



Items of interest to School Nurses July 2019

If anyone would an in depth search of any topic please contact us hantshealthcarelibrary@nhs.net

Sources Searched CASPAR, CHIMAT, NHS Evidence, HDAS, SCIE, King's Fund

All hyperlinks in the document were accessed 31st July 2019

Child Abuse: Breast-ironing recognised as child cruelty and assault.

The **Crown Prosecution Service** has said that Breast-ironing should be prosecuted as a form of child abuse. The harmful procedure – which involves flattening a girl's chest with a hot stone or other objects to delay breast growth – is often performed by family members to prevent unwanted sexual attention.

Charities have estimated 1,000 girls in the UK have been affected by the practice, which doctors say can cause breast cancer, scarring, infections, breastfeeding problems, and psychological trauma.

The CPS legal guidance makes clear to police and prosecutors that breast-ironing is a crime that can be caught under existing law, even if it is said that the victim has consented.

<https://www.cps.gov.uk/cps/news/breast-ironing-recognised-child-cruelty-and-assault-cps>

Child Abuse: Let your children know you're listening: resources

NSPCC Learning has released a new animation to help adults ensure children and young people always feel they are listened to when they disclose abuse. Techniques outlined include: giving the children and young people your full attention and keeping body language open and encouraging; slowing down – let them go at their own pace; and showing you understand, by reflecting back what they have said to check your understanding. Posters to help professionals remember these skills and embed them in their practice are available to download.

<https://learning.nspcc.org.uk/research-resources/2019/let-children-know-you-re-listening/>

Child Health: Asthma

NICE, the British Thoracic Society (BTS) and Scottish Intercollegiate Guideline Network (SIGN) have announced that future UK-wide guidance for the diagnosis and management of chronic asthma in adults, young people and children will be produced jointly by the three organisations. The Guideline will support health professionals in making accurate diagnoses and providing effective treatments to control the condition and prevent acute asthma attacks.

<https://www.nice.org.uk/news/article/nice-british-thoracic-society-bts-and-scottish-intercollegiate-guidelines-network-sign-to-produce-joint-guideline-on-chronic-asthma-as-part-of-broader-asthma-pathway>

Child Health: Obesity crisis: Type 2 diabetes in children up by nearly half in five years

The number of children and young people being treated for Type 2 diabetes, a condition normally seen only in older adults and often linked to obesity, has rocketed by nearly 50 per cent in just five years, new analysis by the Local Government Association has revealed. Their figures show there were almost 750 cases of those aged under 25 who received care for Type 2 diabetes from Paediatric Diabetes Units in 2017/18. The first cases of Type 2 diabetes in children were diagnosed less than 20 years ago.

Councils, which are responsible for public health, says this highlights the urgent need to tackle one of the nation's biggest health challenges in childhood obesity.

<https://www.local.gov.uk/about/news/obesity-crisis-type-2-diabetes-children-nearly-half-five-years>

Female genital mutilation: Guidance for schools: understanding your role in safeguarding girls, engaging parents and teaching about FGM (National FGM Centre)

The purpose of this guidance is to equip professionals in education settings to respond to concerns regarding girls at risk of FGM. It includes: general information on FGM & the law; FGM risk indicators; requirements of the RSE guidance regarding FGM; how to explore concerns with children and parents/carers; and a resource on how to explore concerns and make referrals to children's social care.

<http://nationalfgmcentre.org.uk/wp-content/uploads/2019/06/FGM-Schools-Guidance-National-FGM-Centre.pdf>

Government policy: Children's Funeral Fund for England

This briefing paper from the **House of Commons Library** deals with the establishment of a fund that will pay the fees charged by burial and cremation authorities, and some associated expenses, in respect of the funeral in England of a child under the age of 18.

