

CYNet



The Paediatric Society of New Zealand
Te Kāhui Mātai Arotamariki o Aotearoa



"Tamariki in Aotearoa flourish in health and wellness"

Newsletter of the Governance Group for New Zealand Child and Youth Clinical Networks Issue 2 - 2021

Tēnā Koutou Katoa

This year has had its ups and downs and as I write we are in the middle of the Covid-19 delta variant breakout that has particularly affected our Auckland colleagues. I want to acknowledge all the work being done at the frontline during this pandemic keeping business as usual going as well as responding to Covid-related health care. This Covid-19 return has also come fairly close on the heels of a very busy winter season of Respiratory Syncytial Virus (RSV).

In the last newsletter I welcomed Pam Henry as Programme Director for the Paediatric Society of New Zealand and the Clinical Networks and Karyn Sanson in the new role of Support Manager for the Clinical Networks. While a lot of business as usual has continued we have also been thinking about how we can increase our support for the Networks and facilitate their function. The Governance Group has been reviewing our strategic direction and this is a process being considered with The Paediatric Society of New Zealand (PSNZ), Te Kāhui Mātai Arotamariki O Aotearoa, as a whole. We are working towards a unified strategic direction, mission statement and clarification of our ways of working to ensure that we are addressing equity in all the mahi of Te Kāhui Mātai Arotamariki O Aotearoa.

During the last six months we have had hui with both our Māori and Pasifika colleagues in the PSNZ. The resounding message is that we need to do better in the network programme at addressing equity but in a way that enshrines the partnership principles of Te Tiriti o Waitangi. We also need to ensure we consider the health needs of the tamariki and rangatahi of Aotearoa NZ as well as the needs of their whānau. Many of the Networks are already recognising this and seeking expertise for their Clinical Reference Groups (CRGs).

The CRGs of the various Networks continue to produce a range of resources, both for families and clinicians and also to provide expertise to Government and government departments. The Governance Group is encouraged by the announcement of the Health Care reforms as we feel this could be a once in a lifetime opportunity to organise paediatric specialty services more equitably across Aotearoa NZ.

In May of this year I wrote to the Minister of Health Hon Andrew Little drawing attention to the fact that in Aotearoa NZ we have struggled to achieve equity of access to specialist child health services across multiple DHBs. While the Government has a strong focus on child wellbeing we are not seeing evidence that this is extended to new policy on the provision of child health services in Aotearoa NZ for those who are unwell and who need specialised secondary and tertiary health care. There are of course

challenges, due to our population size and geography, in developing high-quality services that are both equitable and close to home and yet also fully accessible when the service needs to be centralised.

In late July Nicola Austin (PSNZ President), Mike Shepherd (President-Elect), Pam Henry (Programme Director) and I met with members of the Transition Team involved in the health reform planning to discuss how PSNZ and the NZCYCN programme could contribute to the discussion around planning for paediatric services in the new health system. The Paediatric Sleep Clinical Network already has a draft plan for what a National Paediatric Sleep Service would look like and I was able to take along a two-page summary of that plan. It was well received and an indication was made to us that the Transition Team was looking for this sort of planning that might be 'ready' to move forward to more detailed planning when the legislation is in place.

Despite the added complexities created by the pandemic our Networks continue with their work. This newsletter includes a story from the Child Development and Disability Clinical Network about their hugely successful 'Lunch and Learn' sessions. These sessions are of interest to all members of the multidisciplinary teams involved in the care of tamariki and rangatahi with developmental needs and disabilities. Providing access to learning and discussion for health professionals in all disciplines is an important component of the mahi undertaken by the CRGs of each of the Networks.

Another important function of the Networks is to determine what is the best information that can be provided to whānau and other caregivers so they have a good understanding of the health needs of tamariki and rangatahi with specific conditions and disorders. As clinicians we understand what information needs to be provided but we need to ensure that this information is being presented in a way that will be easily understood by a lay caregiver and also easily accessed on a range of digital devices.

Because the coronavirus pandemic is not done with us yet, there are still some choppy seas ahead. The pathway to a new health system will also be a choppy sea to navigate. However, if we can all get on board the same waka, I believe considerable progress will be made.

He moana pukepuke e ekengia e te waka
(A choppy sea can be navigated by a waka)

Ngā mihi



Dawn Elder
Chair
NZCYN Governance Group

KidsHealth – taking robust advice in the right format to parents and whānau

Content in a range of non-text formats, especially video, is increasingly being used to educate parents, caregivers and whānau about child health issues via the [KidsHealth](#) website.

