



**NZNO College of Gerontology Nurses
monthly news bulletin
Friday 5 June 2020**

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

You are invited to join us for the Sex Drugs and Light Sabers - the 2020 Inaugural Conference for the College of Gerontology Nursing NZNO.

Monday 19 and Tuesday 20 October 2020 in Wellington, New Zealand.

We have re-opened abstract submission due to the nature of the past few months as many will be keen to share their knowledge. Possible themes are:

- Cannabinoids
- Covid learnings
- Cultural communications - how do we enter talking about death and dying with complex families
- Future years
- Māori and Pasifika health in older care
- Pain management in the older adult
- Substance abuse and addictions in the older adult, including over the counter non-prescriptions
- Technological innovations
- Technology advancement in managing health and wellbeing
- Traditional Māori and Eastern medicines
- Wellbeing for the workers in the age care sector

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

Aloha Sison's journey through the four Cs

There are four Cs that drive Aloha Sison, a clinical nurse specialist in Waikato DHB's Older Persons and Rehabilitation service - competence, confidence, character and compassion. [Read more](#)

How frontline medical staff celebrated International Nurses Day amid the coronavirus pandemic

As the world marks International Nurses Day, the impact of coronavirus is giving the day added meaning.

Nurses at Cook Street Care Centre in Palmerston North are feeling the love as they celebrate. [Read more](#)

Rural Auckland welcomes new care home for ladies living with dementia

A nurse will make a speech on international nurse's day, and the baker bakes a cake for every birthday in the house. The Ladybug will open on June 8 ... [Read more](#)

CTU launches petition calling for safer sick leave in light of COVID-19

When you are sick, or when someone you care for is sick, you need to be able to stay home. We've always known this. The experience of COVID-19 has also reminded us that we need to do this to stop the bugs spreading. We really do depend on each other to stay well by sick people staying at home. [Read more](#)

Clinical issues

Simple question can lead to remedy for older adults' dizziness and impaired balance

Does lying down or turning over in bed make you feel dizzy? This simple question effectively identifies whether a person suffers from benign paroxysmal positional vertigo, which is harmless and treatable, recent research shows. [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

The effectiveness of nurse-led interventions for preventing urinary tract infections in older adults in residential aged care facilities: A systematic review.

Wu, M-L, Pu, L, Grealish, L, Jones, C, Moyle, W.

J Clin Nurs. 2020; 29: 1432– 1444. <https://doi.org/10.1111/jocn.15198>

Aims and Objectives

To explore the effectiveness of nurse-led interventions to prevent urinary tract infections in older adults living in residential aged care facilities.

Background

While most empirical studies focus on the treatment of urinary tract infections, few studies have examined the effectiveness of nurse-led interventions in preventing urinary tract infections.

Covid-19

How have the elderly fared during lockdown?

Loneliness has plagued some, but many elderly people have coped "remarkably well" during the pandemic lockdown, says doctor and author Doug Wilson.

[Read more](#)

Coronavirus: How Atawhai Assisi rest home stopped the spread of Covid-19

A Waikato rest home at the centre of a coronavirus cluster could be used as a blueprint for how to get things right. [Read more](#)

Supporting nurses when patients die during a disaster: What leaders can do

Now, more than ever, nurse leaders must think outside the box to determine how to support dying patients and the staff caring for them. The concepts of Jean Watson's Caring Theory are ingrained in our nursing philosophy, empowering us to deliver compassionate and dignified care. In addition, Benner's Novice to Expert Theory and Watson's Caring Model have been used as our foundation to develop skills and expertise. As nurses take the humanistic approach that is second nature to them, they have cried, conveyed compassion, and wondered at the rampage this virus has created. We have found several strategies to be effective in helping families and staff during these difficult times. [Read more](#)

ANMF COVID-19 guideline 3: Principles for safe and compassionate entry into nursing homes

Protecting the health and wellbeing of vulnerable older Australians living in nursing homes during the COVID-19 pandemic requires the right numbers of staff with the right level of skills, according to the Australian Nursing and Midwifery Federation's (ANMF) latest COVID-19 guideline on the principles for safe and compassionate entry into nursing homes. [Read more](#)

Community/in-home care / Age friendly communities

Effectiveness of a community program for older adults with type 2 diabetes and multimorbidity: a pragmatic randomized controlled trial.

Miklavcic, J.J., Fraser, K.D., Ploeg, J. et al.

