



**NZNO College of Gerontology Nurses  
monthly news bulletin  
Friday 1 May 2020**

**College of Gerontology Nursing NZNO Conference 2020**  
*“Sex, Drugs and Light Sabers”*

The new dates for our conference are Monday 19th and Tuesday 20th October 2020.

Mark these dates in your diary.

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

**Consultation**

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

**New Zealand**

**Coronavirus: Deficiencies found at rest homes with Covid-19 cases**

Health boards have been ordered to assess every rest home in New Zealand after deficiencies were found at facilities with coronavirus outbreaks. [Read more](#)

**Coronavirus: \$26m aged care top-up doesn't go far enough, industry leader says**

The [\\$26 million promised](#) to the residential aged care sector to cover early [coronavirus](#) efforts doesn't go far enough, with 'tens of millions' more needed, an industry leader says. [Read more](#)

**Coronavirus: NZ Aged Care Association gets audience with Ministry over rest home testing**

The Ministry of Health will "sit down" with the New Zealand Aged Care Association (NZACA) to discuss the [vexed issue of Covid-19 testing of asymptomatic elderly patients](#). [Read more](#)

**'Providing the hugs': 40 Wairarapa resthome residents get daily visits from Digby**

Being in a rest home right now can be a lonely experience.

With no visitors allowed as part of the level four lockdown, residents across the country are isolated from friends, family and their community. [Read more](#)

## Clinical issues

### **Support teams key to reducing hospitalizations from nursing homes**

Nursing home residents are often cared for by a variety of health care professionals, including licensed nursing staff. Transfers to a hospital can result from multiple factors, such as recurrent falls or medication mismanagement. [Read more](#)

### **Evaluation of a co-produced delirium awareness programme for undergraduate nursing students in Northern Ireland: a pre-test/post-test study.**

Mitchell, G., McVeigh, C., Carlisle, S. et al.

BMC Nurs 19, 34 (2020). <https://doi.org/10.1186/s12912-020-00427-9>

Delirium is recognised internationally as a common disorder that causes acute deterioration in a person's cognitive abilities. Healthcare professionals play a key role in the early identification and management of delirium and effective education can support timely recognition and treatment. There is currently a lack of research exploring the delirium education provided to undergraduate nursing students. The aim of this study was to evaluate the effectiveness of a co-produced delirium awareness programme on undergraduate nursing students in Northern Ireland.

[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*

### **Accuracy and clinical utility of comprehensive dysphagia screening assessments in acute stroke: A systematic review and meta-analysis.**

Benfield, JK, Everton, LF, Bath, PM, England, TJ.

J Clin Nurs. 2020; 29: 1527– 1538. <https://doi.org/10.1111/jocn.15192>

Nurses and other nonspecialists in dysphagia are often trained to screen swallowing poststroke. There are many basic tools that test water only, they are usually conservative, and patients that fail the test remain nil by mouth until a speech and language therapy assessment. More comprehensive tests also allow nonspecialists to recommend modified oral intake. Little is known about the accuracy, clinical utility and cost-effectiveness of these tests

## Covid-19

### **Aged-care sector doing its utmost to protect the vulnerable**

OPINION: Prevention is aged residential care's No 1 defence against Covid-19 getting into rest homes. [Read more](#)

### **Making transitions from nursing home to hospital safer during COVID-19 outbreak**

The COVID-19 pandemic has severely impacted nursing home residents, and many have been hospitalized. To help nursing homes and emergency departments (EDs) handle these difficult patient transfers, Regenstrief Institute Research Scientist and Indiana University School of Medicine Associate Professor Kathleen T. Unroe, M.D., MHA, and colleagues have developed the top 10 points for safe care transitions between nursing home and emergency departments during the pandemic.

[Read more](#)

### **Nursing homes and COVID-19: we can and should do better.**

Davidson, P.M. and Szanton, S.L. (2020),

J Clin Nurs. Accepted Author Manuscript. doi:[10.1111/jocn.15297](https://doi.org/10.1111/jocn.15297)

The COVID-19 pandemic is providing us with many painful lessons particularly the vulnerability of individuals living with chronic conditions and the need for preparedness, coordination, and monitoring. Long-term care facilities, including nursing homes, skilled nursing facilities, and assisted living facilities, provide care for some of the most vulnerable populations in society, including older people and those with chronic medical conditions. In the United Kingdom, there are about 17,000 people living in nursing and residential care homes and 200,000 Australians live or stay in residential aged care on any given day. [Read more](#)

### **Nursing home design is deadly. Here's how to change it**

COVID-19 exposed the fatal flaws in eldercare.

