Allied to Kids is an initiative of the NSW Children’s Healthcare Network. The newsletter will be circulated regularly to provide updates and information to support allied health professionals who work with kids and their families.

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**Telehealth Awareness Month**

The Telehealth Capability Interest Group (TCIG) is celebrating Telehealth Awareness Month. They hope to spread learnings and support clinicians to integrate telehealth into their daily practice.

To promote Telehealth Awareness Month the TCIG will have three paediatric virtual forums across the month. The series will provide a lens across paediatric care across four Local Health Districts. These sessions will showcase the way in which passionate clinical teams have embedded telehealth across allied health and multidisciplinary services to enhance access and care.

**Session Title** | **Date and Time**
--- | ---
Paediatric Services: Allied Health | October 1 1-2pm
Paediatric Services: Multi-disciplinary Approach | October 15 1-2pm
Paediatric Perspectives: PRMs | October 29 1-2pm

Further information is available at [https://aci.health.nsw.gov.au/about-aci/calendar/telehealth-capability-interest-group](https://aci.health.nsw.gov.au/about-aci/calendar/telehealth-capability-interest-group). A live poll will be conducted for each session to identify emerging needs so the scenarios can be tailored over the coming weeks.

If you miss a session you can go on to view it at [https://healthview.health.nsw.gov.au/userportal/index.html#/home/channel/58522f5fe4b03670ee6ab05f](https://healthview.health.nsw.gov.au/userportal/index.html#/home/channel/58522f5fe4b03670ee6ab05f). You will need to be on the NSW Health Network to access the recording.

Safer Baby Bundle

In NSW for every 1000 babies born, six will be stillborn, affecting around twelve families each week.

A national initiative to reduce the number of stillborn babies has been made possible from the collaboration of a number of organisations. This has included the Clinical Excellence Commission (CEC), Stillbirth Centre for Research Excellence (CRE), NSW Health, Safer Care Victoria and the Queensland Clinical Excellence Division.

The Stillbirth CRE's Safer Baby Bundle aims to reduce the number of preventable stillbirths after 28 weeks gestation, by 20% by 2023. The Safer Baby Bundle has five evidence-based elements that emphasise the importance of best practice care. Reinforcing the five elements of the Bundle by providing women with midwifery continuity of care, has the potential to strengthen the Bundle’s impact and reduce the rate of stillbirth.

The Safer Baby Bundle includes:

- resources for clinicians
- resources for women and their families
- Safer Baby Bundle measurement strategy.

The five Safer Baby Bundle elements are illustrated below:

| Element 1: | Supporting women to stop smoking in pregnancy |
| Element 2: | Improving detection and management of fetal growth restriction |
| Element 3: | Raising awareness and improving care for women with decreased fetal movements |
| Element 4: | Improving awareness of maternal safe going-to-sleep position in late pregnancy |
| Element 5: | Improving decision-making about the timing of birth for women with risk factors for stillbirth |

CEC will work in partnership with key NSW networks to support the state wide implementation.

Contact Dr Christine Marsh, (CEC-saferbabybundle@health.nsw.gov.au) Improvement Lead Maternal and Neonatal for further information.

Beacon Cyber Safety App

Telethon Kids Institute and Bankwest have launched a cyber safety educational app. The app is designed to keep parents and carers up to date with trusted, tailored information, to help keep kids safe online.

Beacon is designed specially for parents as a personalised, one-stop-shop for reliable information about the online world. It arms parents and carers with the knowledge they need to confidently help navigate their children’s digital behaviour and reduce harms we know are associated with being online.

Adapted from: https://beacon.telethonkids.org.au/

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. This month we profile some Twitter accounts that can assist children with good mental wellbeing.

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.

Parenting Research Centre @Parentingrc - The Parenting Research Centre helps children thrive by driving new and better ways to support families in their parenting.

AIFS @FamilyStudies - The Australian Institute of Family Studies (AIFS) creates and communicates knowledge to accelerate positive outcomes for families and society.

CRE Childhood Adversity @Child_Adversity - Centre for Research Excellence in Childhood Adversity: co-designing a sustainable service approach to improve #kids #mentalhealth through early detection.
Paediatric Epilepsy Network, New South Wales (PENNSW)

The PENNSW website provides information for children and adolescents living with epilepsy and their families, as well as clinicians involved in patient care. This information is for health professionals, paediatricians, and general practitioners who care for children and adolescents with epilepsy. The website provides key information on approach to diagnosis, epilepsy syndromes, medications, and management of first seizure and epilepsy. There are also standardised documents for event documentation, drug planning, and emergency seizure management for schools, day care and respite centres.

The information for families is designed to complement, not replace, the relationship between a patient and their own physician. Patients and parents/carers should consult the treating doctor for professional advice before making any health decisions or embarking upon treatment. In an emergency, call an ambulance (in Australia dial '000').

