



College Communiqué

WHAT'S INSIDE?

CHAPTER REPORTS

- WA CHAPTER
- SA CHAPTER

BOARD MEMBER PROFILE - JUNE COLGRAVE

INTERESTING LINKS

NATIONAL FARM SAFETY WEEK

PROMOTING OPTIMAL MATERNAL & INFANT NUTRITION - POMIN

EMAIL LISTING

To ensure that all emailed ACCYPN correspondence reaches you please add info@accypn.org.au to your address book and/or safe senders list.

Chairperson's Letter

Dear Members

Welcome to the August edition of College Communiqué.

This month we join other like-minded organisations around the country to promote and support National Aboriginal and Torres Strait Islander Children's Day (Children's Day) which was celebrated on 4th August 2017.

Children's Day, held on this date every year, is a time for Aboriginal and Torres Strait Islander families to celebrate the culture and strengths of their children, and for all Australians to show their support for Aboriginal and Torres Strait Islander children as well as learn about the crucial impact that culture, family and community play in the life of every child.

As nurses who care for children and young people, we must give particular attention to the needs of Aboriginal and Torres Strait Islander children, who are the most vulnerable group, and play our part in improving their health and wellbeing. As the peak national organisation for children and young people's nurses - and in line with our vision, mission and objects - it is important that we seek opportunities to enhance our professional development, raise community awareness, advocate for and influence health policy to improve the health and care of Aboriginal and Torres Strait Islander children and young people.

Please help spread the word about Aboriginal and Torres Strait Islander Children's Day and share the website with your colleagues and networks www.aboriginalchildrensday.com.au

Regards

Catherine Marron

Chairperson, Board of Directors - ACCYPN

ACCYPN on Facebook and Twitter!

At the time of distribution, we have 914 Likes on Facebook...

Please continue to share this news within your networks so the good work of ACCYPN reaches right across the country. Our target audience for likes is Nurses involved in caring for children and young people.



www.facebook.com/ACCYPN



ACCYPN

Chapter Reports

Western Australian Chapter

On Tuesday 2 May, the WA Chapter hosted our second clinical supper of the year called 'Deaf in a Hearing World; Jack out of the Box'. We were fortunate enough to be able to hire the Ear Science Institute in Subiaco for the supper. The venue is a bit smaller than previous ones but it was relevant because of the nature of the topic and the main speakers; Jack and his Mum Lesley, from the WA Deaf society.

We would like to express our thanks yet again to Aspen, one of our sponsors for the supper. In addition, ENT Technology also sponsored us. We are able maintain quality events by the on-going support from sponsors. Thanks again to Aspen for their on-going support and to ENT Technology.

The talk scored high in the domains of Relevance and Content (4.8 and 4.9 / 5 respectively) but the presentation scored a perfect 5!

The comments included:

- Jack and his mum's stories are inspirational and has really encouraged me to continue learning;
- very informative and excellent
- Really amazing talk, to see inside how they 'hear' & speak & seeing how important it is to know sign language as well as English and to know that time and respect is important. Everyone should hear this talk or one similar. Real eye opener. Learnt a lot of new things
- Jack was brave, engaging and entertaining. His stories captured his struggles and the courage of him and his friends
- Well done Jack, very impressive presentation. Venue was awesome ACCYPN I appreciate the topic, very lucky to have the opportunity to have this invite
- My first time attending and thoroughly enjoyed it. It was so interesting and enlightening listening to Jack and his mum.
- Absolutely brilliant, shows the importance of nurses being advocates for all different clients
- Very insightful evening. It's very fascinating and amazing seeing Jack sign and know that AUSLAN is becoming such a strong language among Australians
- I learnt so much about cochlear implants and the extent of the resources require to ensure equal access. I have a greater appreciation of AUSLAN, the difficulties involved and dedication of Jack and his family.



Western Australian Chapter cont ...

