Farewell and Good Luck – Jenny Martin

The Allied Health Educators would like to express our thanks and wish Jenny Martin a fond farewell. Jenny is about to embark on a new chapter in her career as the Director of Allied Health with Central Coast Local Health District.

Jenny has provided a wealth of knowledge and support to Allied to Kids and the Allied Health Educators for over 10 years. As such, allied health professionals who work with children and their families have significantly benefited from her involvement and guidance. Jenny’s background in allied health, management and education have ensured that she has advocated for allied health education at all levels across NSW Health. Without her valuable contributions Allied to Kids would not be where it is today.

Farewell and all the best in your new role Jenny.

World Down Syndrome Day (WDSD)

WDSD is a global awareness initiative that has been backed by the United Nations since 2012.

Down Syndrome International has linked up with national charities across the world to develop activities and events to raise awareness and support for those living with Down syndrome. It also highlights the facts of what it is like to have Down syndrome, and how those with Down syndrome have, and continue to play, a vital role in our communities.

The date itself has been selected for very clever reasons; it is held on the 21st day of the 3rd month, recognising the uniqueness of the triplication of the 21st chromosome which leads to Down Syndrome.

Let’s get people talking about WDSD on 21 March 2019! How? By wearing #LotsOfSocks!
Children and Sleep

Sleep is an essential part of everyone's daily routine. Sleep is especially important for children and adolescents with sleep problems or sleep disorders that go unidentified and untreated. Over 80% of children and teenagers with developmental disabilities have disturbed sleep that impacts on their development, daytime behaviour (hyperactivity, mood swings, lethargy, aggression and self-injury), learning and health. A child's inadequate sleep can have a large impact on the whole family. Sleep deprived parents and carers find their own health can be greatly influenced by poor sleep. These sleep deprived adults struggle as they find it harder to manage family and work commitments. BEARS is a quick, simple screener for paediatric professionals to use universally for all children from 2 through 18 years of age to determine if a child needs a more comprehensive sleep disorders screening inventory administered. The initial phase is the Ten Item Sleep Screener which can be easily integrated into any clinical interview. The Ten Item Sleep Screener, asks:

1. Does the child snore lightly or loudly at night?
2. Does the child exhibit excessive daytime sleepiness?
3. Does the child have difficulty falling asleep at night?
4. Does the child roll, kick, or move around frequently in sleep?
5. Does the child wake up frequently in the night?
6. Is the child difficult to awaken in the morning?
7. Does the child gasp, choke, or snort in sleep?
8. Does the child stop breathing during sleep?
9. Does the child get enough sleep at night compared with peers of the same age?
10. Does the child have a difficult temperament (irritable or easily frustrated)?

There are many useful resources available for health professionals working with children with sleep issues. These include:

- The Sleep Health Foundation has prepared a number of fact sheets about sleep related topics: https://www.sleephealthfoundation.org.au/fact-sheets.html.
- The Supporting Sleep Core Standard includes a practice guide that has been developed by the Family and Community Services Practice Leader, Occupational Therapy, in conjunction with expert content providers. This guide is a useful tool for occupational therapists to support people with disability to experience adequate sleep: http://www.deai.com.au/wp-content/uploads/2017/03/NSW-Supporting-Sleep-Core-Standard-Practice-Guide-for-children-adolescents-and-adults-with-disability-Jan-2016.pdf.

References:
Supporting Children with Complex Feeding Difficulties (SuCCEED) are hosting the first ever SuCCEED Tube Feeding Picnic 2019.

Everyone is invited!

Anyone who has been affected by tube feeding a child in any way – as family, friends, carer or clinician – are invited to join a mealtime with people who know how hard mealtimes can be.

There will be child and tube-friendly entertainment generously donated by some wonderful performers.

Information on tube feeding and funding support options will be available. There will also be a chance to meet and share your experiences with other families who know what it is like to tube feed their child. Opportunities to join in discussion regarding starting a regular Tube Feeding Support Group and newsletter so if you are interested please bring your ideas!

