



From the Committee...

Kia ora, Talofa lava, Malo e lelei, Fakaalofa atu, Namaste

Kia Ora Members, welcome to our last edition of TimeOut for 2024. Where has the year gone?

2024 has been challenging with the Government's ongoing cuts to health spending and the consequence of this on health services and the working environment for nurses and other health workers. Morale in the nursing community is at an all-time low for many compounding reasons, including poor staffing levels, concerns around patient safety, and a continued fight in some sectors for pay equity.

New Zealand is not alone in experiencing some of these issues. The International Council of Nurses recognises the many stressors impacting the health and wellbeing of nurses across the globe. International Nurses Day 2025's theme is 'Focusing on the Health and Wellbeing of Nurses'. The theme aims to shed light on the challenges nurses face, advocate for systemic change and improve the overall wellbeing of the nursing workforce. As members of the global nursing community, it is essential that we get behind the messaging of this theme next year.

At the time of writing, and with 2024 now drawing to a close, the College prepares to go forward into 2025 with three vacancies on the committee. Yune Fontaine is stepping down as Treasurer and Social Media lead; we owe so much to Yune for supporting the College in both these key roles and Emma Collins and myself have completed six years on the committee, with four of those in the role of Secretary and Chair, respectively. It has been a fantastic privilege to serve the College for this length of time, but it is now time for new leadership and an opportunity for others to help steer our waka.

As announced at our AGM, Donna Burkett and Heads' Jo Clark Fairclough (Te Rarawa, Ngāpuhi, Ngāti Pāoa), members of the remaining committee, are our new Co-Chairs. Between them both Donna and Jo have a wealth of child health experience and expertise, they are passionate and committed to improving health outcomes for all children and young people in Aotearoa and of the work of the College.

We hope you enjoy this summer edition of TimeOut, there are lots of links to click and hopefully some good holiday reading!

Wishing you all a very Merry Christmas/Meri Kirihimete and a Happy New Year,

Ngā mihi nui,

Sarah Williams, Outgoing Chair & Editor,

College of Child and Youth Nurses, Tapuhitia ngā mokopuna ma apopo NZNO



National News



Child and Youth Strategy 2025 - 2027

The child and Youth Strategy was released in November and sets out the Government's vision and desired outcomes for children and young people in Aotearoa. The Strategy responds to the requirement in the Children's Act 2014 to adopt a strategy to improve outcomes for children. It provides a snapshot of key actions the Government is taking now, areas in which further work will be undertaken, and the measures that will be used to demonstrate progress. You can view the strategy here:

[Child and Youth Strategy 2024-27](#)



Cure Kids' fourth State of Child Health Report, released in September, emphasises the need for urgent action to address worsening health outcomes for tamariki and rangatahi in Aotearoa New Zealand. The report, developed in collaboration with the NZ Child and Youth Epidemiology Service at the University of Otago, details the alarming reality that Māori children, Pasifika children, and children living in areas with the greatest socioeconomic deprivation are disproportionately affected by key health concerns. These include respiratory conditions, rheumatic fever and rheumatic heart disease, skin infections, dental disease, and mental health.

You can read the full report here:

[State of Child Health in Aotearoa NZ](#)

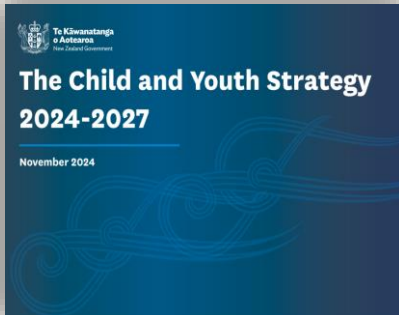
And more...



[KidsHealth](#) resources on pneumonia in children are now available in te reo Māori, Samoan and Tongan. These fabulous resources are designed to provide whānau with clear and practical information about this illness. They cover symptoms, treatment options, and preventative measures to ensure tamariki get the care they need. [Visit Pneumonia in Children](#) to check them out! The page includes an animated video designed to help parents and whānau identify and take action if they suspect their child has the condition.