On Tuesday 20 June, we had our annual mid-year dinner at Kalis Bros Seafood Restaurant. This year's theme was allergies and eczema. We were supported by three sponsors: Bayer; Aspen and Hesta. Yet again we are humbled by our sponsors on-going support to enable us to provide quality education in lovely venues at reasonable prices.

Dr Debbie Palmer presented childhood allergy and immunology research. The second topic, Eczema Matters was presented by Stephanie Dowden and Jemma Weidinger, both Paediatric Nurse Practitioners. The speakers all scored 4.9 out of 5 in our domains.

- Thank you, 3 very engaging speakers, relevant topics, good to see results from local research and clinics :)
- dinner Eczema matters was easy to understand with practical management
- Very helpful, thank you
- Very relevant info, well presented excellent evening
- fantastic evening and very informative
- Great presentation excellent speakers Very relevant information Thank you for a wonderful night
- Wonderful event Presentations relevant and interactive
- Great informative slides Content extremely relevant
- Food was really nice
- Second presentation's slides were difficult to read but the presenter was welcome

- Lovely food, information was great
- Really good as always
- Thanks for a great evening, excellent presentation

Our next clinical event will be a breakfast on Saturday 16th September. We are hoping to secure a guest speaker regarding gender dysphoria. This will be confirmed later in August.

Planning is underway for our paediatric nursing trivia night. We are close to finalising the venue. As mentioned in our last newsletter, this will be a "pub quiz" style event and the topics will be about children and young people's nursing. Although locally there will be winners in each Chapter, our idea is to still to have a national competition to see which chapter gets the most questions correct etc. However; this needs coordinating with the other chapters. It will be a fun/Christmassy event.

In addition, planning is well underway for the 2018 ACCYPN conference which will be held in Perth. A representative has been nominated from PMH to be part of the organising committee

Thanks for the suggestions for future topics. The working group discuss all of these as to when the topic was last presented and availability of quality speakers.

We hope to see you all at the clinical breakfast!





Australian College of Children & Young People's Nurses

WA Chapter

CLINICAL BREAKFAST

Understanding Gender Dysphoria



Presented by:

Melanie Harry, CNS &

Hans-Willem van Hall, Specialist Clinical Psychologist

Gender Diversity Services, PMH

Saturday 16th September, 2017

8.30am - 10.30am

City West Function Centre

45 Plaistowe Mews, West Perth

(free parking voucher will be emailed prior to the event)

Members \$40.00

U/G Nursing students \$45.00

Non-Members \$50.00

Includes full breakfast, juice and tea/coffee

Please register through the ACCYPN website

<http://www.accypn.org.au/chapters/chapters/western-australia/>

Numbers are strictly limited! Register early to avoid disappointment.

Registration closes **Monday 11th September** or when fully booked.

Child Safe Organisations WA

The Commissioner's Child Safe Organisations WA program promotes and supports the implementation of child safe principles and practices in organisations in Western Australia.

The program aims to help agencies identify and manage any risks that affect the safety and wellbeing of children and young people, including physical and sexual abuse, bullying and accidental injury.

Child safe principles promote a culture where the safety, wellbeing and participation of children and young people are reflected in policies and day to day practices at all levels of the organisation.

New Child Safe Resources for Parents and Children

The Commissioner for Children & Young People, Western Australia, released new resources for children and young people and parents that aim to support the safety of under 18 year-olds when they are in contact with organisations.

The resources are part of the Commissioner's Child Safe Organisations WA program, a long-term project to embed the safety, wellbeing and participation of children and young people in policies and day-to-day practices at all levels of an organisation.

The Commissioner has created a video and accompanying information for WA children and young people that aims to increase their confidence to speak up if they do not feel safe, and to be persistent to find a solution if they are unhappy about the way they've been treated.

The parents' resource outlines positive ways they can involve themselves in the work of organisations that have contact with their children, so parents can be confident their children's welfare is assured and act if it is not. All resources are available via the Child Safe section of the [Commissioner's website](#).

