



**NZNO Mental Health Nurse Section monthly news bulletin  
Friday 26 April 2019**

**NZNO Mental Health Nurses Section Forum**

*Mental Health Nursing - Into The Future*

**Date:** Monday 26 August 2019

**Time:** 8:30am - 4:30pm

**Venue:** Massey University, Wallace Street, Mount Cook, Wellington

**Cost:** \$80 for NZNO Members of Mental Health Nurses Section, \$100 for NZNO Members and Public

**Space is limited so your place will only be reserved when your registration has been paid.**

- [Download the Forum Flyer](#) (PDF, 225KB)
- [Download the Forum Programme](#) (PDF, 231KB)
- [View accommodation options close to Massey University](#) (PDF, 309KB)

**[Register online now](#)**

**Consultation**

NZNO regularly seeks members input on a range of documents up for consultation. The listing is regularly updated and can be found at:

[http://www.nzno.org.nz/get\\_involved/consultation](http://www.nzno.org.nz/get_involved/consultation)

**[Australian and New Zealand Standard Research Classification \(ANZSRC\) Review](#)**

NZNO seeks your feedback on this review which aims to ensure that the ANZSRC reflects current practice and is sufficiently robust to allow for long-term data analysis.

ANZSRC is the collective name for the three related classifications used in the measurement and analysis of research and experimental development (R&D) undertaken in Australia and New Zealand. The three constituent classifications are: Type of Activity (ToA), Fields of Research (FoR), and Socio-economic Objective (SEO).

Please see the attached document: [Australian and NZ Standard Research Classification Review 2019](#)

**Please send feedback to [jinny.willis@nzno.org.nz](mailto:jinny.willis@nzno.org.nz) by 31 May 2019.**

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### **Management of Hospital Medical Devices**

NZNO invites your feedback on the next phase of consultation regarding PHARMAC's management of hospital medical devices.

District Health Boards (DHBs), PHARMAC, suppliers and others are working towards a new way of managing medical devices used or supplied to people by DHBs, either in hospitals or in the community. This would see PHARMAC's role expand to include making funding decisions on these devices, as well as medicines.

PHARMAC is seeking our feedback on whether we agree or disagree with what they propose and how they can address issues we may identify.

Please find the consultation document attached here:

[www.pharmac.govt.nz/devices](http://www.pharmac.govt.nz/devices)

Please send feedback to [policyanalysts@nzno.org.nz](mailto:policyanalysts@nzno.org.nz) by **21 June 2019**

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### **Organ Donors and Related Matters Bill**

NZNO seeks your feedback on this bill which aims to increase New Zealand's deceased organ donation and transplantation rates. It would amend multiple Acts but will do two main things:

- create an agency overseeing organ donation by expanding the functions and role of the New Zealand Blood Service and
- adjust the compensation available for live donors while they recuperate from surgery particularly those who return to work part-time or donate overseas.

Please find the bill attached below:

[https://www.parliament.nz/en/pb/bills-and-laws/bills-proposed-laws/document/BILL\\_85177/organ-donors-and-related-matters-bill](https://www.parliament.nz/en/pb/bills-and-laws/bills-proposed-laws/document/BILL_85177/organ-donors-and-related-matters-bill)

Please send feedback to [diana.cookson@nzno.org.nz](mailto:diana.cookson@nzno.org.nz) by **9 May 2019**.

## **New Zealand**

### **More questions than answers on mental health**

The Mental Health and Addiction inquiry report has laudable aims but lacks detail about implementation and side-lines those who work in the sector, says Lyndon Keene, Director of Policy and Research at the Association of Salaried Medical Specialists (ASMS)

### **Bloodstains, faeces and double-bunking: Former patient questions mental-health ward conditions**

A former patient at Taranaki Base Hospital has criticised the conditions of the mental health ward, alleging the entrance was stained with blood, a chair covered in faeces, and that people were double-bunking due to demand.

### **Increased rates of PTSD, anxiety, depression 'inevitable' after Christchurch terror attack**

Free counselling, financial security and immigration certainty will help mitigate the worst effects of mental distress following the Christchurch terror attack, a psychiatrist and researcher says.

