

Beth yw nyrsys plant a beth maen nhw'n ei wneud?

Nyrsys cofrestredig ar gyfer plant a phobl ifanc yw'r unig broffesiwn sy'n derbyn addysg benodol ar gyfer gofalu am blant, pobl ifanc a'u teuluoedd. Mae adolygiadau diweddar o ddarpariaeth gofal iechyd wedi amlygu'r angen am

addysg a datblygiad i sicrhau bod gan nyrsys plant a phobl ifanc y wybodaeth, y sgiliau, y cymhwysedd a'r hyder i gefnogi a grymuso eu grŵp o gleientiaid a darparu gofal sy'n canolbwyntio ar y teulu ac sy'n briodol ar eu cyfer nhw.

Ffeithiau allweddol:

- Mae nyrsys plant yn gweithio gyda phobl o adeg eu geni hyd at 16 neu 18 oed os oes gan y person ifanc anabledd. Mewn rhai meysydd arbenigol er enghraifft oncoleg, mae'r ystod oed yn uwch a gall fod hyd at 25 oed.
- Mae nyrsys plant yn gweithio mewn meysydd amrywiol gan gynnwys unedau newyddenedigol, wardiau aciwt i blant, unedau achosion brys, adrannau cleifion allanol, diogelu, plant sy'n derbyn gofal, gwasanaethau iechyd meddwl plant a'r glasoed, nyrsio ysgol, lleoliadau cymunedol sy'n cynnwys ysgolion arbennig a thimau gofal parhaus.
- Mae nyrsys plant yn darparu gofal iechyd cyfannol, cymdeithasol a seicolegol ac yn gweithio gyda theuluoedd ac yn aml maent yn ganolog i unrhyw becyn gofal mewn unrhyw leoliad clinigol.
- Mae nyrsys plant yn dilyn yn llwyr ethos yr agenda iechyd y cyhoedd yn eu gwaith bob dydd ac wrth ymadweithio â theuluoedd.
- Mae nyrsys plant yn diogelu lles a hawliau plant a phobl ifanc ac yn cefnogi eu teuluoedd.
- Mae nyrsys plant yn gweithio fel rhan o dîm ambroffesiynol ac amlasiantaeth a nhw yn aml sy'n cydgyssylltu gofal.
- Mae'n cymryd tair blynedd i addysgu nyrs plant, ond mae'r cyfnod o'r adeg comisiynu i gofrestru yn broses hirach o ganlyniad i waith recriwtio a thiworiaethau. Bydd comisiynu ac addysgu nyrs plant yn cymryd 4 blynedd o leiaf o'r adeg pan fydd cynnydd yn y nifer a gomisiynt.

Iechyd plant a phobl ifanc yng Nghymru:

- adroddwyd bod iechyd 94% o blant yn dda neu'n dda iawn yn gyffredinol.
- adroddwyd bod gan 21% o blant salwch hirdymor, gan gynnwys 6% sydd â salwch hirdymor sy'n cyfyngu ar eu bywydau.
- adroddwyd bod 65% o blant yn bwyta ffrwythau bob dydd, ac adroddwyd bod 56% yn bwyta llysiau bob dydd.
- adroddwyd bod 35% o blant wedi gwneud gweithgaredd corfforol am o leiaf awr bob dydd yn ystod yr wythnos flaenorol.

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• ychydig iawn o newid a fu yn yr adroddiadau ar iechyd plant ers 2007 (pan gyflwynwyd y cwestiynau presennol) heblaw am

y cwestiwn am fwyta ffrwythau a llysiau, sy'n dangos cynnydd dros yr ychydig flynyddoedd diwethaf.