BMC Geriatr 20, 174 (2020). <https://doi.org/10.1186/s12877-020-01557-0>

Type II diabetes mellitus (T2DM) affects upwards of 25% of Canadian older adults and is associated with high comorbidity and burden. Studies show that lifestyle factors and self-management are associated with improved health outcomes, but many studies lack rigour or exclude older adults, particularly those with multimorbidity. More evidence is needed on the effectiveness of community-based self-management programs in older adults with T2DM and multimorbidity. The study purpose is to evaluate the effect of a community-based intervention versus usual care on physical functioning, mental health, depressive symptoms, anxiety, self-efficacy, self-management, and healthcare costs in older adults with T2DM and 2 or more comorbidities. [Read more](#)

Dementia and mental health

Dementia: 'Urgent action needed now more than ever'

A national response plan has now been developed to address one of the most significant health challenges facing New Zealand after Covid-19 [Read more](#)

How to meaningfully reconnect with those who have dementia

By incorporating art and creativity into elder care settings, gerontologist Anne Basting helps families reconnect with loved ones who have dementia. In this moving talk, she shares how asking "beautiful questions" -- questions that don't have a right or wrong answer -- opens up a shared path of discovery, imagination and wonder. "If we can infuse creativity into care, caregivers can invite a partner into meaning-making," Basting says. "In that moment, care, which is so often associated with loss, can become generative." [Read more](#)

Enhancing independent eating among older adults with dementia: a scoping review of the state of the conceptual and research literature.

Palese, A., Bressan, V., Hayter, M. et al.

BMC Nurs 19, 32 (2020). <https://doi.org/10.1186/s12912-020-00425-x>

Addressing eating difficulties among older individuals with dementia living in nursing homes requires evidence-based interventions. However, to date, there is limited evidence of effective interventions designed to maintain and/or increase independent eating. In a field in which evidence is still lacking, a critical analysis of the state of research describing its main features can help identify methodological gaps that future studies should address. Hence, the aim of this study was to map the state of the research designed to maintain and/or promote independent eating in older individuals with dementia living in nursing homes. [Read more](#)

Understanding in the Australian aged care sector of reablement interventions for people living with dementia: a qualitative content analysis.

O'Connor, C.M.C., Gresham, M., Poulos, R.G. et al.

BMC Health Serv Res 20, 140 (2020). <https://doi.org/10.1186/s12913-020-4977-1>

Reablement has potential for enhancing function and independence in people with dementia. In order to enhance the use of evidence-based reablement in this population, this study sought to understand the current practices and needs of the sector around these interventions. [Read more](#)

Avoiding antipsychotic medication use in nursing home residents with dementia

Elderly patients using antipsychotic medications are at a 1.6 to 1.7 times increased of risk of death, and antipsychotic medications are associated with significant side effects.

Individual with dementia may have behavioral expressions that represent unmet needs (discomfort, pain, hunger, need to use the bathroom). Understanding the true cause of behavioral expressions can help avoid unnecessary antipsychotic medication use.

Nursing professionals are vital in the effort to reduce the inappropriate use of antipsychotic medications and improve resident well-being. [Read more](#)

End of life care

Proactive Integration of Geriatrics and Palliative Care Principles Into COPD: Podcast with Anand Iyer

What's the role of geriatrics and palliative care in the care of individuals with COPD? We talk this week with Anand Iyer, the lead author of this weeks [JAMA IM article on this subject](#). It's a little off from our ongoing COVID topics, but given that his along with his co-authors (Randy Curtis and Diane Meier) JAMA IM piece just got published, we figured now is the right time to highlight #PalliPulm. [Read more](#)

Falls management

'I've always done what I was told by the medical people': a qualitative study of the reasons why older adults attend multifactorial falls risk assessments mapped to the Theoretical Domains Framework

Racine E, Soye A, Barry P, et al

BMJ Open 2020;10:e033069. doi: 10.1136/bmjopen-2019-033069

Objectives Multifactorial falls risk assessments reduce the rate of falls in older people and are recommended by international guidelines. Despite their effectiveness, their potential impact is often constrained by barriers to implementation. Attendance is an issue. The aim of this study was to explore why older people attend community-based multifactorial falls risk assessment clinics, and to map these reasons to a theoretical framework. [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

The complex case of rib fracture management in older people

Sarah Jane Palmer

Nursing and Residential Care, Vol. 22, No. 5: 1-3.

Rib fractures remain a common result of falls, increasing morbidity and mortality. Effective analgesia is crucial in the management of such cases, and preventative measures are essential. Sarah Jane Palmer elaborates

Falls and older people: understanding why people fall

Alison E While

British Journal of Community Nursing, Vol. 25, No. 4: 173-177.

Falls are common among older people and a major public health challenge. This article describes why falls are more common among older people, the potential causes of falls and what assessments should be undertaken to inform preventive interventions. District nurses are well placed to contribute to the understanding of why an older person has had a fall as part of a falls risk assessment.

Healthy ageing (social, nutrition, quality of life)

Day centres for older people - attender characteristics, access routes and outcomes of regular attendance: findings of exploratory mixed methods case study research.