Where: Hill Pavilion, Sydney Olympic Park
When: Sunday 31st March 2019
When: 10am - 2pm
What to bring: Bring a picnic rug, all your own food and a smile.

For your perusal and additional information, please refer to:

- A brief video (2 minutes) on the SuCCEED project for you to watch: [http://www.cje.me/trailer](http://www.cje.me/trailer).
- The link to picnic details on our website: [www.childfeeding.org/picnic](http://www.childfeeding.org/picnic).

We are asking for expressions of interest from clinicians who work in child feeding to attend the picnic as volunteer helpers.

If you are able to volunteer between 10:00-2:00pm on Sunday 31st March, please email Simone Wright [simone.wright@health.nsw.gov.au](mailto:simone.wright@health.nsw.gov.au).

We would greatly appreciate if you could share this information with your families and all your colleagues.
Spike in Aboriginal child removals sparks call for urgent action to end cycle of trauma

A recently released paper, *Infant removals: The need to address the over-representation of Aboriginal infants and community concerns of another 'stolen generation' (2019)* was a collaboration with Murdoch University and the Institute of Child Protection Studies at the Australian Catholic University. Disturbing results of this study have confirmed that Aboriginal children are now 10 times more likely than non-Aboriginal children to be placed in out-of-home care.¹ This has prompted researchers to call for urgent action to prevent further intergenerational trauma.

Researchers, including Telethon Kids Institute Patron and former Australian of the Year Professor Fiona Stanley have reviewed national data. This followed anecdotal reports from the Aboriginal community that child protection authorities had increased the removal of Aboriginal infants from their families in recent years. Aboriginal community members have expressed concern that Aboriginal children are still being removed in high numbers by the Government, with some referring to this removal as ‘another stolen generation’.

The researchers examined child protection data from the Australian Institute of Health and Welfare (AIHW) for the period 2012-2016, as well as linked data from the Western Australian Departments of Communities and Health. The latter was used to investigate the characteristics of Aboriginal families who had had an infant removed.

The study, published this month in the journal *Child Abuse & Neglect*, found:

- The number of Aboriginal children in out-of-home care increased 21 per cent from 2012 to 2017, while the number of Aboriginal infants – those under the age of one year – in out-of-home care increased 17 per cent between 2013 and 2016.

- Nationally, 56.6 per 1000 Aboriginal children were in out-of-home care in 2016, compared to 46.6 per 1000 in 2012. By contrast, 5.8 per 1000 non-Aboriginal children were in out-of-home care in 2016, up only slightly from the 2012 rate of 5.4 per 1000.

- Similarly, the number of Aboriginal infants in care rose from 24.8 to 29.1 per 1000 between 2013-14 – when the AIHW began collating data about children in out-of-home care under the age of one year – and 2016. Over the same period, the rates for non-Aboriginal infants rose from 2.6 to 3 per 1000.

The researchers found key risk factors leading to removal included substance use, mental health issues, children with disability, and children from the most disadvantaged communities. Substance abuse and mental health issues – well-recognised legacies of the intergenerational trauma brought about by the forced removal of children in the past – were particularly identified as factors in Aboriginal children being placed into out-of-home care.

Professor Stanley, senior author on the paper, said the findings made clear that rates of Aboriginal child removals and the disparity between Aboriginal and non-Aboriginal children were getting worse – and would continue to do so unless urgent action was taken to break the cycle of intergenerational trauma.

“While there is no question that infants and children need to be removed from situations where their safety is at risk, the current system is failing to address the pathways that result in those dangerous situations,… If you look at it in the context of how traumatic the Stolen Generation was – the parenting, substance abuse and mental health problems that resulted and are still present three generations down the track – it is urgent that we now ensure that Aboriginal children who are removed are not further traumatised by this, and their children and grandchildren don’t have a similar pathway.”

Australia spent $5.8 billion on child protection services including out-of-home care in 2017-18 – and that did not take into account the billions spent on police, justice and corrective services, or health and mental health.

