

SAPA LEADS COVID-19 EFFORTS

Throughout the COVID-19 pandemic, SAPA has endeavoured to promote the health and wellbeing of children and keep the paediatric community up to date on emerging issues. Schooling and crèche attendance became a hot topic because of the potential for children to spread the virus. SAPA offered leadership, releasing three position statements on school and early childhood centre opening and safety. The executive committee engaged extensively with the media, as everyone sought trustworthy advice in these troubling and stressful times. Even the health minister reached out to SAPA for advice. During the SAPA COVID-19 webinar series, experts in paediatric infectious diseases, vaccinology, rheumatology and public health discussed and distilled the mass of information that was suddenly available, and offered guidance on how to think through and manage matters at the coal face. The webinars are available on the [SAPA YouTube channel](#) and the position statements are available on request.

SA COVID-19 CHILDREN'S MRC RESOURCE COLLABORATION

It was clear during the early days of the COVID-19 pandemic that children are not simply small adults, and that they are affected very differently. To address this, the MRC launched an initiative to collate research and data relevant to paediatrics. The aim is 'to promote the collaboration and sharing of resources and knowledge specifically related to COVID-19 in children, among:

- South African clinicians working in child health and paediatrics
- researchers working in maternal and child health
- virologists and epidemiologists interested in the epidemiology of COVID-19 in children.'

To access and contribute to these resources, visit <https://www.samrc.ac.za/intramural-research-units/covid-19-children>

MUST-GET APP: READ BY QXMD

In years gone by, clinicians and researchers spent hours thumbing through paper journals and devouring their contents. With the mass of information available today, and the move towards digitalisation, this pastime is no longer common. A brilliant resource, the 'Read' app by QxMD allows you to select your journal preferences, and key articles then pop up on your page. It also has a search function for specific topics you need information on, all on the go. A really useful feature is direct, immediate access to full PDF versions of articles, if you have a university affiliation. It also sends a weekly email summary of 'Most read articles' by the community. Sign up at <https://read.qxmd.com> – it's free.

EVIDENCE SNIPPETS

Duration of resuscitation at birth, mortality, and neurodevelopment:
A systematic review

Pediatrics September 2020;146(3):e20201449.
<https://doi.org/10.1542/peds.2020-1449>

It is uncertain how long CPR should be continued in newborns who have an absent or incomplete response to resuscitation. In 2015, ILCOR recommended discontinuing resuscitation after 10 minutes if the heart rate remained undetectable, but favoured individualised decision-making. In this systematic review, 16 studies with outcomes of 579 newborns born between 1982 and 2017 were reported. There was very low certainty of evidence. Infants needing ongoing CPR at 10 minutes after birth were at high risk for mortality and neurodisability; one-third of infants survived, 13% without moderate or severe neuro-impairment. A single specified duration of CPR is unlikely to uniformly predict survival or survival without neuro-impairment.

Effectiveness of honey for symptomatic relief in upper respiratory tract infections:
A systematic review and meta-analysis

BMJ Evidence-Based Medicine August 2020;
<https://doi.org/10.1136/bmjebm-2020-111336>

Antibiotic over-prescription for upper respiratory tract infections (URTIs) exacerbates antimicrobial resistance. Honey is a lay remedy for URTIs, and has antimicrobial properties. Fourteen studies were included in this review, with moderate overall risk of bias. Compared with usual care, honey improved a combined symptom score, and reduced cough frequency and severity. Honey offers an easily available and cheap alternative to antibiotics for symptomatic relief of URTIs.

GREAT WEBSITE: ONE-PAGER ICU

This ICU resource covers a variety of topics, including 'Achieving a negative fluid balance', 'Brain drains explained' and 'Vasopressors demystified'. It is all freely available as a one-page summary that can be downloaded in various formats. These may be useful as a starting point for those new to ICU, or as a refresher for those who have been through it before. It's not paediatric-specific. Available at <https://onepagericu.com>

