

We hope you will enjoy this new publication to keep you in the loop with the going on in the committee with work projects, education, and news from around the country—in little snippets for you to share with your teams. Share it, print it for your tea rooms, let us know if you have anything we can include it to share. *It's for everyone.*

From the Chairperson...

Haere Mai, Welcome to Our New Newsletter

I am the incoming chair of the College and I am excited to let you know what has been happening over the past few months. The committee has been refreshed with some new members, and they will be introduced to you over the next few issues of the news letter. Firstly I would like to thank the outgoing committee members for their amazing mahi over the past few years, you are all incredible women who went above and beyond – Natalie Seymour, Kim Brooks, Morag Mackenzie and Napat Sirihongthong.

It has been some time since we were able to develop our own newsletter and we are excited to be able to connect with you all. Our College of Gerontology Nursing NZNO is quite small in terms of current membership and we are hoping to grow our influence and develop our mana over the next few years. There are 60,000 NZNO members and only 550 members of our College. We can all be members of 3 colleges and sections, encourage your colleagues to be part of ours. We are actively updating our Facebook and LinkedIn accounts, keep an eye on them for any information of interest. If you have any information you wish to share with the membership contact us on nznogerontology@gmail.com.

The knowledge and skills framework (available on the College website) is currently being refreshed and we hope to be able to get this finished and out to you by the end of the year. This is a large piece of work and has been taking up a lot of energy from the committee. We have also been making submissions on the RN/EN competencies review and working with NZNO towards a Maranga Mai campaign. The Aged Care Commissioner, Carolyn Cooper has just released her report [Amplifying the voices of older people in Aotearoa New Zealand](#), and the committee will be considering any feedback for this, if you have any comments you would like us to include please contact me on nznogerontology@gmail.com.

We are working hard on developing our speakers etc for our 3rd Biennial conference in May next year and I am pleased to announce that our key note speaker will be Professor Victoria Traynor from the University of Wollongong and a founder member of the Gerontological Alliance of Nurses Australia. If you have any ideas of speakers you would like to see at conference, please let us know. We are also planning to have a conference stream for healthcare assistants/kaiawhina, more information to follow. The website is now live and will be updated regularly.

Bridget Richards, Chairperson

Your committee now consists of

Bridget Richards—*Chair*

Anna Carey—*Treasurer*

Gayleen Watkins—*Secretary , Membership*

Aloha Sison—*Committee Member, Social Media*

Christy Reedy—*Committee Member*

Sarah McIntosh—*Committee Member*

Regan Gilchrist, *Committee Member, Newsletter*

Rosie Winters—*Committee Member*

Marg Bisgsby—*Professional Nursing Advisor, NZNO*

We had our first Committee Meeting in February, and another booked for May in person.

Inside this issue

Welcome from Chair Page 1

Committee Intros Pages 2—3

Committee Activity Page 4

Clinical Update Page 5

Upcoming Education Page 6

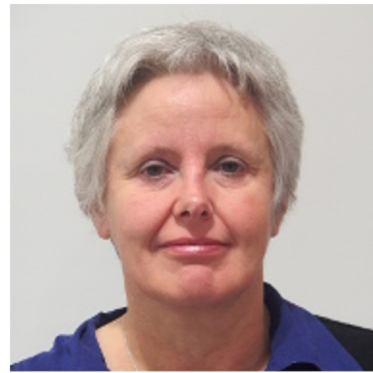
Meet Your Committee 2024



Bridget Richards, Chair

Bridget is the current Chair of the Committee. Bridget works as a Nurse Practitioner providing primary healthcare services to residents of both Care Suites and Retirement Village in Waikato.

Bridget previously has been Secretary and Chair of the Committee.



Gayleen Watkins, Secretary

Gayleen is the current secretary of the Committee. Gayleen has worked as an RN in aged care in a variety of roles, as well as having a background in radiation therapy. Gayleen has been a committee member for the last nine years, previously being on the Otago section, and now on the national level.



Anna Carey, Treasurer

Anna is the current Treasurer of the Committee. Anna is a registered nurse and has a Masters of Health Science (endorsed in Health Management). She has been working in aged care in various roles and for various organizations for over 20 years. She is passionate about the care for older people and have been a committee member since 2018.



Aloha Sison

Aloha is a Nurse Practitioner from the Waikato working closely and collaboratively with the ARC sector on patient-specific challenges and sector issues to provide quality care and improve patient outcomes.

