

# Newsletter February 2020

**Welcome to the first ABPN newsletter of 2020 which we hope will be of interest to members and we wish you all a very happy 2020**

## **Chair's welcome**

2020 promises to be a busy year for nurses as we commemorate the 200<sup>th</sup> anniversary of Florence Nightingale's birthday, with WHO designating the year as the "**Year of the Nurse and Midwife**". The nursing workforce is recognised as constituting half of the health workforce globally, with that nursing workforce facing similar challenges across the globe – the challenge of maintaining a workforce with the skills, knowledge and leadership to deliver high quality care in the fast moving world of increasing technological developments; increasing longevity and the challenge of new diseases. Here in the UK we are also celebrating the centenary of the Nurse Registration Act.

The celebrations and commemorations give us all an opportunity to get involved with our profession, the ABPN also offers members the opportunity to get involved – either formally through the Governance and Development Group, or through feedback to help us with our work to contribute to the work across the UK to continue to develop and deliver the high quality care children need and deserve.

This year also sees us say **farewell to Jean Robinson** who is stepping down from her role as Newsletter Editor, Jean has played a pivotal role in keeping you in touch with the Association and she will be greatly missed. We are fortunate to **welcome Danielle Edge** who has stepped forward into the role and has had an opportunity to work alongside Jean before she leaves. Danielle will be in touch soon to explore how we take the newsletter forward – please do respond to her questions with your thoughts and ideas. Our AGM is fast approaching and as always it would be good to see members as we reflect on the year gone by and plan for the year ahead.

Best wishes

Katrina McNamara  
Chair/President

**Notice is hereby given that the 81<sup>st</sup> Annual General Meeting** of the Association of British Paediatric Nurses will be held on Wednesday 25<sup>th</sup> March 2020 at 2pm at the Spotlight Lounge, Grand Theatre, Lichfield Street, Wolverhampton WV1 1DE. <https://www.grandtheatre.co.uk/>. Parking is available at the Civic Centre Car Park and the railway station is about 5mins walk away <http://www.wolverhamptonart.org.uk/>

Members are invited to send agenda items to the Chairperson by 15<sup>th</sup> March 2020 at [k.mcnamara@virgin.net](mailto:k.mcnamara@virgin.net).

# Newsletter February 2020

**Nominations are sought for the Governance and Development Group for the role of:**

- Chairperson
- Finance Officer

If you are interested and would like to get involved, please email Katrina McNamara  
[k.mcnamara@virgin.net](mailto:k.mcnamara@virgin.net)

## Newsletter Editor

This newsletter covers such diverse topics as mental health, tooth decay and data protection post Brexit. As Katrina has mentioned this is the last newsletter I will be editing after nearly 22 years initially with Lesley Sheldon and then Jan Colson and then on my own. It has mostly been very enjoyable and I have learnt a lot about many things through doing it. However, it is now time for a change and I am delighted that Danielle Edge is taking over. I hope that you will all welcome and support her. She has lots of new ideas and energy along with good desktop skills so I wish her and the Association well.

Kind regards,

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## Get involved

I am sure this is an issue we all care about. Please support the RCN campaign for safe staffing:



<https://www.rcn.org.uk/employment-and-pay/safe-staffing>

## Recent Reports

### Children's Wales Bill

The purpose of the Bill is to help protect children's rights; it builds on the Welsh Government's commitment to children's rights under the United Nations Convention on the Rights of the Child. If passed by the National Assembly for Wales and it becomes law, parents and other adults acting in a parental capacity will no longer be able to physically punish children in Wales. The Minister responsible for overseeing the passage of the legislation is Julie Morgan AM, Deputy Minister for Health and Social Services, Welsh Government.

**Congratulations to Jersey** - Further to the news that Scotland became the first UK nation to pass legislation to remove the defence of reasonable punishment towards children, the state of Jersey passed a similar law to prohibit the physical punishment of children on 10 December 2019.

As is proposed for Wales, the essence of the new law in Jersey will be the removal of a reasonable punishment defence, so that the defence cannot be used where a child has been physically punished. This amendment to the *Children (Jersey) Law 2002*, which was passed in the States Assembly by 39 votes to four, will come into force from April 2020. The change means the Channel Island is the second place in the British Isles to change the law and is set to be the first to enforce

### Information Commissioners Office

The UK left the European Union on 31 January and entered a Brexit transition period. During this period, which runs until the end of December 2020, it will be business as usual for data protection. The GDPR will continue to apply and organisations should continue to follow our existing guidance for advice on their data protection obligations.

**Online services must put children's best interests first** - This month, ICO published their final Age Appropriate Design Code – a set of 15 standards that online services, such as apps, connected toys and social media platforms, should meet to protect children's privacy. Under the code, digital services will be required to automatically provide children with a built-in baseline of data protection whenever they download an app, game or visit a website. Also, privacy settings should be set to high by default and nudge techniques should not be used to encourage children to weaken their settings.

For more information see: <https://ico.org.uk/>

## **Child and Adolescent Mental Health services**

This continues to be a hotly debated and worrying issue and the following reports should be of interest:

**The Education Policy Institute (EPI) has published its Annual Report on access to child and adolescent mental health services (CAMHS).**

The study examines access to specialist services, waiting times for treatment, and provision for the most vulnerable children in England. The research is based on new data obtained using freedom of information (FOI) requests to mental health providers and local authorities over the course of a year. This data is not published by the NHS.

The majority of lifelong mental health problems develop early on, during childhood or adolescence. The wider economic costs of mental ill health in England are vast, estimated at £105bn per year.

