

Child & Adolescent Health Care

Newsletter

July 2006 Issue #20

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The Australian Association for the Welfare of Child Health (AWCH) is a national, non-profit organisation of parents, professionals and community members who work together to ensure the emotional and social needs of children, adolescents and their families are recognised and met within hospitals and the health care system in Australia.

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What's New.....

AWCH is happy to announce that it has become a National Child Protection Week partner.

To find out more about National Child Protection Week and activities happening in your state, visit the NAPCAN website at www.napcan.org.au

National Child Protection Week

3 - 9 September 2006



President's Message



AWCH has reorganised itself into a national incorporated body to better pursue its advocacy for improved care for children and young people in all health settings. AWCH sees this as an opportunity to build on and strengthen its national organisation so that it can:

- consolidate its achievements, particularly in improving the psycho-social care of children in all health settings
- expand its advocacy for children into community health care settings
- contribute to the broader policy framework governing the health and wellbeing of all Australian children, young people and their families
- form productive links with state health systems, federal health officials and relevant non-government health organisations.

A key achievement of AWCH is the AWCH 2005 National Survey Report: The Psychosocial Care of Children in Hospital. This Report notes trends in hospital care provided to children since the first survey in 1992, and in effect, sets out the expected standards hospitals should be working towards in their care of children and young people, and in supporting their families.

AWCH considers this report a good starting point for the next phase of its work, which will include:

- An expansion of its work into non-hospital settings, particularly as fewer children are treated in hospitals, and those that are admitted are hospitalised for shorter periods and often require follow-up care in the community
- A renewed understanding of what is most important to children, young people and their families in their experience of health care, and the particular needs of those from different cultures
- Encouraging active involvement by health systems and health professionals in defining and applying evidence-based practice for both hospital and non-hospital care of children and young people and support for their parents, noting some of the downward trends in the 2005 survey
- Taking into account new challenges for providers of children's and young people's health care arising from increased incidence of mental illness, suicide, misuse of drugs etc
- Taking into account evidence about the need for investment in the early years for children's health and wellbeing in the provision of health services, including perinatal services.

I would encourage you to join with AWCH and its board by supporting the Association by becoming an [AWCH Member](#) and in that way become part of the collaboration of parents, children, young people, community members and professionals who, together, can advocate effectively for much needed changes in the health system. We all share the responsibility to be strong advocates for child health.

A handwritten signature in black ink that reads "David Bennett". The signature is written in a cursive, flowing style.

A/Professor David Bennett
AWCH President

National Office Report



Welcome to the newly designed AWCH Email Newsletter. I hope you will find the new format easy to use, interesting and informative. I would like to congratulate Rowena Sebastian for the fantastic new look. I am sure Rowena would welcome your feedback and how AWCH can further improve the content and style of the newsletter, please let her know what you think and send your comments to rowena@awch.com.au.

AWCH Library finds a home

AWCH is delighted to announce that the AWCH Library is re-locating to new premises at The Children's Hospital at Westmead in Sydney. The AWCH Library finds its new home within the [Medical Library](#) which is located in the Education Centre, Main building, Level 3. AWCH Library however will be 'business as usual' both during and after the re-location and will continue to process enquiries without you having to visit the library on site. So please give us a bell if you have need for any information or resources relating to the needs of children, young people and their families in healthcare.




Accommodation for National Office

With a new home found for the AWCH Library, that just leaves a gap in accommodation for the National Office, which is currently located at the homes of national office staff at Woollooware and Greystanes in Sydney. If you know of any rent free accommodation that may be available, or a kind sponsor, I would appreciate a call.

AWCH as a new entity

AWCH has now been incorporated nationally through ASIC and has a [new board of directors](#). One of the important new board members is Harry Whelan, representing young people. Harry comes to the AWCH board with a wealth of experience as a youth representative and is already hot on our heels about more youth participation and youth friendly promotional material.

Overseeing the implementation of the AWCH Strategic plan will be the major focus of the board.