<https://researchbriefings.files.parliament.uk/documents/CBP-8610/CBP-8610.pdf>

Internet: Keeping children safe online: online course

This NSPCC online training course, developed in association with CEOP (the child protection unit of the National Crime Agency), is for anyone who works with children and young people. Over four hours the course helps adults understand what children and young people do online, why they take risks and how to respond to these risks. Topics covered include: harmful online content; sharing and sexting; sexual offending against children online; and bullying online.

<https://learning.nspcc.org.uk/training/introductory/keeping-children-safe-online-online-course/>

Internet:: Teaching online safety in school

Guidance from the Department for Education supporting schools to teach their pupils how to stay safe online, within new and existing school subjects.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/811796/Teaching_online_safety_in_school.pdf

Mental Health: Child and adolescent wellbeing

The **Department for Education** has published a report looking at the influences on children and young people's wellbeing in England from the perspective of 21 practitioners. Findings from the study found a consensus that the key factors that should be prioritised by practitioners, school leaders and government policy makers to enable a high level of wellbeing include: the nature of the overall educational and school environment; the development of a range of appropriate intrapersonal and interpersonal skills; and a stable and safe family environment.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/816624/system_mapping_influences_on_cyp_wellbeing_final.pdf

Mental Health: Eating Disorders

The UK's eating disorder charity Beat has launched new guidance encouraging healthcare providers to ensure better support for families of people with eating disorders, including by offering an assessment of their own mental health needs and offering access to peer-to-peer support programmes

<https://www.beateatingdisorders.org.uk/guidance-urges-support-families-carers>

Mental health: National mental health programme to bridge gap between schools and colleges and NHS services ((Anna Freud National Centre for Children and Families)

Every school, college and alternative provision will be offered training through a series of workshops as part of the Link Programme, with the most appropriate member of staff from each put forward to take part alongside mental health specialists. This is designed to improve partnerships with professional NHS mental health services, raise awareness of mental health concerns and improve referrals to specialist help when needed.

<https://www.annafreud.org/insights/news/2019/07/national-mental-health-programme-to-bridge-gap-between-schools-and-colleges-and-nhs-services/#Accept>

Nutrition: Health on the Shelf

The **Royal Society for Public Health (RSPH)** and Slimming World have worked in partnership to research the impact that supermarkets are having on the UK's obesity epidemic. The aim is to raise awareness of how supermarkets can be part of a solution to support people to lead healthier lives through their marketing and sales tactics, and by encouraging customers to choose healthy food and drink purchases.

<https://www.rsph.org.uk/uploads/assets/uploaded/5ec3d502-2e94-47c0-ad1bbe1d4a74218c.pdf?>

Staff Development: New website for general practice nurses

Community nursing charity the Queen's Nursing Institute (QNI) has launched a website for general practice nurses, which is describes as an online repository of educational and clinical resources.

<https://gpnen.org.uk/>

Vaccination: 20 million children miss out on lifesaving measles, diphtheria and tetanus vaccines in 2018

20 million children worldwide – more than 1 in 10 – missed lifesaving vaccines such as measles, diphtheria and tetanus in 2018, according to new data from **WHO and UNICEF**. Most unvaccinated children live in the poorest countries, and are disproportionately in fragile or conflict-affected states. It is thought that an outbreak of disease such as measles, points to communities that are missing vaccines due to access, costs or, in some places, complacency.

<https://www.unicef.org.uk/press-releases/20-million-children-miss-out-on-lifesaving-measles-diphtheria-and-tetanus-vaccines-in-2018/>

Vaccination: HPV vaccine could prevent over 100,000 cancers

PHE estimates suggest that the HPV vaccine programme could prevent over 64,000 cervical cancers and nearly 50,000 non-cervical cancers by 2058. From September 2019, boys in school year 8 will be offered the free Human Papilloma Virus (HPV) vaccine for the first time.

https://www.gov.uk/government/news/hpv-vaccine-could-prevent-over-100-000-cancers#163961_20190710042825

Vaccination: 'Worry is contagious': the vaccine-hesitant parents putting children at risk

An article from the **Guardian** that argues that, parents who are unsure about vaccination are one of the top 10 threats to global health this year, more so than committed anti-vaxxers. It asks what is behind this crisis of confidence.