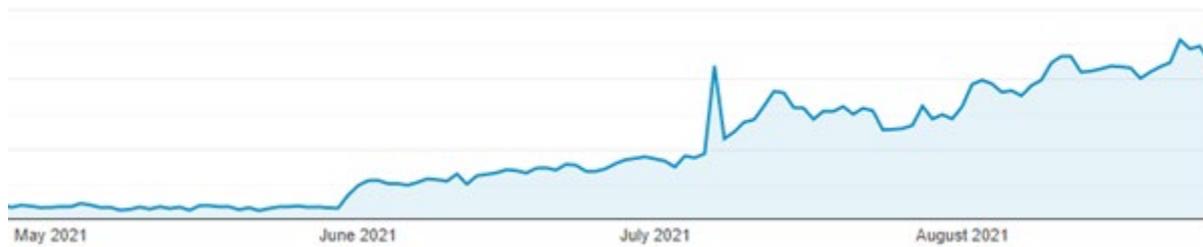
The site, established in 2005, is a joint initiative of the Paediatric Society and Starship Foundation, funded and supported by the Ministry of Health. The website is divided into two sections – one on Keeping Kids Healthy and the other covering Conditions and Treatments.

KidsHealth Programme Director Katherine Lissienko says, “We are increasingly using short videos for some conditions to show our viewers what to look for and when to seek medical help. We’re finding that this is very effective and popular with users.

“Helping parents and whānau identify when their child is struggling to breathe is an obvious example. Text is not the best way to get this information across. It’s much easier for people to view a short video - they can see and hear the symptoms of breathing difficulty and this can help them know when to seek medical help.”

Katherine says the analytics show this approach seems to be working. “The KidsHealth page ‘Signs that children are struggling to breathe’ has become increasingly popular following the addition of several short videos. It is currently by far the most visited KidsHealth page – about 30,000 page views by NZ and international visitors in August 21”.

The following video clip analytics underscore the popularity of short clips (figures to 26/8/21).

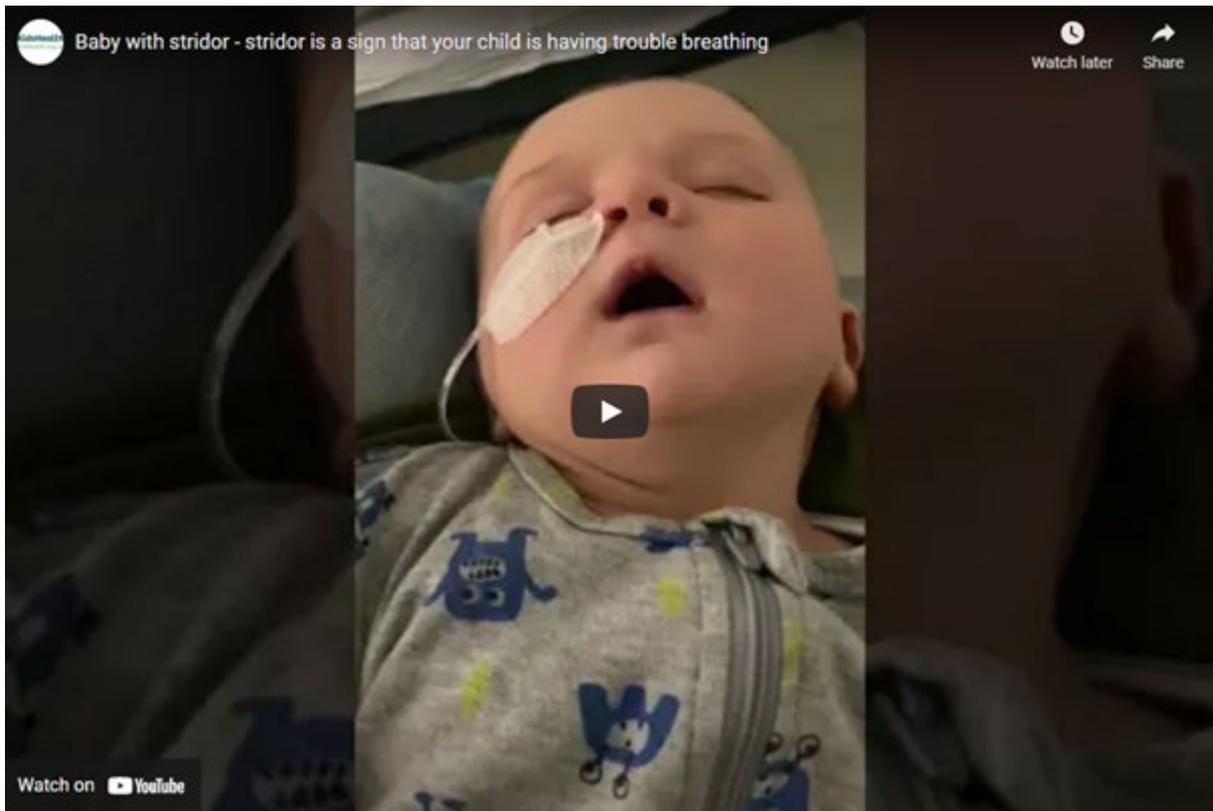


Pageviews, showing a sharp increase in visits to ‘Signs that children are struggling to breathe’ since the addition of videos in June.

