection policy or procedures
- Delivering professional development for teachers/ educators and parents as needed
- Assisting with applications and supporting information for funding
- Providing free sunscreen to support community sunsmart event management.



Please remind your families that regardless of the temperature, UV radiation levels are in the very high-extreme range at this time of year and particular care should be taken to ensure we all enjoy a day of celebrations that don't put ourselves at risk of skin damage. Many surfaces reflect UV radiation, increasing the risk that unprotected skin will be damaged or burnt. Water and sand both reflect UV, so particular care to ensure children are well protected at the beach, park or pool is important.

If you need any assistance with SunSmart policy development, information on skin cancer prevention and early detection, please contact Kerry Hocquard, Manawatu Cancer Society SunSmart Advisor on (06) 356 5355 or email kerry.hocquard@cancercd.org.nz

INVITATION

to the free

10th CHILD HEALTH FORUM 2014

presented by MidCentral DHB facilitated by Child Health Service – Community

Wednesday, 5 March 2014 @ 5.00pm
Convention Centre, Palmerston North

To be added to the database to receive the programme, please email: tracy.sharples@midcentraldhb.govt.nz