[Read more](#)

## **Dementia and mental health**

### **Dementia Care: Telehealth As Good As Face-to-face Health Services**

Telehealth delivery of dementia care in the home can be as effective as face-to-face home visit services if carers and recipients take advantage of the technologies available, Australian researchers say. The study of 63 people living with mild to moderate dementia, [Read more](#)

### **New tool measures quality of life in people with dementia**

University of Queensland researchers say a new tool to measure of the quality of life of people with dementia will result in better targeted care for those living with the condition. [Read more](#)

### **Supporting older people and people living with dementia during self-isolation**

This guidance for older people includes advice on remaining connected and staying active during the pandemic, and a section on the needs of people living with dementia and memory problems — particularly on how to help them understand and follow Covid-19 advice. [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*

### **Role of nurses in addressing modifiable risk factors for early Alzheimer's disease and mild cognitive impairment**

Kevin Hope

British Journal of Nursing, Vol. 29, No. 8: 460-469.

A multidisciplinary advisory group of health professionals involved in dementia care assessed the current evidence base regarding modifiable risk factors (MRFs) for early Alzheimer's disease and mild cognitive impairment. Based on evidence from the published literature and clinical experience, MRFs in four areas were identified where there is evidence to support interventions that may help delay cognitive decline or reduce the risk of developing Alzheimer's disease: medical (eg cardiovascular risk factors), psychosocial (eg depression, anxiety, social isolation), lifestyle (eg lack of physical activity, smoking) and nutrition (eg poor diet, lack of micronutrients). Practical guidance on how health professionals, but in particular nurses, may actively seek to address these MRFs in clinical practice was also developed. Nurses are at the forefront of patient care and, as such, are ideally placed to offer advice to patients that may proactively help mitigate the risks of cognitive decline and the development of Alzheimer's disease.

## End of life care

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

### **Nurses' experiences of pain management in end-of-life dementia care: a literature review**

Kerry May and Janet Scammell

International Journal of Palliative Nursing, Vol. 26, No. 3: 110-118.

Background:

Nurses play an important role in assessing and managing pain. However, this is often poorly managed for people living with dementia.

Aim:

To explore nurses' experiences of pain management in end-of-life dementia care.

### **Provision of palliative and end-of-life care in New Zealand residential aged care facilities: general practitioners' perspectives**

Deborah Balmer ... et al

Australian Journal of Primary Health 26(2) 124-131 <https://doi.org/10.1071/PY19081>

This exploratory study examined general practitioners' (GPs) perspectives on delivering end-of-life care in the New Zealand residential aged care context. A general inductive approach to the data collected from semi-structured interviews with 17 GPs from 15 different New Zealand general practices was taken. Findings examine: (1) GPs' life experience; (2) the GP relationship with the facilities and provision of end-of-life care; (3) the GP interaction with families of dying residents; and (4) GP relationship with hospice. The nature of the GP relationship with the facility influenced GP involvement in end-of-life care in aged care facilities, with GPs not always able to direct a facility's end-of-life care decisions for specific residents. GP participation in end-of-life care was constrained by GP time availability and the costs to the facilities for that time. GPs reported seldom using hospice services for residents, but did use the reputation (cachet) associated with hospice practices to provide an authoritative buffer for their end-of-life clinical decisions when talking with families and residents. GP training in end-of-life care, especially for those with dementia, was reported as ad hoc and done through informal mentoring between GPs.

## Falls management

### **StandingTall app set to prevent falls**

[Neuroscience Research Australia](#) (NeuRA) and digital development partner [The Project Factory](#) have launched [StandingTall](#) — a new digital application designed to support and strengthen physical balance and cognition in the ageing population.

