



Well Child Tamariki Ora (WCTO) Provider Update

November 2019

From the WCTO Promotion Team at the Immunisation Advisory Centre

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Are you a health professional born after 1969?

Make sure you have two documented doses of measles-containing vaccine given after the age of 12 months.

Changes to the National Immunisation Schedule from 1 July 2020

PHARMAC have announced changes to the National Immunisation Schedule, effective from 1 July 2020. Key changes include: 1) reducing the pneumococcal vaccination schedule from a four- to a three-dose schedule (two doses as an infant and a booster dose in the second year of life) and 2) replacing ADT with the pertussis-containing Tdap for adult booster doses.

Vaccine	From 1 July 2020
Pneumococcal	Eligibility criteria will be amended from a four-dose schedule to a three-dose schedule to be administered at 6 weeks, 5 months and 15 months.
Varicella vaccine	Eligibility will be changed to infants from 12 months of age. For infants between 9 and 12 months of age at high risk, an alternative vaccine would be available through DHB hospitals.
Diphtheria, tetanus and pertussis vaccine (Tdap, Boostrix®)	Tdap (Boostrix®) vaccine will replace the adult diphtheria and tetanus vaccine (ADT Booster). Eligibility criteria will be amended to restrict the tetanus booster at age 45 to individuals who have not received four tetanus vaccinations in their lifetime.

How to spot measles

It usually takes 10–12 days from exposure to the measles virus until the first symptoms show. The illness begins with fever, cough, runny nose and conjunctivitis, which lasts for 2–4 days. Small white Koplik spots may develop inside the mouth. A rash appears 2–4 days after the first symptoms, beginning at the hairline and gradually spreading down the body to the arms and legs.

Why measles is serious

Complications from measles are common, with up to 30% of people with measles developing complications – usually children under 5 and adults over the age of 20. The measles virus can replicate and spread during the incubation period. The virus suppresses the immune system, lowering the body’s ability to fight other

infections, even after the person is well again. Those with a weak immune system are at greater risk of serious disease. For more information about measles click on this [link](#).

The most effective way to prevent measles is on-time vaccination, providing individual and community protection.

Being mindful about screen time

Screen time for children aged younger than 2 years is not recommended and for children aged 2–5 years recommended screen time is less than one hour per day. Research shows that children begin to understand screen content by the end of their second year, and that infants and toddlers are unlikely to learn from screens and have difficulty transferring new learning from the screen to real life. By contrast, they learn rapidly through face-to-face interaction with parents and caregivers.¹



Tips for parents

- Consider family screen habits and develop a healthy family media plan. Parents who are constantly on screens are not sending a healthy message to their children.
- Resist pressure to introduce interactive technology at an early age.
- Turn off devices when not in use. Avoid background television, especially at meal times. Where possible encourage meal times to be a family time sitting around the table.
- Avoid screens for at least 1 hour before bedtime as they can interfere with the body's processes when trying to go to sleep.
- Store screens out of sight where possible.
- Watch the screen with children whenever possible and help young children to recognise and question advertising and inappropriate content.
- As children get older set up parental controls on devices to restrict screen use.

New Oral Health Online Course



The course covers:

- caries risk assessment
- anticipatory guidance
- stages of tooth decay
- oral hygiene.

The course is available at a cost of \$50 plus GST and can be completed at your own pace. On completion of the course a certificate provides evidence of professional development hours. To register, please go to [Conectus Learning](#) and follow the prompts to start the course. For education and training enquiries, please email imacetadmin@auckland.ac.nz or call 0800 882 873. This new 2-hour online course has been developed to support Well Child providers in their interactions with families, caregivers and whānau to improve the oral health of New Zealand children/tamariki.

¹ *Paediatrics & Child Health*, Volume 22, Issue 8, December 2017, pp 461–468, <https://doi.org/10.1093/pch/pxx123>

National Safe Sleep Day – 6 December 2019

What is National Safe Sleep Day – Te Rā Mokopuna? The aim of this day is to raise awareness about Sudden Unexpected Death in Infants (SUDI), with the vision of reducing the rate at which SUDI occurs in our New Zealand families and communities. SUDI is preventable, and the risk factors for our babies can be significantly reduced should the right steps be implemented. Click on the following link for more details: [Safe Sleep Day NZ](#)



Well Child Tamariki Ora Symposia

IMAC runs WCTO symposiums around the country for all those involved in the planning and delivery of WCTO services. Content focuses on updating us on topics of importance relating to Well Child practice. Evaluation feedback from attendees to date has been very positive. We welcome any further feedback as to how to continue to deliver these symposia most effectively.

[Click here to access slides content from previous symposia.](#)

2020 WCTO Regional Symposia dates

- Northern 24 March
- Wellington 11 June
- Christchurch 27 August



Upcoming events

- World Children’s Day: 20 November
- International Day for the Elimination of Violence against Women (White Ribbon Day): 25 November
- National Safe Sleep Day: 6 December (National Safe Sleep Day – Te Rā Mokopuna)
- International Migrants Day: 18 December



Website address: www.wellchild.org.nz

Newsletter mail-out dates for 2020: 10 Feb; 11 May; 10 Aug; 9 Nov

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