Co-author Professor Rhonda Marriott, Pro Vice Chancellor Aboriginal and Torres Strait Islander Leadership and Research Director of Ngangk Yira, Murdoch University Research Centre for Aboriginal
Health, said the findings showed little had been learned from previous inquiries and royal commissions, all of which had made recommendations – largely unheeded – aimed at healing the epidemic of intergenerational trauma.

I know that child protection staff have goodwill and individuals certainly try their hardest. However they are under-resourced and have this perspective that their only responsibility is to the safety of the child, without also understanding how to support broken and traumatic family situations, and help parents be the best parents they can so that they may keep their child.


Adapted from https://twitter.com/telethonkids.

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**To Tweet or not to Tweet**

This section will be a regular inclusion of the Allied to Kids newsletter and will spotlight relevant Twitter accounts for allied health professionals.

**Telethon Kids Institute**[@telethonkids] - Headed by Professor Carapetis, the Telethon Kids Institute is committed to improving the health and development of all children. They aim to bring together community, researchers, practitioners, policy makers and funders, who share the vision to improve the health and wellbeing of children through excellence in research. Their goal is to build on their success and create a research institute that makes a real difference in the community, which will benefit children and families everywhere.

**Monash Children’s**[@MonashChildrens] - Monash Children’s Hospital is one of Australia’s leading providers of integrated children's health services, with over 30 specialist services and programs.


Please do not forget to follow **AlliedtoKids**[@AlliedtoKids] - A2K aims to provide education, support and clinical resources to allied health professionals working with children across NSW.
Interprofessional Family Conferencing Training for health care professionals working with children and their families

The Interprofessional Family Conferencing (IFC) Training Program is a new and unique patient-focused, people-centred training program designed for NSW Health professionals involved in family conferencing.

Whether developing a plan of care, discussing a diagnosis, treatment, or prognosis with patients, young people, children and/or their family, the positive benefits of effective interprofessional family conferencing are well documented.

Through a combination of a 20-minute eLearning module and half day simulation workshop, participants will learn how to:

- Effectively plan and facilitate a family conference
- Empower the patient to be a key partner in decision making
- Learn techniques to skilfully communicate with patients and their families
- Enhance team communication and collaboration.

The Health Education and Training Institute (HETI) is currently rolling out the IFC program across the state. So far the eLearning module has been completed by 411 NSW Health staff and the face-to-face training program has been delivered to 200 NSW Health staff across 13 Local Health Districts and Speciality Health Networks.

Evaluations received to date indicate that the program offers valuable learning and that simulation as a teaching and learning tool supports the translation of knowledge into practice.

Comments from recent workshops include:

Well done, I’m now confident to be a part of a family conference in my unit and looking forward to it

Great training. I feel more confident in my own skills, have ideas of what I can do better and in turn feel more equipped to be able to support the staff I supervise/train. Thanks

Great presentation, engaging, great opportunity to build on skills

Overall a productive very worthwhile workshop

The Children’s Healthcare Network (CHN) in partnership with HETI plans to run some training events in July – December 2019 using paediatric specific content developed by the CHN. For more information and to provide your expression of interest to participate in this training contact the Allied Health Educators (contact details page 9).
Allied Health Workplace Learning Grants

The Allied Health Team, HETI is pleased to announce that the Allied Health Workplace Learning Grants program for 2019 is now open.

The program provides financial support to teams of allied health professionals and/or allied health assistants seeking to further develop their knowledge and skills through workplace learning opportunities. Aboriginal health workers and practitioners working in an allied health support role will also be included for this grant.

Eligible teams are able to apply for one-off grants of up to $4000 to support access to workplace learning opportunities which will enhance their ability to perform in their current role. Additional funding will be available to rural and remote teams if requested. This aims to assist in meeting any further costs associated with location such as travel to the workplace for an educator. In addition to a grant of $4000, rural based teams may request up to $500 extra and remote based teams may request up to $1000 extra.