Orellana, K., Manthorpe, J. & Tinker, A.

BMC Geriatr **20**, 158 (2020). <https://doi.org/10.1186/s12877-020-01529-4>

Social prescribing is encouraged to promote well-being, reduce isolation and loneliness. Traditional, generalist day centres for older people could be suggested by social prescribing, but little is known about their clientele or their outcomes. As part of a larger study of the role, outcomes and commissioning of generalist English day centres for older people, the characteristics of attenders at 4 day centres, their reasons for attendance and outcomes were explored.

Residential care

Age-based inequity in dental health concerning: professor

The dental health of older people in residential care homes is a “serious” problem, a specialist says. [Read more](#)

Woodlea pen pal program helps seniors combat loneliness

In the face of continuing social distancing restrictions on aged-care facilities, the fast-growing community of [Woodlea](#) in Melbourne’s west has launched a senior pen pal program — encouraging children and residents of the community to engage with residents of local aged-care and retirement facilities. [Read more](#)

Nurse-patient interaction and self-transcendence: assets for a meaningful life in nursing home residents?.

Haugan, G., Kuvén, B.M., Eide, W.M. et al.

BMC Geriatr 20, 168 (2020). <https://doi.org/10.1186/s12877-020-01555-2>
Due to the shift to an older population worldwide and an increased need for 24-h care, finding new and alternative approaches to increase wellbeing among nursing home (NH) residents is highly warranted. To guide clinical practice in boosting wellbeing among NH residents, knowledge about nurse-patient interaction (NPI), inter- (ST1) and intra-personal (ST2) self-transcendence and meaning-in-life (PIL) seems vital. This study tests six hypotheses of the relationships between NPI, ST1, ST2 and PIL among cognitively intact NH residents. [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

Introducing a multidisciplinary team in a specialist care home

Adrian Ashurst

Nursing and Residential Care, Vol. 22, No. 5: 1-3.

If a resident's care needs change dramatically, specialists will need to be introduced to the home to provide the appropriate support. Adrian Ashurst discusses the roles of these professionals and how to develop a successful multidisciplinary team

Oral care practices of long-term care home residents and caregivers: Secondary analysis of observational video recordings.

Yoon, MN, Ickert, C, Wilson, R, Mihailidis, A, Rochon, E.

J Clin Nurs. 2020; 00: 1– 8. <https://doi.org/10.1111/jocn.15187>

Aims and Objectives

To describe the proportion of toothbrushing task steps, long-term care residents had an opportunity to complete; the duration and quality of toothbrushing by both residents and caregivers; and the feedback caregivers provided.

Background

Poor oral health is widespread among older adults in long-term care homes; however, little is known about their actual oral health practices.

Sound and vision

Comparative implementation-effectiveness of three strategies to perform hearing screening among older adults in primary care clinics: study design and protocol.

Bettger, J.P., Dolor, R.J., Witsell, D.L. et al.

BMC Geriatr 20, 170 (2020). <https://doi.org/10.1186/s12877-020-01576-x>

The burden of hearing loss among older adults could be mitigated with appropriate care. This study compares implementation of three hearing screening strategies in primary care, and examines the reliability and validity of patient self-assessment, primary care providers (PCP) and diagnostic audiologists in the identification of 'red flag' conditions (those conditions that may require medical consultation and/or intervention). [Read more](#)

Articles of interest

'Remote temperature device for rest homes a world first'

A matchbox-sized body sensor worn under the arm to monitor whether someone has a fever and that sends that data over very long distances has won funding to conduct clinical trials. [Read more](#)

Nurse's attunement to patient's meaning in life - a qualitative study of experiences of Dutch adults ageing in place.

Hupkens, S., Goumans, M., Derkx, P. *et al.*

BMC Nurs **19**, 41 (2020). <https://doi.org/10.1186/s12912-020-00431-z>

Meaning in life (MiL) is considered to be an important part of health and is associated with many positive outcomes in older adults, such as quality of life and longevity. As health promoters, nurses may take patients' MiL into account in the care process. There is a knowledge gap in terms of what constitutes good care in relation to older patients' MiL, and what the benefits may be for patients when nursing is attuned to this aspect. The purpose of this study was to explore the experiences of home nursing older adults in relation to nurses' attunement to MiL. [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.

For feedback please contact your college administrator: nzno gerontology@gmail.com

Where to find SNIPS

twitter



Twitter - [@snipsinfo](https://twitter.com/snipsinfo)



Facebook – [Snips Info](#)

Linda Stopforth, BA, Dip Bus; NZLSC, RLIANZA

PO Box 315 WELLINGTON 6140

PH: 04-383-6931 or 021-107-2455

email: stop4th@xtra.co.nz



Stop4th Nursing Information Provision Service

Providing information to nurses and allied health professionals