NZNO Mental Health Nurse Section
Monthly News Bulletin
Friday 25 September 2020

NZNO / Section News

Consultation

NZNO consults with members on a range of issues.
The full outline can be **found here**

Primary Maternity Services Notice Review 2021 – Health Professionals
NZNO warmly invites your feedback on Ministry of Health's proposed changes to the Primary Maternity Services Notice.

The changes are being made to increase the flexibility of community maternity services to better meet the varied needs of women and their whānau.

Structural and administrative changes to the Notice are proposed. MoH also wants to know our thoughts on the future of maternity services in Aotearoa New Zealand.

New Zealand

A New Approach To Mental Health In Nursing
With mental health needs rising sharply and services already stretched, the University of Waikato is responding to the challenge with the launch of the new Bachelor of Nursing in 2021, integrating a focus on mental health and addictions throughout the three-year degree.
Read more

The Centre for Psychology offers free online mental health support group - Massey University
The Centre for Psychology at Massey University's Auckland campus is offering a free six-week online support group to help those struggling with mental health.
The new online group format of up to 10 people, provides easily accessible support from anywhere you feel comfortable. Read more

Mental health – general

Gamifying interventions may improve mental health
A new randomized control trial has found that turning mobile mental health intervention into a smartphone game can potentially improve well-being. The five-week study shows that gamifying the content of mobile interventions improved resilience, a key character trait that reduces the susceptibility to depression, stress, and anxiety. Read more

Addiction / substance abuse

Why 'one day at a time' works for recovering alcoholics

'One day at a time' is a mantra for recovering alcoholics, for whom each day without a drink builds the strength to go on to the next. A new brain imaging study shows why the approach works. [Read more](#)

ADHD

Specialized parental training helps improve quality of life for preschool children with ADHD

Research findings from Aarhus University and the Central Denmark Region's Child and Adolescent Psychiatric Centre show that quality of life is poorer for preschool children with ADHD compared to children from the control population. But the children's quality of life can be significantly improved using treatment without medication. [Read more](#)

Alternative therapies

The Use of Complementary and Alternative Medicine (CAM) in Psychiatric Units in Sweden,

Maria Wemrell, Anna Olsson & Kajsa Landgren (2020)
Issues in Mental Health Nursing, 41:10, 946-957, DOI: [10.1080/01612840.2020.1744203](#)

Mental ill-health has been termed the pandemic of the 21st century, and a large share of those exposed do not receive treatment. Many people with depression, anxiety and other mental health problems consult complementary or alternative medicine (CAM), and CAM is used in conventional psychiatric care, in Sweden and in other countries. However, the extent to which CAM is used in psychiatric care, and for what purposes, are largely unknown. This study is based on a survey distributed to all heads of regional, municipal, private and governmental health care units treating persons with psychiatric symptoms across Sweden in 2019. CAM was reportedly used by 62% of the 489 responding health care units, for symptoms including anxiety, sleep disturbances and depression. Main motivations for CAM use were symptom relief, meeting patients' requests and reduced demand for pharmaceutical medication. Very few respondents reported side effects. The most common reason for interrupting CAM use at a unit was a lack of trained professionals. This study confirms the need for further research about CAM, and for CAM education and training among healthcare professionals. [Read more](#)

Alzheimers / Dementia

The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution

"Just see the person who is still a person (...) they still have feelings": Qualitative description of the skills required to establish therapeutic alliance with patients with a diagnosis of dementia.
McKenzie, E.L. and Brown, P.M. (2020),
Int. J. Mental Health Nurs.. doi:[10.1111/inm.12782](#)