The resources for families include information on diagnosis and treatment of epilepsy, safety, first aid, lifestyle, coping with epilepsy, and dealing with emotions.

For clinicians the website provides key information on a range of important issues. This includes the approach to diagnosis, epilepsy syndromes, medications, safety, issues of driving and pregnancy, and management of first seizure and epilepsy. Standardised documents for event recording, drug planning, and emergency seizure management for schools, day care and respite centres, are also provided.

PENNSW have also created the Living Well with Epilepsy video for adolescents with epilepsy. It includes important messages on how to make wise choices and live well with epilepsy. It includes important information regarding: safety precautions to reduce risks; making wise choices regarding medications, sleep, drugs and alcohol; driving regulations; mood support; pregnancy and contraception; travelling; and transition to adult services.


Healthy Mothers Healthy Families

Families raising a child with a disability have complex and multiple needs. Healthy Mothers Healthy Families (HMHF) is an innovative program that has been designed to meet the needs of mothers, empower mothers and celebrate mothers. The aim of HMHF is for all family members to have access to effective and inspiring programs and supports. This needs to exist from the moment their loved child is diagnosed or acquires a disability or chronic medical condition. It is essential that the future can be bright for all family members with tailored, responsive and available education and support.

HMHF is a website with online modules designed for mothers of children with a disability. HMHF helps families to find their balance though empowering mothers to seek their own balance of healthy activities for themselves and their family.

On the website you will find:

- videos from seven mothers who share their stories about healthy lifestyle change
- educational videos, worksheets and information about how to make healthy changes
- evidence based information about stress, diet, physical activity and much more
- ten modules that mothers can complete at their own leisure at home on a computer, or on their phone.

The modules have some great information and include the following topics:

1. The Journey of Mothers
2. Health and Research Findings
3. What Mothers Say About Stress
4. Healthy Mind Healthy Mother
5. Active Healthy Mother
6. Healthy Eating
7. Bringing Support Around You and Your Family
8. Managing Healthy Home Routines and Having Fun in the Community
9. Time for Me Planning

HMHF advocates for appropriate, evidence informed support that strengthens and empowers parents, carers and families.

Healthy Mothers Healthy Families is a research based program. Over 1500 mothers have contributed to the development and evaluation of the program and material in the website.

Adapted from: https://www.healthymothers-healthyfamilies.com/about.
Research Corner

Recruiting: Free Weight Reduction Trial for 13-17 Year Olds with Obesity

Fast Track to Health is an National Health and Medical Research Council (NHMRC) funded randomised control trial conducted at The Children's Hospital at Westmead recruiting 13 - 17 year olds with obesity. The study is comparing the effect of two supported weight loss programs on health, psychosocial wellbeing, weight loss and risk factors for heart disease and diabetes.

To refer a patient or find out more complete an online referral form at https://www.fasttracktrial.com/referral or email the team at schn-chw-fasttrack@health.nsw.gov.au.

Child Safe Survey

The NSW Office of the Children’s Guardian (OCG) have developed a short survey to support development of targeted resources and capacity building activities on the Child Safe Standards.

The OCG would value contributions from NSW Health staff, particularly those working in services that children access or visit with their parents/carers.

Children’s Resources for COVID-19

Mask or Superhero Shield

If you ever wanted to understand the importance of wearing a mask through the eyes of a child, check out this great video from the Children’s Hospital at Westmead. Do not forget to smile, your eyes will still be smiling underneath the mask.

Go to: https://www.youtube.com/watch?v=8Xn5hJTMEkI&feature=emb_logo.

Birdie and the Virus

A virus has made Birdie’s friends sick! Birdie feels lonely and worried. What if everyone stays sick forever? But the doctors and nurses are there to help.

*Birdie and the Virus* is part of the Birdie’s Tree storybook series developed by Children’s Health Queensland through the Queensland Centre for Perinatal and Infant Mental Health.

Birdie and the Virus has been specifically designed to support the mental health and emotional wellbeing of babies and young children, their parents and families, during the COVID-19 pandemic.

In conjunction with the story book series children can also *Sing along with Birdie*.

This is a fun song to teach young children the importance of washing hands and covering coughs and sneezes to keep them safe.

COVID-19 Pandemic: Effects on the Lives of Australian Children and Families

The Royal Children’s Hospital (RCH) National Child Health Poll is a quarterly, national survey of Australian households. The poll aims to shed new light on the big issues in contemporary child and adolescent health – as told by the Australian public. The recent poll addressed the impact of COVID-19 on the lives of Australian children and their families.

