

# Developments



A newsletter for referring General Practitioners | Edition 3

## Triple P now free for families

An estimated extra 140,000 parents and carers across Queensland will now be able to access Triple P – Positive Parenting Program for free, thanks to a \$6.6 million state government funded rollout.

Triple P is one of most effective parenting programs in the world, with an evidence base supported by more than 30 years of ongoing research. It will be made available free-of-charge, on a voluntary basis, to all Queensland parents and carers of children up to 16 years of age.

GPs can refer parents and carers to the Triple P program to learn simple and effective strategies to confidently manage their children's behaviour and build strong and healthy family relationships.

Triple P is not one-size-fits-all, with options including seminars, workshops, courses and one-on-one sessions. There is even an online option for families unable or unwilling to attend face-to-face sessions. A number of specialist Triple P programs have also been developed, including Stepping Stones Triple P (for parents of children with a disability), Family Transitions Triple P (for parents going through divorce or separation), Lifestyle Triple P (preventing obesity in children) and Indigenous Triple P.

Further information, including full details of all upcoming free sessions and how to register, is available on the Triple P Queensland website [www.triplep.net/glo-en/home/](http://www.triplep.net/glo-en/home/)



## GP education

### Lady Cilento Children's Hospital

GPs are welcome to attend grand rounds at the LCCH. These occur every Wednesday morning from 7.45am to 9am. Alternatively, GPs can view recordings of grand rounds at a later date. To apply for log-in details for online access, email [chq\\_medical\\_education@health.qld.gov.au](mailto:chq_medical_education@health.qld.gov.au)

### LCCH grand rounds topics, Oct/Nov 2015

21 Oct	<b>Metabolic: Traffic jam in the golgi</b> Dr Dave Coman
28 Oct	<b>Gastroenterology: TBA</b> Dr Li-Zsa Tan and Dr Fariha Balouch
4 Nov	<b>Clinical Ethics Service: TBA</b> Dr Melanie Jansen
11 Nov	<b>Excellence in Medical Research</b> Dr Nitin Kapur and Dr Nicky Foxlee

### RCH Melbourne

The RCH Melbourne's Child Growth e-Learning course promotes and supports the use of WHO 2006 Growth Standards for monitoring the growth of children from birth to two years of age across Australia. For more information visit

[www.rch.org.au/childgrowth/Child\\_growth\\_e-learning/](http://www.rch.org.au/childgrowth/Child_growth_e-learning/)

### Refugee Health Assessment event

Focus on nutrition and oral health. Wednesday, 28 October at the Mater Medical Centre. For bookings visit [www.eventbrite.com.au/e/refugee-health-oral-health-nutrition-tickets-18547197166](http://www.eventbrite.com.au/e/refugee-health-oral-health-nutrition-tickets-18547197166)

## Paediatric Masterclass 24 October Registrations closing soon

Registrations for Children's Health Queensland's inaugural Paediatric Masterclass for General Practice are filling fast, so if you haven't secured your spot yet you have until 20 October to do so.

The one-day Masterclass will update GPs on evidence-based management of paediatric conditions commonly seen in general practice such as food allergies, childhood cough, obesity, UTIs, ENT disorders and child protection issues.

The Masterclass has also been approved for 40 continuing professional development points by the Royal

Australian College of General Practitioners and Australian College of Rural and Remote Medicine.

The Paediatric Masterclass will take place on Saturday, 24 October at the Lady Cilento Children's Hospital and the cost is \$170.50 (incl. GST).

Registration and payment can only be made online at [www.childrens.health.qld.gov.au/lcch-events](http://www.childrens.health.qld.gov.au/lcch-events)

Please note: tours of the Lady Cilento Children's Hospital (prior to the Masterclass) are now full.



# The unsettled baby

The afebrile fussy baby is a complex, if common, presentation in the first few months post-birth. Thorough history and examination excludes the five per cent who require investigations for underlying medical conditions; routine investigation is unnecessary.

Parents can be reassured that excessive crying usually passes around 16 weeks without harmful effects. However, clinicians need to know that these babies are at increased risk of:

- child abuse
- developmental and behavioural problems
- migraine in later childhood
- premature weaning.

Unsettled behaviour is one of the most common reasons parents give for introducing formula and is a modifiable risk factor for postnatal depression. Early intervention with a systematic multi-domain approach is essential. Some key points:

1. Refluxate is close to pH neutral for two hours after a feed of either breastmilk or formula, so holding the baby upright after feeds or sleeping on wedges is not helpful.
2. Oesophagitis or gastro-oesophageal reflux disease (GORD) is very rarely a cause of cry-fuss problems. Anti-secretory medications are no better than placebo, and increase the risk of infection, and possibly allergy.
3. In breastfed babies, a bloated abdomen and copious wind can cause crying in the context of frothy explosive stools, very frequent feeding, and excellent weight gain. These are signs of functional lactose overload and require simple breastfeeding management, but are commonly misdiagnosed as allergy or GORD. Positional instability at the breast, resulting in back-arching and fussing, or refusal of feeds, is also commonly misdiagnosed as GORD or allergy.
4. Large cohort studies show that breastfed babies gain on average 200-250 gm a week in the first 16 weeks, and GPs need to consider whether babies could be crying due to poor satiety. The figure of 120 gm a week which had previously been considered to be adequate weight gain, may be insufficient – although if the baby is settled and well then this is still just fine. Impaired breastmilk transfer results in marathon feeding, excessive night-waking and cry-fuss problems, and requires the help of breastfeeding experts.
5. Formula-fed crying babies may benefit from extensively hydrolysed formula (once all other factors have been considered).

**A/Prof (Adj) Pamela Douglas**  
Medical Director, The Possums Clinic

*For a comprehensive approach, see the BMJ article 'Managing infants who cry excessively' (Douglas and Hill) or the Australian Doctor's 'How to treat' (Douglas and Shirley)*

# Early infant feeding support and assessment

Children Health Queensland's Child and Youth Community Health Service (Child Health) provide early feeding support to all parents living in the greater Brisbane metropolitan area.

## Early feeding and support drop-in clinics

- Free access, no appointment required for the first four weeks after hospital discharge.
- Brief consultation at various venues throughout the greater Brisbane metropolitan area.
- Child Health Nurse in attendance to discuss and observe feeding.
- Issues requiring ongoing support will be offered ongoing follow up.
- Open Monday to Friday, 9 am to noon (excluding public holidays).
- Visit the website for details of venues: [www.childrens.health.qld.gov.au/community-health/child-health-service](http://www.childrens.health.qld.gov.au/community-health/child-health-service)

## Child Health Intake Service

- GPs and parents are welcome to call for information about services and referral. Please call: 1300 366 039.

## Child Health Service

- For families with children aged birth to eight years.
- Staff are available for individual consultations by appointment at 37 sites in the greater Brisbane metropolitan area.
- Services are provided by child health nurses and early intervention clinicians (psychologists or social workers).
- A variety of parenting programs and groups are available, as well as individual consultations.
- Bookings by appointment on: 1300 366 039. Parents can self-refer.

## Ongoing support checklist for GPs

- Has the family attended an Early Feeding Support Clinic?
- Has the family made an appointment for the first child health visit? Parents phone: 1300 366 039.
- Is the mother checking the progress of her baby regularly? Self-weigh facilities available at some locations.
- Does the family have the phone number for breastfeeding support services? Australian Breastfeeding Association: 1800 686 268

## Further information

For more information, please see the Personal Health Record book (Red Book) or call 13 Health (13 43 25 84).