Anne Cutler
Executive Officer

National Child Protection Week:

Building a Child Friendly Australia

In the lead up to National Child Protection Week, Sept 3rd -9th 2006, NAPCAN Foundation is calling on parents, carers, professional organisations, and the wider Australian community to really get involved and help prevent child abuse before it starts, by creating child friendly communities.

This key event in the national calendar encourages all Australians to participate in a range of activities, in order to promote the wellbeing and safety of all children. By raising public awareness about the problem of child abuse and neglect, the week inspires all members of the community to take action to prevent it, by helping to make their local community child friendly.

A child friendly community is one where children are valued, supported and respected. It may be a local street, a sporting club, a domestic environment a public park. By giving children opportunities to reach their potential and be actively involved in decisions that affect their lives, a child-friendly community significantly reduces risk factors leading to abuse and neglect, and so promotes their wellbeing and resilience.

Child abuse and neglect is a wide spread problem in Australia with 40,416 substantiations of abuse and/or neglect that is 1 child substantiated every 11 minutes. Yet, a national study by the Australian Childhood Foundation: Out of Sight - Out of Mind has found that Australians are more concerned with rising petrol prices and public transport than the issue of child abuse and neglect. For this reason NAPCAN encourages Australians to take part in National Child Protection Week and collectively work together everyday to create a safer environment for children.

In 2005 approximately 250,000 Australians directly participated in at least one of the registered 2,500 community activities - a two-fold increase on 2004. Activities during the week included community breakfasts, information forums, fundraising events, community building workshops, and simple family fun days.

This year NAPCAN is shifting focus to the children themselves by encouraging adults to give them the chance to freely express themselves, and play a part in making their local communities child friendly. We believe that children really do have a good understanding and knowledge of what is meant by 'child friendly' and that child friendly communities can best be created by listening to, and acting upon, children's ideas.

As momentum grows towards National Child Protection Week, we have launched the Capture a Child Friendly Moment Campaign. Encouraging people to send us photographs and stories of child friendly moments, we are sharing them with the wider community on our website, and together are building a picture of how a child friendly Australia can look. Capturing and sharing child-friendly moments also act as a reminder as to how simple child-friendly communities are to create.

With your help NAPCAN Foundation will continue to inspire all Australians to get involved in NCPW and take up the 'child friendly challenge' by putting kids first and building a child friendly Australia.

To register an event for NCPW after June 30th or to find more information visit www.napcan.org.au or call 9211 0224.

NATIONAL CHILD PROTECTION WEEK
Sept 3-9, 2006. Building a child friendly Australia. www.napcan.org.au

Growing Up Ready

The Greater Metropolitan Clinical Taskforce Program Manager, Lynne Brodie attended a conference on Transition 'Growing up Ready' held from May 11th -13th at Bloorview Children's Rehabilitation Hospital in Toronto. Over 250 professionals and consumers attended and with 40 presentations to choose from there was something for everyone. Highlights included presentations from young people on a range of issues of concern to them including learning independent living skills, finding appropriate adult health providers and developing social networks. A full report will be available in late June.

The Illawarra spina bifida transition pilot project is progressing well with very positive feedback being provided from young people attending the newly formed clinic at Port Kembla Hospital. Enquiries should be directed to Project Officer Joanne Morrell on 0422002230.

The neurology project at John Hunter Children's Hospital is also gaining momentum with over 250 families surveyed about their transition experiences.

GMCT Transition Care initiatives were highlighted at displays held at Westmead, Royal Prince Alfred and John Hunter Hospitals to celebrate Youth Week 2006. Transition Coordinator for the Hunter and New England AHS, Rebecca Harris (pictured on left) fielded questions from professionals, young people and their parents on a range of transition issues.



A working group is being formed to improve processes for young people with chronic illness/disability presenting to adult emergency departments for the first time. If you are interested in contributing please contact Lif O'Connor on 9515 6382.

Resources are available on the transition website to help professionals to prepare young people and also to help young people and their families. Information can be downloaded from www.health.nsw.gov.au/gmct/transition



If you would like to have your program or service featured in the next AWCH newsletter, send your report to Anne Cutler at awch@awch.com.au by 31 August 2006.