[Read more](#)

### **Fall-detection tech gets smart**

A report by the [Australian Institute of Health and Welfare](#) (AIHW) shows that more than 100,000 people aged over 65 were hospitalised due to a fall in 2016–17, with injuries to the hip and thigh (22%) and head (26%) being the most common fall-related injuries. The [Australian & New Zealand Falls Prevention Society](#) has outlined that falls represent a major health issue, with the incidence and cost to the health system set to increase as the population ages. [Read more](#)

## Nutrition

*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*

### **Interventions to prevent and treat malnutrition in older adults to be carried out by nurses: A systematic review.**

ten Cate, D, Ettema, RGA, Huisman-de Waal, G, et al; On behalf of the Basic Care Revisited Group (BCR).

J Clin Nurs. 2020; 00: 1– 20. <https://doi.org/10.1111/jocn.15153>

Aims and objectives

To identify interventions to prevent and treat malnutrition in older adults, which can be integrated in nursing care, and to evaluate the effects of these interventions on outcomes related to malnutrition.

Background

Older adults are at great risk for malnutrition, which can lead to a number of serious health problems. Nurses have an essential role in nutritional care for older adults. Due to a lack of evidence for nursing interventions, adequate nursing nutritional care still lags behind.

## Pharmacy and medication management

### **The dispensing of psychotropic medicines to older people before and after they enter residential aged care**

Stephanie L Harrison, ... et al

Med J Aust 2020; 212 (7): 309-313. || doi: 10.5694/mja2.50501

Objective: To examine the prevalence of psychotropic medicine dispensing before and after older people enter residential care. [Read more](#)

### **Reducing medicine-induced deterioration and adverse reactions (ReMInDAR) trial: study protocol for a randomised controlled trial in residential aged-care facilities assessing frailty as the primary outcome**

Lim R, Bereznicki L, Corlis M, et al

BMJ Open 2020;10:e032851. doi: 10.1136/bmjopen-2019-032851

**Introduction** Many medicines have adverse effects which are difficult to detect and frequently go unrecognised. Pharmacist monitoring of changes in signs and symptoms of these adverse effects, which we describe as medicine-induced deterioration, may reduce the risk of developing frailty. The aim of this trial is to determine the effectiveness of a 12-month pharmacist service compared with usual care in reducing medicine-induced deterioration, frailty and adverse reactions in older people living in aged-care facilities in Australia. [Read more](#)

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### **Trends in prescription medicine use by older people in New Zealand 2010–2015: a national population-based study**

Andrew M Tomlin, David J Woods, James J Reid, Murray W Tilyard

NZMJ Vol 133 No 1513: 24 April 2020

The challenge of providing safe and effective medical treatment for older people represents a growing problem for any nation experiencing rapid growth in the size of its elderly population. New Zealand is one such country.

## 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.

[Read more](#)

## Sound and vision

### **Hearing loss linked to postural instability in older adults**

(HealthDay)—The odds of postural instability are increased in older adults with moderate or worse hearing loss, even when hearing loss is present on only one side, according to a study published online April 23 in JAMA Otolaryngology-Head & Neck Surgery. [Read more](#)

## Articles of interest

### **Elderly patients with pneumonia twice as likely to die as those with broken hips, yet underestimate danger of pneumonia**

Elderly patients who are hospitalised with pneumonia are twice as likely to die as those hospitalised with hip fractures—yet many elderly people fail to accurately assess their risk of pneumonia, concludes research due to be presented at the European Congress of Clinical Microbiology and Infectious Diseases (ECCMID). The study is by Dr. Leslie Grammatico-Guillon, University of Tours, France, and colleagues. [Read more](#)

### **What implies registered nurses' leadership close to older adults in municipal home health care? A systematic review.**

Claesson, M., Jonasson, L., Lindberg, E. et al. BMC Nurs 19, 30 (2020).  
<https://doi.org/10.1186/s12912-020-00413-1>

Registered nurses are key figures in municipal home health care for older adults. Thus, registered nurses' leadership is crucial to a successful and preventive care process as well as a supportive organization in order to achieve safe care. However, there is limited research on what registered nurses' leadership implies close to older adults in municipal home health care. Thus, the aim is to compile and critically evaluate how international research results describe registered nurses' leadership close to older adults in municipal home health care. [Read more](#)

*The 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.*

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