



Education Newsletter

May 2025



April Catch Up



On the 23rd some of the new nurses and some CSWs attended a ventilation and respiratory study day, where Ventilation specialist nurse Jane taught about vents, cough assist and Aerogen in the morning, then in the afternoon the Clinical Education Team covered Airvo and facilitated a deterioration child simulation to practice skills learned earlier in the day such as reading chest management prescriptions.

Vicky Robinson was asked to speak on behalf of Derian House community team at the Foetal, Neonatal and Paediatric Cardiac Palliative Care study day at Alder Hey on the 29th April. The clinical Education Team supported with an information stand to share information about the services that Derian House can provide to families.

Students

We held a student day on the 25th April which was really well attended. Thank you to all of our speakers, with a special shout out to Sam Jackson who came to speak about her experience of preceptorship at Derian House. (photos)

This month Arta and Mia will be finishing their placements on the 4th May and we have two new students starting placement with us on the 6th May for 4 weeks.

Jeanie is a 2nd year Learning Disability Nursing student from UCLan and her mentors will be Amy C and Emma H. Stacey is a 3rd year Children's Nursing student from UCLan and her mentors will be Katrina and Louise H.

A nurse called Gemma from the Children's Community Nursing Team in Manchester who is studying an Advanced Community Specialist Practitioner post graduate course will be spending a spoke day with us on the early on 8th May.



Training Days

May 6th

The Education team will be visiting Claire House to find out more about how their Education team provide and record training

May 7th - 9th

To celebrate Dying Matters week, the Education team will be sharing any training that is available and holding some palliative care modules in the clinical skills lab- the full timetable will be emailed out to the relevant staff groups

May 12th

Today is International Nurses Day! We want to celebrate our amazing nurses and have an exciting funky pen swap event planned!

May 13th - 19th

Mental Health Awareness Week

May 13th

The next preceptorship study day for our preceptee nurses will cover palliative and end of life care topics such as symptom management and syringe driver skills

May 19th

At 2pm there will be a zoom neonatal palliative care training on zoom, we will put it on the big screen in the clinical skills lab if staff would like to attend.

May 21st

Five staff members are booked onto Trauma Informed training at the Town Hall in Preston.

May 22nd

The next professional's day will take place today in the conference room where we invite health and social care professionals from our local

areas to learn more about what we all do here at Derian House. If someone from your team can speak or host a workshop on the day, please do get in touch.

May 29th

Nurses are invited to attend the monthly online student practice supervisor and assessor update training with Edge Hill to learn about changes to PARE.





Education Newsletter

May 2025



Awareness Days

Mental health week May 12th - 18th

This year's theme for mental health week is community- being part of a community can improve mental health and wellbeing. We thrive when we have strong connections with others and supportive communities around us. Communities can provide us with a sense of belonging, safety, and give us purpose.

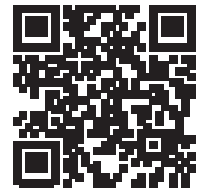
People who are more socially connected to family, friends, or their community are happier, physically healthier, and live longer, with fewer mental health problems than people who are less well connected.

So, this Mental Health Awareness Week we want to celebrate the community we have a Derian house that support us to protect and nurture good mental health for our BCYP, families and staff.

Written by Amy Cooper, Registered Nurse at Derian house



Every Mind Matters



YoungMinds

useful
links



Laura Hyde
Foundation

Maternal Mental Health Awareness Week

5 - 11 May 2025



Although it is normal to have periods of worry and stress when you are pregnant, some women have feelings that don't go away and this can be a sign of something more serious. Maternal Mental Health Awareness Week is a week long campaign dedicated to talking about mental health problems before, during and after pregnancy.

The week is all about:

- raising public and professional awareness of maternal mental health problems
- advocating for women and families impacted
- changing attitudes
- helping people access the information, care and support they need to recover.

Who is it organised by?

The week is organised and led by MMHA member Perinatal Mental Health Partnership UK (PMHP UK), who launched the first-ever UK Maternal Mental Health Awareness Week in 2017.

PMHP UK is a small group of individuals, including parents with lived experience and clinicians, who came together to raise awareness of maternal mental health.

