



Well Child Tamariki Ora (WCTO) Provider Update

February 2020

From the WCTO Promotion Team at the Immunisation Advisory Centre

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WCTO Symposium

24th March

Albany, Auckland

[Click here to register](#)

Ministry update on the WCTO review

The WCTO Review team is currently working through the analysis phase of the review, bringing together the key themes heard through stakeholder engagement, evidence captured through available data collection, rapid evidence reviews and the case studies completed to date. The Ministry's intention is to communicate with all WCTO stakeholders in the coming weeks, including some initial high-level themes and next steps.

It's official: We're having a Well Child Conference (and Workshop) !

We've had consistent feedback that you all want more - and so we very pleased to announce that in 2020 we will be holding a two-day event: comprising of a one-day Workshop followed by a one-day Conference. It's a matter of saving the dates for now:

Well Child pre-Conference Workshop October 15, Rotorua

Well Child Conference, October 16, Rotorua

Preventing sunburn in the under 5's

Dr Geri McLeod
University of Otago, Christchurch

New Zealand has one of the highest rates of skin cancer in the world. Skin cancer is caused by overexposure to the sun and is largely preventable. It is very important to protect children from sunburn to reduce their chance of skin cancer in later life. Infants under 6 months should not be exposed to ultra-violet radiation (UVR) from the sun, unless under medical advice.

One of the easiest ways to avoid excessive UVR and sunburn is to stay indoors during the middle of the day, especially in summer but also in spring and autumn. NIWA has a free smartphone app called uv2Day, which displays current UVR levels and states whether sun-protection is required.

If you must be outdoors and UVR levels are high, the most effective sun-protection is clothing, hat and sunglasses. Clothing should be a long-sleeved top and long pants. Hats should have a wide brim. Sitting in



shade is also very important to reduce the amount of UVR that falls on children. Everyone needs sun protection even when it's cloudy - UVR can still penetrate cloud cover.

Areas of the body that cannot be protected physically with clothing, should have sunscreen applied. Don't rely on sunscreen as the only form of sun protection. Do not put sunscreen on babies younger than 6 months as their skin may react to the ingredients.

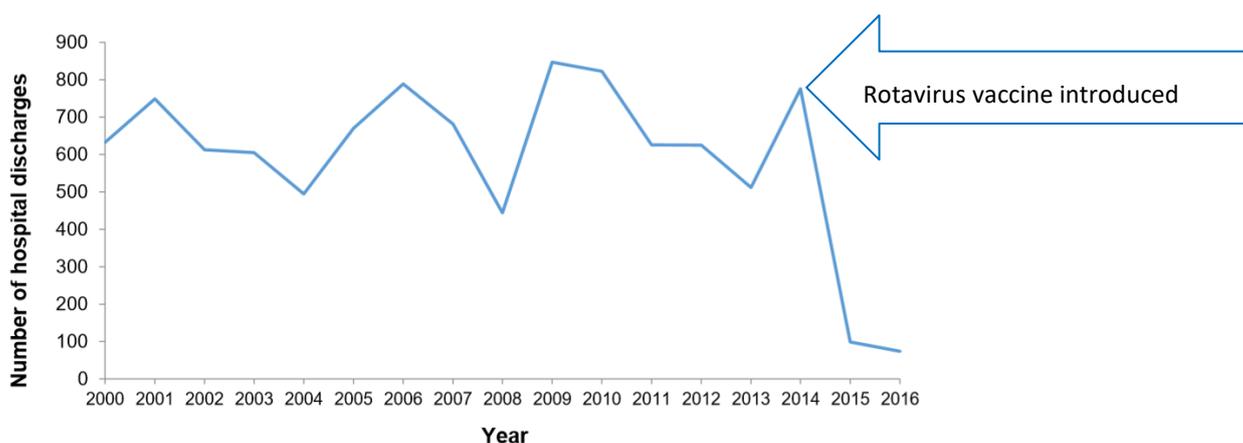
When using sunscreen it is very important to follow the instructions on the bottle and apply the lotion generously. Sunscreen should be applied twice at least 30 minutes before going outdoors. This is for two reasons. First, because areas of skin may be missed or sunscreen is applied too thinly to form an effective barrier and second, sunscreen needs time for the ingredients to react with skin and become protective. Sunscreen should be reapplied every 2 hours when swimming or if sweating. Spray-on sunscreen is not recommended for children as the product can be inhaled while it is applied.

