



Education Newsletter

October 2024



New Starters



We have recently welcomed Sam and Shannon on team as new preceptorship nurses starting their supermumary period and shadowing the team and in October we will be joined by Vicky T and Maria on the perinatal team and Vicky R as our new community team leader.

Students

At the end of the month, we will welcome Gabrielle, a children's nursing student from UCLAN. Her assessor will be Emma H and her supervisor will be Liv.

The next student day is 11th October in the Conference room, we will be looking for some staff to share a little bit about their role, so please get in touch if you can help.

The next Practice Supervisor and Assessor update from Edge Hill Placement Facilitators will take place on MS Teams on Tuesday 29th October 2024 11am-13:30pm. The link will be emailed to all nurses who can attend to find out more about the upcoming changes to PARE and some helpful tips about assessing proficiencies in practice.



Education News

Education Compliance

The winner of the monthly prize draw for 100% competency in September was Nadira Patel! **CONGRATULATIONS!** Compliance is excellent with 97% for competencies and 99% for E-learning.



Trauma Informed Training

Last month, three members of staff attended Trauma Informed Training which looked at how Traumatic Events and Adverse childhood experiences can affect the way the brain develops and discussed how this may affect the way babies, children and young people, their parents, siblings and carers may react and behave. The training looked at what we can do to support them and the language that we should use in order to prevent re-traumatisation. This was a really good session and would be helpful for all staff working with BCYPS and families.



PENSO

Alison from the education attended the Paediatric Educators Network Sharing Opportunities (PENSO) Conference in September and presented in front of a few hundred educators from across the UK about the paediatric palliative care training that was developed by the Education team last year. As a result, many of the educators have signed up to the E-learning and more professionals are able to access this fundamental education.

Clinical Care Team Training & Update Day

In September, most of the clinical care team attended a training and update day. This was a great opportunity for staff to receive some back to basics training about mouth care and postural care. There was a lessons learned briefing, information about the new Patient Safety Incident Response Framework (PSIRF) and nurse and care support worker forums. Thank you to everyone who attended and engaged.



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Awareness Days

Throughout October, there are many awareness days to observe and acknowledge;

1st-6th October - Anaphylaxis awareness week

To mark anaphylaxis awareness week, the education team have created a quick guide to anaphylaxis and have some resources which will be emailed out. This week would be a great time to check your anaphylaxis E-learning is up to date.

1st-31st October - ADHD Awareness Month

The condition and medication of the month for October is related to ADHD. It is important to be aware that many of our colleagues are living with conditions such as ADHD, Dyslexia and Dyspraxia and this can affect the way we learn and understand things. It is important to support everyone, acknowledge and celebrate our differences.

6th October - World Cerebral Palsy Day

7th -13th October - Dyslexia Awareness Week

10th October - World Mental Health Day

The theme of this year's World Mental Health Day is 'Mental Health in the workplace'. We want to shine a spotlight on our workplace mental health first aiders and the amazing work that our councilor John does with his staff only guided meditation sessions.

12th October - World Hospice and Palliative Care Day

To celebrate World hospice and Palliative Care Day on the 12th October, the education team will be teaching extracts from all of the paediatric palliative care modules at the student day on the 11th October.

13th - 19th October - Dyspraxia Awareness Week

15th October - Pregnancy and Infant Loss Remembrance Day

The wave of light is an annual observance in memory of babies and infants who have died which takes place on the pregnancy and infant loss remembrance day at 7pm local time across the world on 15th October.

16th October - Restart A Heart Day

To celebrate restart a heart day on the 16th October, the clinical education team will be holding CPR training sessions in the clinical skills lab for anyone to attend. Please email clinical.education@derianhouse.co.uk to book in a time slot if this interests you.



Oct 1 October 1 - October 6
Anaphylaxis Awareness Week 2024



Oct 1 October 1 - October 31
ADHD Awareness Month 2024



Oct 6 All day
World Cerebral Palsy Day 2024



Oct 7 October 7 - October 13
Dyslexia Awareness Week 2024



Oct 10 All day
World Mental Health Day 2024



Oct 12 All day
World Hospice and Palliative Care Day 2024



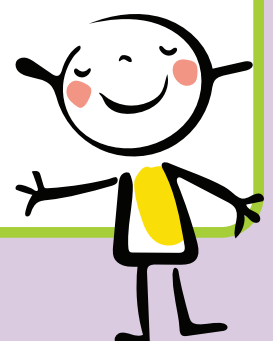
Oct 13 October 13 - October 19
Dyspraxia Awareness Week 2024



Oct 15 All day
Pregnancy and Infant Loss Remembrance Day 2024



Oct 16 All day
Restart A Heart Day 2024





FOCUS OF THE MONTH



ADHD (ATTENTION DEFICIT HYPERACTIVITY DISORDER)

What is ADHD?