The 2019 Workplace Learning Grant program has been modified slightly following feedback from last year’s process. The main changes include:

1. The submission of the approved applications by the individual contact people rather than the Director of Allied Health or delegate.
2. Nomination of a consistent local district/network closing date.
3. The full application form being uploaded rather than just some sections. Contact people will still need to enter the initial information from the form into the electronic form, but this can be done via cutting and pasting on the whole.
4. Moving the Aboriginal impact statement off the electronic form and into the selection criteria (as it was identified that there was insufficient space).
5. Increased structure around shadow work placements – as we have been finding these have been delayed due to a lack of initial agreement with the nominated site.

The timeline for the program is as follows:

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grant funding applications open</td>
<td>Monday 4 March 2019</td>
</tr>
<tr>
<td><strong>Local grant funding applications close</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Applications to be submitted to Director of Allied Health in the district or network within which you work for local prioritisation</strong></td>
<td>Monday 29 April 2019</td>
</tr>
<tr>
<td>The Director of Allied Health emails the list of applications from their district or network including prioritisation to HETI Allied Health via the Scholarships email</td>
<td>Monday 20 May 2019</td>
</tr>
<tr>
<td>Key contact people to submit approved applications before</td>
<td>Friday 31 May 2019</td>
</tr>
<tr>
<td>Applications reviewed and assessed by Review Committee</td>
<td>31 May – 30 June 2019</td>
</tr>
<tr>
<td>Applicants notified of outcome via email</td>
<td>Monday 8 July 2019</td>
</tr>
<tr>
<td>Intra-health invoice raised by the cost centre manager</td>
<td>Monday 22 July 2019</td>
</tr>
</tbody>
</table>


You are also welcome to email HETI-Scholarships@health.nsw.gov.au or to phone Sue Steele-Smith, Senior Program Officer, on 02 9844 6161 or Maria Berarducci, Senior Program Manager, on 02 9844 6504.
Child and Family East (CAFÉ)

Child and Family East (CAFÉ) is a community mental health service that provides assistance to families with a child between 0 and 12 years who is exhibiting significant emotional, behavioural or social difficulties, or who is adjusting to changes or stressors within the family (e.g. separation, grief and loss, or trauma). CAFÉ is a multidisciplinary team comprised of social workers, clinical psychologists, and psychiatrists. CAFÉ offers a broad range of individual, family and group interventions to families, as well as psychiatric consults where appropriate, for the purpose of enhancing the child’s daily functioning, coping skills, emotional wellbeing, mental health and family relationships. CAFÉ accepts referral from families living in the Waverley, Woollahra, Randwick, Botany and part of the City of Sydney local councils. Parents are essential in promoting the emotional, behavioural and social development of children as well as implementing, supporting and generalising the therapeutic tasks recommended in treatment. Consequently, effective interventions at our service require the active participation of caregivers, and it is a prerequisite for all referrals.

CAFÉ also has a role in promoting child and family wellbeing within the community, enhancing our therapeutic interventions with families, providing education to other professionals and agencies who provide services to young children and their families, and conducting outreach activities to support vulnerable communities. With these principles in mind, the team is currently conducting a number of quality improvement and research activities, supporting postgraduate psychology student and psychiatric registrar placements, outreach initiatives with both Sydney Children’s Hospital Community Child Health and local family services, consultations to supported and targeted playgroups and community groups accessing priority populations, facilitation of parenting programs (e.g., Circle of Security) in the community, and parenting seminars.

CAFÉ values the intra-agency collaboration and wants to support colleagues at the Sydney Children’s Hospital, Randwick and within the Local Health District. CAFÉ looks forward to working with you all during 2019. To provide feedback or ask questions the contact number is 9382 8213.

Connections Forum: Supporting Aboriginal maternal, child and family health


This interprofessional forum is for anyone who works with Aboriginal mothers, families and communities, or has an interest in learning more about how they can support positive health outcomes for Aboriginal families and communities.