Meet Your Committee 2024

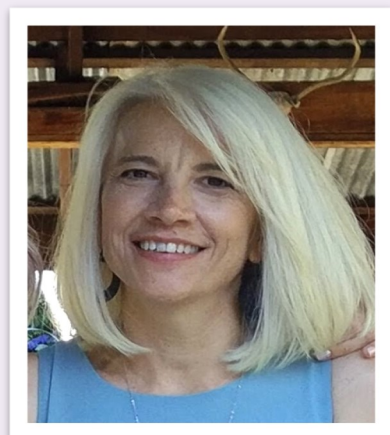


**Member to be Revealed in
Next Newsletter**



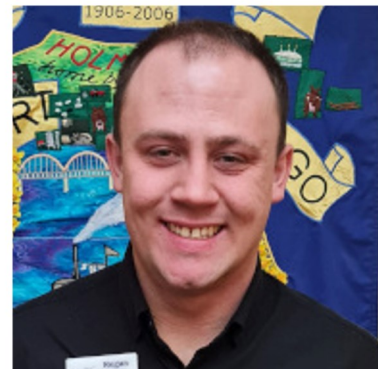
Sarah McIntosh

Sarah currently works in Rotorua as a CNS for older persons, rehab and stroke services. Sarah loves working with our kaumatua, and views this as a privilege. Sarah is currently on the NP pathway.



Rosie Winters

Rosie has recently joined the Committee. Rosie is a Nurse Practitioner based in Tauranga, currently working in the community team providing specialist geriatric intervention for older adults with increased frailty. Rosie has a particular interest in frailty, improving the care for older adults and raise the profile of nurses working in older persons health.



Regan Gilchrist

Regan has recently joined the committee. Regan works as a Clinical Manager for a 124 bed care home based in Dunedin. Regan's background has predominantly been in aged residential care, and likes to promote this area of nursing practice. Regan holds a Postgraduate Diploma in Health Sciences (Nursing) and currently completing his Masters thesis.

Meet Your Committee 2024



Marg Bigsby
Professional Nursing Advisor, NZNO

Marg supports the work of the College and is based in Christchurch. Marg's clinical background has been in maternal and child health roles (first as a midwife, then in well child provider in a range of clinical and leadership roles). Marg has previously been a member of NZNO's Aged Care sector group until 2022, and also had the privilege of contributing to the development of the Ngā Paerewa Health and Disability Sector Services Standard.

Committee Activity

Membership

The College currently has 413 member across Aotearoa.

At our last meeting the Committee discussed with Paul Goulter, Chief Executive how we can increase membership, and we hope this newsletter can act as a platform for this.

Remind your colleagues that as an NZNO Member they can join up to three Sections, and we would love for more membership in our College!



Social Media

The College now has an active presence on social media which includes Facebook and LinkedIn. These pages are managed by Aloha and regular updates and education is posted here, as well as the activity of the College.

Links to follow below:

Facebook:

<https://www.facebook.com/profile.php?id=100063928788474&mibextid=ZbWKwL>

LinkedIn:

https://www.linkedin.com/in/gerontologynursing-nzno?utm_source=share&utm_campaign



College Work

Members will be aware of the recent revised Nursing Council Competencies review. This was discussed in depth at our February meeting. The College prepared a submission that was sent through by Bridget to NCNZ and raised concerns about the number of competencies, the detail of some of the new ones, and the articulation between the RN and EN scope of practice.

There has also been work on the Age Safe campaign, and Aloha and Bridget recently has attended the College and Sections Day, with a report to follow in the next newsletter.

Clinical Update: Aged Care Commissioner Report

As mentioned earlier in the newsletter, Carolyn Cooper, Aged Care Commissioner released her report on insights into Aged Care. The report, ***Amplifying the voices of older people in Aotearoa New Zealand***, has been informed by the voices of older people, their whanau and communities, as well as insights from service providers and agencies that work with older people. It provides a snapshot of the issues and challenges faced by older people using health and disability services in Aotearoa New Zealand, and focuses on the need for an integrated continuum of care that concentrates on prevention and support.

Amplifying the voices of older people across Aotearoa New Zealand

REPORT BY THE AGED CARE COMMISSIONER
MARCH 2024

The full report can be accessed from: <https://www.hdc.org.nz/our-work/aged-care-commissioner/amplifying-the-voices-of-older-people-in-aotearoa-new-zealand/>

The report considered the following critical insights:

- The need for better transitions of care for older people from hospital to home and community support services and aged residential care
- Investing in innovative primary and community care models, including assisting older people to navigate health and disability services
- Preventative interventions for dementia, mental health, and:
- Ensuring that people can access reliable, quality HCSS services to age well at home.