(Arolwg Iechyd Cymru 2014: <http://gov.wales/statistics-and-research/welsh-health-survey/?skip=1&lang=cy>)

Yr heriau:

- Grŵp bach yw nyrsys plant o fewn y maes nyrsio ehangach ac yn aml tybir bod unrhyw nyrs gofrestredig wedi'i pharatoi'n ddigonol i ofalu am blant a phobl ifanc.
- Nid yw'r gwaith cynllunio gweithlu presennol ar gyfer nyrsio plant ledled Cymru yn ystyried nifer y rhai cofrestredig a fydd o bosib yn ymddeol cyn bo hir na'r gwaith ad-drefnu gwasanaethau.
- Er bod nyrsio oedolion, nyrsio iechyd meddwl a phroffesiynau iechyd eraill wedi gweld cynnydd o 20-30% mewn lleoedd hyfforddi cyn cofrestru yng Nghymru yn 2015, mae addysg nyrsio plant wedi aros yn ddiglyfnewid ac felly nid yw'n cefnogi gofynion y gweithlu ar gyfer y dyfodol.
- Mae Llywodraeth Cymru wedi cefnogi'r agwedd y dyld gofalu am blant, pobl ifanc a'u teuluoedd yn eu cartrefi ond nid yw'r Byrddau Iechyd Lleol wedi gallu ail-fuddsoddi mewn gwasanaethau cymunedol sy'n briodol i blant er mwyn bodloni'r gofyniad hwn.
- Nid yw'r galwad gan Gynghair De Cymru i ad-drefnu gwasanaethau aciwt i blant, gwasanaethau newyddenedigol a gwasanaethau brys wedi eu gwireddu hyd yn hyn er gwaethaf y pryderon cynyddol am yr heriau a wynebir o ran darparu staff meddygol diogel a hyfforddiant ledled Cymru.
- Mae materion penodol sy'n parhau i fod yn amlwg mewn gwasanaethau i blant a phobl ifanc, gan gynnwys:
 - Gwasanaethau newyddenedigol diogel ac effeithiol
 - Lefelau staffio nyrsys a staff meddygol yn y sectorau aciwt a chymunedol
 - Trosglwyddo gofal o'r gwasanaethau i blant i'r gwasanaethau i oedolion
 - Gwasanaethau iechyd meddwl i blant a'r glasoed
 - Gwasanaethau i blant a phobl ifanc ag anableddau dysgu a phroblemau iechyd meddwl

Mae'r papur briffio hwn wedi ei baratoi gan fforwm Nyrsio Cymunedol Cymru Gyfan a Fforwm Uwch Nyrsys Plant a Phobl Ifanc Cymru Gyfan ar ran Coleg Nyrsio Brenhinol Cymru.

I gael rhagor o wybodaeth cysylltwch â:

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Nyrsio Plant a Phobl Ifanc: O'r Ysbyty i'r Cartref

Cwestiynau y dylai aelodau'r Cynulliad eu gofyn i'r Byrddau Iechyd Lleol a Llywodraeth Cymru:

1. Faint o swyddi plant a phobl ifanc sy'n bodoli yn eich bwrdd iechyd lleol a faint o swyddi gwag sydd gennych?
2. Pa wasanaethau i blant a phobl ifanc a werthfawrogrir ac sydd angen eu datlu ac a oes unrhyw bryderon?
3. Pa ddarpariaeth sydd wedi ei gwneud yn yr ysbyty aciwt ar gyfer gofal i bobl ifanc sydd yng nghanol trosglwyddo o'r gwasanaethau i blant i wasanaethau i oedolion?
4. O ystyried y gwaith o ad-drefnu'r gwasanaeth, pa gynlluniau sydd gennych i ddarparu gofal i blant a phobl ifanc yn nes at eu cartrefi neu yn eu cartrefi yn hytrach na mewn unedau cleifion mewnol aciwt drud?
5. A yw Llywodraeth Cymru yn bwriadu comisiynu mwy o leoedd ar gyfer nyrsys cyn cofrestru ar gyfer plant a phobl ifanc o ystyried y gwaith o ad-drefnu'r gwasanaeth, yr angen i symud gofal i mewn i'r gymuned a'r ffaith bod bron i 50% o nyrsys plant yn gymwys i gael ymddeol yn ystod y pum mlynedd nesaf?
6. A yw Llywodraeth Cymru yn bwriadu comisiynu cwrs addysg ôl-gofrestru i fod yn sylfaen i ofal plant a phobl ifanc mewn gofal aciwt a gofal cymunedol?

