PAEDIATRIC NURSING IN AUSTRALIA AND NEW ZEALAND

Third edition

The health of babies, children and young people is fundamentally different from that of adults, so their healthcare must reflect their unique needs and respectfully engage their parents, family members and communities. Paediatric Nursing in Australia and New Zealand introduces nursing students to the care of infants, young children, children, young people and their families in a range of clinical and community settings across Australasia.

This third edition has been expanded to include content on paediatric nursing in New Zealand and includes an increased focus on families. New chapters in this edition cover the health services available for Aboriginal, Torres Strait Islander and Māori children, the transition to parenthood for new families, children’s sleep patterns and behaviours, and paediatric health in school settings. Case studies and reflective questions throughout the book introduce students to scenarios they will encounter throughout their careers and encourage them to develop their critical thinking and problem-solving skills.

Written by an expert team of nurses and nursing academics, Paediatric Nursing in Australia and New Zealand is an essential resource that equips future nurses with the knowledge and skills to provide evidence-based care to babies, children and their families.

Jennifer Fraser is a Registered Nurse and Associate Professor in the Faculty of Medicine and Health at the University of Sydney.

Donna Waters is a Registered Nurse and Professor in the Faculty of Medicine and Health at the University of Sydney.

Elizabeth Forster is a Registered Nurse and Senior Lecturer in the School of Nursing and Midwifery at Griffith University.

Nicola Brown is a Registered Nurse and Director of Education, Professional Practice and Innovation at Tresillian Family Care Centres, Australia.
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Contributors

Editors

Nicola Brown is a Registered Nurse and Director of Education, Professional Practice and Innovation at Tresillian Family Care Centres, Australia.

Elizabeth Forster is a Registered Nurse and Senior Lecturer in the School of Nursing and Midwifery at Griffith University.

Jennifer Fraser is a Registered Nurse and Associate Professor in the Faculty of Medicine and Health at the University of Sydney.

Donna Waters is a Registered Nurse and Professor in the Faculty of Medicine and Health at the University of Sydney.

Chapter authors

Melissa Carey (Ngāti Raukawa, Ngāti Huri) is a Senior Lecturer in Nursing and a Māori Health Research Fellow. She has been a Registered Nurse for over 23 years and has extensive experience working in the acute clinical setting in regional areas.

Liesa Clague is a descendant of the Yaegl, Bundjalung and Gumbaynnggir peoples from the North Coast of New South Wales on her mother’s side and on her father’s side has Manx heritage from the Isle of Man. Liesa has worked in the Aboriginal sector for Aboriginal Medical Services, the Aboriginal Health & Medical Research Council of NSW and in the non-government and government sectors in healthcare as a nurse, midwife and educator. Liesa completed her PhD in education at Macquarie University, on *Ganna: Listening to the perspectives of Primary School Students on their School-Based Garden*. For the last 15 years, she has worked in roles within universities, embedding Aboriginal and Torres Strait Islander knowledge.

Tara Flemington is a paediatric clinical nurse consultant in the Mid-North Coast Local Health District and adjunct senior lecturer at the University of Sydney. Her areas of research expertise include child protection, the cultural safety for Aboriginal children and their families, and translational research incorporating quantitative and qualitative methodologies.

Lisa Hutchinson is the policy manager for a large disability organisation. Prior to this, she worked for Queensland Health, managing a statewide primary school nursing program, coordinating practice development for statewide secondary school nurses and providing clinical nursing services within both primary and secondary school health settings. Lisa has postgraduate qualifications in child and adolescent health nursing, and community and primary healthcare.
Fleur Magick Dennis is a Wiradyuri and Ngemba/Wayilwan woman. She is the chief executive officer of Milan Dhiiyaan, a 100 per cent Aboriginal-owned and run company that provides Aboriginal cultural and spiritual health education and consulting. Fleur holds a Master of Indigenous Studies (Wellbeing) and a Bachelor of Arts in Adult Education and Community Management.

Laurance Magick Dennis is a Wayilwan and Yuin man. He is a community leader and senior cultural educator with Milan Dhiiyaan. A highly regarded craftsman and artist, he hosts workshops about health through art and craft, and spiritual ceremony.

Amy E Mitchell is a Registered Nurse and a lecturer in the School of Nursing and Midwifery at Griffith University, Queensland. She has clinical and research expertise in family-centred care for children with chronic health conditions and interventions to promote child health and development.

