



**NZNO College of Gerontology Nurses
monthly news bulletin
Friday 3 January 2020**

College of Gerontology Nursing NZNO Conference 2020

“Sex, Drugs and Light Sabers”

Save the date!

Monday 4th and Tuesday 5th May 2020
Wellington

For more information please refer to the College of Gerontology Nursing [website](#).

Consultation

NZNO consults with members on a range of issues.
The full outline can be [found here](#)

Urban Development Bill

NZNO welcomes your feedback on the above Bill which aims to provide Kāinga Ora with powers to improve the social and economic performance of Aotearoa New Zealand's urban areas through complex development projects.
Please send feedback to Diana Cookson Diana.Cookson@nzno.org.nz by 7 February 2020.

Protection for First Responders and Prison Officers Bill

NZNO welcomes your feedback on the above Bill which aims to create a new offence in the Crimes Act 1961 for intentionally injuring a first responder or prison officer. It.
Please send feedback to HYPERLINK "<mailto:sue.gasquione@nzno.org.nz>" sue.gasquione@nzno.org.nz by February 5 2020.

Holidays (Bereavement Leave for Miscarriage) Amendment Bill (No 2)

NZNO welcomes your feedback on the above Bill which would make it clear that the unplanned end of a pregnancy by miscarriage or still-birth constitutes grounds for bereavement leave for the mother and her partner or spouse for up to 3 days.
Please send feedback to PolicyAnalysts@nzno.org.nz by 7th February 2020.

Crimes (Definition of Female Genital Mutilation) Amendment Bill

NZNO welcomes your feedback on the above cross-party members' Bill which would amend the Crimes Act to change the definition of "female genital mutilation" to ensure all forms of this practice are illegal and all women and girls are adequately protected.
Please send feedback to sue.gasquione@nzno.org.nz by 22 January 2020

Consultation on Nursing Council's Proposed Policy on Publication and Naming of Nurses Subject to an order or Direction

NZNO welcomes your feedback on the above policy which has been drafted in response to requirements under the Health Practitioners Competence Assurance Act 2003.
You are welcome to make your own response to the Nursing Council survey, and/or send your comments to Jill Wilkinson jill.wilkinson@nzno.org.nz to be included in a submission made on behalf of NZNO. Please send your feedback by 23 January 2020.

ANZSRC (Australia New Zealand Standard Research Classification) Review Steering Committee (including MBIE, Statistics NZ, the Australian Research Council and the Australian Bureau of Statistics)

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.
Please send feedback to Jinny Willis Jinny.Willis@nzno.org.nz by 3 February 2020.

Proposal to change the funded brand of labetalol tablets

PHARMAC are proposing to change the funded brands of labetalol tablets, which are used in the treatment of hypertension in pregnancy, [read more here](#)
Please send feedback to Jill Wilkinson jill.wilkinson@nzno.org.nz by 9th December 2019.

Sexual Violence Legislation Bill

NZNO welcomes your feedback on this Bill which aims to reduce the re-traumatisation of sexual violence victims during court proceedings through increasing the variety of ways complainants could give evidence in court. . Please send to Leanne Manson leanne.manson@nzno.org.nz by 24 January 2019.

New Zealand

Calls to stop using anti-psychotics as 'chemical restraints' for people with dementia

As the population ages, more elderly New Zealanders are taking anti-psychotic medication, and there are concerns that rest homes are using the drugs to subdue people. Tony Wall and Hannah Martin investigate. [Read more](#)

Clinical issues

Older adults who 'train' for a major operation spend less time in the hospital

Older adults who "train" for a major operation by exercising, eating a healthy diet, and practicing stress reduction techniques preoperatively have shorter hospital stays and are more likely to return to their own homes afterward rather than another facility, compared with similar patients who do not participate in preoperative rehabilitation, according to research findings. The new study, which appears as an "article in press" on the Journal of the American College of Surgeons website in advance of print, evaluated a home-based program of preoperative rehabilitation—called prehabilitation—for Michigan Medicare beneficiaries. [Read more](#)

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

Using a general theory of implementation to plan the introduction of delirium prevention for older people in hospital. Grealish, L, Chaboyer, W, Mudge, A, et al. *J Nurs*

Manag. 2019; 27: 1631– 1639. ["https://doi.org/10.1111/jonm.12849"](https://doi.org/10.1111/jonm.12849) <https://doi.org/10.1111/jonm.12849>

Aim

To develop an implementation plan for delirium prevention.