In August of this year, the Children's Rights Symposium was hosted by Mana Mokopuna, Children and Young Peoples Commission NZ. The Symposium was a special gathering of mokopuna and others working to promote and advance children's rights across the community and government sectors. The Symposium was an opportunity for kaimahi across Government and civil society to build their understanding of the Children's Convention and how the UN's latest Concluding Observations on children's rights in Aotearoa New Zealand can be put into action. At the Symposium, a free digital booklet: [Doing What's RIGHT for Mokopuna in Aotearoa New Zealand | Te Mahi TIKA mō a Tātou Mokopuna](#), was launched. This child-friendly resource sets out all the rights under the Children's Convention and explains the UN Committee's Concluding Observations on New Zealand in a way that children and young people will enjoy.



National News cont...



In August, Pharmac – Te Pātaka Whaioranga announced that funding for continuous glucose monitors (CGMs), insulin pumps, and insulin pump consumables are available for people with type 1 diabetes from 1 October 2024. This is a life-changing decision in type 1 diabetes care that will not only improve health outcomes but also enhance the quality of life for so many of our young people and their whānau.

The Chair of the National Clinical Network for Children and Young People with Diabetes, Dr Jo McClintock, says: “Our pēpi, tamariki, and rangatahi with type 1 diabetes are unlikely to see anything more important than this decision in their lifetime. The impact of having this technology available for the parents and loved ones of young people with type 1 diabetes is going to be immeasurable”. For more information visit: [Pharmac - CGMs](#)



The NZ Child & Youth Clinical Network (NZCYCN) comprises of ten Networks that focus on a range of speciality areas. All Networks aim to provide health professionals with resources to improve practice, and to promote the delivery of equitable child and youth health services that improve health outcomes for all tamariki and rangatahi. Networks also provide a national voice to promote service improvements where child health issues and gaps are recognised in health service provision, which can involve submissions and consultation with Government and other healthcare providers. For more information about the specific remit of each Network, and to access the resources that they have developed Visit: [NZCYCN](#)

And even more...



Last month the Ministry of Health – Manatū Hauora, declared a whopping cough epidemic across Aotearoa New Zealand. Following spikes in May, June and July, whooping cough cases have been steadily increasing again since September. Director of Public Health, Dr Nicholas Jones, says that a number of countries are experiencing record levels of Pertussis, possibly due to lower infection rates during the COVID-19 pandemic. He says New Zealand should also be ready to see similarly high levels of cases over the next 12 months or more and, as in previous epidemics, Māori and Pacific pēpi will be most affected. Whooping cough is a highly contagious illness that can be particularly dangerous for newborn babies, and older adults, and in some cases it can be fatal. For more information visit: [Te mare tekekō – Whooping Cough](#)



Recently, the Paediatric Society of New Zealand announced their backing of the Carosika Collaborative with the chair of the NZ Child and Youth Clinical Networks, Nicola Austin contributing her expertise to the cause. The Collaborative works across the pregnancy sector to achieve the best outcomes for all pēpi at risk of preterm birth or born preterm in Aotearoa with a specific focus on equity for all whānau. Preterm birth, when pēpi are born before 37 weeks, can happen to anyone. Some people have a higher chance than others due to their personal pregnancy and health history and/or their social circumstances. The Collaborative belongs to everyone who wants to improve preterm birth outcomes in Aotearoa. For more information visit: [Carosika](#)



Beyond NZ - Global Bulletin



The [State of the World's Children 2024: The Future of Childhood in a Changing World](#) report was published by UNICEF last month. In this report UNICEF poses the question “What will the world be like for children in 2050? And what can we do today to ensure the best possible future for every child? These are the questions at the heart of this very interesting report.