Lee O’Malley is a lecturer at the University of Southern Queensland. She is completing her PhD in nursing care and management of paediatric presentations to emergency departments in the rural setting. She has worked globally as a paediatric nurse and paediatric educator for almost 30 years, and has expertise in paediatric intensive care and paediatric and neonatal emergency transport.

Ibi Patane is a lecturer who coordinates the undergraduate paediatric subjects at Queensland University of Technology. She is a nationally accredited paediatric specialist nurse and has vast evidence-based clinical practice, policy development and managerial experience in the acute paediatric setting.

Robyn Rosina is an academic within the School of Nursing and Midwifery at the University of Newcastle, New South Wales.

Loretta Scaini-Clarke is a paediatric intensive care nurse educator, with over 30 years’ experience as a critical care nurse. She is a faculty member in a number of paediatric training courses, and was instrumental in the development of paediatric intensive care unit (PICU) education programs for Queensland Health.

Lindsay Smith is a lecturer in the School of Nursing at the University of Tasmania. He developed the Australian Family Strengths Nursing Assessment (AFSNA) and was elected to the board of directors for the International Family Nursing Association in 2019.

Helen Stasa is a researcher with a focus on nursing and healthcare.

Julia Taylor is a Registered Nurse and clinical lecturer at the University of Tasmania.
Preface

This third edition of *Paediatric Nursing in Australia and New Zealand* expands the focus and content of the two previous editions. This was driven by an understanding of the substantial developments that have occurred not just in paediatric nursing, but also in child health nursing. The book now includes New Zealand content as well as Australian acute care and community health content. A number of broad changes have been made in working with infants, children, families and young people throughout Australian and New Zealand paediatric and child healthcare contexts. The most significant and exciting addition is an emphasis on health services for New Zealand Māori and Australian Aboriginal and Torres Strait Islander children and young people. Cultural safety is fundamental to the nursing care provided across paediatric and child health settings. A new chapter has been created and written by New Zealand Māori and Aboriginal and Torres Strait Islander authors to contribute to building the capacity of our discipline to enable all practitioners to understand and respect the importance of cultural safety in providing equitable healthcare.

This third edition has been written in three parts: Part A examines the contexts of nursing care in Australia and New Zealand; Part B explores nursing infants, young children and their families; and Part C focuses on nursing children and young people. We welcome a number of new authors, including the Māori and Aboriginal and Torres Strait Islander writers who are so committed to the discourse of cultural safety in paediatric and child healthcare. We are most grateful for the ongoing contribution of previous contributors and the improvements they have made in response to feedback and review.

We thank Cambridge University Press for continuing to support us and for publishing this expanded edition of the book. We would also like to particularly thank those who gave their time so generously to provide feedback, reviews and copy editing. The COVID-19 pandemic presented many challenges throughout 2020 as we adapted to new ways of living and working. Completing this edition of the textbook at this time, in its expanded form, with authors from across Australia and New Zealand, could not have been possible without the dedication and strong commitment of all those who contributed. We are very pleased to present this third edition.

Jennifer Fraser, Donna Waters, Elizabeth Forster and Nicola Brown
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Acronyms and abbreviations

ABS  Australian Bureau of Statistics
ACAMS  Australian Congenital Anomalies Monitoring System
ACARA  Australian Curriculum, Assessment and Reporting Authority
ACCHS  Aboriginal Community Controlled Health Service
ACCYPN  Australian College of Children and Young People’s Nurses
ACHS  Australian Council on Healthcare Standards
ACI  Agency for Clinical Innovation
ADHD  Attention Deficit Hyperactivity Disorder
AEDI  Australian Early Development Index
AFSNA  Australian Family Strengths Nursing Assessment
AHPRA  Australian Health Practitioner Regulation Agency
AHRC  Australian Human Rights Commission
AHRQ  Agency for Healthcare Research and Quality (US)
AIDA  Australian Indigenous Doctors’ Association
AIFS  Australian Institute of Family Studies
AIHW  Australian Institute of Health and Welfare
AITSL  Australian Institute for Teaching and School Leadership
AMS  Aboriginal Medical Service
AN  Anorexia Nervosa
ANMF  Australian Nursing and Midwifery Federation
ANZCOR  Australian and New Zealand Committee on Resuscitation
AOM  acute otitis media
APA  American Psychiatric Association
APAGBI  Association of Paediatric Anaesthetists of Great Britain and Ireland
APREGN  Australian Paediatric Research Ethics and Governance Network
ARACY  Australian Research Alliance for Children & Youth
ARC  Australian Research Council
AVPU  alert, verbal, responding to pain or unconscious
AWCH  Association for the Wellbeing of Children in Healthcare
BFHI  Baby-Friendly Health Initiative
BiPAP  bilevel positive airway pressure
BMI  body mass index
BN  Bulimia Nervosa
BP  blood pressure
BZP  benzylpiperazine
CCHEWS  Cardiac Children’s Hospital Early Warning Score
CD  Conduct Disorder
CDCP  Centers for Disease Control and Prevention
CEWT  Children’s Early Warning Assessment Tool
Acronyms and abbreviations