## **Addiction / substance abuse**

Doyle, M. F., Shakeshaft, A. , Guthrie, J. , Snijder, M. and Butler, T. (2019), [A systematic review of evaluations of prison-based alcohol and other drug use behavioural treatment for men](#). Australian and New Zealand Journal of Public Health, 43: 120-130. doi:[10.1111/1753-6405.12884](https://doi.org/10.1111/1753-6405.12884)

Objective: A history of alcohol and other drug (AoD) use is common among men entering prison and often linked to the crime for which they are imprisoned. This is the first systematic review of prison-based, behavioural AoD treatment programs for more than a decade and

the first that reviews the methodological quality of evaluations. This review aims to create an understanding of the quality of research in this field and identify the most effective AoD use treatment for men in prison.

## Alzheimers / Dementia

*This article is not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution*

Jihye Lee & Moonhee Gang (2019) The Moderating Effect of Communication Behavior on Nurses' Care Burden Associated with Behavioral and Psychological Symptoms of Dementia, *Issues in Mental Health Nursing*, DOI: [10.1080/01612840.2018.1553005](https://doi.org/10.1080/01612840.2018.1553005)

This study analyzed the moderating effect of the communication behavior that impacts the care burden of nurses who care for people with behavioral and psychological symptoms of dementia (BPSD). Through the Johnson-Neyman method and SPSS PROCESS Macro, the moderating effect of communication behavior was analyzed. The results showed that communication behavior has a moderating effect on the care burden of nurses of people with BPSD. The results of this study can provide basic data for the development and evaluation of the communication behavior program to reduce the care burden of nurses.

## Bullying

### From the MHF

Bullying is a serious issue for New Zealand workplaces – one in five employees report that they experience bullying each year.

We are proud to share our new **Workplace Bullying Prevention** resource with you. It provides leaders, managers and their teams with an array of tools designed to help create positive workplace environments and cultures where mana-enhancing, open communication is the norm so bullying cannot thrive.

There are also exercises for teams to reflect on the values of their organisation, creating shared understandings and setting clear expectations of acceptable behaviours.

You can use this resource alone or alongside our other **Working Well** resources.

If you haven't already, you can also order a **Fundraising Morning Tea Pack** for your workplace to use on Friday 17 May! It has posters, stickers, bunting and balloons.

## Depression

### [An interview study of the care manager function—Opening the door to continuity of care for patients with depression in primary care](#)

Camilla Udo, Irene Svenningsson, Cecilia Björkelund, Dominique Hange, Margareta Jerlock, Eva-Lisa Petersson

Version of Record online: 28 March 2019

#### Aim

To explore experiences among patients with depression of contact with a care manager at a primary care centre.

*This article is not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution*

Xiaoling Xiang, Shiyou Wu, Ashley Zuverink, Kathryn N. Tomasino, Ruopeng An & Joseph A. Himle (2019) **Internet-delivered cognitive behavioral therapies for late-life depressive symptoms: a systematic review and meta-analysis**, *Aging & Mental Health*, DOI: [10.1080/13607863.2019.1590309](https://doi.org/10.1080/13607863.2019.1590309)

Background: This study aimed to review and synthesize evidence related to the effectiveness of internet-based cognitive behavioral therapy (iCBT) for reducing depressive symptoms in older adults.

Method: The authors conducted a systematic review of intervention studies testing iCBT for symptoms of depression in older adults. An initial search of PubMed, PsychINFO, and Web of Science was undertaken, followed by a manual search of reference lists of the relevant articles. The Cochrane Risk of Bias Tool was used to appraise study quality. The mean effect size for included studies was estimated in a random effects model. Meta-regression was used to examine potential moderators of effect sizes.

## **LGBT communities**

### **[Australian mental health survey is world's largest study of bisexuals](#)**

Dabbling and experimenting. Playing both sides. Promiscuous, traitorous, closeted, wanting the "best of both worlds", relationship-wreckers or confused.

Oh, and if you enter a long-term monogamous relationship, you've "finally made your decision".

