



**NZNO College of Gerontology Nurses  
monthly news bulletin  
Friday 6 March 2020**

**College of Gerontology Nursing NZNO Conference 2020**

***“Sex, Drugs and Light Sabers”***

It is with regret that the College of Gerontology Nursing NZNO has made the decision to postpone our conference Sex, Drugs and Light Sabers due to take place on Monday 4 and Tuesday 5 May 2020 in Wellington.

The decision has not been made lightly, given the incredible amount of work that has gone into the organisation of what was shaping up to be an outstanding conference.

Our delegates and sponsors are all working in environments with elderly and vulnerable people and it is likely that Registered Nurses and other health professionals, who are the key to care in aged care facilities, hospital and primary care settings, will need to be available where they're needed most.

Our conference would have unfortunately coincided with heightened demands on Registered Nurses' and their teams because of COVID-19, just as the country will also be entering the winter flu season.

The committee have explored several options and, rather than cancel, we have made the decision to postpone the conference until Monday 19 and Tuesday 20 October 2020.

We invite you to mark the date in your diaries.

The Conference Secretariat will directly contact anyone who has already registered, our speakers as well as sponsors and exhibitors, about this decision.

Continue to keep abreast of the conference programme and speakers on this [website](#).

Thank you for your understanding.

Bridget Richards,

Chairperson

## Consultation

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

### **Public Health and Disability Amendment Bill**

NZNO seeks your feedback on the above Bill which aims to improve conditions for people looking after family members with special care needs, such as those relating to disability, long-term chronic illnesses, mental health and addiction, and aged care needs.

### **Draft Cannabis Legislation and Control Bill**

NZNO is seeking informal feedback on the first [draft Cannabis Legalisation and Control Bill](#)  
This is a **first draft** which the Government has published at this point to ensure that New Zealanders are informed about the direction being taken and the decisions that have been made to date.

### **Residential Tenancies Amendment Bill**

NZNO welcomes your feedback on this bill which makes a range of changes to make the Residential Tenancies Act 1986 fit for modern renting situations in New Zealand. NZNO is of the view that addressing the availability, affordability, quality, and security of rental housing is fundamental to improving population health and equity in Aotearoa New Zealand.

## New Zealand

### **Poverty, loneliness behind high rates of suicide among elderly men**

A focus on reducing death by suicide among young people is ageist and misleading, an expert in mental health among the elderly says [Read more](#)

## Clinical issues

**Drugging the elderly: The aged care industry responds**

Aged Care Registered **Nurses** (RNs) are taking the lead across **New Zealand's** rest homes in this person-centred approach that is starting to yield ... [Read more](#)

### **Implementation of fracture liaison services reduces recurrent fracture risk**

Older people's risk of recurrent fractures decreases by 18 percent if the care they receive is more structured and preventive, through fracture liaison services. This is shown by a study from the University of Gothenburg, Sweden. [Read more](#)

### **Coronavirus: Scientific hand-washing advice to avoid infection**

As the Covid-19 coronavirus continues to spread, the advice from scientists is that the best way to stop it spreading is thorough hand washing. [Read more](#)

### **Rest home worries over Coronavirus: 'They are ignoring us'**

People in rest homes could be in dire circumstances if the coronavirus hits and they don't get enough back up from district health boards, says a retirement village chief executive. [Read more](#)

### **Supporting at-risk older adults transitioning from hospital to home: who benefits from an evidence-based patient-centered discharge planning intervention? Post-hoc analysis from a randomized trial.**

Provencher, V., Clemson, L., Wales, K. *et al.* *BMC Geriatr* **20**, 84 (2020).

