

# 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 the MDHB website:

[www.midcentraldhb.govt.nz/Publications/AllPublications/pages/default.aspx?query=Kids#](http://www.midcentraldhb.govt.nz/Publications/AllPublications/pages/default.aspx?query=Kids#)



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## SOCIAL WORKER, CHILD HEALTH COMMUNITY TEAM



Kat Arnold recently joined the Child Health Community Team based at Health on Main as a Social Worker. Kat has a child protection background and comes to this role with eight years experience working at Child, Youth and Family. The focus of this newly established social work position is on working with healthcare teams to improve and enhance clinical care of the child and their family/whanau through the delivery of services that are responsive to the client's needs and the healthcare setting. This includes inter-disciplinary assessment and referral processes, developing plans with the child and their family/whanau to address their needs, referring and linking with appropriate services, collaborating with other agencies and services to improve the health and wellbeing of the child and their family/whanau and advocating for solutions to unmet needs. So far Kat has worked with children and families to assist with access to care and treatment, child protection concerns, DNA support and in an advocacy role.

At this stage Kat is only accepting referrals from the Child Health Community Team. However, it is expected that the referral criteria will expand as the team continues to grow and develop and working partnerships are established with more primary health services. Kat advises that she is looking forward to being involved in the ongoing development of the role, continuing to build networks within the health and social sectors and assisting families to improve health outcomes for their children and young people.

**Based at Health on Main,  
Kat can be contacted at email:  
[kat.arnold@midcentraldhb.govt.nz](mailto:kat.arnold@midcentraldhb.govt.nz)  
or phone: (06) 350 4547.**

## KEEPING BABIES SAFE IN MDHB

**By Jessica Sandbrook, Pepi Haumarū/Keeping Babies Safe Community Nurse Co-ordinator**

What do all babies need to ensure they are safe, healthy, growing and thriving? The answers are multiple, but in my opinion the most important need is that of parents, family/whanau who are able to do their very best to protect and nurture their child.

So how can health professionals make a difference in this dynamic? Through every health interaction we hold the potential to empower and enable parents in their job of parenting. Often we don't realise the impact we will have on a person's life through our practice. I remember Dr Russell Wills, Children's Commissioner speaking at an immunisation training day in 2010 – telling us that the best thing you can do for parents is compliment them on their parenting. It is empowering and motivating to be recognised for doing a good job – especially from a health professional that you hold in high regard.

The intent of this article is to exhort all health professionals to be proactive in supporting parents and whanau to keep babies safe. To be proactive:

- Ensure you are knowledgeable about and able to provide best practice information
- Develop an approach to this topic that opens the door to discussion
- Believe what you are saying and that it will impact positively on parents
- Be ready to seize the opportunity when it appears
- Take on the responsibility to participate in this work; it

takes a village of health professionals to support parents

- See yourself as the vector for health promotion.

### SAFE SLEEP

Baby needs to sleep **Face up, Face Clear, In their Own Sleep Space, with Parent Near**. This is simple information based on the most up-to-date research. The key to communicate is that every sleep needs to be a safe sleep. Coach parents on what they can do to safely sleep their babies – encourage them to provide a safe sleep space – a cot, a bassinet, a Moses basket, a wahakura or a Pepi-pod all do this. When parents choose to bed share, your role is to provide good information, it is up to the parents to make the decision they believe is best for them and their babies.

### SHAKEN BABY SYNDROME PREVENTION

This is an issue that is easily brushed aside as being rare and applying to only a few very serious child abuse cases. In reality it is a subject that must be discussed with all parents, as all parents are at risk of snapping and shaking their baby. The shaken baby prevention programme is underway in the MDHB region – with an emphasis on prevention.

### SMOKEFREE BABY

This work must continue tirelessly. Keep asking parents and whanau if they smoke. Keep on recommending cessation. Keep offering cessation support and refer

them to a cessation support agency. As my children will quote... never give up, never give in.

- It is a difficult and challenging situation – as many health professionals report parents won't tell them the truth about their smoking.
- This is an opportunity to use your creativity, and your tenacity.
- Ask about others in the family or whanau – do they smoke, could you offer support to them?
- Offer nicotine replacement therapy (NRT) to pregnant mothers. It is agreed that it is safer to use nicotine replacement therapy in pregnancy than for a parent to keep on smoking.

In the MDHB region the Te Ohu Auahi Mutunga (TOAM) Collective is available for you to refer anyone who needs help to stop smoking. TOAM are at the cutting edge of smoking cessation innovation and have the resources and ability to make a positive difference in the life of a smoker.

**For any further questions or comments. Ph: (06) 350 4547  
Email: [jessica.sandbrook@midcentraldhb.govt.nz](mailto:jessica.sandbrook@midcentraldhb.govt.nz)**



## MDHB CHILD HEALTH FORUM 2015

Facilitated by Child Health Service Community Team

Participants from health, education and social services are welcome

Wednesday, 25 March 2015 @ 5pm, Convention Centre, Main Street, PN

**FREE ADMITTANCE**

RSVP to: Jo Sims phone (06) 350 4555 or email: [cpd@centralpho.org.nz](mailto:cpd@centralpho.org.nz)  
or phone: (06) 350 4541 by 20th March 2015

# NEW PASIFIKA SUPPORT STAFF

The Pasifika Health Service at the CentralPHO recently welcomed their new Support Worker Ms Lisa McCarthy to the Pacific team. Lisa who is Samoan with a social work background is a welcome addition to the service especially the Maternal Child Health service. Lisa is expected to provide support for young Pasifika families struggling to access health and social services available in the MDHB region. She can be contacted through the CentralPHO where she is based or at the Pasifika outreach clinics at Highbury on Tuesdays and at the Horowhenua Community Practice at Levin on Fridays.