## **Learning/intellectual disabilities**

### **[Life after violence: a study on how women with intellectual disabilities cope with violence they experienced in institutions](#)**

"Women with disabilities experience violence at significantly higher rates than women without disabilities, more frequently, for longer, in more ways, and by more perpetrators; they have considerably fewer pathways to safety, and are less likely to report experiences of violence. This is especially true for women with intellectual disabilities, above all if they live in long-stay residential institutions. In the context of the Life After Violence project, Inclusion Europe did a study on how women with intellectual disabilities cope with violence they experienced in institutions, after they have left them." *Source: Inclusion Europe*

## **Loneliness**

### **[Loneliness - a social pain](#)**

7 APR 2019

[Michelle Lim](#), [Nick Duerden](#), [Lynne Malcolm](#)

[All In The Mind](#)

[ABC Radio National](#)

Loneliness is a growing issue around the world, and a recent national survey reveals that 1 in 4 Australians are lonely. Research also shows that loneliness can have a profound impact not just on our mental health but on our physical health as well. In fact, it could be as bad for our bodies as smoking. What's causing this social pain and how can we reconnect with each other?

## Māori / Pasifika

### [Māori Council targeting suicide prevention among Maori men](#)

The New Zealand Maori Council in partnership with the National Maori Authority has launched a new resource for targeting suicide prevention and Maori. Called “How to have a Korero” the free resource aims to raise awareness of the signs that someone might be in trouble, what to do and how to respond. Maori Council and National Maori Authority Chair, Matthew Tukaki (who is also the Chairman of Suicide Prevention Australia) has said that one of the biggest impacts everyone can have is knowing what to look out for:

## Personality disorders

*This article is not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution*

Dickens, GL, Lamont, E, Mullen, J, MacArthur, N, Stirling, FJ. **Mixed-methods evaluation of an educational intervention to change mental health nurses' attitudes to people diagnosed with borderline personality disorder.** J Clin Nurs. 2019; 00: 1– 11. <https://doi.org/10.1111/jocn.14847>

Aims and objectives

To evaluate and explore mental health nurses' responses to and experience of an educational intervention to improve attitudes towards people with a diagnosis of borderline personality disorder (BPD). Report findings are concordant with relevant EQUATOR guidelines (STROBE and COREQ).

Background

Attitudes towards people with a diagnosis of BPD are poorer than for people with other diagnoses. There is limited evidence about what might improve this situation. One intervention with reportedly good effect uses an underlying biosocial model of BPD. No previous intervention has been co-produced with an expert by experience. We developed and delivered a 1-day intervention comprising these elements.

## Pharmacy / prescribing

*This article is not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution*

Moreblessing Jimu & Louise Doyle (2019) **The Administration of Pro re nata Medication by Mental Health Nurses: A Thematic Analysis**, Issues in Mental Health Nursing, DOI: [10.1080/01612840.2018.1543739](https://doi.org/10.1080/01612840.2018.1543739)

Pro re nata (PRN) medication is medication administered by nurses as required commonly in response to a patient's symptoms or behaviour including insomnia, agitation or anxiety. There is a paucity of research around the process of PRN administration in mental health settings in Ireland and international evidence suggests inconsistencies in practices. This study aimed to explore the process of PRN medication administration by mental health nurses. Using a qualitative descriptive design, semi-structured interviews were undertaken with 19 mental health nurses in three acute inpatient units in one mental health service in Ireland. Most participants reported undertaking an assessment of the patient before administering PRN medication; however, many also reported having observed incidents of poor practice. There was evidence of some interdisciplinary sensitivities around instructions regarding the use of PRN medications between doctors who prescribed them and nurses who dispensed them. A need for service improvements were also identified including the use of alternative strategies to PRN use such as de-escalation techniques and education around psychopharmacology. PRN medication is commonly used in mental health settings; however, this study suggests that there is potential for improvement in relation to how it is

prescribed and administered. Overuse of PRN medication has been associated with increased morbidity. Mental health nurses are required to carefully consider whether PRN medication is warranted in the first instance and how its use might impact on patients.

## Police and crisis management

### [Mental health nurses join police officers on duty](#)

BBC News

Police in Berkshire have stopped more than 150 mental health patients from being sectioned or detained unnecessarily in cells over the past year.

## Prison populations

### [Earthquake survivor offers aroha and second chances in prison](#)

Mairehe Louise Tankersley survived the CTV Building collapse. Through Tikanga Māori, she is devoted to giving others a second chance at a good life. Vicki Anderson reports.

