

Welcome

Wishing you all a very happy Christmas and a safe and restful holiday season!

It's been another full-on year with lots happening. Many of us still have to work over or through the holiday season. So, a big thank you to all those that do have to continue to work. Thank you to everyone reading this, for all that you do to support health and wellbeing in the community and amongst whānau.

The B4SC team will not be in the office between Thursday 21st December and Monday 9th Jan. Feel free to send us an email and we'll be in touch as soon as we can. We hope it's not too busy for you over the next few months and that you get to have a few moments of calm to help with creating some balance and peace.

Face to face 4 year old checks

The impact of Covid changed the way some B4SCs were delivered. We now need you to refocus your efforts on ensuring that all whānau are offered face to face well child 4 year old checks. How up to date is your practice in doing these checks?

Speech Language referrals

Be sure to use "[Much more than words](#)" to discuss speech concerns with parents, and / or get permission from the parents to have a chat with preschool to find out if they have noticed significant speech impediments. We've received feedback from MOE that too many referrals are being made for minor articulation problems. If a lot of people do not understand most of what the child is saying, then this is a concern. If it is only a few sounds that don't yet work, we can support with positive role modelling.

BMI centile

The growth conversation can be such a tricky one!

The BMI centile is a guide, used to identify risk of disease, such as type 2 diabetes and heart disease. The BMI centile alone is not a good indicator of overall health. Feel free to remind parents that it is just a guide.

When identifying a high BMI centile, it is important to word things carefully with parents and in front of children. An example could be, "Johnny has a high BMI centile which suggests he may have an increased risk of developing diseases such as type 2 diabetes or heart disease. We offer an appointment with the GP for all 4 year olds over the 98th centile, as it's a good opportunity to check on other aspects of his health, to make sure there aren't any other underlying issues and to see if there is anything we can do to reduce his risk factors".

Whilst the BMI is not a popular tool, reference to it makes the focus of the discussion about the BMI and not about "fat" or "obesity". Little 4 year old ears may be listening into the conversation and the last thing we want is a child thinking that they need to go on a diet. So talking about high BMI centile can be a way to circumvent the obesity term.

There are no expectations that a child with a high BMI centile will be on a recall to have their height and weight rechecked in 1-3 months. We do not want children losing weight; put simply we want them growing into their weight. Our clear expectation is that a child over the 98th centile will be offered an appointment with the GP who will assess and manage according to the [Weight Management in Children](#) pathway in "Health Pathways".



This is Amos, thank you Dora

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*He taonga te mokopuna,
kia whāngaia,
kia tipu, kia rea.*

*A child is a treasure,
to be nurtured,
to grow, to flourish.*

Professional development 2023

In 2023 we will be continuing to offer 4 hour online updates. These workshops have been well received with over 85 nurses having attended one in the last 6 months. If you have not yet attended one this year please ensure you register for one, next year. You can register by emailing [Sharon](#). (This involves a 4 hour update online plus 4 hours self directed tasks to complete).

We have 30 new B4SC nurse providers trained this year, with a total of 186 nurses currently, as part of the wider team of nurses delivering B4SC in the Canterbury region.

In 2023 we'll also be focussing on completing those clinical observations that are yet to be done. This is where our B4SC Nurse Educator will visit you at your practice (or, as possible, via "Teams") to observe you carrying out a B4 school check. She will not be testing you, but rather supporting you with B4SC best practice.

Case Study reflections

Reflective writing and review is the cornerstone of professional practice. Have a read of "[Reflective writing](#)". Its purpose is to provide guidance for nurses writing a reflective account of their practice. This will support you in writing your "equity" and "case study" reflections (& any other reflections).

Whare Kahikā

Whare Kahikā is a free home safety app that allows users to identify potential injury risks to tamariki in their homes. The app provides educational information, solutions and links to sellers of safety devices. The app works room by room, providing questions and recommendation lists for improving the safety of each space. The app is offered in Tongan, Samoan, te reo Māori & English. Click [here](#) to find out more information

Admin reminders

- Please complete the data entry into the B4SC database within 7 days of completing the check. Our team are very happy to assist in the training of non-clinical staff to carry out this task.

- Remember to co-sign the consent form once you have provided the informed consent to the parent / caregiver.

- If you are no longer carrying out B4 School Checks, please notify the B4SC co-ordination team as soon as possible.

Professional reminders

- Any referrals made must be after providing informed consent as to what the parent is agreeing to.

- Referrals to MOE should only be offered for those children whose behaviour and, or development is impacting their learning.

- If an aspect of a check meets referral criteria please offer an appropriate referral, alternatively clearly document your reason for not offering a referral. Your professional observation and clinical judgement is valid when it is clearly documented.

- The growth section does not require nurse observation or clinical judgement. It is in this situation that a high BMI centile dictates the outcome of either "under care", "referred" or "referral declined."

Contact Us

We love hearing from you! If you're not sure of something, want some more information or support please contact us.

B4SC Coordination



Team:

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PEDS

If any concern has been identified, whether that be "a little" or "yes", be sure to document what the concern is, never leave the domain blank when a concern has been identified. It is all these ones that get marked "a little" and "yes" that should have a mark in the score form (after categorising the concern). These will then also be identified clearly in the B4SC database. Document the pathway that matches the score. If you choose not to follow that pathway, that's ok, just be sure to document clearly why you are not offering a particular referral, eg child meeting developmental milestones, still developing some speech sounds, easily understood by most.

2023 Education Dates

B4SC Nurse - Annual Update 2023 Webinar recordings online; Contact Sharon for link

New B4SC nurse provider training 2023: Tues & Wed 21st & 22nd March

Tues 13th & Wed 14th June

Tues 17th & Wed 18th October 8.45am - 5pm

B4SC 4 hour update 9am -1pm: Thurs 9th Feb, Wed 5th April, & Tues 27th June

Whakatō te kākano aroha i roto i o tatou taitamariki kei puawai i roto tō rātou tupuranga aranui orange.

Plant the seed of love in our children and they will blossom, grow and journey towards the greatest pathway of life.