Infants and children in NZ need to be exposed to low levels of UVB in order to produce vitamin D. For more information [click here](#).

Rotavirus vaccine – the unspoken success story

Prior to introducing the rotavirus vaccine in New Zealand in 2014, it was estimated that 1 in 52 children were hospitalised with rotavirus gastroenteritis by 3 years of age. The graph below shows a marked decrease in rotavirus hospitalisations since the vaccine was introduced. For more, see the full [Rotavirus in New Zealand, 2016](#) report and see [here](#) for more about the impact of rotavirus vaccine on paediatric rotavirus hospitalisation and intussusception in New Zealand.

Figure 1. Rotavirus hospital discharges for children aged under 5 years, 2000–2016. Institute of Environmental Science and Research Ltd (ESR). Rotavirus in New Zealand, 2016. Porirua: ESR; 2018, p.8.



Influenza protection

Influenza immunisation is available from early April and is FREE for:

- pregnant women
- children aged 4 and under with serious respiratory illnesses
- people with severe asthma, heart disease, diabetes and other serious health conditions that make them more susceptible to influenza
- those aged 65 and over.

Please see fightflu.co.nz for more information about eligibility for FREE influenza immunisation.

Key points:

- To maintain the most effective protection against influenza, annual immunisation is required as:
 - protection lessens over time
 - influenza can be caused by different strains of influenza viruses that were not represented in the previous year's vaccine.
- One in four New Zealanders are infected with influenza each year, many will be asymptomatic but can still be contagious.
- It takes approximately 2 weeks to develop immunity once vaccinated.
- Ideally, immunisation should be carried out before the main influenza activity between May and September.

The Ministry of Health recommends annual influenza immunisation of healthcare workers, who are twice as likely to acquire influenza than non-healthcare workers, and who can transmit influenza without knowing they are infected.



Click on influenza.org.nz for more information written for healthcare workers promoting or providing immunisations.



Influenza immunisation, during any stage of pregnancy, is the best protection for both the pregnant women and her baby, for up to 6 months after birth. The [Immunise during pregnancy](#) brochure is available from Health Ed and covers whooping cough and influenza immunisation.

Resources from the Office of the Children's Commissioner

The Office of the Children's Commissioner have created [downloadable resources](#), including a statistical analysis, to show what happens when reports of care and protection concerns for 0- to 3-month-olds are made to Oranga Tamariki.



WCTO symposiums

IMAC runs WCTO symposiums around the country for all those involved in the planning and delivery of WCTO services (scroll down for 2020 dates and registration link). Content focuses on updating us on topics of importance relating to Well Child practice.

The next symposium is 24 March in Albany, on Auckland's north shore. In addition to staple features such as:

- Ministry of Health's WCTO programme update
- IMAC's essential immunisation information

presentations include:

- Family harm prevention
- Supporting breastfeeding and infant nutrition
- Mitigating harm from pre-natal exposure to methamphetamine
- New e-learning programme for pacific people and maternal health.

[Click here to access PowerPoint slides and videos from previous symposia](#)

2020 WCTO Regional Symposia dates

- Albany 24 March [Click here to register](#)
- Wellington 11 June
- Christchurch 27 August



Upcoming events

- Heart Awareness Month: February
- National Children's Day; 1 March
- Kidney Health Month: March
- Walk2Work Day: 11 March
- Immunisation Week: 3– 9 May. The theme is 'Protected Together, #Immunise.' More about this in the April newsletter.
- Well Child Workshop and Conference 15 and 16 October



Website address: www.wellchild.org.nz

Newsletter mail-out dates for 2020: 27 April; 10 Aug; 9 Nov

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