PURPOSE

‘Virtual’ in design, the forum will connect interprofessional knowledge, experiences and ideas, increasing collaboration and connectedness between health staff, programs and services, regardless of geographical location.

Abstracts are invited for oral papers and ePosters which showcase and explore strategies to close the gap in Aboriginal maternal, child and family health and wellbeing:

- Health care, programs, services and ways of working
- Culturally safe and appropriate care
- Innovation in practice
- Engaging families and communities
- Strengths based perspectives
- Partnerships
- Professional development and leadership

Allied to Kids

Allied health education and clinical support

Further details regarding Allied to Kids is available at the Allied to Kids website: http://www.nchn.org.au/a2k/index.html.

For more details about any of the information included in this newsletter, or if you have something you would like included in a future edition, please contact one of us.

Submissions for Future Editions of Allied to Kids

Let us know about your workshops, new programs, events, research or positions vacant. Clinical articles need to be evidence based with a relevant (albeit short) reference list. Submissions can be sent to any of the Allied Health Educators (email details are listed above) and need to be received no later than the 25th of each month to ensure inclusion in the following month’s edition. Remember, Allied to Kids is a newsletter for allied health professionals by allied health professionals.

Please note the inclusion of event/resource details in this newsletter does not constitute endorsement by the NSW Children’s Healthcare Network. Individuals are responsible for determining the credentials of events/resources in line with their own professional standards.

Children’s Healthcare Network

Allied Health Telehealth Virtual Education

Available to allied health professionals who provide services through NSW/ACT Health

The 2019 Allied Health Telehealth Virtual Education program incorporates a range of virtual education technologies such as videoconferencing and pre-recorded sessions. Upcoming Sessions:

19 March  Parent experiences and implications of wheelchair prescription for children with neuromuscular disorders  Sarah-Grace Paguinto, Occupational Therapist, Sydney Children’s Hospital

2 April  National Disability Insurance Scheme (NDIS) Information, Linkages and Capacity Building Project  Kirsten Bula, NDIS ILC Project Officer, Sydney Children’s Hospitals Network

Most sessions are recorded and available for viewing online. Please visit the Allied to Kids website http://www.nchn.org.au/a2k/index.html for details of the 2019 calendar, latest updates and to view earlier sessions.
**Tertiary Children’s Hospitals Grand Rounds**

*Available to allied health professionals who provide services through NSW Health*

**Children’s Hospital at Westmead (CHW) Grand Rounds**

The CHW Grand Rounds Education Program is held each **Thursday** from **1:00 - 2:00pm**. Upcoming sessions:

14 March  
Nephrology Update

21 March  
Allergy & Immunology Update

28 March  
Clinical Integration Updates  
Immunisation Research

4 April  
Deafness Centre  
Biochemistry


**John Hunter Children’s Hospital (JHCH) Paediatric Grand Rounds**

The JHCH Paediatric Grand Rounds Education Program is held each **Tuesday** from **1:00 - 2:00pm**. Upcoming session topics include (more specific details are released one week prior to the session):

12 March  
Paediatric Surgery/Urology

19 March  
General Paediatrics & Adolescent Medi-

26 March  
New Born Services (MD)

2 April  
Hunter Genetics

For instructions on how to view these sessions online or to access previous sessions, please email Sonia.Hughes@hnehealth.nsw.gov.au.

**Sydney Children’s Hospital (SCH) Grand Rounds**

The SCH Grand Rounds Education Program is held each **Wednesday** from **1:00 - 2:00pm**. Upcoming sessions:

13 March  
Can Mario Fix Luigi’s Waterworks?  
What to do when the bladder doesn’t work

20 March  
Child Protection Unit

27 March  
NO GRAND ROUNDS

3 April  
Sleep

For information on how to view sessions contact SCH Education Administration on 02 9382 5409.
Save the Date

On Call Sexual Assault Counsellor Training
30 April - 2 May 2019 Bathurst
23 - 25 July 2019 Dubbo
12 - 14 November 2019 Orange
This is an opportunity to be trained in a specialised area, enhancing your skills while assisting all victims of sexual assault.
For more information contact Leigh McCormick at leigh.mccormick@health.nsw.gov.au.

