

Spotlight On... Children's Healthcare Services

ISSUE 6: 06/10/21



Throughout September, we've been shining a spotlight on Children's Healthcare Services.

We've rounded up all the information below...

Where do I go if my child has an injury?



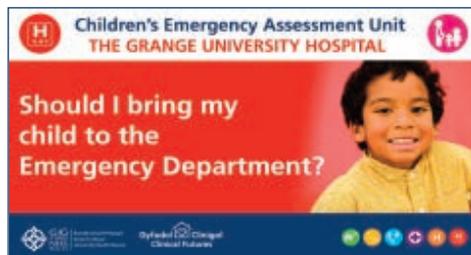
Children who require emergency treatment will need to go to The Grange University Hospital, where specialist children's doctors and nurses are centralised.

Local Minor Injury Units for children (aged over 1 year) are located at The Royal Gwent Hospital, Nevill Hall Hospital, Ysbyty Ystrad Fawr and Ysbyty Aneurin Bevan. All children aged under 1 year old will need to be seen at The Grange University Hospital.

If it is not a life-threatening emergency and you are unsure of where to go, please call 111 for help and advice.

For further information, please read our Children's Healthcare leaflet: <https://abuhb.nhs.wales/healthcare-services/childrens-healthcare-services/>

Urgent & Emergency Care Videos



Our expert clinicians from different areas of urgent and emergency care have some very useful advice on where you should go for your urgent care. View these videos for more information: <https://abuhb.nhs.wales/healthcare-services/childrens-healthcare-services/>

At our Minor Injuries Units, children aged over 1 year can be treated for minor injuries, NOT illnesses.

If your child is unwell and you are unsure where to go Contact 111 first.

If it's life-threatening or an emergency call 999, or go to the Emergency Department at The Grange University Hospital.

#HelpUsHelpYou

Adults and children over one year old can be treated at our Minor Injuries Units for:

- Limb injuries, which include broken bones (fractures) and minor joint dislocations
- Wounds, grazes and minor burns
- Head injuries provided there is no loss of consciousness or, taking blood thinning drugs
- Face injuries, provided there is no loss of consciousness
- Eye, ear and nose injuries and foreign bodies
- Rib injuries
- Minor neck or back injuries provided that the patient is mobile, has no pins and needles in arms and has not fallen from a height greater than 5 stairs or 1 metre
- Insect, animal and human bites

Think 111 First if you have an urgent healthcare issue and are unsure what to do!

Did you know that you can call 111 for free help and advice?

Your symptoms will be assessed and you will be signposted to the right place for your care.

You can also access the 111 online symptom checker 111.wales.nhs.uk (people aged 5 and over only)



GP Practices are open

If your child has a health concern, please don't leave it until you need urgent or emergency care. There are a number of ways you can contact your GP- by telephone, e-consult (via your GP's website) or by calling 111.

It is important that your child is registered with a GP practice to ensure their medical needs are addressed.

For further information, please visit our website at: <https://abuhb.nhs.wales/healthcare-services/childrens-healthcare-services/>

The Common Ailments Scheme, which allows patients to be treated free of charge by their Pharmacist, covers lots of childhood ailments. These include: head lice, nappy rash, teething, threadworm, oral thrush, verruca, chicken pox and conjunctivitis

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Is your child suffering with a common problem such as head lice, nappy rash, teething, threadworm, oral thrush, verruca, chicken pox or conjunctivitis?

The Common Ailments Scheme offers patients access to free NHS advice and treatment for a number of common conditions and is available from all community pharmacies in Aneurin Bevan University Health Board.

Please note, children under the age of 2 may be ineligible for certain conditions

- please speak to your Pharmacist for details.

Read the full list of conditions included in the scheme.

<https://abuhb.nhs.wales/healthcare-services/gps-dentists-etc/pharmacies-chemists/>



Dental Care for Children

You should start brushing as soon as your child's first tooth appears. Not all children like having their teeth brushed- the easiest way to brush a baby's teeth is to sit them on your knee, with their head resting against your chest. With an older child, stand behind them and tilt their head backwards.

