

Paediatric Pearls

by Dr Julia Thomson, Paediatrician

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Monthly paediatric update newsletter for all health professionals working with children – put together by Dr Julia Thomson, Paediatric Consultant at Homerton University Hospital, London, UK. Housed at www.paediatricpearls.co.uk where comments and requests are welcome!

This month's editor is Nicci Wotton, Head of Safeguarding/Consultant Nurse for Safeguarding at Imperial College Healthcare NHS Trust.

Most children are back to school but if you are a GP are you noticing in discharge letters from unscheduled care:- Assaults in and out of school/parks; Road Traffic Collisions; Mental health issues; Increase of Anxiety; Eating Disorders? Have you discussed with your practice managers, which discharge summaries you and your GPs should be reviewing before they are uploaded onto systems?

Are the children with complex health needs in school? Or hidden from view? When did you last [see](#) them [virtually](#)? (Follow the links within the words for tips and guidance on video consultations.)

How many young carers are on your books? Do you check who is caring for adults with complex care needs?

Do you know the support services in your local area as well as nationwide for young people? Some services are here

The UN Convention on the Rights of the Child (1989) includes the requirement that children live in a safe environment, be protected from harm and have access to the highest attainable standard of health. All staff dealing with children or dealing with adults who have children need to keep themselves up-to-date annually about [Safeguarding](#). **Most healthcare professionals need Level 3 competencies which means 12-16 hours demonstrable CPD over each 3 year period.** As a start, here are some Interesting Articles to Read and Reflect on:

NSPCC: [How Safe are our children? 2020](#)

More young people to be supported away from further offending
<http://news.met.police.uk/news/more-young-people-to-be-supported-away-from-further-offending-408387>

Deliveroo riders to be trained to spot signs of child abuse
<https://www.shropshirestar.com/news/uk-news/2020/07/02/deliveroo-riders-to-be-trained-to-spot-signs-of-child-abuse/>

County Lines during Lockdown: 'I wasn't a gangster, just a kid from Shropshire': how drugs gangs are exploiting lockdown
<https://www.theguardian.com/society/2020/jun/09/drugs-gangs-exploiting-lockdown-county-lines>

7-minute briefings allow managers to deliver information on key topics efficiently to staff. Try these on [Think Family Approach](#); [Language and Child Exploitation](#) & [Young Carers](#) and add them to your safeguarding CPD log. All of them have further links within them if you have more than 7 minutes to fill. All provide good reflection material.

The Guardian: [Doing things no 15 year old should/Young Carer](#). Particularly poignant now when these young carers are worried about bringing coronavirus back to the family members they are looking after.

BBC News: [Will Emily be allowed to keep her baby?](#) An article about a pregnant lady who had had children removed before.



[Beyond Referrals 2](#) presents findings into harmful sexual behaviour (HSB) in English schools. Girlguiding's 2017 survey of girls aged 13-21 found that 64% had experienced sexual harassment in school.

"What is contextual safeguarding again?" an approach to understanding and responding to young people's experiences of significant harm beyond their families. Their relationships in their neighbourhoods, schools and online can feature violence and abuse.



Free Online training: Youth gaming and gambling – raising awareness and building digital resilience

The Young Gamers and Gamblers Education Trust (YGAM) are a leading National charity collaboratively delivering the UK's £10million national education programme to those that work with young people (age 7-25), to raise awareness around the potential harms associated with gaming and gambling. Anyone who is interested can click on the attached link to see available dates and book a place on a session:
<https://www.ygam.org/book-a-workshop/> & <http://www.ygam.org>



Sibs is an organisation that exists to support people who grow up with or have grown up with a disabled brother or sister. Children's service providers have some key opportunities to identify, assess and support the needs of siblings of disabled children. Siblings are at risk for harm, excessive caregiving and for problems with wellbeing and educational attainment. Sibs has created a list of top tips for professionals that can be found here: <https://www.sibs.org.uk/supporting-young-siblings/professionals/top-tips-for-professionals/>



[Every Mind Matters](#) has created The One

You campaign. The One You campaign encourages people to reappraise their lifestyle choices, put themselves first and do something about their own health. It focuses on both your physical and mental health and provides tips, tools, support and encouragement every step of the way, to help improve your health right away.



[Draw the Line](#) has been designed by young people, to support young people in understanding where the line is in relationships between healthy and abusive behaviours, providing clarity where the line seems blurred. Draw the Line includes clear signposting to 24/7 safeguarding support, so that young people can explore this information safely, as well as advice about how to support friends who are experiencing abuse. Some stories include details that may be upsetting.



Ever wondered what [TikTok](#) is all about? More help and information for parents and professionals about other social platforms are also on [ThinkUKnow](#).

Quick quiz: can you name all the social media icons below? [Answers here](#).