What is a children's nurse and what do they do?

The registered nurse for children and young people is the only profession specifically educated to care for children, young people and their families. Recent reviews of healthcare provision have highlighted the need for education

and development to ensure that children and young people's nurses have the knowledge, skills, competence and confidence to support and empower their client group and provide family centred care that is appropriate for them.

Key facts:

- Children's nurses work with people from birth to the age of 16 or 18 if the young person has a disability. In some specialities such as oncology, the age range is higher and can be up to 25 years.
- Children's nurses work in a variety of areas including neonatal units, acute children's wards, emergency units, out-patient departments, safeguarding, looked after children, child and adolescent mental health services, school nursing, community settings which include special schools and continuing care teams.
- Children's nurses provide holistic health, social and psychological care and work with families and are often central to any care package in any clinical setting.
- Children's nurses embrace the ethos of the public health agenda in their everyday work and interactions with families.
- Children's nurses safeguard the well-being and rights of children and young people while supporting their families.
- Children's nurses work as part of a multi-professional and multi-agency team and often are the co-ordinators of care.
- It takes three years to educate a children's nurse, but from commissioning to registration is a longer process due to recruitment and preceptorship. To commission and educate a children's nurse will take at least 4 years from any increase in commissioned numbers.

The health of children and young people in Wales:

- 94% of children were reported to have very good or good general health.
- 21% of children were reported as having a long-standing illness, including 6% with a limiting long-standing illness.
- 65% children were reported as eating fruit every day, and 56% were reported as eating vegetables every day.
- 35% of children were reported as undertaking physical activity for at least an hour on every day of the previous week.

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• There has been little change in children's reported health since 2007 (when the current questions were introduced)

apart from in fruit and vegetable consumption, which has shown an increase over the last few years.

(Welsh Health Survey 2014: <http://gov.wales/statistics-and-research/welsh-health-survey/?lang=en>)

The challenges:

- Children's nurses are a small group within the wider fields of nursing and often it is assumed that any registered nurse is sufficiently prepared to care for children and young people.
- Current workforce planning for children's nursing across Wales does not take into account the number of potential registrants due to retire or the re-configuration of services.
- While adult nursing, mental health nursing and other health professions have seen a 20-30% increase in pre-registration training places in Wales in 2015, children's nursing education has remained static and therefore does not support the future workforce requirements.
- Welsh Government have advocates that care for children, young people and their families should be provided at home Local Health Boards have been unable to re-invest in appropriate children's community services to meet this mandate.
- The South Wales Alliance to re-configure acute children's, neonatal and emergency services have yet to be realised despite the increasing concerns of the challenges faced in providing safe medical staffing and training across Wales.
- There are particular issues that continue to be prevalent in services for children and young people and these include:
 - Safe and effective neonatal services
 - Safe nurse and medical staffing levels in the acute and community sectors
 - Transitional care from children's to adult services
 - Child and adolescent mental health services
 - Services for children and young people with learning disabilities and mental health

This briefing paper has been prepared by the All Wales Children's Community Nursing Forum and the All Wales Children and Young People's Senior Nurse Forum on behalf of RCN Wales.

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Children and Young People's Nursing: From Hospital to Home

Questions Assembly members should ask of the Local Health Board and the Welsh Government:

1. How many children and young people's posts exist in your local health board and how many vacancies do you have?
2. What services for children and young people are valued and need celebration and are there any concerns?
3. What provision has been made within the acute hospital for the care of young people who are undergoing the transition from children's to adult services?
4. Given service re-configuration what plans do you have to provide care for CYP closer to home or in the home as opposed to expensive acute in-patient units?
5. Does the Welsh Government plan to commission more places for pre-registration children and young peoples nursing taking into account service re-configuration, the need to move care into the community and the fact that almost 50% of children's nurses are eligible for retirement in the next five years?
6. Does the Welsh Government plan to commission a post-registration education course to underpin the care of CYP both in acute and community care?