WA YOUTH AWARDS' Commissioner for Children & Young People Participate Award

Nominate a 12 to 17 year old who encourages other to participate for an Award!

Colin Pettit, Commission for Children and Young People WA is privileged to hear the many stories of children and young people making a positive change in the lives of others.

To share the valued contributions that children and young people make to their communities, he is the sponsor of the WA Youth Awards' *Commissioner for Children and Young People Participate Award*.

This is the only category dedicated to children and young people under the age of 18 in the WA Youth Awards, which are presented by the Youth Affairs Council of WA, in partnership with the Department of Communities.

The Participate Award recognises a young person between the ages of 12 and 17 who has shown outstanding dedication to making a positive change in their community and who has inspired other young people to participate.

This may have been done by:

- Giving young people a voice in important decisions
- Getting young people positively involved in their community
- Addressing a community need or issue
- Bringing groups together to create a stronger community

Applications close 31 August 2017 – [Nominate someone you know NOW!](#)

South Australian Chapter

After a successful May SA Chapter Clinical Supper, we look forward now to the upcoming August 29th Clinical Supper with a focus on paediatric nurse practitioners:

SA Paediatric Nurse Practitioners – “Knowing and sharing what we do!”.

Kindly sponsored by Flinders University, an impressive line up of nurse practitioners from across acute and community paediatric settings in South Australia, is sure to provide a great insightful evening for all. As we continue to build the profile of the SA Chapter, we openly invite members and non-members to participate in the evening and share this event amongst colleagues. Register your attendance via the ACCYPN website today. The program for this event can be viewed within this newsletter.

Australian College of Children & Young People’s Nurses South Australian Chapter Prize

Academic Excellence within the School of Nursing & Midwifery – Flinders University

The South Australian Chapter Prize was awarded to a nursing student who is completing the Graduate Certificate in Nursing (Child and Family Health Nursing) program and achieved the highest grade point average across the following three topics:

1. Health maintenance for infants, children and young people
2. Clinical practice for child and health nursing
3. Introduction to working with infants, children and families

South Australian Chapter Prize Winner Congratulations Ruth Halls



We extend congratulations to Ruth Halls, on receiving the ACCYPN South Australian Chapter prize for Academic Excellence within the College of Nursing and Health Sciences (formerly School of Nursing and Midwifery) at Flinders University, South Australia. We wish Ruth well with her ongoing career endeavours.

Ruth is a Paediatric Nurse from Melbourne, working in Emergency at the Royal Children’s Hospital. Ruth decided to undergo the Graduate Certificate in Nursing (Child and Family Health Nursing) as she wanted to focus on the health and development of the preschool group and to also learn more about healthy development. She would love to become a Maternal and Child Health Nurse in Victoria and hopes to complete her degree in Midwifery so she can qualify for this role.

Finally, we encourage and welcome ongoing feedback and ideas from chapter members and non-members, to allow the SA Chapter coordination team to prioritise your professional development needs and ensure contemporary and relevant sessions are delivered in a timely manner.

The SA Chapter coordination team can be contacted via email at: anita.minkus@sa.gov.au

See you at our Clinical Supper August 29th!

Anita Minkus, Michele Howard & Amanda Nguyen
SA Chapter Co-coordinators



SA Chapter
CLINICAL SUPPER

***SA Paediatric Nurse Practitioners -
"Knowing and sharing what we do!"***

Tuesday 29th August 2017
6:30 pm for 7:00 pm start
Close 9:00 pm

Venue:
Flinders University
Sturt Campus
Staff Room N001/N002
Sturt Road, Bedford Park
Parking: Enter via Carpark 14 for access to Sturt North

Light refreshments will be served
All welcome

ACCYPN Members \$5

Non-Members \$10

Registration is required through the ACCYPN website www.accypn.org.au.