## ACCELERATING AOTEAROA TOWARD SMOKEFREE 2025 USING THE TOAM



Te Ohu Auahi Mutunga

Menu of Opportunities to Stop Smoking

- **Te Ara Whanau Ora Auahi Mutunga:** Strength-based kaupapa Maori support to stop smoking.
- **WERO:** Team challenge, 10 smokers in a virtual waka competing in an amazing race starts 1 April.
- **Group based withdrawal treatment:** 7 x 1 hour sessions – commitment, treatment, motivation, buddy.
- **Whakahau Ora:** Partnering a hapu whanau with a midwife and TOAM to stop smoking with incentives.
- **Cessation Station:** Walk in, receive support, stopping smoking at all stations in the TOAM rohe.
- **Return of the Packs:** Go where you may have been before – free packs available from participating pharmacies combat the price increase with NRT to try, information to advise and referral to TOAM for support.

Hei whakatikatika i te huarahi – guiding a process of transformation

Contact: Ashley Kate, [toam@tewakahuia.org.nz](mailto:toam@tewakahuia.org.nz), Phone: (06) 357 3426

# IMMUNISATION UPDATE

We have been sustaining the Ministry of Health childhood immunisation target in our DHB for two year, and eight months olds. We are working hard to achieve 95% of all four-year-olds fully vaccinated. Please remind parents this is a vaccine given at four years of age not five years.

### BOOSTRIX

Boostrix is free for all pregnant women from 28 to 38 wks.

### INFLUENZA VACCINE

Children aged six months to under nine years of age who are receiving the influenza vaccine for the first time should receive two doses four weeks apart, as they may be immunologically naive and so get a better response from a two dose priming regime. Children who have received a previous influenza vaccine need only a single dose.

Influenza vaccine is free for:

- All pregnant women (this can be given at any stage in their pregnancy)
- Children aged four years and under who have been hospitalised for a respiratory illness, or have a history of significant respiratory illness.

### Immunisation Coordinators:

- **Vicki Rowden**  
Ph 354 6107 [victoria.rowden@centralpho.org.nz](mailto:victoria.rowden@centralpho.org.nz)
- **Tracey Bentall**  
Cellph 027 555 08977 [tracey.bentall@centralpho.org.nz](mailto:tracey.bentall@centralpho.org.nz)
- **Natalie McMillan**  
Ph 354 6107 [natalie.mcmillan@centralpho.org.nz](mailto:natalie.mcmillan@centralpho.org.nz)

Be Wise Immunise "Up to Date Before It's Late"



Every child should have an Asthma Action Plan

## ASTHMA CHECKPOINT

### Is your asthma under control?

Here are four key questions to ask.

- **Attendance at school/preschool.**
- **Waking at night with cough or wheeze**
- **Ability to exercise**
- **Amount of beta agonist used.**

Ask your health professional for an asthma action plan.

[app.mapofmedicine.com](http://app.mapofmedicine.com)

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

## INFANT MATERNAL MENTAL HEALTH TRAINING

Presented by MCH Public Health and Mental Health Services. This free workshop is for health professionals and other healthcare providers interested in maternal mental health.

St. Albans Lounge, 339 Albert Street, Palmerston North on Monday 23 March 2015.

- Shaken Baby Prevention • Horowhenua/Otaki Children's Team
  - Infant Mental Health Whakahau Ora Program
  - Vulnerable Pregnancy Multi-Agency Forum
  - Enhancement of Acute Perinatal Mental Health
  - Children of Parents with Mental Health & Addictions

BYO lunch, morning tea supplied. RSVP by Wednesday 18 March, 2015.

Email [pauline.brown@midcentraldhb.govt.nz](mailto:pauline.brown@midcentraldhb.govt.nz) or Public Health Services ph (06) 350 9110.



## Continuing Professional Development – Programme Overview for 2015

### Child Health Education Programme

March	May	July	September	September/October
<b>Child Health Forum</b>	<b>Paediatric Assessment – The Well Child</b>	<b>Paediatric Pain Assessment and Procedure Management</b>	<b>Child Health Forum</b>	<b>Paediatric Conditions – What You Need to Know</b>
2 hr evening forum (5–7.30pm) Palmerston North	3 hr workshop (11am–2pm) Palmerston North, Horowhenua and Taranaki	3 hr workshop (11am–2pm) Palmerston North, Horowhenua and Taranaki	2 hr evening forum (5–7.30pm) Palmerston North	3 hr workshop (11am–2pm) Palmerston North, Horowhenua and Taranaki
25 March, Convention Centre, Palmerston North	PN – 6 May Health on Main	PN – 2 July Health on Main	23 September Convention Centre Palmerston North	PN – 2 September Health on Main
	Levin – 14 May Horowhenua Health Centre	Levin – 21 July Horowhenua Health Centre		Levin – 15 October Horowhenua Health Centre
	DNV – 20 May REAP, Dannevirke	DNV – 29 July REAP, Dannevirke		DNV – 16 September REAP, Dannevirke

- This is an overview of the child health session being offered by Health Care Development for 2015 for nurses working in Primary Health Care.
- The session aligns to the Child Health Knowledge and Skills programme.
- To register for these sessions please email [cpd@centralpho.org.nz](mailto:cpd@centralpho.org.nz)
- For more Continuing Professional Development for Primary Care, please visit: [elearningmidcentral.wordpress.com/](http://elearningmidcentral.wordpress.com/)