The Committee will be reviewing this document, and welcome any feedback, comments or thoughts from members of the College. Any feedback can be addressed to the Chair, at nznogeronontology@gmail.com

Clinical Update: Anticholinergic Medications and Burden

Older people, particularly those who are frail and with multiple morbidities, are most susceptible to the cumulative effects of medicines with anticholinergic activity, leading to adverse effects such as cognitive impairment and falls. Key practice points include:



- Anticholinergic burden refers to the cumulative effect of taking medicines with anticholinergic activity. These include antidepressants, antiemetics, antipsychotics and oxybutynin.
- There are a range of adverse effects that can occur with these medicines, and are generally dose dependent. They include effects such as drowsiness, impaired concentration, agitation, hallucination, delirium. There are also peripheral effects such as dry mouth, Pupillary dilation, sweating, tachycardia and constipation
- Long term use of these medications are associated with reduced mobility, cognitive impairment and development of dementia
- Older people are at higher risk due to age related changes in physiology, and increased likelihood of multimorbidity. Anticholinergic burden should be assessed in any patient who is prescribed one of these medications.
- If a burden is identified, dose reduction, deprescribing or switching treatments should be considered
- If the medication is required, choose an option with the least anticholinergic activity, and the lowest dose should be prescribed for the shortest duration.

2025 Conference

The Committee has been busy preparing and organising all things Conference. The theme for this conference, is “The Silver Tsunami: Surfing the Waves of Ageing”.

We are pleased to be able to confirm date and venue for this conference, as well as confirmation of our key-note speaker, Victoria Traynor. An updated bio and information about Victoria will come out in our social media channels in the coming months.

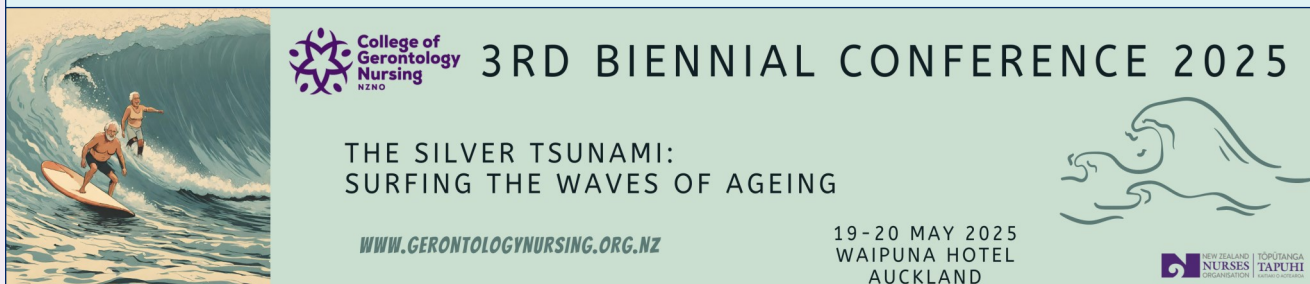
We encourage all members to start thinking about attendance, discussing with your manager and organisation around your professional development, and attend.

We have confirmed the Waipuna Hotel in Auckland, across two busy days of 19th and 20th May, 2025.

This year, as a Committee, we discussed having an healthcare assistant stream, which was supported by all members of the Committee.

We are still finalising the run of speakers, so if you have any suggestions, please contact us!

Updates on the conference will be posted across social media, as well on our website: <http://www.gerontologynursing.org.nz/>



Upcoming Education

3M: Hard to Heal Wounds (online)	11th April 2024 8pm	Register online: Hard-to-heal wounds - A toolkit for early intervention and management 3MSM Health Care Academy
My Health Hub—UTI Management	Online (recorded session)	Watch online: DRIVING DOWN UTI RATES IN AGED RESIDENTIAL CARE -

We hope you have enjoyed reading this edition of our Newsletter. We look forward to connecting with you all, and hearing from you throughout the year. Till next time, take care and thank you all for the hard mahi you all to do to support our older people.

Bridget on behalf the COGN Committee

Send feedback, ideas for stories etc to: Regan Gilchrist, Committee Member at nznogerontology@gmail.com