The world of 2050 will be very different from today's. It will be a world where, in many high-income countries, children will account for a relatively small share of the population. As we move further into the twenty-first century, the future of childhood will increasingly be in Africa: By 2100, there will be more children on the African continent than anywhere else in the world. However, the challenges facing children and their communities will not be confined to a single continent – they will be global. Overcoming them – and ensuring a bright, secure future for every child – will be made still more challenging by another of the megatrends detailed in this report: the climate and environmental crises. Well worth a read!

Also worth a read is: [Aotearoa Youth Statement of Climate Asks](#) – a statement released in October following the COP Simulation event held in September 2024. Children and young people in Aotearoa and globally are demanding a safer, healthier, more sustainable world.



Recently, Save the Children, alongside three partner groups, including Western Sydney University, released a report entitled: [Protecting Children from Online Grooming](#). In response to incidents of online grooming and child sexual and financial exploitation being at an all-time high since the pandemic, the report outlines the findings of a study that explored how children from diverse backgrounds experience the various pleasures and pressures of engaging with unknown others online, and what steps they take to protect themselves from potential harm.

In total, this project worked with 604 children aged 8 – 18 years in Colombia, South Africa, Kenya, the Philippines, Cambodia, Finland and Australia to explore a range of questions which are outlined in the report. By listening carefully to children, the study aimed to identify how governments, technology platforms, services, educators, and parents might channel children's insights into the design of more effective policies, programming, product features, and systemic change to better support children to prevent, respond to, and report online sexual exploitation and abuse. A total of twelve recommendations arose from the findings of the study – these are outlined in the [Executive Summary](#).

Other recently released Save the Children reports that are well worth a read include: [Stop the war on children: Pathways to Peace](#) and [Fragile Futures: Girls' rights, child marriage and fragility](#)





Global Nursing News



In light of recent hostilities impacting nurses and health services in the Middle East, Ukraine, and other countries, the ICN [#NursesForPeace campaign](#) stands in solidarity with healthcare workers risking their lives to care for patients and calls on governments and international bodies to safeguard health care workers and patients' lives and health infrastructure and ensure accountability for violations.

In October, [#NursesforPeace](#) provided financial support to the Lebanese and Palestinian National Nursing Associations to assist them in delivering first aid relief and essential care in response to the deepening crisis in the Middle East, and to help secure urgently needed medical and essential supplies for nurses working in these extremely challenging and dangerous conditions. ICN CEO Howard Catton spoke to the Order's President Abir Kurdi Alame, who described the devastating situation in the country and how nurses are being affected. Watch the conversation [here](#), and read more [here](#).

ICN International Nurses Day 2025

The International Council of Nurses recognises the many stressors impacting the health and wellbeing of nurses across the globe. International Nurses Day 2025's theme is *'Focusing on the Health and Wellbeing of Nurses'*. The theme aims to shed light on the challenges nurses face, advocate for systemic change and improve the overall wellbeing of the nursing workforce. As members of the global nursing community, it is essential that we get behind the messaging of this theme next year.



[Registration](#) for the ICN 2025 Congress, the world's largest international gathering of nurses, is now open! ICN 2025 will be held 9-13 June 2025 at the Messukeskus Expo & Convention Center in Helsinki, Finland in partnership with the Finnish Nurses Association (FNA). The early-bird discount price for registration closes on 28 February 2025.

The theme for the congress is *Nursing Power to Change the World*. For more details visit: <https://icncongress.org/>





General CCYN Committee News Summer 2024

The CCYN | Tapuhitia Ngā Mokopuna Mō Apōpō committee has had an very busy last few months. The committee continues to work hard for our members, and we are thrilled to be finishing 2024 with our membership numbers at almost 500!

The committee recently met in Ōtepoti for their bi-annual face-to-face hui and AGM which proved very productive and a great way to recap our key work during 2024. Sadly at the conclusion of our day, we bid farewell to Sarah Williams (Chair) Emma Collins (Secretary) who have each served 6 years and Yune Fountaine (Treasurer) who has served 3 years on the committee. We thank each of them for their passion, dedication and incredible mahi in advocating for child & youth nurses across the motu during their tenure. We voted in Donna Burkett & Jo Clark-Fairclough as incoming co-chairs.