ADHD is characterised by inattention, hyperactivity and/or impulsiveness that is considered excessive for the child's developmental age and cause significant social or academic problems. Children often appear to be constantly 'on the go', fidgety, unable to sustain concentration or organize themselves and unable to wait their turn. ADHD affects 2–5 per cent of school-age children with boys four times more commonly affected.

There are three types of ADHD

Inattentive - People who have a predominantly inattentive presentation of ADHD struggle with attention and concentration. This might result in a tendency to overlook details or follow through on tasks.

Hyperactive-impulsive - People with this presentation of ADHD might seem to have an excess of energy, be excitable, impulsive, or have trouble sitting still. Common tendencies are fidgeting, interrupting conversations or lessons, or being impatient.

Combined presentation - People whose ADHD has aspects of both presentations are said to have a combined presentation. They may exhibit inattentiveness in addition to hyperactivity.



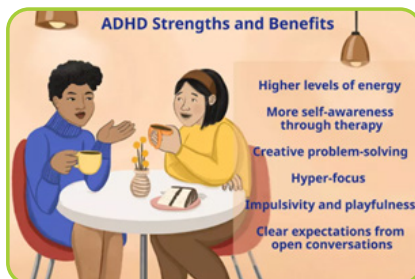
Management of this condition

Medication - There are two types of ADHD medications, stimulant and non-stimulant. Stimulant medications are available in short-acting, intermediate-acting, and long-acting forms. Please see an example of an ADHD medication in the medication of the month section.

Behavioural strategies - to reduce distraction, focus on task, build concentration and provision of a calm regular daily routine with consistent boundaries.

Lifestyle changes - limiting screen time, increased physical activity, improved sleep, eating well.

Alternative and complementary therapies - There are many alternative and complementary treatments that tout effectiveness for treating ADHD. However, the Centres for Disease Control and Prevention (CDC) warns many of these have been proven neither safe nor effective. Some alternative treatments do have research that backs up their effectiveness when used as part of a multimodal approach, please check with a medical professional before beginning any new therapy.



It's easy to focus on the negative impacts of ADHD, but there are benefits to the condition as well. People with ADHD report being energetic, creative, courageous, and resilient.

Some people find that managing the negative effects of ADHD through medication helps them enjoy the positive aspects. Learning coping strategies to help with daily tasks like organisation is also key for living well with ADHD at any age.



Further reading

<https://chadd.org/about-adhd/overview/>

<https://adhduk.co.uk/about-adhd/>

<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd>



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MEDICINE of the month Lisdexamfetamine Mesilate

Why is it used?

Medication is used in children and young people with Attention Deficit Hyperactivity Disorder (ADHD). Lisdexamfetamine mesilate works by stimulating certain parts of the brain to help improve concentration, focus attention and help reduce impulsive behaviour. This medication should be initiated by a specialist and weaned slowly, avoiding abrupt cessation and withdrawal symptoms.

Dosage

Attention Deficit Hyperactivity Disorder
(this should be initiated by a specialist);

By mouth,

Child 6–17 years: Initially 30 mg once daily, alternatively initially 20 mg once daily, increased in steps of 10–20 mg every week if required, dose to be taken in the morning, discontinue if response insufficient after 1 month; maximum 70 mg per day.



Side effects

Common side effects include; Abdominal pain upper; anxiety; appetite decreased; behaviour abnormal; constipation; depression; diarrhoea; dizziness; drowsiness; dry mouth; dyspnoea; fatigue; feeling jittery; fever; headache; insomnia; mood altered; nausea; palpitations; psychiatric disorders; skin reactions; tachycardia; tremor; vomiting; weight decreased etc.

Cautions

Bipolar disorder; history of cardiovascular disease; history of substance abuse; may lower seizure threshold (discontinue if seizures occur); psychotic disorders; susceptibility to angle-closure glaucoma; tics; Tourette syndrome etc. Interactions

Both melatonin and baclofen can cause sedation. Combined hormonal contraceptives is predicted to increase the exposure to Melatonin.

Interactions

Both Lisdexamfetamine and Citalopram can increase the risk of serotonin syndrome. Levomepromazine is predicted to decrease the effects of Lisdexamfetamine and Lisdexamfetamine is predicted to decrease the effects of Levomepromazine etc.

Monitoring requirements

It is advised by manufacturers to monitor for aggressive behaviour, hostility and other psychiatric symptoms before treatment initiation, following each dose adjustment, and at least every 6 months thereafter during the start of treatment. It is also advised to monitor height and weight, pulse and blood pressure during the treatment.

References

- <https://bnfc.nice.org.uk/drugs/lisdexamfetamine-mesilate/>
- <https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/treatment/>