Background

The use of non-pharmacological interventions to prevent hospital-acquired delirium is well established but their implementation has been notoriously difficult to achieve. Systematic analysis of context as part of implementation planning is critical.

Community/in-home care / Age friendly communities

Creating conditions for a sense of security during the evenings and nights among older persons receiving home health care in ordinary housing: a participatory appreciative action and reflection study. James, I., Norell Pejner, M. & Kihlgren, A. *BMC Geriatr* 19, 351 (2019) [doi:10.1186/s12877-019-1372-z](https://doi.org/10.1186/s12877-019-1372-z)

Today many older persons in ordinary housing receive home health care. It is stipulated that the care is to provide security; however, deficiencies in home health care are reported in many countries. It may be difficult to implement a sense of security among older persons receiving home health care in ordinary housing, especially during the evenings and nights, due to a lack of knowledge. [Read more](#)

Dementia and mental health

"What would you like to achieve?" Goal-Setting in Patients with Dementia in Geriatric Rehabilitation. Dutzi, I., Schwenk, M., Kirchner, M. et al. *BMC Geriatr* 19, 280 (2019) [doi:10.1186/s12877-019-1296-7](https://doi.org/10.1186/s12877-019-1296-7)

Setting meaningful, individualized rehabilitation goals is an essential part of the rehabilitation process. Even though patients with dementia are a drastically increasing patient group in geriatric rehabilitation, empirical data about meaningful rehabilitation goals and collaborative goal-setting in this target group is missing. Cognitive impairment and lack of insight in current deficits have been discussed as barriers for participation in goal-setting, but require empirical examination.

This study investigated the feasibility of a semi-structured versus a structured goal-setting approach and the types of goals, rehabilitation patients with mild to moderate dementia perceive as personally relevant. Insights in acute functional and motor deficits, differentiated by cognitive status were explored. [Read more](#)

Promoting activity, Independence and stability in early dementia (PrAISED): a, multisite, randomised controlled, feasibility trial. Goldberg, S.E., van der Wardt, V., Brand, A. et al. *BMC Geriatr* 19, 353 (2019) [doi:10.1186/s12877-019-1379-5](https://doi.org/10.1186/s12877-019-1379-5)

We tested the feasibility of delivering and evaluating a complex therapy intervention which aimed to promote activity and independence for people with early dementia (PrAISED). Feasibility questions were on: recruitment, randomisation, intervention delivery, adherence and withdrawals, level of supervision required, adverse events, data collection and sample size assumptions. [Read more](#)

Falls management

Exercise reduces falling risk for older adults

(Reuters Health) - Older adults who exercise may reduce their risk of falls by more than a third compared to sedentary peers, a research review suggests. [Read more](#)

Patient and system factors associated with unassisted and injurious falls in hospitals: an observational study. Venema, D.M., Skinner, A.M., Nailon, R. et al. *BMC Geriatr* 19, 348 (2019) [doi:10.1186/s12877-019-1368-8](https://doi.org/10.1186/s12877-019-1368-8)

Unassisted falls are more likely to result in injury than assisted falls. However, little is known about risk factors for falling unassisted. Furthermore, rural hospitals, which care for a high proportion of older adults, are underrepresented in research on hospital falls. This study identified risk factors for unassisted and injurious falls in rural hospitals.

[Read more](#)

Pharmacy and medication management

Benzodiazepine and antipsychotic medication use in older adults. Neft, M.W., Oerther, S., Halloway, S., Hanneman, S.K. and Mitchell, A.M. (2020), *Nurs Open*, 7: 4-6. doi: "<https://doi.org/10.1002/nop2.425>"

The prescription of benzodiazepine and antipsychotic medications has been rising for the past fifteen years for all populations (Bachhuber, Hennessy, Cunningham, & Starrels, Foster et al., [Read more](#) 2016; Olfson, King, & Schoenbaum, [Read more](#) \ "nop2425-bib-0012" 2015; Sohn, Moga, Blumenschein, & Talbert, [Read more](#) \ "nop2425-bib-0016" 2016). In older adults, persons over the age of 65 years, there is an even greater increase in prescriptions of benzodiazepines and antipsychotic medications with increasing age (Foster et al., [Read more](#) "" \ "nop2425-bib-0003" 2016; Gerlach, Wiechers, & Maust, [Read more](#)\ "nop2425-bib-0005" 2018; Olfson et al., [Read more](#) \ "nop2425-bib-0012" 2015). Additionally, older adult women are prescribed benzodiazepines at nearly two times the rate as older adult men (National Institutes of Health, [Read more](#) \ "nop2425-bib-0011" 2014). [Read more](#)