CHA: Children’s Hospitals Australasia
CHI: Children’s Headline Indicators
CHQ: Children’s Health Queensland
CIOMS: Council for International Organizations of Medical Sciences
CNC: clinical nurse consultant
CNS: central nervous system
COAG: Council of Australian Governments
CP: cerebral palsy
CPAP: continuous positive airway pressure
CPG: clinical practice guidelines
CT: computerised tomography
CTZ: chemoreceptor trigger zone
CVAD: central venous access device
CYFS: Child, Youth and Family Services
CYMC: Child and Youth Mortality Review Committee
DHB: District Health Board
DSM-5: Diagnostic and Statistical Manual of Mental Disorders, 5th edition
EBM: evidence-based medicine
EBP: evidence-based practice
EBPG: evidence-based practice guidelines
ED: emergence delirium
EPDS: Edinburgh Postnatal Depression Scale
EU: European Union
FLACC: Face Legs Arms Cry Consolability
FPS–R: Faces Pain Scale – Revised
GCS: Glasgow Coma Scale
GENCA: Gastroenterological Nurses College of Australia
GI: gastrointestinal
GRADE: Grading of Recommendations, Assessment, Development and Evaluations
HDEC: Health and Disability Ethics Committees
HFNC: high-flow nasal cannula
HIB: Haemophilus influenzae type B
HIV: human immunodeficiency virus
HPS: Health Promoting Schools
HPE: Health and Physical Education
HPV: human papilloma virus
HRC: Health Research Council (NZ)
HREC: Human Research Ethics Committee
KTA: Knowledge to Action
LASC: Longitudinal Study of Australian Children
LMP: last menstrual period
LSIC: Longitudinal Study of Indigenous Children
MCEECDYA: Ministerial Council for Education, Early Childhood Development and Youth Affairs
MET: Medical Emergency Team
MMR  measles, mumps and rubella
MSD  Ministry of Social Development
MVA  motor vehicle accident
NACCHO  National Aboriginal Community Controlled Health Organisation
NASN  National Association of School Nurses
NEAC  National Ethics Advisory Committee
NHMRC  National Health and Medical Research Council
NICE  National Institute for Health and Care Excellence
NICU  neonatal intensive-care unit
NP  nasopharyngeal
NPMDC  National Perinatal Mortality Data Collection
NRS  numerical rating scores
NSAID  non-steroidal anti-inflammatory drug
NSCDC  National Scientific Council on the Developing Child
NYAS  National Youth Affairs Scheme
NZDPMC  New Zealand Department of the Prime Minister and Cabinet
NZHQSC  New Zealand Health Quality and Safety Commission
NZMHC  New Zealand Mental Health Commission
NZMoH  New Zealand Ministry of Health
NZMYD  New Zealand Ministry of Youth Development
NZNO  New Zealand Nurses Organisation
ODD  Oppositional Defiant Disorder
OECD  Organisation for Economic Cooperation and Development
ORT  oral rehydration therapy
PACU  post anaesthesia care unit
PARIHS  Promoting Action on Research Implementation in Health Services
PCA  patient-controlled analgesia
PEDS  Parents’ Evaluation of Developmental Screening
PEWS  Paediatric Early Warning Score
PHAA  Public Health Association of Australia
PICU  paediatric intensive care unit
PKU  phenylketonuria
PREDIC  Paediatric Research in Emergency Departments International Collaborative
PSNZ  Paediatric Society of New Zealand
QFCC  Queensland Family and Child Commission
RACGP  Royal Australian College of General Practitioners
RACP  Royal Australasian College of Physicians
RANZCP  Royal Australian & New Zealand College of Psychiatrists
RSV  Respiratory Syncytial Virus
SCAN  Suspected Child Abuse and Neglect
SDQ  Strengths and Difficulties Questionnaire
SIDS  Sudden Infant Death Syndrome
SMA  Spinal Muscular Atrophy
SPOC  Standard Paediatric Observation Chart
SUDI  Sudden Unexpected Death in Infancy
## Acronyms and abbreviations

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