Vision Development in Paediatrics
1 May 2019
North Ryde, Sydney
This evening lecture will explore the following questions:
1. Visual development from birth: what is ‘within normal limits’?
2. How to best assess for visual defects.
3. What are common pathologies we might see as paediatric physiotherapists?
For more information https://australian.physio/pd/pd-product?id=6741.

Spina Bifida Education Day
14 May 2019
The Children’s Hospital at Westmead
A collaboration of presentations by the multidisciplinary Spina Bifida service - medical, physiotherapy, nursing, occupational therapy, orthotics, social work and neuropsychology.
For further information please contact Rebecca Elliott via email Rebecca.Elliott1@health.nsw.gov.au or phone 02 9845 3369.

Paediatric and Adolescent Nutrition Update Day: Challenges in babies, toddlers and teens
8 November 2019
The Children’s Hospital at Westmead
Further information will be released in the coming months.
Conferences/Workshops/Webinars

**Generation Physiotherapy: Innovation in Physiotherapy for our youngest generations**

9 March 2019  
Queensland

Inaugural conference organised by Queensland Paediatric Physiotherapy Clinical Network.

Abstract submission is now open at QPPCN@health.qld.gov.au.

**Discovering the Heart**

18 & 19 March 2019  
The Children’s Hospital at Westmead, NSW

A two-day workshop focusing on the nursing care of an infant/child with congenital or acquired heart disease. This workshop is relevant for nurses and allied health professionals working in paediatric settings who may care for an infant/child with congenital or acquired heart disease. The workshop will provide participants with improved knowledge of cardiac conditions and their management.

For further information or to express your interest please contact Lisa-Maree Saliba or Hayley Bergin via email at lisa.saliba@health.nsw.gov.au or hayley.bergin@health.nsw.gov.au or phone 02 9845 1095.

**Cervical Auscultation in Paediatric Dysphagia Management**

1 & 2 April 2019  
The Children’s Hospital at Westmead, NSW

A research-evidence informed practical workshop for speech pathologists providing dysphagia management to infants and children.

For further information or to express your interest please contact Noella Phillips via email at noella.phillips@health.nsw.gov.au or phone 02 9845 2076.

**Course in Clinical Gait Analysis**

3 & 4 May 2019  
The Children’s Hospital at Westmead, NSW

This two day course is an introduction to clinical gait analysis, exploring normal gait and gait impairments of children and adults with various gait disorders (including neurological and orthopaedic impairments). In addition the course will demonstrate the use and interpretation of three dimensional gait analysis data to identify impairments affecting the walking patterns and will focus on appropriate interventions to improve gait.

### Conferences/Workshops/Webinars continued

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Location</th>
<th>Registration URL</th>
</tr>
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<tbody>
<tr>
<td>WeeFIM</td>
<td>10 April 2019</td>
<td>Sydney, NSW</td>
<td></td>
</tr>
<tr>
<td>TBC - May 2019</td>
<td>Melbourne, VIC</td>
<td>TBC - August 2019</td>
<td>Venue to be confirmed, WA</td>
</tr>
<tr>
<td>Play Workshop: Introductory to Advanced Course</td>
<td>29 April - 1 May 2019</td>
<td>Holden, ACT</td>
<td><a href="mailto:Tracey.Power@act.gov.au">Tracey.Power@act.gov.au</a></td>
</tr>
</tbody>
</table>
Learn to Play Workshops
8 - 12 July 2019 Learn to Play 5 Day Workshop
10 July 2019 Parent Learn to Play: Train the Trainer
11 & 12 July 2019 Advanced Learn to Play Therapy
Melbourne, VIC
https://www.learntoplayevents.com/events/

13th National Allied Health Conference
5 - 8 August 2019
Herston, QLD