The key findings of the poll identify that despite the hardships, Australian families have found some silver linings in the challenges of the COVID-19 pandemic. This was illustrated with the majority reporting their family unit is more connected, spent more time together and used their time at home to consider what’s important in life. Almost half of parents (42%) say they are now more connected to their child, with most having spent more time reading (51%) and playing games (68%) together, and 66% have developed new positive family habits since COVID-19.

The report, however, also included concerning findings on physical and mental health as well as financial security.

- Children spent more time on screens for entertainment (51%), spent less time being physically active (42%) and ate more unhealthy food (25%) during the pandemic. In fact, only one in 10 children got enough exercise each day.
- Concerningly, the report also shows of the one in five (20%) children who became unwell or injured since the onset of the pandemic, one third (31%) had healthcare delayed or avoided by parents.
- The findings also show the pandemic has negatively impacted the mental health of both parents (48%) and children (36%). Loneliness was a common experience for both parents and children, and strongly linked to a negative mental health impact.
- 28% of families experience job loss or reduced income. More than one in four parents reported not having enough money to buy food for their family.

Launch of Cancer Australia’s Children’s Cancer Website

When a child is diagnosed with cancer, it marks the beginning of a journey full of practical, emotional, psychological and physical challenges for them and their parents and families. Cancer Australia is undertaking a range of initiatives to increase Australia’s capacity to support quality research and give hope to children with cancer and their families. One of these initiatives has seen Cancer Australia release the new Children’s Cancer website which can be found at https://childrenscancer.canceraustralia.gov.au.

On this website you will find a wide range of information about children’s cancer, types of children’s cancer, living with and life after cancer, finding support and participating in clinical trials.

This is an online hub to support and inform children and families affected by cancer. The website was created under the guidance of clinicians from across Australia. The site provides current, evidence-based information, resources and data about children's cancer for children, parents and families, health professionals, educators and the community in a user-friendly and accessible format.

On the website a valuable resource is the page for health professionals and researchers https://childrenscancer.canceraustralia.gov.au/health-professionals-and-researchers. This page contains lots of valuable information on the latest information about children’s cancer and resources available. Topics covered include:

- Cancer information and guidelines
- Professional development
- Talking to children about cancer
- Talking to families about children’s cancer
- Immunisation during and after cancer
- Looking after yourself
- Children’s hospitals in Australia
- Children’s cancer research funding partnerships
- Professional bodies.

Allied to Kids

Allied health education and clinical support

Further details regarding Allied to Kids is available at the Allied to Kids website:

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

Children’s Healthcare Network

Allied Health Telehealth Virtual Education

20 October Developmental Care for Hospitalised Neonates
Jane Pettigrew and Cathryn Crowle
The Children’s Hospital at Westmead, Sydney Children’s Hospitals Network

Most previous 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 2020, 2019 and 2018 calendar and to view earlier sessions.

The NSW Children’s Healthcare Network Allied Health Educators are currently planning for AHTVE 2021. We are interested in hearing from you about potential topics and speakers so that we can fill the calendar with clinically relevant presentations.

If there are specific topics that you would be interested in hearing about, presenters that you could suggest or if you are interested in presenting yourself then please contact us. Health Educator (see contact details above).

Tertiary Children’s Hospitals Grand Rounds

Children’s Hospital at Westmead (CHW) Grand Rounds
For further details email SCHN-Education@health.nsw.gov.au.

Sydney Children’s Hospital (SCH) Grand Rounds
For further details email SCHN-Education@health.nsw.gov.au.

John Hunter Children’s Hospital (JHCH) Paediatric Grand Rounds
For details email HNELHD-PaedGrandRounds@health.nsw.gov.au.
Conferences/Workshops/Webinars

The Cognitive Orientation to Daily Occupational Performance (CO-OP) Approach

6 & 7 October 2020
Newcastle, NSW

The Cognitive Orientation to daily Occupational Performance (CO-OP) Approach is an evidence-based, goal-directed intervention that can be used to help clients achieve their functional goals. This course is appropriate for occupational therapists, physiotherapists or other qualified rehabilitation specialists. The course consists of a two-day workshop, followed by a half day certification (10 February 2021).

In the event that COVID-19 restricts face to face learning, this course will be offered via videolink.

For further information contact Michelle Jackman via email at Michelle.Jackman@health.nsw.gov.au.

Registration forms can be emailed to Joanne.Green@health.nsw.gov.au.

ACI Paediatric Network Events

MP4Kids is a clinical network representing all Level 4 paediatric units in general public hospitals, in metropolitan and outer metropolitan Sydney. RPN NSW (Regional Paediatrics NSW) is a peer-support network for regional clinicians.

MP4 Kids and RPNSW eConference
23 October 2020
eConference

MP4 Kids and RPNSW are committed to improving care for children and young people in metropolitan, regional and rural areas. The aim of this e-conference is to reconnect with colleagues in lieu of the MP4 Kids and RPNSW Conference scheduled to occur in Bathurst on this date.