Register and pay by **Thursday 24 August 2017** to secure registration.



SA Chapter

SA Paediatric Nurse Practitioners

“Knowing and sharing what we do!”

Program

Tuesday 29 August 2017

1830	Networking and light refreshments	
TIME	TOPIC	PRESENTER
1900 - 1905	Welcome	Anita Minkus
1905 - 1920	Neonatal Nurse Practitioner Neonatal Intensive Care Unit Women's & Children's Hospital	Lee Hussey
1920 - 1935	Nurse Practitioner Paediatric Palliative Women's & Children's Health Network	Sara Fleming
1935 - 1950	Nurse Practitioner Paediatric Haematology/Oncology Women's & Children's Health Network	Kate Turpin
1950 - 2005	Nurse Practitioner Multicultural Mental Health Child & Adolescent Mental Health (Western)	Monica McEvoy
2005 - 2020	Stretch break	
2020 - 2035	Nurse Practitioner Trinity Medical Centre Port Adelaide	Mack Madahar
2035 - 2040	Nurse Practitioner synopsis <ul style="list-style-type: none"> • Sacha Palmer Allergy Nurse Practitioner • Bernie Oxenberry See and Treat Service Paediatric Emergency Nurse Practitioner • Tim Crowley Complex Care and Trauma Mental Health Nurse Practitioner 	Anita Minkus
2040 - 2050	UniSA Flinders University	
2050 - 2100	Close	Amanda Nguyen Michele Howard

Board Member Profile – June Colgrave



June Colgrave is currently a Lecturer, Nursing, at Southern Cross University, NSW. I have over 30 years as a RN and most of this time as Paediatric nurse and child and family health nurse.

June is a board member on Australian College of Children and Young Peoples Nurses (ACCYPN) and is a member of the ACN.

June has experience and qualifications in Paediatrics, Adolescent Health, Child and Family Health Nursing as well as Nursing management.

June has Masters in Nursing, and is currently researching child abuse and neglect and professional self-efficacy as a PhD student at The University of Sydney, Nursing School.

June's current area of interest includes working with children and adolescents, undergraduate nursing students and clinical education. June has made it her mission to incorporate the paediatric perspective into undergraduate nursing curriculum.

1. Why did you choose nursing as a career?

Initially I chose law, but due to financial situation (no money) I decided to try nursing. I am old school and trained in the hospitals, where we got paid. I was fortunate in that I loved nursing and particularly the paediatrics and child and family health, so more than 30 years later I still enjoy being a nurse. I believe we have such a privileged job where we assist patients and families in a small way through their life's journey. I value the statement "it's how you make them feel" that really counts in our nursing care.

2. Why did you join the ACCYPN and how long have you been a member?

I joined ACCYPN as I believe we need a strong professional organisation to promote paediatric/ child and family health. I joined as a member to ACCYPN in 2010. By being a member of ACCYPN enables me to stay up to date on what is happening locally, nationally and internationally with regards to nursing children and their families. ACCYPN allows me to have a voice in decision making that affects both children and their families and the nurses who work and care for these families. I believe a united strong voice that ACCYPN provides on topical issues related to children and their families is better than a single lone voice.

3. What is your proudest accomplishment in your career?

I think my proudest moment comes from a clinical situation many years ago. I nursed a young boy on many occasions who had a chronic condition and was in a dysfunctional family situation. I would sit with this young man and read him stories (whenever I had time) we would laugh and I would tell him he was a wonderful young man. Something

that I realised he very rarely heard from his family. I was at a function 2 years ago – a 21st for a family friend, when a tall young man came up to me and said "I know you won't remember me but I remember you". It took me a minute or so and I realised it was the young man I nursed many years before. We spent time chatting and he stated he was now a happy young man, who had a job and was married. He thanked me for 'believing in him' (his words) and believing he could do anything he wanted to in life. He said he had never forgotten the care myself and other nurses gave him. Which he now tells me he didn't get from his family. (It still brings me to tears). He has contacted me this year to introduce me to his baby son. He is a very proud dad and has a loving wife. Life is good for this family. What a privilege for me to have met and cared for this young brave boy who is now a wonderful father and husband, certainly a highlight of my career.

