

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#

Bronchiolitis



By Dr Werner Truter

Few diseases have a greater effect on the health of young children than Bronchiolitis. In the USA, 20% of the annual birth cohort seek outpatient help for disease caused by Respiratory Syncytial Virus (RSV). Around 3%

of children younger than 12 months get admitted to hospital with a diagnosis of Bronchiolitis.

Bronchiolitis is characterised by acute inflammation, oedema, and necrosis of epithelial cells lining small airways, and increased mucus production. Signs and symptoms typically begin with rhinitis and cough, which may progress to tachypnea, wheezing, crackles, use of accessory muscles, and/or nasal flaring. Many viruses, including RSV, human rhinovirus and parainfluenza virus, can cause Bronchiolitis. There is a peak incidence in winter, but Bronchiolitis can occur throughout the year.

Understandably, many therapies have been used and are still being used today. The latest guidelines by the American Association of Paediatrics, clearly states that there is **no evidence for the use of steroids**, salbutamol or nebulised adrenaline. Only interventions like oxygen supplementation and nutritional and hydration support, should be used.

In the community, avoidance of tobacco smoke and the upkeep of hand hygiene are the only measures that are supported by current literature.

Although Bronchiolitis causes much distress, it is worth remembering that it generally has an excellent prognosis. For patient information, you can refer parents to the New Zealand Kidshealth website www.kidshealth.org.nz/bronchiolitis.

MidCentral District Health Board

CHILD HEALTH FORUM

MARCH 2016

Participants from health, education and social services are welcome.

FREE ADMITTANCE

Facilitated by Child Health Service Community Team

Wednesday 23 March 5pm

Convention Centre,
Main Street, Palmerston North

RSVP cpd@centralpho.org.nz
or ph Amy Schrader (06) 353 1711
by Friday 11 March 2016.



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.

Every child should have an Asthma Action Plan

Ask your health professional for an asthma action plan.

app.mapofmedicine.com

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



SMOKEFREE TAMARIKI

When working with families/whanau, an important part of our role is to offer them opportunities that will empower them to nurture and protect their children. Creating smokefree homes and environments for our children should be a priority. Evidence proves that children exposed to second-hand smoke are more likely to develop asthma, bronchiolitis, coughs, colds and ear infections.

Every patient every contact – ABCD

Always ask the question: "Are you a smoker?"

- Brief advice – be consistent, offer advice. "The best advice I can give you for you and your children's health is to stop smoking, would you like support to stop?"
- Cessation – referral. "I'll make you a referral". Email referrals to: toam@tewakahuia.org.nz
- Document – this referral.

Use every encounter as an opportunity to have the above conversation. We can all make the difference to our tamariki.

Helpful sites: www.smokefreenurses.org.nz www.quit.org.nz

COLLABORATIVE CLINICAL PATHWAYS (MAP OF MEDICINE)

WHAT YOU NEED TO KNOW...

- The Behaviour Issues in Children pathways have recently been reviewed and updated to enhance their usefulness and relevance to primary care. Key changes include:
 - Addition of the following resources:
 - assessment and screening tools to assist with initial diagnosis, eg home and school questionnaires, strengths and difficulties questionnaires, ADHD screening tool for primary care
 - links to referral forms and information
 - inclusion of a new node ('resources for providers') to provide a one-stop-shop for all resources.
 - Inclusion of new/additional child related services (eg Horowhenua/Otaki Children's Team, Massey University Psychology services).
 - Guidance on screening for domestic/family violence.

These updates will be available to view from Map of Medicine from 29 February.

- A seventh child health pathway will be published to Map of Medicine in March: Sore Throat Management – Prevention of Rheumatic Fever. This will be available to view from 28 March.

To register for Map of Medicine or for further information simply email: clinicalpathways@midcentraldhd.govt.nz

INFLUENZA

Children

Influenza season is approaching, and healthy children are the major cause of the spread of influenza viruses in the community. Children with a chronic medical condition, children aged four years and under who have been hospitalised for a respiratory illness or have a history of significant respiratory illness are eligible for a free flu vaccine. If you have a query around a child's criteria, please call 0800 466 863. Children aged six months to under nine years-of-age who are having the influenza vaccine for the first time should receive two doses four weeks apart – children who have received previous influenza vaccine need only a single dose.

Pregnant women

Influenza vaccine has been recommended and funded in New Zealand for pregnant women since 2010. This has been found to be highly effective in preventing influenza and its complications in women, by passive protection through the placenta for a short time after birth to her infant. The influenza vaccine is an inactivated vaccine – there are no concerns about the safety of the vaccine in any trimester in pregnant women. Pregnant women who contract influenza have significantly higher rates of hospital admissions than women who are not pregnant. Please ensure pregnant women are aware they are eligible for a free flu vaccination in their pregnancy and if they require further information they can refer to www.fightflu.co.nz website.

PROMOTING HEALTHY HOMES HEALTHY HOMES PROJECT



Warmer, drier homes provide real benefits to our children. Insulating homes has proven benefits to reducing health risks caused by cold, damp housing like respiratory illnesses and serious diseases like Rheumatic Fever. A government funded programme called **Warm UP NZ: Healthy Homes**, is an insulation programme delivering warmer, drier and healthier homes to communities in most need.

Referral eligibility (relating to families):

- Owner/occupier (parent) must hold a Community Services Card
- One or more occupants are under the age of 17.

Health referrals will take priority.

For more detailed information regarding referral eligibility and how to refer one of your families by using 'Prescription for Insulation' referral sheets.

USEFUL LINKS

POWER TO PROTECT

Coping with crying baby:

www.kidshealth.org.nz/crying-what-do

KEEPING BABY SAFE

www.health.govt.nz/your-health/pregnancy-and-kids/first-year/6-weeks-6-months

Continuing Professional Development - Programme Overview for 2016

Child Health Education Programme

March	April	July	September	October
Child Health Forum	Paediatric Pain Assessment and Procedure Management	Best Practice for Children	Child Health Forum	Making a difference for Children with Chronic Illness and Disability
2 hr evening forum, (5:00 – 7:30pm)	2 hr workshop	2 hr workshop	2 hr evening forum, (5:00 – 7:30pm)	2 hr workshop
March 23 rd Palmerston North Convention Centre	Palmerston North April 6 th Health on Main 11-1pm	Palmerston North July 6 th Health on Main 11-1pm	September 21 st Palmerston North Convention Centre	Palmerston North October 26 th Health on Main 11-1pm
	Levin April 13 th Horowhenua Health Centre 5.30-7.30 pm	Levin July 27 th Horowhenua Health Centre 5.30-7.30 pm		Levin October 12 th Horowhenua Health Centre 5.30-7.30 pm
	Dannevirke April 20 th REAP 11-1pm	Dannevirke July 20 th REAP 11-1pm		Dannevirke October 19 th REAP 11-1pm

- This is an overview of the child health session being offered by Health Care Development for 2016 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@centraldhd.org.nz
- For more Continuing Professional Development for Primary Care please visit <https://learningmidcentral.wordpress.com/>