This event is targeted towards all clinicians caring for children in metropolitan, regional and rural areas.

Register online at: https://www.aci.health.nsw.gov.au/networks/paediatric/events.

Paediatric Leaders Forum: Hospitals and Children in Psychological Distress. Can We Do Better?
20 November
eConference

The Paediatric Leaders Forum will focus on acute presentations to hospital, with a strong focus on practical skills that will enable attendees to return to their sites with tangible skills and ideas for improvement. The Forum will be hosted by the Agency for Clinical Innovation (ACI), the Clinical Excellence Commission (CEC) and the Ministry of Health.

This event is aimed at doctors, nurses, allied health professionals and managers working with children and young people in NSW health services and consumers contributing to the ACI and CEC’s networks.

Register online at: https://www.aci.health.nsw.gov.au/networks/paediatric/events.

MP4 Kids and RPNSW Conference - Bridging the Great Divide
29 April - 1 May 2021
Bathurst, NSW

Registration and event details to be released late 2020.

For further information and to register go to https://www.aci.health.nsw.gov.au/networks/paediatric/events.

Contact Mayra Dos Santos, Project Officer, Paediatric Network at ACI-MP4@health.nsw.gov.au.
Conferences/Workshops/Webinars continued

**Australian Physiotherapy Association (APA) Evening Lectures and Short Courses**

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**Rural Allied Health Conference**

4 & 5 November 2020  
Virtual Conference  

The NSW Rural Doctors Network inaugural Rural Allied Health Conference will look at findings and outputs from the 4Rs summit held in Wagga last year, which brought together rural Local Health District allied health leaders to explore challenges around recruitment and retention across rural and regional NSW.

The current state of play and priority areas such as COVID-19 responses, values-based healthcare and mental health and wellbeing will also be explored.

Further information will be distributed in the coming weeks.

**Allied Health Research Showcase**

26 & 27 November 2020  
Sydney NSW  

This event will provide allied health professionals and researchers the opportunity to hear and learn from peers and colleagues who will be showcasing their research.

Conferences/Workshops/Webinars continued

Working with Dads
7, 14 & 21 October 2020
Online

The Family Systems Institute Clinical Conference 2020 - Dialogue with Difference
28 & 29 October 2020
Livestream

Children’s Inpatient Research Collaborative of Australia and New Zealand (CIRCAN)
Virtual Symposium
30 October 2020
Virtual Symposium
https://docs.google.com/forms/d/e/1FAIpQLSdvldQSpN79YVErzSgXAJCFfxufXXuyguKTt4NOa6q1dJTojg/viewform

Infant Feeding Foundations Workshop: Assessment and Management (1 day workshop)
30 October - 30 November 2020
Online by demand

Workplace Mental Health Symposium
4 & 5 November 2020
Virtual Symposium

3rd Australasian FASD Conference
11 & 12 November 2020
Sydney, NSW
http://fasdconference.com/2020program/

21st International Mental Health Conference
12 & 13 November 2020
Gold Coast, QLD
http://www.imhconference.com.au

The Practice of Psychology in Uncertain Times
13 November 2020
TBC, NSW

2020 Child and Adolescent Mental Health Conference
25 - 27 November 2020
Surfers Paradise, QLD

7th Rural and Remote Health Scientific Symposium
24 & 25 May 2021
Alice Springs, NT
https://www.ruralhealth.org.au/7rrhss/
Conferences/Workshops/Webinars continued

Academy of Child and Adolescent Health Conference (ACAH2020)
7 - 9 June 2021
Sydney, NSW

International Forum on Quality and Safety in Healthcare
7 - 9 June 2021
Sydney, NSW
https://internationalforum.bmj.com/sydney/

Positions Vacant

Regional Paediatrics NSW (RPNSW) Seeks Allied Health Representation

By Kellie Strahorn, Co-Chair RPNSW.

RPNSW is currently looking to expand their membership and is seeking an allied health representative to join their Executive Committee.

If you are an experienced, forward thinking, enthusiastic individual, who is interested in an opportunity to contribute to improving healthcare for paediatric patients in rural and regional areas, this position could be for you.

The position is voluntary and will involve attendance at bimonthly 1 hour teleconference meetings, contribute to and attend the annual RPNSW conference. (Venue varies each year, but is held in a regional area of NSW. The 2020 combined RPNSW/MP4 conference will be held as an e-Conference on the 23rd October).

To express your interest for the position and to receive details of the Terms of Reference for this committee, please email Kellie.Strahorn@health.nsw.gov.au by the 19 October and provide:

- Name
- Current role/position
- Local Health District you are employed by
- Brief overview of why you think you would be a good candidate for the position

For further information contact Kellie.Strahorn@health.nsw.gov.au.