Establishing a relationship is considered the foundation of providing person-centred care (PCC) when working with a person who has a diagnosis of dementia. Currently, there is a lack of consensus about the how to develop this relationship. This aim of this study was to explore the key skills adopted by clinicians to establish an effective care relationship, referred to as therapeutic alliance, specific to working with patients who have dementia. Participants were clinicians (nursing and allied health professionals) from two older person's

mental health service teams (inpatient and community) who routinely provided clinical care to patients with a diagnosis of dementia. Participants self-selected from a purposive sample to complete a semi-structured interview about their provision of care to, and strategies used to engage with, people with a diagnosis of dementia. Exploratory qualitative thematic analysis was conducted using mixed inductive and deductive procedures. Five themes were identified as the interpersonal skills used to develop relationships with patients including the following: empathy, unconditional positive regard, congruence, psychological flexibility, and communication. Findings from this study provide direction for training of clinicians employed in a dementia setting and can also be generalized to other non-specific clinical settings where clinicians may incidentally provide treatment to patients with a diagnosis of dementia.

Asian communities

Lee Seabrook-Suckling: How Asian Kiwis view gambling - what research shows
As Asia Media Centre's Lee Seabrook-Suckling recalls his grandfather's gambling problem and looks at gambling within the Kiwi-Asian community. [Read more](#)

"Meaningfully engage with faith-based supports" to provide mental healthcare for Punjabi patients
Members of the Punjabi community are currently almost seven times more likely to draw on their faith, rather than state healthcare services, when stuggling with mental health challenges. [Read more](#)

Autism / Aspergers

Autistic adults more likely to have chronic physical health conditions
Autistic individuals are more likely to have chronic physical health conditions, particularly heart, lung, and diabetic conditions, according to a new study by researchers at the University of Cambridge. The results are published today in the journal Autism. [Read more](#)

Bipolar disorder

Electroconvulsive therapy shown to significantly reduce suicide risk in Bipolar patients
One of the largest ever studies of patients with untreatable bipolar disorder has shown that ECT (Electroconvulsive Therapy) was able to reduce suicide risk by 84% in high-risk patients, as well as giving effective treatment to around 72% of sufferers. [Read more](#)

Care models

Dealing with care disruption in High and Intensive Care wards: From difficult patients to difficult situations.
Gerritsen, S., Widdershoven, G., van der Ham, L., van Melle, L., Kemper, M. and Voskes, Y. (2020),
 Int J Mental Health Nurs. doi:[10.1111/inm.12786](#)

High and Intensive Care is a relatively new care model in Dutch mental health care for clinical admissions. One of the goals is to keep the admission short. For some patients, this goal is not realized, which results in a long-term admission. Often, this is experienced as a disruption. Disruptions in care processes are frequently defined in terms of patient characteristics. Yet, it may be that other factors play a role. The aim of this study is to gain better insight into the perceptions of care professionals of what is characteristic for disruptions at High and Intensive Care wards and how professionals can deal with these.

Qualitative research was performed by means of semi-structured interviews and a focus group with professionals. Results show that a focus on patient characteristics is too narrow

and that other factors also play an important role. These factors include challenges in the relation between professionals and the patient, a divided team, and a lack of collaboration with ambulatory care. In order to deal with these factors, professionals should invest in the relationship with the patient, identify destructive team processes early, and improve communication with ambulatory care. It is recommended to develop a monitoring tool that includes all these factors. Another recommendation is to organize structured reflection on dilemmas experienced in care. In conclusion, this study shows the importance of going beyond patient characteristics in order to better understand, identify, and deal with disruption at High and Intensive Care wards. Read more

Children and young people

'Anxiety and mental health issues rife among New Zealand's young people'
School leaders are reporting anxiety is the single biggest issue effecting children today. Exposure to emotional stress and the uncertainties of COVID-19 have added to the strain on mental health for many young people and families. Read more

Prenatal cannabis exposure associated with adverse outcomes during middle childhood
While cannabis use during pregnancy is on the rise, researchers at Washington University in St. Louis have found evidence that the resulting children are more likely to have psychopathology in middle childhood. Read more