<https://abuhb.nhs.wales/healthcare-services/childrens-healthcare-services/>

abbHealthierTogether website

The abbHealthierTogether website has a wealth of healthcare information for parents, young people and pregnant women. Developed in partnership with parents and healthcare professionals, it contains accurate, localised information.

Healthier Together
Iechyd Gyda'n Gilydd

abbHealthierTogether.cymru.nhs.uk

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Accidents & First Aid at Home

As part of our Spotlight On Children's Healthcare, we have highlighted the importance of being well equipped in the case of an accident at home. For full details, visit: <https://abuhb.nhs.wales/healthcare-services/childrens-healthcare-services/>

Accidents and first aid

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Accidents to children in the home

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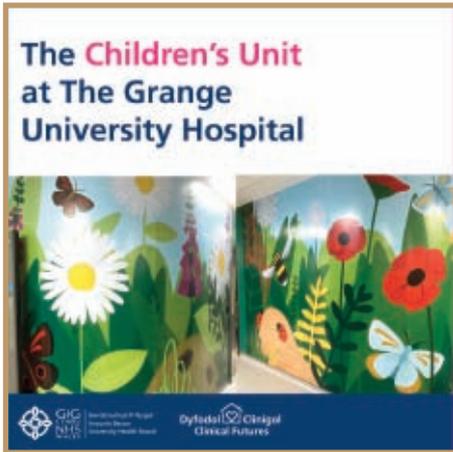
Do I need a first aid kit?

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The Children's Unit at The Grange University Hospital

If children are injured or unwell and require a stay in hospital, or if they have scheduled surgery, they will spend time on the Children's Unit.

Depending on the care required, the patient's time on the unit can vary from a few hours, to longer periods of a number of weeks.



There are mostly single rooms on the unit and a large, bright, 4 bed room for older children. The rooms are equipped with TVs and there are lots of games, DVDs and craft materials for the children to use.

Bev and Johnathan, the Health Play Specialists, ensure the patients have a positive experience whilst in hospital.

An animated gif giving a short tour of the Unit can be found at <https://abuhb.nhs.wales/healthcare-services/childrens-healthcare-services>

In the Spotlight



Name: Johnathan

JOB TITLE: **HEALTH PLAY SPECIALIST**
THE GRANGE UNIVERSITY HOSPITAL CHILDREN'S UNIT

Qualifications & Experience: Qualified Nursery Nurse
Qualification in Play for Sick Children
Health Care Play Specialist
Foundation Degree
24 years experience (14 years working as a Play Specialist, 10 years as a Play Worker)
Previously worked for Camp America and The Prince's Youth Trust

Role includes:

- Supporting children in hospital through play
- Prepare and support children with anything that is going to happen whilst they are in hospital (blood tests, operations, scans etc) in a way they understand
- Use normalising plan to gain trust - this helps gives the child a voice, choice, control and respect
- Developing coping mechanisms with children so they can cope better in hospital and externally
- Anxiety management and coping with fears and phobia
- 100% child advocate
- Support long-term issues

In the Spotlight



Name: Rebecca

JOB TITLE: **COMMUNITY CHILDREN'S NURSE**
CARE CLOSER TO HOME & CHILDREN'S COMMUNITY NURSING TEAM

Qualifications & Experience: Qualified Nurse
Experience on Acute Paediatric Ward

Role:

- Administering IV antibiotics in patient's homes and in clinics
- Wound care either by visiting children in their home or at clinics
- Constipation and continence service, offering support to families
- Feeding advice
- Respiratory support visits to homes to check observations
- Post-operative care - family support and pain management
- Teach and support families to develop skills to manage their child's health condition
- Help to enable children to get home from hospital early

Care Closer to Home

The Care Closer to Home Service for children has been running since the start of the pandemic, to try and ease pressures within hospitals.