Media Releases

News/Media Releases from NSW Health

- 1/06/2006 - [A new direction for Mental Health](#)
- 24/05/2006 - [Soft Drinks to be Banned from Schools as Child Obesity Rises](#)
- 12/05/2006 - [Measles update](#)
- 11/05/2006 - [NSW people have their say in the future of NSW health care](#)
- 07/05/2006 - [Severe food allergy on the increase](#)
- 26/04/2006 - [NSW Health policy promotes breastfeeding](#)
- 15/03/2006 - [New guidelines - Caring for mothers and babies with addiction](#)

Women and children to benefit from health service realignment

Women's and children's health services in Western Australia will receive a major boost under a new plan to realign King Edward Memorial Hospital and Princess Margaret Hospital.

2006 Nurses and Midwives Awards

ACT Minister for Health Ms. Katy Gallagher MLA has extended her warm congratulations to the winners of the 2006 ACT Nurses and Midwives Awards.

Smoke Alarms - New Regulation

This Regulation has been developed to improve community safety by making it compulsory for smoke alarms to be fitted in all new and existing homes and other buildings including health care facilities where people sleep. Smoke alarms are an effective early-warning device to alert people to the presence of fire so they have more time to escape.

Teddy bears to teach Queensland children healthy habits

Health Minister Stephen Robertson is urging Queensland school students and their families to live healthy and active lives to lower the risks of type 2 diabetes.

Review of Maori Child Oral Health Services

Unacceptable inequalities exist in the oral health of New Zealand children, especially among Ma-ori, Pacific and those children from low socioeconomic status (SES) families.

Food Allergies - The View From Both Sides: Doctor and Parent

The term 'food allergy' may sound tame and manageable, but food allergies in an extreme form - such as anaphylaxis - are a life and death matter.

Position Statement on Child Abuse and Neglect

Every year, the rate of substantiated child abuse cases in all Australian States and Territories is rising. The burden, in terms of human and financial costs cannot be overestimated.

Youth Mental Health Foundation

Young Australians are particularly vulnerable when it comes to mental illness. One in four young Australians suffer from a mental illness in any one year and three-quarters of all mental health problems begin before the age of 25.

Awards and Funding - Australian Safer Communities Awards

The Australian Safer Communities Awards are organised by Emergency Management Australia (EMA). They recognise best practice and innovation by organisations and individuals that helps to build safer communities across Australia.

E-counselling Trial to Support Learners With Disabilities

E-counselling and e-support services are two of seven national vocational and technical education (VTE) projects being funded to assess the impact and benefits of technology for learners with disabilities.

Supporting the mental health of primary school children - Australian primary schools are being invited to join KidsMatter, an initiative to promote children's mental health and wellbeing.

Immunisation reminder for whooping cough - The Department of Health and Community Services is urging parents in the Barkly Region to ensure their children are up to date with their immunisations following a case of whooping cough (pertussis) reported in an infant child from Tennant Creek.

Youth News

[Peer Support Group for Young People with a Parent Affected by Mental Illness](#)

The Centre for Adolescent Health, Royal Children's Hospital established the Paying Attention to Self (PATS) Program in 1997. PATS is targeted to young people aged 13 - 18 years who have a parent affected by a mental illness such as schizophrenia, bi polar disorder, depression and anxiety disorders.

[Young people ignorant and embarrassed about sex](#)

Children feel pressure to have sex at an early age but lack knowledge of contraception and sexual health.

[Cardiff University to study adolescent depression](#)

Adolescent depression may be identified and treated earlier if the aims of a new £1 million research project are successful.

[Chronic Illness Alliance](#) - Tell Us Your Story

The "voices" of those who have direct experience are still rarely heard. We are interested in receiving your stories about chronic illnesses and schools. Whether you are (or were) a student, teacher, administrator, friend or family member we would like to hear from you.