## Schizophrenia

### [A new model to trial preventative treatments for schizophrenia](#)

Neuroscientists have developed a new animal model of schizophrenia that will enable researchers around the world to better understand the disease and develop new treatments. Schizophrenia, which affects around seven people in 1,000, is a poorly understood group of mental disorders that disrupt cognition and behavior. The precise neurological cause of schizophrenia is unknown and the development of better treatments are urgently needed. This research will provide a model to begin to address some of the underlying fundamental mechanisms involved.

### [Effects of Music on Symptoms of Schizophrenia](#)

Approximately 60% to 80% of [patients with schizophrenia](#) spectrum disorders experience auditory hallucinations, which have been linked to high levels of anxiety (75%) and severe depression (60%) in this population.<sup>1</sup> In addition, auditory hallucinations are associated with an increased risk of harming oneself or others,<sup>2</sup> and they have a negative effect on all aspects of daily life, including work, self-care, and relationships.<sup>1</sup> Quality of life is also significantly impaired in these patients.

## Smoking

### [New intervention doubles quit rate among smokers with severe mental illness](#)

Research has found a dedicated intervention to help people with severe mental illness stop smoking can double quit rates at six months compared to standard care.

## Suicide

### **National Suicide Prevention Strategies: Progress, Examples, and Indicators**

The World Health Organization (WHO) has released [National Suicide Prevention Strategies: Progress, Examples, and Indicators](#). The document outlines strategies for developing, implementing, and evaluating national suicide prevention strategies and provides examples from each WHO region.

National Academies of Sciences, Engineering, and Medicine. 2019. [Improving Care to Prevent Suicide Among People with Serious Mental Illness: Proceedings of a Workshop](#). Washington, DC: The National Academies Press. <https://doi.org/10.17226/25318>.

Suicide prevention initiatives are part of much broader systems connected to activities such

as the diagnosis of mental illness, the recognition of clinical risk, improving access to care, and coordinating with a broad range of outside agencies and entities around both prevention and public health efforts. Yet suicide is also an intensely personal issue that continues to be surrounded by stigma.

On September 11-12, 2018, the National Academies of Sciences, Engineering, and Medicine held a workshop in Washington, DC, to discuss preventing suicide among people with serious mental illness. The workshop was designed to illustrate and discuss what is known, what is currently being done, and what needs to be done to identify and reduce suicide risk. Improving Care to Prevent Suicide Among People with Serious Mental Illness summarizes presentations and discussions of the workshop.

***(Full publication may be downloaded for free in pdf format on registration with the site)***

### [Transgender people and suicide: A suicide prevention toolkit](#)

“This newest resource toolkit provides information on: the prevalence of suicide in transgender people, why they’re at risk, what warning signs they may exhibit, and how to prevent suicide in the transgender population.” *Source: Centre for Suicide Prevention (Canada)*

## **Trauma**

### **After a School Tragedy**

The Substance Abuse and Mental Health Services Administration ([SAMHSA](#)) Mental Health Technology Transfer Center ([MHTTC](#)) Network has released a [resource](#) to help schools support students and families after violence or trauma.

### [Christchurch terror attacks: Too few Muslim-focused mental health services - advocate](#)

An advocate for young Muslim people is concerned about what mental health services are available for his peers following the shootings at two mosques in Christchurch.

### [Suicide after surviving mass trauma isn't inexplicable. And there are ways to help.](#)

The recent deaths of two Parkland teens and a Sandy Hook father have brought needed attention to the phenomenon of survivor guilt.

### [Psychiatric comorbidities in adult survivors of major trauma: findings from the Midland Trauma Registry](#)

E. E. Spijker, K. Jones, J. W. Duijff, A. Smith and G. R. Christey  
pp. 292-302

[HC17091Abstract](#) | [HC17091 Full Text](#) | [HC17091PDF \(1.8 MB\)](#) Open Access Article

INTRODUCTION: Information for primary care providers about the outcomes of adult survivors of major medical trauma in the first year of recovery is not widely available. In particular, risks of impairment across multiple domains of functioning are poorly understood. AIM: To determine the extent to which adults’ experience impaired health-related quality of life (QoL), symptoms of post-traumatic stress disorder, depression, chronic pain and harmful alcohol use during the year following major trauma, and to identify factors associated with outcomes.