<https://doi.org/10.1186/s12877-020-1494-3>

Subgroups of older patients experience difficulty performing activities of daily living (ADL) following hospital discharge, as well as unplanned hospital readmissions and emergency department (ED) presentations. We examine whether these subgroups of "at-risk" older patients benefit more than their counterparts from an evidence-based discharge planning intervention, on the following outcomes: (1) independence in ADL, (2) participation in life roles, (3) unplanned re-hospitalizations, and (4) ED presentations. [Read more](#)

## **Dementia and mental health**

### **The dementia guide**

27 FEB 2020

Dementia Australia

The Dementia Guide is an important resource for any person impacted by any form of dementia, of any age. The guide can help anyone learn about dementia and the treatments, support and services available.

The guide may also be useful to the friends, families and carers of people living with dementia, as it contains information about the impact dementia may have on a person, the treatment, support and services they may need, as well as for anyone taking on a caring role. [Read more](#)

## **Elder abuse**

*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*

### **Elder abuse protocols: identifying key features and establishing evidence for their use and effectiveness,**

Barbara Blundell, Amy Warren & Emily Moir (2020) *Journal of Elder Abuse & Neglect*, DOI: [10.1080/08946566.2020.1736225](https://doi.org/10.1080/08946566.2020.1736225)

Written protocols may guide staff responses to elder abuse. Their effectiveness is unclear, as protocols are generally unevaluated. This project aimed to review, evaluate, and update the Alliance for the Prevention of Elder Abuse: Western Australia's 2013 Protocol. A critical literature review identified key features of elder abuse protocols. Three focus groups (N = 19), and an online survey (N = 44) examined the usefulness and effectiveness of the

2013 Protocol and identified improvements. Seventy percent of survey respondents (n = 31) were familiar with the Protocol; all found it useful. Suggested updates included: example policies and resources; screening tools, signs, indicators, and guided risk assessment; further direction and training for front-line workers; and information about issues for diverse and vulnerable groups. An updated Protocol was developed and will be supported by stakeholder education. Ongoing maintenance is required in a changing service context, and future versions could be online and include features to support responses.

## **Falls management**

**Are older people putting themselves at risk when using their walking frames?.** Thies, S.B., Bates, A., Costamagna, E. et al. *BMC Geriatr* 20, 90 (2020).

<https://doi.org/10.1186/s12877-020-1450-2>

Walking aids are issued to older adults to prevent falls, however, paradoxically their use has been identified as a risk factor for falling. To prevent falls, walking aids must be used in a stable manner, but it remains unknown to what extent associated clinical guidance is adhered to at home, and whether following guidance facilitates a stable walking pattern. It was the aim of this study to investigate adherence to guidance on walking frame use, and to quantify user stability whilst using walking frames. Additionally, we explored the views of users and healthcare professionals on walking aid use, and regarding the instrumented walking frames ('Smart Walkers') utilized in this study.

[Read more](#)

**Associations with rates of falls among home care clients in Ontario, Canada: a population-based, cross-sectional study.**

Manis, D.R., McArthur, C. & Costa, A.P. *BMC Geriatr* 20, 80 (2020).

<https://doi.org/10.1186/s12877-020-1483-6>

Accidental falls among older adults are a leading cause of injury-related hospitalizations. Reducing falls is an ongoing quality improvement priority for home care, given that many home care clients experience falls. In this study, we identify factors associated with the rate of falls among home care clients. [Read more](#)

## **Healthy ageing (social, nutrition, quality of life)**

**New disabilities are common among older people after hospitalization**

Older adults often face new disabilities after a hospital stay for a serious illness. Among the problems they may need to adjust to are difficulties with bathing and dressing, shopping and preparing meals, and getting around inside and outside the home. These new disabilities can lead to being hospitalized again, being placed in a nursing home, and more permanent declines in well-being. The longer a serious disability lasts, the worse it can be for an older adult. [Read more](#)

**Group singing improves quality of life for people with Parkinson's: an international study,** J. Yoon Irons, Grenville Hancox, Trish Vella-Burrows, Eun-Young Han, Hyun-Ju Chong, David Sheffield & Donald E. Stewart (2020) *Aging & Mental Health*, DOI: [10.1080/13607863.2020.1720599](https://doi.org/10.1080/13607863.2020.1720599)

Objectives: Group singing has been reported to enhance quality of life (QoL) and mental health in older people. This paper explored whether there are differences in the effects of group singing intervention on people with Parkinson's (PwPs) in Australia, UK and South Korea. [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*

**Encouraging exercise in older adults: advice for nurses**

Sarah Jane Palmer

British Journal of Community Nursing, Vol. 25, No. 2: 95-97.