If you would rather submit your story as a document by email send it to: jtamlyn@chronicillness.org.au

[Calling Young Writers and Visual Artists](#)

The Human Rights and Equal Opportunity Commission (HREOC) is calling for young people between the ages of 11 and 18 to enter the 'Human Writes' personal essay and 'Rights in Perspective' art competitions.

[Book Project](#)

*Have you experienced homelessness?
Are you 14-19 years of age?
Do you write short stories, poems, or create art?
Then be a part of something original and unique!*

Baptist Community Services of SA (Inc) is doing a book on short stories, poems and illustrations by young people who have been affected by homelessness in some way.

[Invitation for Youth to Design Ad Targeting Drug Use](#)

GETREEL is on again for 2006! Design a 30 second TV ad targeting drug use, and you could win great Sony prizes for you and your school. You could also have your ad professionally produced & shown on National TV!! If you are aged between 10 and 16 years and you want to have your say, then this is the competition for YOU.

[Create-A-Meal](#)

This is SO cool....!! Before stepping into McDonalds, plan your intake. Just drag any item onto the tray and you will see the calories. Have fun! The purpose of the game is to educate players on the calorie and fat content of common fast-foods.

Conferences, Seminars, Events, Training:

4 - 6 August, 2006

[CROCCS 4th International Conference: "Working together for families"](#) - The Conference specialises in robust debate associated with each project or research presented. Delegates and presenters get to know each other and safely discuss methodologies and related social issues. CROCCS 4th International Conference will be held at the Seabreeze Tavern, Lamberts Beach, Mackay, Queensland.

14 - 16 August 2006

["Positive Futures" ACWA 7th International Looking After Children Conference \(LAC\)](#) - The Conference will explore practice, research and policy that delivers positive outcomes for vulnerable children, young people and their families - not only keeping children and young people safe from harm, but promoting their rights and responding to their needs to achieve wellbeing. The Positive Futures Conference will be held at the Sydney Convention and Exhibition Centre, Darling Harbour, NSW.

21 - 22nd August 2006

["Building Resilience Congress: Giving every child in out of home care every chance"](#) - The Congress will focus on the importance of building resilience in children and young people in out of home care in order to maximise their potential and ensure their wellbeing, safety and stability. The conference will be held at the Sofitel Melbourne, 25 Collins Street, Melbourne, Victoria.

3 - 8 September 2006

[International Congress on Obesity](#) - The program will highlight the latest scientific developments. In addition, embedded within the program will be a fully self-contained, accredited course on obesity aimed at general practitioners and other health professionals that will be designed to provide attendees with the latest knowledge on the aetiology, complications and evidence-based management of obesity.

10 - 14 September 2006

[IACAPAP 2006 CONGRESS](#) - 17th World Congress of the International Association for Child and Adolescent Psychiatry and Allied Professions "Child and Adolescent Mental Health: Nurturing Diversity"

15 September 2006

[DAY OF GENERAL DISCUSSION 2006: The Right of the Child to Be Heard](#) - The Committee on the Rights of the Child is devoting its 43rd session for a general discussion to the theme of the child's right to be heard. The meeting will take place at the Palais Wilson in Geneva.

27-29 September

[8th Biennial Child Studies TAFE Teachers' Conference](#)

Growing Conversations - Reflections on Teaching Growing Conversations is a conference designed to encourage dialogue on innovative professional practices relevant to the everyday work of a Child Studies TAFE/University teacher. Hosted by Child Studies Department at Canberra Institute of Technology, participants will include TAFE Managers, TAFE teachers, University teachers and public providers who are involved in the training of Children's Services.

29th September - 1st October 2006

[2006 National Foster Care Conference: "Supporting Caring Families: Meeting the challenges of the next five years"](#) - This year's program builds on previous years and will offer valuable opportunities for foster carers, workers, policy makers, researchers and educators to come together to support each other and look towards the future. The conference will be held at Stamford Grand, Adelaide, South Australia.

13 to 15 November 2006

[Young People's Health-what's it going to take? Youth Health 2006 Conference](#)

Sydney Showground Olympic Park Sydney Australia.