Signs that children are struggling to breathe - click [here](#) 1 to watch the video.

The 6th and 7th videos down this page were filmed by an emergency doctor and provided to KidsHealth.

- Stridor sounds 1 (4,200 views since June 21)
- Stridor sounds 2 (5,200 views since June 21)



Snoring or noisy breathing - click [here](#) to watch the video.

The video of noisy breathing in a child with OSA (35,250 views since Oct 20).

Whooping cough - click [here](#) to watch the video.

The video of what a baby with whooping cough sounds like (24,250 views since June 19).

“I’m keen to expand the number of short videos on the site and would be grateful for any consented videos from health professionals. The next topic we’d like to enhance with audio/video is [cough in children](#). Just a few seconds of video/audio of a dry, irritated, barking and wet cough shot on your phone would really help parents and whānau understand the different types of cough and when to seek help. There is a KidsHealth consent form available on our [website](#)”.

Look out for more requests for video and audio coming through from Katherine via the PSNZ discussion/kōrero platform.

Lunch and Learn NZ - Knowledge transfer through Zoom educational sessions for health professionals

Increasingly technology is being used as a vehicle for professional development. The Child Development and Disability Clinical Network is one of our Networks that is making full use of a range of platforms to foster inter-professional learning, networking, and national discussion on supporting children with developmental differences and their whānau.

The monthly Zoom interprofessional 'Lunch and Learn NZ' series provides a regular opportunity to connect professionals across New Zealand and share learnings related to their clinical and research initiatives across the disability sectors.

The sessions are organised by Dr Fiona Graham (Otago University), Jane Harmer (Waitemata DHB), Estelle Borer (Specialist Rehabilitation Services) and Denise Janes (Northern Regional Alliance and Lunch and Learn Workstream Lead).



Dr Graham says, "The sessions have proven very popular and have attracted people from across the health and education sectors including health professionals working with children from occupational therapy, physiotherapy, nursing, developmental paediatrics, orthopaedic surgery and policy analysis backgrounds, people with disabilities, parents and advocates. On average, these interactive sessions are attended by more than 80 participants across New Zealand. "We record and upload each session to our [YouTube channel](#) which currently has around 60 subscribers. This means that if you miss a session you can watch it when you have the time. We're finding that each session gains a further 50-100 viewings on average.

"We also have a [Padlet](#) page that enables those watching the recording to join in the kōrero about the presentation and have their questions answered by the presenter," says Dr Graham.

The presenters cover a variety of topics relevant to the multiple professionals involved in the healthcare and education of this group of children. To stimulate further discussion on a topic, a Padlet page is created for each presented topic alongside the session. The educational sessions are followed by knowledge translation sessions focusing on "how to implement" the learning into clinical practice. These sessions also critically discuss inequity issues in accessing healthcare for children with disabilities and their whānau.

Past sessions have covered topics including rethinking disability for children, transitions of medical care for young people with developmental disabilities, from lab to life – evidence-based practice with children and ethnic inequalities in access to disability related support for children and young people.

The Zoom sessions are held on the second Tuesday of each month at 12pm. The regular Zoom link to join the session is: <https://zoom.us/my/lunchandlearnnz?pwd=VmFZeFRhbjZPc1dnWVBGZHNwbVFWZz09>

Dr Graham says, “Active participation and comments or suggestions are welcomed. If you’d like to know more about Lunch and Learn sessions and/or to present at the Lunch and Learn series please complete this [short survey](#).”

Discourse – it’s time to kōrero

Do you use Discourse? Do you even know what it is? Discourse is the PSNZ’s web-based communication forum. You can find it by clicking on the yellow Discussion/Kōrero button at the top of the [PSNZ website](#).



Discourse is designed to work both as a chat room and a mailing list, and gives you control over your individual settings for your account. For those new to Discourse, there’s a handy help guide for new users available [here](#).

Discourse uses categories to classify topics. On the left of the page, you can click on categories and choose those you want to view. You can also search the entire site for specific words. Discourse enables you to set notifications for posts and you can receive these direct to your phone by installing the ‘Discourse Hub’ app on iPhone or Android.

Any member can post an announcement, article, or newsletter, and it can be targeted to a specific group like a SIG. If you want to learn how please follow these [basic instructions](#) to get started.

“Discourse a very comprehensive tool but we are finding that it’s not getting as much use as it should,” PSNZ Communications Manager Ally Clelland says.

“We’re not sure why but maybe it’s because our members are busy and don’t have time in their day or week to check on what discussions or announcements are happening on the site. Another obstacle may be if people are having issues logging on to Discourse. If you need assistance with this, please email me at ally.clelland@paediatrics.org.nz and I’ll help sort it out.

“Discourse is an excellent tool and I encourage you to check it out and see what’s available. If you have any feedback about Discourse, please don’t hesitate to get in touch.”