4. What's your favourite part about your job?

I am currently a lecturer in nursing at Southern Cross University and I love it. I really enjoy the students who are coming into the nursing profession who want to 'nurse' and care for people. It makes me realise how important our role as a nurse is in health care. I love the students' enthusiasm and excitement about their future roles as RN's. The students make me appreciate what it is to be a nurse.

5. If you could change one thing in your profession, what would it be?

No night duty! I hate night duty!

6. Describe yourself in three words ...

Enthusiastic, passionate and love my family (that's more than 3 words)!

7. Finish this sentence ... My job fulfils me in the following ways ...

As there is a new adventure in every day ... that makes life exciting and at times challenging!

Interesting Links

UNICEF Annual Report

https://www.unicef.org/publications/files/UNICEF_Annual_Report_2016.pdf

United to End Rheumatic Heart Disease - Release of RHD Action Prospectus

<http://bit.ly/2uhm8y1>

Updated POMIN Website Content

[Optimal Maternal, Infant and Child Nutrition Website for Clinicians](#)
[Health and Wellbeing Site for the Public](#)
[Health Conditions Directory for the Public](#)

National Farm Safety Week

National Farm Safety Week is held each year to raise awareness of farm safety issues across Australia. This is the 19th year that Farmsafe Australia has focused on strategies to reduce deaths and injuries associated with farms.

The 2017 National Farm Safety Week was 17 – 21 July and the theme was '*Creating a resilient, safe and health ag community*'.

Farmsafe Australia has a variety of great fact sheets that contain some very sobering data, highlighting the importance of improving the safety and security of those that not only work, but also live and visit farms.

- Approximately every 10 days a farm related death of a child occurs
 - Drowning is the most likely cause for children 0-5 years
 - Boys are nearly 3 times more likely to die than girls
 - Most children were playing at the time of injury
- Quad Bikes kill about 15 people per year and carrying heavy loads or passengers increases the centre of gravity and therefore the risk
- 20% of all injuries are related to farm maintenance, with hand (30%) and eye (30%) injuries common

And not to be underestimated, male farmers are twice as likely to die from suicide. [Managing the Pressures of Farming](#), is a user-friendly handbook for farming families to help identify and manage the pressures and stresses of farming in Australia today.

Article source CRANAplus – www.crana.org.au

We value your input...

We welcome input to the ACCYPN Communique from members.

If you have anything interesting to share in the Newsletter please email us on info@accypn.org.au.

Nutrition advice for **healthy pregnancies, infants and children**

Good nutrition is important, especially during pregnancy and early years of life. It is important that infants and children develop healthy habits that will continue throughout their life.

- Healthy weight gain is important during pregnancy for healthy mothers, babies and families.
- Breastfeeding gives babies the best possible start in life.
- Introduce a variety of healthy family foods and non-sugary drinks around six months of age.
- Start with iron rich foods and continue to breastfeed.



Get the latest advice and information

Talk to your health professional or visit
www.qld.gov.au/health/children

Are you providing the latest advice and information on

optimal maternal, infant and child nutrition?

Good nutrition is important, especially during pregnancy and early years of life.

- Healthy weight gain is important during pregnancy.
- It is recommended to exclusively breastfeed infants for the first six months.
- Introduce a variety of healthy family foods and non-sugary drinks around six months of age.
- Start with iron rich foods and continue to breastfeed.



Up-to-date evidence and national guidelines on optimal maternal, infant and child nutrition are now available.

For more information visit

www.health.qld.gov.au/clinical-practice/guidelines-procedures/clinical-staff/maternity/nutrition