Young people are facing enormous challenges and difficulties, many of which are substantially different to those experienced in earlier and less troubled times. The fact that many of these risky behaviours and problems are occurring at increasingly younger ages underscores the urgency of addressing adolescent health issues in a more effective way.

Hosted by The Department of Adolescent Medicine and the NSW Centre for the Advancement of Adolescent Health.

ABC & Other Health Updates

[Paediatricians speak out against hospital system](#)

In Victoria, some paediatricians say they're so worried about conditions for children in hospitals that they're willing to risk their jobs. The Association for the Welfare of Child Health says there have been cuts of 30 per cent to paediatric wards over the past 12 years.

[WHO announces new baby growth charts](#)

The World Health Organisation has released new growth charts and in a major break from the past, those figures recognise breastfeeding as the biological norm when it comes to measuring what a healthy baby should weigh.

[Mental health system access in question](#)

Mark is 19 years old, unemployed and mentally ill. While his mother works, he watches TV or roams the streets on his bike. He used to drive, but he's lost his licence.

[Grommets and glue ear](#)

Probably the commonest childhood operation is the insertion of grommets - little ventilation tubes - to relieve fluid in the middle ear: so-called 'glue ear'. The idea is to prevent developmental problems like speech difficulties from associated hearing loss.

[Imaginary friends open up fantastic world](#)

Children with imaginary friends have more vivid daydreams than other children, a new study shows for the first time.

Imaginary playmates are a sign of rich fantasy life, but can also hint at problems, researchers say (Image: Stockphoto)



[Self management for eczema](#)

A trial of six two-hour sessions of education from trained specialists to parents of children up to 7, between 8 and 13, and adolescents themselves, showed improvements in quality of life, severity, and panicking when things got bad.

[Caffeine Calculator](#)

Caffeine can be found in many of the drinks and foods we consume every day. It occurs naturally in some like tea and coffee, and is added during the manufacture of others like cola drinks. Use our caffeine calculator to estimate your daily caffeine intake. Are you having too much?

[Kids and road injuries](#)

Five-year-old Sydney girl Sophie Delezio gets out of hospital, five weeks after being hit by a car - the second serious car accident in her short life.

[Food and drink advertisers find new ways to target children](#)

Food advertising aimed at children is going covert.

As the debate over the role food marketing plays in childhood obesity continues to centre on TV advertising, manufacturers are turning to less visible techniques to market to children.

Books & Resources

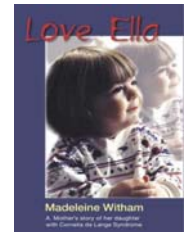
[Positive Food for Kids](#)

Are you interested in learning more about food and nutrition for babies, toddlers, children and teens? Would you like a reference book about child nutrition and health? Positive Food for Kids is a new book about child health & nutrition for health professionals and parents. The book is written by well known child nutrition expert, Dr Jenny O'Dea.

[Love Ella](#)

'Love Ella', written by Madeleine Witham, is a powerful look at living with a child with an intellectual disability and medical complications.

Any parent or family member, teacher or therapist of a child with special needs will be able to identify with the strong emotions illustrated in this book; the struggles and the joys, the desperate wish of Ella's mother that the world would love her child for who she is.



["The Secret of Strong Kids The Resilience Doughnut..."](#)

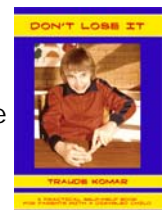
By Lyn Worsley

The 7 factors that strong young people and adults have in common are illustrated in the shape of a doughnut. Ways of helping a young person through stressful times and building their resilience are shown using a simple the common sense formula; "If something is working, do more of it".



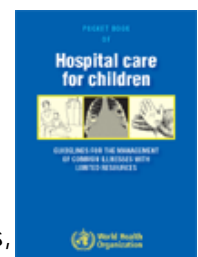
[Don't Loose It](#) - A practical self help book for parents with a disabled child

The book is Traude Komar's story of her 33 years caring for her disabled son, Herbert. She has dedicated the book to her son's vibrant life and hopes that in some way it will help others cope with the difficulties of caring for someone with a disability.



