



NSW Child Health Networks

# Allied to Kids

Issue 9

November 2008

*Allied to Kids will be circulated regularly to provide updates and information to support allied health professionals who work with children.*

## Inside this issue:

- Listserve in Profile: Paeddiet** 1
- Project in Focus: Camp go Ahead 2008** 2
- Events and resources** 3

## Listserve in Profile: Paeddiet

As mentioned in previous editions of "Allied to Kids", email networks or listserves have been created for many of the Allied Health Professions. Paeddiet is the newest addition and has been set up for Dietitians working with children. Paeddiet aims to provide Dietitians with an online forum for asking for assistance, posing questions, sharing information and ideas.

Whilst some people are familiar with the concept of listserves, we thought that it would be beneficial to provide readers with an idea of what the listserve can be utilised for. An example may be a clinician wanting to gather information from other professionals about community resources.

### Question sent to Paeddiet:

*Dear All*

*I am soon to see a premature baby who is using Karicare Thickener due to reflux (recommended by a Speech Pathologist). I noticed in the 'Feeding Guide' by Westmead Children's Hospital that Karicare thickener is not recommended for use in premature babies and I was wondering what the reason for this is?*

### The following responses are posted to Paeddiet:

*I would assume your preterm infant is now not critical and not in hospital? and close to term or older? We do sometimes use thickened feeds for neonates and older infants. There would be some cases where we have used it for prem's too. As per manufacturers instructions on the tin of Karicare it says it is not recommended for under 1's, this is more from a lack of evidence in support of using it in this age group.(based on amylase activity is low in infants which is required for starch breakdown).*

*We tend not to use thickened feeds on very prem infants as we have noted an increased incidence of NEC after initiating the same in our NICU, at least 1 death from NEC (possibly brought about by food thickener ?used at wrong recipe). Thus, because it has not been trialled and proven safe in premature infants - it is not recommended for general use in this population - something our neonatologists are beginning to heed a bit more.*

### How to Subscribe to Paeddiet:

1. Address an e-mail to [Majordomo@lists.health.nsw.gov.au](mailto:Majordomo@lists.health.nsw.gov.au)
2. Leave the subject line blank
3. If the e-mail is being sent from the address that is to be subscribed to *Paeddiet* type in on two separate lines:  
subscribe Paeddiet  
end
4. If the e-mail is being sent from another address type in on two separate lines, including the e-mail address that is to be subscribed to *Paeddiet*.  
  
subscribe Paeddiet e-mail address  
end

## CAMP AHEAD 2008 Project in Focus: Camp go Ahead

Each year since 1992 the Rehabilitation Department of The Children's Hospital at Westmead and Sydney Children's Hospital have run a camp specifically for those children who are facing the challenges of recovery following a brain injury. This year, we had a great time at Point Wolstoncroft Sport and Rec Centre on Lake Macquarie.

We took 45 kids between the ages of 11 and 16, from all over NSW who have a link with one of the Brain Injury Units. Some end up travelling for many hours to get to and from Camp. There's usually a small contingent from Albury who fly in, in the early hours of the morning with an exhausted staff member!



Children attending the camp are encouraged to become actively involved in all aspects of camp life and staff are available to address issues common to children with a brain injury such as teasing, shyness

and low self esteem. The brain injury may have caused physical difficulties ranging from mild to severe, and sometimes less "visible" difficulties with language, calculation, emotional control, memory and decision making.

Activities available at camp include abseiling, archery, orienteering, challenge course, canoeing, sailing and swimming.

Physical disabilities, including wheelchair dependency and hemiplegia are no barrier to participation. All the children are able to have a go at all the activities. Like children everywhere, camp means fun, adventure, time away from school, and no parental supervision and these children are no different. Camp Go Ahead enables all the children to take part in activities from which they would normally be excluded; it enables them to have a go and to succeed, to make new friends and to feel good about themselves.

Although the convening staff are from SCH and CHW, without great support from the Rural teams, we

wouldn't be able to run camp. It was such a good experience for one newbie Camp/BIRP staff person that he has asked to be invited again next year! He was amongst 7 rural staff who helped this year. Staff - child ratios need to be high to provide the opportunity for more individual assistance thus enabling the children to maximise their participation in all camp activities. This is supplemented by volunteers from other organisations such as the great company we had escorting some groups of young people around Gosford Reptile Park on the Friday.

Camp is really about the kids - and although we have lofty goals in mind in running the camp, it's the kids' own feedback that surprises us with their insight. For them to spend a few days without the stresses that they usually encounter, and without their parents, is of great value to them.

We're still gathering feedback, but what we've heard so far has been very positive.

These quotes are from the kids:

"good to experience new things"

"don't feel left out because they all have the same problem"

"you get to do things you can't otherwise try"

"meet other people who have experienced the same thing - so you can really talk"

"leave our problems behind for a few days"

"other kids don't tease us"

"Having fun with others; time to talk with others"

"We all became friends, even the severe kids in wheelchairs and stuff"

"getting to know some of the leaders"

On the basis of other feedback from the older kids for the past three years, and taking into account some of their advice, we are preparing a pilot "transition" camp concept - aptly named by one of our kids "if Camp Go Ahead is for younger kids, we should call this one "Camp Think Ahead!"



Marion Fisher  
Camp Go Ahead Co-Director,  
Coordinator, Brain Injury Rehabilitation Program  
SCH. October, 2008



## NSW Child Health Networks

### NSW HEALTH

**Supporting Allied Health  
Professionals Working with Children**

**For more details about any of the information included in this newsletter, or if you have something that you would like included in a future edition, please contact one of the Project Officers**

Carmel Blayden  
WCHN Project Officer  
Allied Health  
Phone: 02 6393 3361  
E-mail: [carmelb@chw.edu.au](mailto:carmelb@chw.edu.au)

Sonia Hughes  
NCHN Project Officer  
Allied Health  
Phone: 02 6592 9705  
Email: [Sonia.Hughes@hnehealth.nsw.gov.au](mailto:Sonia.Hughes@hnehealth.nsw.gov.au)

Ruth Pike  
GESCHN Project Officer  
Allied Health  
Phone: 9382 4471  
Email: [ruth.pike@sesiahs.health.nsw.gov.au](mailto:ruth.pike@sesiahs.health.nsw.gov.au)

## Events & Resources: December 2008 ...

### ***BUILDING FOUNDATIONS – Autism: Your Child, Your Family***

Aspect has developed a resource kit [Building Foundations](#) for professionals and families. The aim of the kit is to provide information about autism to families and to those who support and work with their children. The resource includes information about the early signs of autism, diagnosis and choosing interventions. The DVD is available in seven different languages including Vietnamese, Cantonese, Arabic (simple), Korean, Afghani (Farsi), Hindi and Mandarin. The manual also includes a glossary translated into the seven different languages.

The DADHC funding includes copies free of charge for early childhood services and schools. In general, the resource kit is available for sale at a cost of \$9.95 each. A copy of the promotional flyer/order form is attached. Copies can be ordered on the website: [www.autismspectrum.org.au](http://www.autismspectrum.org.au)

### ***LIFE CHANGES AFTER BRAIN INJURY: Structure, Function, Participation***

This conference will provide an exciting program focusing on contemporary issues facing researchers, clinicians and all those affected by Acquired Brain Injury. Four workshops and a broad range of papers will be presented from renowned national and international speakers, as well as free papers and posters.

**Citigate Central Haymarket Sydney**  
**7<sup>th</sup> – 9<sup>th</sup> May 2009**

[www.assbi.com.au](http://www.assbi.com.au)

**Bumper Christmas Edition of Allied to Kids**

**Look for the competition!**