### **Access to mental health services for children and young people**

- Over a quarter (26%) of referrals to specialist children's mental health services were rejected in 2018-2019. This amounts to approximately 133,000 children and young people.
- Rejection rates have not improved over the last four years, despite an extra £1.4bn committed from 2015-16 to 2020-21.
- There is considerable regional variation in England. On average, providers in London rejected 17% of referrals, compared to 28% in the South, the Midlands and the East, and 22% in the North.
- The most common reason given by providers for rejections included children's conditions not being suitable for treatment, or because conditions did not meet eligibility criteria.
- Children still waited an average of two months (56 days) to begin treatment in 2019 – double the government's four-week target. The government is unlikely to meet its target of four weeks by 2022-23.
- The longest median waiting times to receive treatment were in London (65 days) and the shortest in the Midlands and East of England (49 days). This is likely related to the high number of referrals accepted for treatment in London.

Beyond regional averages, there are great disparities across local CAMHS providers, with many children facing unacceptably long waiting times.

### **Mental health support for young people most in need**

- Local commissioners and providers of mental health support services often fail to engage with the most vulnerable children and families. Local provision is patchy and lacks accountability, being dispersed across several organisations. Support for children with less acute, common mental health conditions, such as conduct disorders, as well as those in social care, is insufficient.

# Newsletter February 2020

- **There is also a lack of support among LAs for those transitioning from child to adult mental health services.** FOI responses show that only a minority of LAs have specific services dedicated to supporting this important transition.

**Government plans to boost the provision of mental health support in schools are a positive step** for intervening in mental health problems earlier on. **All mental health providers should be required to report regularly on their services**

- **There are multiple flaws in the current system for reporting and disclosing basic data on CAMHS in England,** raising serious questions about transparency and accountability.
- **Providers continue to give inadequate information on access to treatment,** obscuring our understanding of the state of services and ability to monitor progress.
- **A universal system for reporting data on access to CAMHS, including a clear definition of children who are eligible for treatment, is urgently required.** Failure to introduce stronger accountability measures may hinder the government's plans to improve services.

## Local Government Association Report

A new report published by the Local Government Association today sets out how councils and their partners can work most effectively together to support children and young people's mental health and emotional wellbeing.

Latest figures show that 11.2 per cent of the 5 to 15 population has a mental health condition – up from 9.6 per cent in 2004 – with referrals to Child and Adolescent Mental Health services (CAMHS) having increased by around 26 per cent in 5 years. The report by Isos Partnership and commissioned by the LGA includes fieldwork with eight council areas (Bedford Borough, Camden, Cornwall, Dorset, Hertfordshire, Isles of Scilly, Liverpool and Salford).

Published by the LGA to coincide with Child Mental Health Awareness Week, it explores the systemic issues that continue to frustrate local efforts, including historic underfunding, a fragmented system, the capacity of those mental health professionals and the lack of investment in early support.

It also sets out examples of good practice in local areas and highlights nine critical elements that help councils and local partners act early to resolve issues before they escalate, and provide more timely, accessible and joined-up care for those with more complex needs.

The LGA is calling for the Government to provide long-term investment in essential early support and prevention services so councils can help more children to avoid reaching crisis point in the first place.

## Tooth Decay in Children

Nationally nearly a quarter of 5 year olds have tooth decay which should be of concern to us all

**A study conducted by Prof Cynthia Pine CBE shows a 'talking intervention' can help to prevent tooth decay in children.**

# Newsletter February 2020

The study, funded by the National Institute of Health Research, found that a therapeutic conversation by trained dental nurses with families of children having teeth extracted has led to a 29 per cent reduction in risk of those children having new tooth decay two years later, compared to children whose families didn't have that conversation.

Chief Investigator of the study Professor Cynthia Pine CBE is an Honorary Consultant at Barts Health NHS Trust, Professor of Dental Public Health at Queen Mary University of London and Consultant in Dental Public Health at Salford Care Organisation.

Professor Pine said: "*This trial is important because we found that if we change how we talk to parents about prevention, their children go on to develop many fewer cavities. The key is helping parents to choose one or two behaviours they feel they can change for their child, rather than us telling parents what to do, that makes the difference.*"

Today, nearly a quarter of five-year-olds in the UK experience tooth decay. Children from the most deprived areas have more than twice the level of decay (34%) than those from the least deprived (14%).

33,779 children aged nine or under were admitted to hospital to have teeth extracted because of tooth decay in 2017-18.

The research team developed a 'talking' intervention and trained dental nurses to have this therapeutic conversation with parents of children coming to have their children's teeth taken out. The Dental Recur Brief Negotiated Interview, or DR-BNI focuses on how families can prevent tooth decay in the future. Rather than telling families what to do, they choose goals they feel they can do, like swapping sweet drinks for unsweetened ones or brushing their child's teeth at bedtime.

At the end of the 30-minute DR-BNI, the dental nurse made a review appointment with a general dental practice (GDP). The team wrote to the GDP with the goals parents had agreed and asked the dentist to treat the child as at high risk to new tooth decay. The trial ran in 12 centres in the UK with over 200 families of five to seven-year-old children having baby teeth extracted. The study found that DR-BNI children had significantly healthier teeth and had reduced the risk of having new tooth decay by 29% compared to those who had a controlled conversation.

The intervention focuses on how families can prevent tooth decay in the future. Rather than telling families what to do, they choose goals they feel they can do, like swapping sweet drinks for unsweetened ones or brushing their child's teeth at bedtime

## Conferences, courses and summits

Follow the link to our website for up and coming conferences and receive a 20% discount:

<http://www.abpn-uk.com/discounts-courses--summits.html>

If you would like to become a member contact our Membership Coordinator:

**Jim Robinson** can be contacted on membersABPN@yahoo.co.uk so feel free to drop him a line. Please don't forget to include your email address in any communications as we still only have addresses for a few members.