Youth mental health in Aotearoa New Zealand: greater urgency required
In light of worsening mental health among New Zealand youth over the past decade, a new Koi Tū commentary piece is calling for urgent action to better understand the underlying factors and effective strategies for prevention and intervention. Youth mental health in Aotearoa New Zealand: Greater urgency required warns that the 'silent pandemic' of mental health morbidity among NZ and other youth globally, exacerbated by COVID-19, will have adverse lifelong consequences if not addressed as a matter of priority. Read more

Covid-19

Family violence and COVID-19: Increased vulnerability and reduced options for support.
Usher, K., Bhullar, N., Durkin, J., Gyamfi, N. and Jackson, D. (2020),
Int J Mental Health Nurs, 29: 549-552. doi:10.1111/inm.12735

Family violence refers to threatening or other violent behaviours within families that may be physical, sexual, psychological, or economic, and can include child abuse and intimate partner violence (Peterman *et al.* **2020**, van Gelder et al. **2020**). Family violence during pandemics is associated with a range of factors including economic stress, disaster-related instability, increased exposure to exploitative relationships, and reduced options for support (Peterman *et al.* **2020**). Read more

Depression

Depression worsens over time for older caregivers of newly diagnosed dementia patients
Caring for a partner or spouse with a new diagnosis of Alzheimer's or related dementia is associated with a 30 percent increase in depressive symptoms, compared to older adults who don't have a spouse with dementia -- and these symptoms are sustained over time, a new study found. Read more

Eating disorders

New support service for Kiwis living with eating disorders

New support service for Kiwis living with eating disorders welcomes people under its 'canopy' [Read more](#)

Exercise

Achieving physical health equity for people with experience of mental health and addiction issues

"This report provides the Equally Well collaborative with the latest evidence to inform and guide actions to achieve physical health equity for people with experience of mental health and addiction issues." [Read more](#)

Learning/intellectual disabilities

A national survey of nurses who care for people with intellectual and developmental disability

Nathan Wilson, James Collison, Sarah Feighan, Virginia Howie, Lisa Whitehead, Michele Wiese, Kate O'Reilly, Hayden Jaques, Peter Lewis
AJAN Vol. 37 No. 3 (2020): June - August 2020
Abstract 222 | View PDF Downloads 215

Objective: To describe the roles that Australian nurses play, the breadth of skills that they deploy, and the range of contexts in which they practice. Study design and methods: This cross-sectional study used a descriptive survey where data were collected online using Qualtrics©. Survey respondents were nurses whose primary role was caring for people with intellectual and developmental disability. In addition to demographic data, the main outcome measures were: nursing roles, practice and context. [Read more](#)

The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution

Nurses' attitudes, beliefs, and emotions toward caring for adults with intellectual disabilities: An integrative review.
Desroches, M.
 Nurs Forum. 2020; 55: 211: 1– 222. https://doi.org/10.1111/nuf.12418

Background
Negative health-care provider attitudes are a contributing factor to the myriad health disparities faced by people with intellectual disabilities (ID). Nursing comprises the nation's largest health-care profession, yet no integrative review on this topic is found.

Purpose
To organize findings of studies exploring nurses' attitudes, beliefs, and emotions about caring for adults with ID, to identify areas for future research, and to discuss recommendations for nursing practice

Maori / Pasifika

Clearhead develops te reo platform to better support Maori mental health
Clearhead, a Kiwi digital mental health company has today launched its translated te reo Maori website and chatbot offering in partnership with nib New Zealand (nib) and nib foundation, designed to help reduce the barriers MÄori communities often face when accessing mental health services. [Read more](#)

Maternal mental health

'Crippling and unfamiliar': analysing the concept of perinatal anxiety; definition, recognition and implications for psychological care provision for women during pregnancy and early motherhood.
Folliard, K.J., Crozier, K. and Kamble, M.M.W. (2020),
Journal of Clinical Nursing. Accepted Author Manuscript. doi:10.1111/jocn.15497

Aim
To clarify how perinatal anxiety is characterised within the current evidence base and discuss how a clearer definition and understanding of this condition may contribute to improving care provision by midwives and other healthcare professionals.