## General articles and reports

### [Health matters: reducing health inequalities in mental illness](#)

“People with severe and enduring mental illness are at greater risk of poor physical health and reduced life expectancy compared to the general population. This edition of Health matters sets out the scale of the problem and presents actions that local areas can take to reduce health inequalities, improve physical health and life chances of people living with mental illness.” *Source: Public Health England*

Myklebust, KK, Bjørkly, S. [Development and reliability testing of the Scale for the Evaluation of Staff-Patient Interactions in Progress Notes \(SESPI\): An assessment instrument of mental health nursing documentation](#). *Nursing Open*. 2019; 00: 1– 9. <https://doi.org/10.1002/nop2.254>

To develop and test the reliability of the Scale for the Evaluation of Staff-Patient Interactions in Progress Notes (SESPI). Therapeutic nurse–patient interactions are fundamental in mental health nursing. However, little is known about how these interactions are recorded in nursing documentation and there is no instrument available for collecting this type of information for quantitative analysis.

### [Training of NANDA-I Nursing Diagnoses \(NDs\), Nursing Interventions Classification \(NIC\) and Nursing Outcomes Classification \(NOC\), in Psychiatric Wards: A randomized controlled trial](#)

Taraneh Taghavi Larijani

Babak Saatchi

First published: 04 March 2019

<https://doi.org/10.1002/nop2.244>

#### Aim

To assess the effect of Training NANDA-I Nursing Diagnoses, Nursing Interventions Classification and Nursing Outcomes Classification (The NNN system), on the nursing care related to the patient safety, in psychiatric wards.

#### Method

In a randomized controlled trial, 80 nurses were selected randomly and assigned into two, Control and Experimental, groups. Nurses documented reports, reviewed and analysed in terms of using the NNN system. The intervention of the study was the training of the NNN system, based on recognition of the signs, symptoms and aetiology of the important phenomena in the psychiatric wards.

Bauer MS, Miller CJ, Kim B, et al. [Effectiveness of Implementing a Collaborative Chronic Care Model for Clinician Teams on Patient Outcomes and Health Status in Mental Health: A Randomized Clinical Trial](#). *JAMA Netw Open*. 2019;2(3):e190230. doi:10.1001/jamanetworkopen.2019.0230

**Question** Collaborative chronic care models for mental health conditions are supported by extensive randomized clinical trial data, but what is the evidence that these models can be implemented and can have beneficial effects in general clinical settings?

**Findings** In this randomized clinical implementation trial of 5596 veterans, a collaborative chronic care model was shown to be effectively implemented with practical, scalable facilitation support for clinicians. Effects on self-reported health outcomes were limited, but mental health hospitalization rate improved.

## Ministry of Health

### [Progress on Gambling Harm Reduction 2010 to 2017: Outcomes report – New Zealand Strategy to Prevent and Minimise Gambling Harm](#)

#### Summary

Overall, the outcomes presented in this report show progress has been made in reducing gambling harm and inequalities in New Zealand. However, since approximately 2012 the downward movement in harm levels has plateaued. A range of research-based explanations for these outcomes has been identified and presented. Research has shown that the plateauing in harm reduction is not unique to New Zealand.

Progress has also been made across all of the 11 objectives set out in the Ministry's integrated Strategy in a number of the areas, although challenges to further progress have been identified.

These results imply that the current harm reduction activities should be reviewed and reinvigorated if the aim is to further reduce levels of gambling harm and inequities.

## Online resources

### [There is a way through: A guide for people experiencing stress, depression and anxiety](#)

(2019, April). Wellington: Health Promotion Agency.

This booklet advises people on how to recognise and seek help for depression and anxiety. It can be [downloaded](#) or ordered via the Health Promotion Agency [online store](#).

## Journal contents

### [Psychiatry Research Review](#)

#### Issue 44

Welcome to the latest issue of **Psychiatry Research Review**. Parent-child psychotherapy targeting emotion development reduces depression in young children, according to a randomised controlled trial discussed this month.

#### Other highlights include:

- Active contact and follow-up interventions for patients admitted to the ED with suicidal injury
- Global burden of disease attributable to alcohol and drug use
- Does testosterone alleviate depressive symptoms in men?

## Health, safety and wellbeing

### [Q&A: Why Nurses Should Practice Self-Care](#)

Psychiatric nurse Jonathan Llamas, RN-BC, shares his insights

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: [diana.geerling@nzno.org.nz](mailto:diana.geerling@nzno.org.nz)

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