Left to Right: Sarah Williams, Mikey Brenndorfer, Jo Clark-Fairclough, Yune Fountaine, Kathy Rose, Emma Collins, Marg Bigsby (PNA) & Donna Burkett. (Absent: Chris Drown).

Core committee activity this year has included the release of our Child Health Nursing Standards Framework available [here](#), which we are extremely proud of. Please distribute far and wide within your child health networks. We hope that nurses working across child health find this document helpful and that it can be used to articulate your work and acknowledge the skills and attributes required to work in this speciality area of nursing practice.

As a committee, we also continue to actively respond to submissions at both government and local levels to continue to advocate for tamariki and rangatahi, along with the workforce that support them.

We would like to take this opportunity to wish all our members and their whānau a safe and happy festive season. We look forward to representing you again in 2025.

Feel free to get in touch with any of the committee at any time. You can reach us via email: secretary.ccyn@gmail.com or by following our very active Facebook page by searching: College of Child and Youth Nurses NZNO.

You can also keep up to date our latest news via the NZNO CCYN website via: https://www.nzno.org.nz/groups/colleges_sections/colleges/college_of_child_youth_nurses



CCYN Committee 2024

Tapuhitia Ngā Mokopuna Mō Apōpō, College of Child & Youth Nurses NZNO Conference Scholarship

Applications for the next CCYN scholarship are due by the 21st March 2025. The value of the scholarship for this round is \$600. The scholarship is available for registered nurses working in the area of child and youth health, who wish to attend an international/national conference relating to child or youth health. For further information on how to apply visit and the application form on the [NZNO Scholarships and Grants page](#)

Staying in Touch...

Contacting the Committee

Feel free to get in touch with any of the committee at any time. You can reach us via email: secretary.ccyn@gmail.com or by following our very active Facebook page by searching: College of Child and Youth Nurses NZNO.

You can also keep up to date our latest news, read past editions of our newsletter and recent AGM documents via the NZNO CCYN website by visiting:

https://www.nzno.org.nz/groups/colleges_sections/colleges/college_of_child_youth_nurses or scanning the QR code on the left of this page

Linking on LinkedIn

The College has a LinkedIn profile which was created earlier this year and we are keen to promote this to our members and to wider stakeholder groups.

LinkedIn is the world's largest professional network on the internet and is used to connect and strengthen professional relationships. LinkedIn groups such as CCYN provide a place for professionals in the same line of work or with similar interests to share their insights and experiences as well as build valuable connections. If you have an account on LinkedIn, please consider following us and supporting our posts. Visit LinkedIn New Zealand to log in or sign up <https://nz.linkedin.com>

National Māori Nurses Hui

Te Kaunihera o Ngā Neehi Māori o Aotearoa, Muriwhenua Peka were delighted to host the 2024 National Māori Nurses hui 6th- 8th November at Te Uri o Hina Marae in Pukepoto near Kaitiāia in the far north. Over 150 Māori nurses from all sectors of health including Mātanga Tāpuhi (Nurse Practitioners), Neehi Karangahau (researchers), Nurse Leaders, Kaiako Neehi (Educators) and Tauria attended this event.

The common threads involved showcasing our own and celebrating Māori nurses and nursing. The hui theme "Te Mana ō Ngā Whānau Tāpuhi" te uphold the mana of whānau nursing" was relevant in encouraging more whānau to āwhina their tamariki, mokopuna into the nursing profession. Over the decades we have witnessed generations of whānau becoming nurses, mai i ngā kuia, kaumatua ki ngā tamariki, mokopuna. Therefore, the aim is to inspire and support our future generations towards becoming nurses.