Physical activity is well documented to contribute to better mental and physical wellbeing in older adults. Physical exercise also plays a part in falls prevention, thus reducing fear of injury when exercising. Motivational interviewing to encourage exercise among older adults should be assertive yet kind, with the provision of an appropriately trained staff member, convenient fitness facilities to access and consideration of cost. Facilitators and barriers affect an older person's motivation to engage in physical exercise. Barriers include cost, physical barriers, fear of injury, low motivation, dislike of exercise, locality of the service and more. In this article, the available evidence is examined to discuss the subjects of motivational interviewing, facilitators and barriers to exercise and ways to overcome the latter.

## Pharmacy and medication management

### **Help with medication reduces hospital admissions in older patients: study**

People aged 65 years and over are less likely to be readmitted to hospital if they are given help with their medication for three months after discharge, new research from the University of Bradford (UK) has found. [Read more](#)

## Residential care

### **Factors associated with adverse outcomes during influenza outbreaks in aged care facilities.**

Tennant, E., Fletcher, S., Kakar, S., Najjar, Z., Lord, H., Clark, P. and Gupta, L. (2020), Australian and New Zealand Journal of Public Health, 44: 65-72. doi:[10.1111/1753-6405.12933](https://doi.org/10.1111/1753-6405.12933)

Objective: To explore factors associated with adverse outcomes during influenza outbreaks in residential aged care facilities.

Methods: A retrospective cohort study of all outbreaks reported to three Sydney metropolitan Public Health Units during 2017. [Read more](#)

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### **How to ... build an effective and successful care team**

Adrian Ashurst

Nursing and Residential Care, Vol. 22, No. 3: 136-137.

The foundation of high-quality care is an engaged and fulfilled care team. Adrian Ashurst discusses the importance of the care home manager in encouraging, nurturing and developing staff

## Sound and vision

### **Hearing aids may delay cognitive decline - Melbourne University**

Wearing hearing aids may delay cognitive decline in older adults and improve brain function, according to promising new research. [Read more](#)

## News letters, reports and publications

### **Isolation and Loneliness in Older Adults: Opportunities for the Health Care System.**

National Academies of Sciences, Engineering, and Medicine. 2020. Social Washington, DC: The National Academies Press. <https://doi.org/10.17226/25663>.

Social isolation and loneliness are serious yet underappreciated public health risks that affect a significant portion of the older adult population. Approximately one-quarter of community-dwelling Americans aged 65 and older are considered to be socially isolated, and a significant proportion of adults in the United States report feeling lonely. People who are 50 years of age or older are more likely to experience many of the risk factors that can cause or exacerbate social isolation or loneliness, such as living alone, the loss of family or friends,

chronic illness, and sensory impairments. Over a life course, social isolation and loneliness may be episodic or chronic, depending upon an individual's circumstances and perceptions.

[Read more](#)

*(Free pdf copy available for download upon site registration)*

### **Articles of interest**

#### **'I will euthanise myself before I go into aged care': how aged care is failing LGBTI+ people**

Older lesbian, gay, bisexual, transgender and intersex (LGBTI+) people fear discrimination, exclusion and isolation in Australia's aged care services, we found in our research. [Read more](#)

### **Professional development**

#### **Alzheimers NZ Conference 2020**

Abstract submission now [open!](#)

19th-20th November 2020

Grand Millenium Hotel, Auckland

*by Linda Stopforth, SNIPS, on behalf of NZNO*

*Gerontology Nurses Section.*

*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 Section 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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