<https://www.theguardian.com/society/2019/jul/13/vaccines-hesitant-parents-threat-to-global-health?>

Journal News

Register for an NHS OpenAthens account

<https://openathens.nice.org.uk/>

for online access to the British Journal of School Nursing

Volume: 14, Number: 5 (2019)

as well as online resources such as [BMJ Best Practice](#)

Article abstracts that may be of interest

if the full text is required please contact <mailto:hantshealthcarelibrary@nhs.net>

Accuracy of School Staff-Measured Height and Weight Used for Body Mass Index Screening and Reporting

Thompson H.R. et al ; *The Journal of school health*; Aug 2019; vol. 89 (no. 8); p. 629-635

The accuracy of students' heights and weights measured by school staff for body mass index (BMI) screening/reporting has not been established. This US study examined school staffs' measurement accuracy, comparing accuracy by staff- and student-level characteristics. It found that school staff conducted height/weight measurements on 4th-8th grade students with high accuracy. Resultant school-based BMI reports using similar protocols should validly reflect weight status for almost all students.

Area deprivation, screen time and consumption of food and drink high in fat salt and sugar (HFSS) in young people: Results from a cross-sectional study in the UK

Thomas F. et al; *BMJ Open*; Jun 2019; vol. 9 (no. 6)

This study investigated associations between deprivation in young people and consumption of foods high in fat, salt and sugar (HFSS), screen time exposure and health knowledge through an online cross-sectional survey with people aged 11-19 years in the UK. It found that young people from the more deprived areas of the UK were more likely to consume a range of HFSS products, report increased exposure to HFSS advertising and have a poorer awareness of health conditions associated with overweight and obesity. The findings suggest that population-level measures addressing childhood obesity should account for consumption patterns among different groups of children and young people and the factors that may influence these.

'I don't think anybody explained to me how it works': Qualitative study exploring vaccination and primary health service access and uptake amongst Polish and Romanian communities in England

Bell S. et al ; *BMJ Open*; Jul 2019; vol. 9 (no. 7)

This study explored vaccination attitudes and behaviours among Polish and Romanian communities, and related access to primary healthcare services. Design(s): A qualitative study using in-depth semistructured interviews with Polish and Romanian community members (CMs) and healthcare workers (HCWs) involved in vaccination in areas with large Polish and Romanian communities. CMs discussed their vaccination attitudes and their experiences of accessing vaccinations in England. HCWs shared their experiences in vaccinating Polish and Romanian communities. Setting(s): Recruitment focused on three geographical areas in England with large Polish and Romanian populations (in London, Lincolnshire and Berkshire). Participant(s): 20 Polish and 10 Romanian CMs, and 20 HCWs. Most CMs were mothers or pregnant women and were recruited from London or Lincolnshire. HCWs included practice nurses, health visitors and school nurses recruited from the targeted geographical areas. Result(s): Although most CMs reported vaccinating according to the UK schedule, obstacles to vaccination were highlighted. CMs experienced difficulties navigating and trusting the English primary healthcare system, and challenges in accessing credible vaccination

information in Polish and Romanian. CM vaccination expectations, largely built on knowledge and experiences from Poland and Romania, were often unmet. This was driven by differences in vaccination scheduling and service provision in England, such as nurses delivering vaccines instead of doctors. CMs reported lower acceptance of the influenza vaccine, largely due to perceptions around the importance and efficacy of this vaccine. HCWs reported challenges translating and understanding vaccination histories, overcoming verbal communication barriers and ensuring vaccination schedule completeness among families travelling between England and Poland or Romania. Conclusion(s): This study identified vaccination uptake and delivery issues and recommendations for improvement. HCWs should discuss health service expectations, highlight differences in vaccination scheduling and delivery between countries, and promote greater understanding of the English primary healthcare system in order to encourage vaccination in these communities.