Te Kaunihera o Ngā Neehi Māori
National Council of Māori Nurses



With a lineup of inspirational speakers including Lorraine Hetaraka-Stevens Chief Nurse (Ngāti Kahu, Te Arawa, Ngāti Ranginui) providing a snapshot of her journey in nursing leadership roles. Neta Smith Operations Manager (Ngāti Kurī, Te Aupouri, Te Rarawa) with over 30 years' experience at Kaitiaki hospital. Pipi Barton (Ngāti Hikairo) & Matua Ross Smith (Te Rarawa) provided a korero of a new Bachelor Māori Nursing Degree and Dr Maria Baker (Te Rarawa, Ngā Pūhi) "Every Whanau still needs a Māori Nurse". Furthermore, we had plenary breakout sessions with Māori Nurses delivering korero across a range of topics.

We organized a hikoi to different locations to hear the pūrākau o Muriwhenua from our local artists ending with a walk along karirikura te Moana. The highlight being our final evening Hakari at Te Ahu Centre where whanau were welcomed by a Ratana Band alongside our Kaikaranga a beautiful start to our evening. Our entertainment included Te Kapahaka o Te Rarawa and our own local talented MC JJ Ripikoi (Ngāti Kahu ki Whangaroa, Ngāpuhi, Ngāti Hine, Ngāti Pāoa) keeping us on track throughout our hui.

We invited our local retired nurses to recognize their dedication to improving the health and wellbeing of Whanau and more so appreciated being present with over 70 years of nursing – a humbling experience.

We also acknowledged Rhoena Davis, a Māori Tāpuhi and leader who recently passed away – inviting her whanau and presenting a taonga recognizing Rhoena's commitment and dedication to Nursing- a moving experience. Our final day we had the Tono for 2025 which was won by Tamaki Makaurau

I would like to acknowledge our committee members Dr Maria Baker, Whaea Caroline McKinney, Pirihira Puata, Daniel Manihera, Harry Parker-Harrison, Ange Keung-Hobson, Mihinga Robson, Joana Farrell and myself a huge mihi for ensuring our hui was successful. Finally recognize our sponsors Te Hiku Hauora, Te Hau Ora O Ngāpuhi, Whakawhiti Ora Pai, Te Whatu Ora, Te Kaunihera o Ngā Neehi Māori, National Hauora Coalition, Te Rau Ora, Mahitahi and Te Hononga.

Kaituhituhi: Jo Clark-Fairclough (Te Rarawa, Ngāpuhi, Ngāti Pāoa) Co-Chairperson
CCYN



Research in Aotearoa

By Marg Bigsby, NZNO Professional Nursing Advisor

I was privileged to attend a Research Symposium at the University of Canterbury on 27th August 2024 . It was held to showcase health research findings by faculty staff and students. The programme link is <https://designrr.page/?id=374431&token=389263694&type=FP&h=5229>. Some of the presentations were on topics relating to children and youth. I was only able to attend a selection of presentations, due to many of them running concurrently. I have summarised some of the details here in case members are interested to learn more.

'First do no harm'

Sarah Whitcombe-Dobbs presented on how mental health service responses can inadvertently increase suicidality among young people.

<https://profiles.canterbury.ac.nz/Sarah-Whitcombe-Dobbs/grants>

Sarah shared some statistics about the youth mental health crisis, especially in relation to thresholds for accessing services. Sarah noted the disproportionately low spend on youth mental health crisis services and described some consequences of scarcity: that services come under pressure to do more with less; the threshold for access increases; there can be gatekeeping; provision of services becomes crisis-driven; the culture of the agency includes a sense of helplessness with reduced staff morale and wellbeing; this results in higher staff turnover leading to a loss of expertise/experience and of institutional knowledge.

For youth seeking mental health crisis support, Sarah referred to the impact of behaviour theory, and that youth experience intermittent reinforcement from attempts to access support. In terms of attachment theory, the outcome was identified as 'anxious attachment'.