Background
Perinatal anxiety is common, occurs more frequently than depression and carries significant morbidity for mother and infant. The concept of perinatal anxiety is ill-defined; this can pose a barrier to understanding, identification and appropriate treatment of the condition.

Obsessive compulsive disorder
Which OCD treatment works best? New brain study could lead to more personalized choices
New research could improve the odds that people with obsessive-compulsive disorder will receive a therapy that really works for them - something that eludes more than a third of those who currently get OCD treatment. The study suggests the possibility of predicting which of two types of therapy will help people with OCD: One that exposes them to the subject of their obsessive thoughts and behaviors, or one that focuses on stress reduction and problem-solving. Read more

Patient safety

Nurses' influence on consumers' experience of safety in acute mental health units: A qualitative study.
Cutler, N, Sim, J, Halcomb, E, Moxham, L, Stephens, M.
J Clin Nurs. 2020; 00: 1–8. https://doi.org/10.1111/jocn.15480
Aims and objectives
To explore how nurses influence the perceptions and experience of safety among consumers who have been admitted to an acute mental health unit.
Background
Safety is a priority in acute mental health inpatient units, yet consumers do not always experience acute units as safe. Despite being primary stakeholders, little is known about what safety means for consumers in acute mental health units.

Peer support
Mental health peer support model promoted
It is a job where the main qualification is having had previous addiction problems or mental illness. "Peer support" workers "walk alongside" the mentally ill, able to understand what they are going through because of their own previous experiences. And, as Mark Price reports, at the beginning of Mental Health Awareness Week, the job appears to be about to go mainstream in the South. Read more

Side by side: supporting youth peer work in mental health services
"This policy paper outlines the barriers youth peer workers face and makes ten recommendations for ensuring that the workforce grows and is well-supported." *Source: Orygen (Australia).* **Read more**

Personality disorders
Narcissistic personality disorder: Inflated sense of importance
This mental health disorder includes an inflated sense of importance, a deep need for excessive admiration, fragile self-esteem and troubled relationships. Read more

Police and crisis management
On the beat: Mental health nurses join forces with NSW police to improve care
"Our main objective is to support people out in the community in their own environment as much as possible using the least restrictive and least coercive measures that are available to us," says mental health nurse Fiona I'Anson of her role attending scenes where people are experiencing mental health emergencies alongside NSW police officers to provide specialist assessment and care. Read more

Primary health care
Trauma-informed healthcare: A resource for health practitioners supporting children and whānau in primary care settings
"Trauma experiences are common. This resource is for health practitioners supporting children and whanau in primary care settings. It describes the impact of trauma on physical health and wellbeing, and people's engagement with services. Guidance is provided on how health services can become trauma-informed when supporting children and whānau." *Source: LeVa, Te Pou and Werry Workforce.* Read more

Schizophrenia
Hallucinations Under Psychedelics and in the Schizophrenia Spectrum: An Interdisciplinary and Multiscale Comparison,
Pantelis Leptourgos, Martin Fortier-Davy, Robin Carhart-Harris, … et al,
Schizophrenia Bulletin, , sbaa117, https://doi.org/10.1093/schbul/sbaa117

The recent renaissance of psychedelic science has reignited interest in the similarity of drug-induced experiences to those more commonly observed in psychiatric contexts such as the schizophrenia-spectrum. This report from a multidisciplinary working group of the International Consortium on Hallucinations Research (ICHR) addresses this issue, putting special emphasis on hallucinatory experiences. We review evidence collected at different scales of understanding, from pharmacology to brain-imaging, phenomenology and anthropology, highlighting similarities and differences between hallucinations under psychedelics and in the schizophrenia-spectrum disorders. Finally, we attempt to integrate these findings using computational approaches and conclude with recommendations for future research. Read more

Self-harm
Balancing between a Person-Centred and a Common Staff Approach: Nursing Staff's Experiences of Good Nursing Practice for Patients Who Self-Harm,
Britt-Marie Lindgren, Jenny Molin & Ulla H. Graneheim (2020)
Issues in Mental Health Nursing, DOI: 10.1080/01612840.2020.1817206

The aim of this study was to describe nursing staff's experiences of good nursing practice in psychiatric in-patient care for patients with self-harming behavior. The participants were nine nurses and eight nursing assistants working in two in-patient wards in general psychiatry.