Due to the success of the project's first eighteen months, the service is already being expanded and developed.

The service enables children to leave hospital early by offering support and care, either in the patient's home or at local clinics. Healthcare provided by the team includes administering IV antibiotics, respiratory support, post-operative care, wound care, and teaching families to manage their child's healthcare needs.

The service runs 8am - 8pm, 7 days a week. There is a North Team based at Ystrad Mynach Hospital and a South Team based at Serennu Children's Centre in Newport.

Further information is available at <https://abuhb.nhs.wales/healthcare-services/childrens-healthcare-services>

"I love the variety, as we meet so many different children every day. The care we provide, either at home, or closer to home, helps them leave hospital so much quicker, which offers such an improvement for the families and children. It's very rewarding."

SPACE-Wellbeing

SPACE-Wellbeing is a multi-agency process to co-ordinate help, including both early intervention and specialist provision, for children's mental health and emotional wellbeing. The process brings together professionals from different agencies who support children's mental health and emotional wellbeing, in order to help children and their families to get the right help, first time. The SPACE-Wellbeing process is hosted by ABUHB's five Local Authority partners (Blaenau Gwent, Caerphilly, Monmouthshire, Newport and Torfaen).

Further information is available at <https://abbhealthiertogether.cymru.nhs.uk/health-for-young-people/need-help-now/urgent-advice-self-referral-camhs>

Why are children's eye tests important?

All babies will have an eye screening at birth and again at about six weeks of age by a GP or health visitor.

During their first year at school, many children will have a screening for lazy eye. Whether the screening is available depends on your local CCG, who commission screening services. The screening is to detect whether a child has reduced vision in one or both eyes.



As well as the eye screenings, children should have an eye test every two years, as problems can occur at any age. Certain behaviours can be a sign that there is a problem, such as:

- sitting too close to the TV or insisting on watching TV in the dark
- rubbing their eyes a lot
- holding objects very close to their face
- blinking a lot
- showing signs of a squint – the eyes don't look into the same direction. One eye may turn inwards, outwards, upwards or downwards, while the other eye looks forward
- Problems navigating in the dark e.g. entering a tunnel or the cinema

Even if none of the symptoms above are displayed, there could still be an underlying eye condition. If you are worried about your child's sight or there is

a history of squint or lazy eye in the family, do not wait for the vision screening at school. Take your child to an ophthalmic practitioner or optometrist, who will see children of any age.

Don't worry about the costs, as all NHS sight tests are free for children under the age of 16.

Children do not have to be able to read to have their eyes examined. It's possible to see whether the child has a squint or needs glasses without asking them any questions, using age-appropriate tests and equipment.

If the eye test detects any problems, your child will be referred to an Orthoptist, who is part of the eyecare team and generally works alongside ophthalmologists and optometrists. Orthoptists work in local health clinics or hospital eye clinics.

Why are childhood immunisations so important?

One of the best ways to protect your child against diseases like measles, rubella, tetanus and meningitis is through immunisation. Your child needs their first injections at eight weeks, then 12 weeks, 16 weeks and one year.

Vaccinations are offered free of charge in the UK. Your GP practice, health centre or baby clinic will send you an appointment for your child's immunisation. It is important that you are registered with a GP Practice and that they have your correct contact details.

Vaccines are also given at age 2 and 3 years old, and in school year 8 (age 12 and 13 years old) and school year 9 (age 13 and 14 years old).

There are some diseases that can kill children or cause lasting damage to their health. Vaccines contain a small part of the bacterium or virus that causes a disease, or tiny amounts of the chemical that the bacterium produces. Vaccines work by causing the body's immune system to make antibodies (substances that fight off infection and disease). Then if your child comes into contact with the infection, the antibodies will recognise it and be ready to protect him or her.

Before they are allowed to be used, all medicines (including vaccines) are thoroughly tested to assess how safe and effective they are. After they have been licensed, the safety of vaccines continues to be monitored.