Get involved using #maternalMHmatters

Useful links –

<https://www.tommys.org/pregnancy-information/im-pregnant/mental-wellbeing/mental-health-during-and-after-pregnancy>



FOCUS OF THE MONTH

COUGH ASSIST



What is ME/Cough Assist

A cough assist™, also known as a manual insufflator-exsufflator, assists the CYP with the removal of airway secretions. There are three different models in use at Derian – Nippy Clearway 1 & 2, and Philips E70.

How does it work?

A cough is the body's natural response to clear the lungs and airway of secretions (phlegm). Some CYPs require mechanical assistance to produce an effective cough. The device helps to mimic a cough, by applying positive pressure to fill the lungs, with an immediate switch to negative pressure to help move the secretions up the airway, to cough up or (spit) out. Some may require oral, nasopharyngeal or tracheal suctioning to clear the secretions.

Why are they used with our CYPs?

- Neuromuscular disorders e.g. DMD, SMA and various congenital myopathies can cause weakened respiratory muscles, which results in an ineffective cough, which may decrease further over time.
- Frequent respiratory infections. Used as part of a multi-step chest management plan to reduce the risk.
- Frequent invasive interventions e.g. deep suctioning, nasopharyngeal suctioning, which increases risk of trauma/injury to airway.

What is a treatment cycle?

During treatment, the device will deliver one or more 'cycles' to the CYP. One cycle is equivalent to a prescribed number of insufflation breaths (1-3), following by one exsufflation breath. If able to comply, encourage the CYP to cough when switching to exsufflation.

What is a recruitment breath?

The last phase of a cycle (exsufflation), leaves the lungs depleted of air. Some CYP cannot fully re-inflate their lungs after the procedure is completed. Recruitment breath provide insufflation (positive) breaths only, to achieve optimum lung inflation post-treatment.



References and further reading

Jane Enright, Ventilation Specialist Nurse at Derian House



MEDICINE of the month



Sertraline

Dosage

- Obsessive-compulsive disorder - By mouth: Child 6–12 years - Initially 25 mg once daily for 1 week, then increased if necessary to 50 mg once daily, then increased in steps of 50 mg at intervals of at least 1 week if required; maximum 200 mg per day.
- Child 13–17 years - Initially 50 mg once daily, then increased in steps of 50 mg at intervals of at least 1 week if required; maximum 200 mg per day.
- Major depression - By mouth: Child 12–17 years - Initially 50 mg once daily, then increased in steps of 50 mg at intervals of at least 1 week if required; maximum 200 mg per day.
- *For adult doses see BNF



Why is it used?

Sertraline (SIR-tra-leen) is classed as a selective serotonin reuptake inhibitor (SSRI). Sertraline works by increasing the levels of a mood-enhancing chemical called serotonin in the brain. Serotonin is a naturally occurring chemical messenger or 'neurotransmitter' that has an important role in areas of the brain which control mood, thinking, feelings and emotions. Research suggests that low mood is likely to occur when the brain doesn't have enough serotonin. Increasing serotonin levels with sertraline may help people with mental health disorders such as depression, panic disorder, social anxiety, post-traumatic stress disorder (PTSD) and obsessive compulsive disorder (OCD).

Side effects

Chest pain; depression; gastrointestinal disorders; increased risk of infection; mood altered; neuromuscular dysfunction; vasodilation etc.

Cautions

Cardiac disease; concurrent electroconvulsive therapy; diabetes mellitus; epilepsy (discontinue if convulsions develop); history of bleeding disorders (especially gastro-intestinal bleeding); history of mania; susceptibility to angle-closure glaucoma.

Both Sertraline and Amitriptyline can increase the risk of hyponatraemia. Both Sertraline and Aspirin can increase the risk of bleeding etc.

Important information

For treatment cessation, the dose should be reduced gradually over about 4 weeks, or longer if withdrawal symptoms emerge (6 months in patients who have been on long-term maintenance treatment).

Patients or carers should be given advice on how to administer sertraline concentrate for oral solution.

References

- <https://bnfc.nice.org.uk/drugs/sertraline/>
- Sertraline | SSRI Antidepressant Mental Health Medication | YoungMinds
- Written by Louise Harrop, Registered Nurse at Derian House