Four focus group discussions were held and subjected to qualitative content analysis. The findings showed that good nursing practice balanced a person-centred approach with a common staff approach, allowing people who self-harm and staff to share responsibility for structuring everyday life, keeping to the plan, communicating decisions, and finding individual opportunities for relief. Reflective discussions among the staff concerning prejudice, emotional stress, lack of resources, and shortcomings in care planning could also prevent a stigmatizing culture and organizational deficiencies, which would be beneficial for both the people who self-harm and the staff. Read more

Sport and exercise

Experiences of outdoor nature-based therapeutic recreation programs for persons with a mental illness: a qualitative systematic review,
Picton, Caroline1,2; Fernandez, Ritin1,2; Moxham, Lorna1,3; Patterson, Christopher F.1
JBI Evidence Synthesis: September 2020 - Volume 18 - Issue 9 - p 1820-1869 doi: 10.11124/JBISRIR-D-19-00263

Objective:
The objective of this review was to identify, appraise, and synthesize the best available evidence related to participation in outdoor nature-based therapeutic recreation programs for adults with a mental illness living in the community.

Introduction:
Therapeutic recreation is posited to be beneficial for persons living with a mental illness. Research evidence indicates that therapeutic recreation programs can foster mental health recovery. It is important to understand the effectiveness of this from the perspective of persons living with mental illness how outdoor nature-based therapeutic recreation programs are meaningful and helpful for recovery. Read more

Suicide

Mental Health Group Releases Zero Suicide Aotearoa As Contribution To Suicide Prevention Day
"All political parties will relentlessly pursue a future for Aotearoa New Zealand that is built on sustainable wellbeing and zero suicide." This is the theme of Zero Suicide Aotearoa, a report released today by the cross-party Mental Health and Addiction Wellbeing Group. Read more

Suicide on screen: Getting the message right can support better mental health outcomes
"13 Reasons Why" is just one of several widely successful shows to hit our screens in recent years that contains portrayals of suicide, sparking concerns from experts about the potential impact on vulnerable viewers. Read more

The articles below are not freely available but may be sourced via the NZNO library or a DHB or educational institution

A**nalysis of the Tidal Model and Its Implications in Late-Life Suicidality**.
Sagna AO, Walker LO.
Nursing Science Quarterly. 2020;33(4):315-321. doi:10.1177/0894318420943139

Late-life suicide is a public health issue in the United States, and recent CDC data show that the number of deaths related to suicide in older adults continue to increase. Still, few researchers focus on a theoretical framework for the clinical assessment and care of older adults at risk for suicide. We performed a review and critical analysis of the Tidal Model, using Fawcett and DeSanto-Madeya's framework, to increase our understanding of the

clinical presentation of older adults with suicidal ideation and present strategies for caring for this population. The Tidal Model is a well-structured theory with relevant concepts and propositions founded on a highly patient-centered and pragmatic approach that facilitates its application in late-life suicidality. The model provides a framework for nursing and healthcare practice in psychiatry and mental health with goals and boundaries that help promote a better assessment of the clinical picture of older adults with suicidal ideation.

A Poststructural Analysis: Current Practices for Suicide Prevention by Nurses in the Emergency Department and Areas of Improvement.
Shin, H.D., Price, S. and Aston, M. (2020),
Journal of Clinical Nursing. Accepted Author Manuscript. doi:10.1111/jocn.15502

Aims and objectives
The objective of this philosophical analysis is to use a poststructuralist framework to critique historical, social and institutional constructions of emergency nursing and examine conflicting discourses surrounding suicide prevention. The aim is to also demonstrate practical guidance for enhancing emergency nursing practice and research with regard to suicide prevention.