Acceptability of oral liquid pharmaceutical products in older adults: palatability and swallowability

issues. Belissa, E., Vallet, T., Laribe-Caget, S. *et al. BMC Geriatr* 19, 344 (2019) doi:10.1186/s12877-019-1337-2

In institutional care, oral liquid pharmaceutical products are widely prescribed for older patients, especially for those with swallowing disorders. As medicines acceptability is a key factor for compliance in the older population, this study investigated the acceptability of oral liquid pharmaceutical products in this targeted population. [Read more](#)

Primary care

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

Enhanced primary care provided by a nurse practitioner candidate to aged care facility residents: A mixed methods study

Craswell, Alison et al.

Collegian, Volume 0, Issue 0 DOI: "<https://doi.org/10.1016/j.colegn.2019.08.009>"

Background

Residents of aged care facilities are at risk of potentially preventable hospitalisation. This risk is increased for those who are older, have more co-morbidities, are malnourished, taking multiple medications and have a history of previous falls.

Aim

To evaluate the impact of a nurse practitioner candidate delivering care to acutely ill older adults living in aged care facilities.

Residential care

Texture modified diet in German nursing homes: availability, best practices and association with nursing home characteristics. Burger, C., Kiesswetter, E., Alber, R. et al. *BMC Geriatr* 19, 284 (2019) doi:10.1186/s12877-019-1286-9

For nursing home (NH) residents with swallowing or chewing problems, appealing texture-modified-diets (TMD) need to be available in order to support adequate nutrition. The aim of this study was to describe the availability of TMD and best practices for TMD in German NHs and to identify related NH characteristics. [Read more](#)

Social integration and loneliness among long-term care home residents: protocol for a scoping

review. Bethell J, Babineau J, Iaboni A, *et al*

BMJ Open 2019;9:e033240. doi: 10.1136/bmjopen-2019-033240

Introduction Social well-being is associated with better physical and mental health. It is also important for quality of life, including from the perspectives of those living in long-term care (LTC) homes. However, given the characteristics of the LTC home environment and the people who live there, the nature and influence of social integration and loneliness, and strategies to address them, may differ in this population compared with those living in the community. The objective of this scoping review is to provide an overview of the nature and extent of research on social integration and loneliness among LTC home residents, including a summary of how these concepts have been operationalised and any evidence from specific groups. [Read more](#)

Older care home residents' and their relatives' knowledge, understanding and views of shift handovers: an exploratory, focused-ethnographic qualitative study using interviews and

observations. Orellana K, Lipman V, Manthorpe J, *et al*

BMJ Open 2019;9:e032189. doi: 10.1136/bmjopen-2019-032189

Objectives To investigate residents' and relatives' views and experiences of handovers in care homes. This paper reports residents' and relatives' awareness of handovers, knowledge of and views on handover practices and purpose, and views on handover effectiveness. Outcomes, safety and satisfaction in clinical settings are influenced by shift handovers. Despite this link with quality, residents' increasing support needs and the provision of 24 hours care in care homes for older people, little is known about handovers in these settings from a resident and visiting relative perspective. [Read more](#)

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Getting the fundamentals right: assisting patients with eating and drinking

Elizabeth Semerdzhieva and Bernie Reid
Nursing and Residential Care, Vol. 21, No. 10: 562-565.

Compassion and effective communication are widely regarded as essential elements of quality person-centred nursing care, but these can be difficult to demonstrate during mealtimes. Elizabeth Semerdzhieva and Bernie Reid discuss the best techniques and approaches

he above bulletin has been compiled by Linda Stopforth, SNIPS, on behalf of College of Gerontology Nursing NZNO. It is provided on the first Friday of each month and contains an overview of news items, articles and research papers of interest to the College members.

All links are current at the time of being compiled and distributed.

For feedback please contact your section administrator: [nznogerontology@gmail.com](mailto:nzno gerontology@gmail.com)

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