[Pocket book of hospital care for children Guidelines for the management of common illnesses with limited resources](#)

This is a pocket-sized manual for use by doctors, senior nurses and other senior health workers who are responsible for the care of young children at the first referral level in developing countries. It presents up-to-date clinical guidelines which are based on a review of the available published evidence by subject experts, for both inpatient and outpatient care in small hospitals where basic laboratory facilities and essential drugs and inexpensive medicines are available. It focuses on the inpatient management of the major causes of childhood mortality, such as pneumonia, diarrhoea, severe malnutrition, malaria, meningitis, measles, HIV infection and related conditions.



[Royal Children's Hospital Melbourne - Clinical Guidelines](#)

A Clinical Quality and Safety initiative to provide RCH Clinicians with a centralised resource of Hospital wide Clinical Guidelines.

['Snapshots of Australian families with adolescents'](#)

To support the 2006 National Families Week, the Australian Institute of Family Studies has prepared a facts sheet about families with adolescent children aged 12 to 18 years, the group given special emphasis in this year's celebrations.

Reports

[Australian hospital statistics 2004-05](#)

This summary report presents an overview of hospitals and hospital activity in Australia, further data on public hospitals, hospital performance indicator data, information on non-admitted patient care provided in public hospital emergency departments, and summary data on elective surgery waiting times for patients admitted to public hospitals.

[Online Youth Networks: Researching the Experiences of 'Peripheral' Young People in Using New Media Tools For Creative Participation And Representation](#)

Online networks can support broad communicative participation and interaction and new media technologies have the potential to allow individuals and groups to reflect, create, maintain, establish, challenge and subvert the media and political representations that affect them.

[Don't push me around!](#)

This report has been written by Barnardo's and Whizz-Kidz in order to bring about change in wheelchair service provision for disabled children with mobility needs in the UK.

[Indicators of risk to the wellbeing of Australian Indigenous children](#)

Anne Daly and Diane Smith use a range of indicators established in the literature to examine the risk of exclusion from mainstream Australian society for Indigenous Australian children. The results show that Indigenous children continue to be among the most socially disadvantaged in Australia, and this is particularly the case for those living in remote and very remote areas.

[The right to the highest attainable standard of health: opportunities and challenges](#)

This is the text of a recent speech by Paul Hunt, UN Special Rapporteur on the right to the highest attainable standard of physical and mental health, in which he asks: what does the right to health mean?

[Children with autism face exclusion and bullying](#)

Over a quarter of children with autism have been excluded from school and nearly half have experienced bullying, according to research published by the National Autistic Society.

[Review of ACT Child Deaths](#) - This report covers the period between January 1992 and December 2003 and identifies the deaths of 400 infants, children and young persons aged 0-17 years.

[An Analysis of the Usefulness and Feasibility of a Population Indicator of Childhood Obesity](#) - This paper provides an analysis of the usefulness and operational feasibility to monitor both obesity in children and young people, and the effectiveness of the collective strategies and interventions used to prevent and manage childhood obesity. The work uses a Leading for Outcomes approach.

[Attack dogs used to control kids](#)

Attack dogs used to enforce control, solitary confinement, non-consensual medical procedures ... Abu Ghraib? Not quite, rather the NSW juvenile justice system.

[New Zealand and the UN General Comment on Corporal Punishment](#)

Following two General Discussion Days on Violence Against Children, the UN Committee on the Rights of the Child resolved to issue a series of papers on eliminating violence against children to guide State parties in understanding the provisions of the UN Convention on the Rights of the Child.

[Access to Dental Services Among Australian Children and Adults](#)

This report provides information on the use of dental services among Australian children and adults in 2002.

Quick Poll

At your hospital, in the last 12 months, have any adults been hospitalised in the same ward as children?

Yes

No

Vote!

[view results](#)

Want to let us know your thoughts on the above topic? - [Click here](#) to post your comments.

Contact Us

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Online issues can be found at www.awch.org.au

For more information about items in this newsletter or should you wish to provide feedback please contact:

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