Background
Emergency departments have been historically constructed as places for treating life-threatening physical crises, thereby constructing other 'non-urgent' health needs as less of a priority. Physical needs take priority over psychological needs, such as suicide-related thoughts and behaviors, negatively impacting the quality of care that certain groups of patients receive

The working alliance with people experiencing suicidal ideation: A qualitative study of nurses' perspectives.
Vandewalle, J, Deproost, E, Goossens, P, et al.
J Adv Nurs. 2020; 00: 1– 13. https://doi.org/10.1111/jan.14500

This study aimed to enhance the conceptual understanding of the working alliance in the context of nursing care for people experiencing suicidal ideation.

Workforce
An integrative review of nursing staff experiences in high secure forensic mental health settings: Implications for recruitment and retention strategies.
Oates, J, Topping, A, Ezhova, I, Wadey, E, Marie Rafferty, A.
J Adv Nurs. 2020; 00: 1– 12. https://doi.org/10.1111/jan.14521

Aims
To identify the experiences of nursing in high secure forensic mental health settings that may affect staff recruitment and retention.

Background
Recruitment and retention of Registered Nurses is a vital international concern in the field of mental health. The high secure forensic setting presents unique challenges for the nurse. Studies of nurse's experiences in this setting have not previously been reviewed in the context of workforce sustainability pressures. Read more

General articles and reports

Human Rights and the Mental Health (Compulsory Assessment and Treatment) Act 1992
Human Rights and the Mental Health (Compulsory Assessment and Treatment) Act 1992 provides guidance on how to think about and apply human rights, recovery approaches and supported decision-making when implementing the current Mental Health (Compulsory Assessment and Treatment) Act 1992 (the Mental Health Act). Read more

Guidelines to the Mental Health (Compulsory Assessment and Treatment) Act 1992
The Ministry has revised the guidance to the Mental Health (Compulsory Assessment and Treatment) Act 1992 (the Act), outlining the rights of compulsory mental health consumers and the obligations of mental health clinicians. This guidance is intended to promote the protection of compulsory mental health consumers' rights by clarifying the responsibilities of mental health services and clinicians and offering guidance on how sections of the Act can be administered. Read more

Mental health 2016/17: New Zealand Health Survey
The Mental Health Data Explorer presents survey results on mental health status, risk of problematic substance use, loneliness, informal help-seeking and access to mental health and addictions services for both adults and children. Results are available by gender, age group, ethnic group and neighbourhood deprivation. Read more

General items

Dear Nurses

We are a team of researchers lead by Dr. Gigi Lim from the University of Auckland School of Nursing with Dr. Sandra Thaggard from the School of Nursing, Auckland University of Technology, Dr. Jed Montayre from Western Sydney University and Professor Dennis Cheek from Texas Christian University interested in exploring mental health nurses' views of the issues associated with psychotropic medication.

The study Title: **Medication administration challenges of psychotropic drugs from the perspectives of nurses**. Please click on the link provided. When you add your code at the end of the study it will go into a draw to win one of 5 - $100 voucher prizes. Link here
Thank you

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Journal contents

Psychiatry Research Review
Issue 51
This issue begins with research reporting that while most mental disorders are associated with an increased risk of a subsequent medical condition, the risk varies according to time since mental disorder diagnosis. Read more

The above bulletin has been compiled by Linda Stopforth, SNIPS, on behalf of NZNO Mental Health Nurse Section. It is for section members only and must not be reproduced without their permission.

It is provided on the last Friday of each month and contains an overview of news items, articles and research papers of interest to the Section members.
All links are current at the time of being compiled and distributed.

For feedback please contact your section administrator: DianaG@nzno.org.nz

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