Sarah described that the situation for youth in crisis is often like this:

- Self harm or suicide attempt
- Referral to service
- Risk assessment, Diagnosis, and referral to GP - **perceived as rejection**
- Escalation in severity of harm/attempts
- Re-presentation
- Risk assessment, Diagnosis, and referral to GP - **perceived as rejection**

... and so it goes

Sarah's thesis was that the factors that increase security in parent-child relationships need to be mirrored in service design, which seems to make sense in providing services to at-risk youth.



‘A new guilty thing you’re aware of but you don’t change’

Miriam McCaleb studied Smartphone habits for new mothers at the transition to parenthood. <https://ir.canterbury.ac.nz/items/46902716-3488-4b93-aaaf-39e70079b9f2> Miriam referred to newborns being altricial (completely dependent on caregivers) and therefore vulnerable when caregivers are distracted and not fully attentive. Smart phone use can interfere with the ‘serve and return’ nature of interactions with caregivers that establish developmental trajectories that benefit infants throughout their lifespan. Unconscious parental engagement with smartphones can create a state called ‘absent presence’. This state can disrupt maternal sensitivity to infant cues and has become known as ‘technoference’.

Miriam undertook a mixed methods study that included conducting semi-structured interviews with first-time mothers, and the co-creation of an Action Plan intervention, followed by a randomised controlled trial during their third trimester of three parts: objective assessment of cell phone use over 7 days of all participants; distribution of the Action plan to 50% of participants; further objective assessment of cell phone use over 7 days of all participants. A small number of mothers also participated in semi-structured evaluative interviews.

The findings were that it takes more than new mothers adopting behaviour change strategies to change their smart phone habit use. Supporting purposeful smart phone use by new mothers in infants’ presence requires effort by families, professionals and policies.

Other presentations:

One presenter undertook a systematic literature review of including dogs in therapy with children. Due to a range of factors, including lack of manualised treatment models, limited description of treatment modality and few studies detailing the nature of the dog’s influence in the therapy, the reviewed literature showed inconsistent evidence of the efficacy of including dogs in therapy with children.

Another presenter reviewed birth cohort study data to explore any relationship between childhood air pollution exposure and adolescent development and mental health.

A further presenter examined the experience of children and youth entering out-of-home care in Aotearoa New Zealand.

Overall, the Symposium included a really interesting range of presentations on research of relevance to children and young people. I look forward to attending the 2025 event!





Upcoming Events and Education...

The AUT Child and Youth Health Research Centre (CYHRC) presents a series of events to showcase their work in promoting child and youth perspectives in health.

When: 13-14 February 2025

Where: AUT North Campus

Symposium: Children's Right to a Good Life in Aotearoa

<https://cyhrc.aut.ac.nz/events>

Royal College of Paediatrics and Child Health Conference

26/03/2025-28/03/2025

Glasgow, Scotland or virtual!

<https://www.rcpch.ac.uk/news-events/rcpch-conference>

College of Emergency Nurses Triage Course - suitable for those working in GP's, A&Ms and ED across Paediatric, adult and mental health settings.

Available across NZ

Check out link for more info about the course, locations and dates.

https://www.nzno.org.nz/get_involved/event_calendar/pageid/eventlistview

Child and Adolescent Mental health conference

BRIGHT MINDS, BRIGHT FUTURES: ENHANCING CHILD AND ADOLESCENT WELLBEING

24TH – 26TH MARCH 2025

GOLD COAST – QLD

<https://anzmh.asn.au/camhc>

The TOPP day- the occasional pain practitioner day. 23/03/2025 - Wellington.

-Commonly encountered pharmaceuticals

-Non-pharmacological management strategies

-How to engage with someone who has chronic pain to promote evidence-based management

https://www.nzno.org.nz/get_involved/event_calendar/3031/the-topp-day-the-occasional-pain-practitioner-day-23-mar-2025

Neonatal Nurses College symposium - 07/05/25-09/05/25

https://www.nzno.org.nz/get_involved/event_calendar/3071/neonatal-nurses-college-symposium-2025-7-may-2025

Watch this space for next years Paediatric Society Annual meeting and conference

<https://www.paediatrics.org.nz/about/annual-meeting>

