



**NZNO College of Gerontology Nurses
monthly news bulletin
Friday 3 July 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

Aged care faces crisis as nurses paid less than DHB peers

Aged care nurses who worked around the clock to keep residents safe during lockdown say they face a critical staffing shortage if their pay is not boosted to bring them in line with their District Health Board colleagues. [Read more](#)

Advanced care planning

Incorporating an advance care planning screening tool into routine health assessments with older people.

Franklin Abigail E., Rhee Joel, Raymond Bronwyn, Clayton Josephine M. (2020) Australian Journal of Primary Health 26, 240-246.

General practice is arguably the ideal setting to initiate advance care planning (ACP), but there are many barriers. This pilot study was designed to assess the feasibility, acceptability and perceived utility of a nurse-facilitated screening interview to initiate ACP with older patients in general practice. Patients were recruited from four general practices in Sydney, Australia. General practice nurses administered the ACP screening interview during routine health assessments. Patients and nurses completed a follow-up questionnaire consisting of questions with Likert responses, as well as open-ended questions. Descriptive statistics and content analysis were used to analyse the data. Twenty-four patients participated; 17 completed the follow-up questionnaire. All patients found the ACP screening interview useful and most felt it would encourage them to discuss their wishes further with their family and general practitioner. Several patients were prompted to consider legally appointing their preferred substitute decision-maker. All six participating nurses found the screening interview tool useful for initiating discussions about ACP and substitute decision-making. This nurse facilitated screening tool provides a simple, acceptable and feasible approach to introducing ACP to older general practice patients during routine health assessments. [Read more](#)

Advance care planning for people living with dementia: An umbrella review of effectiveness and experiences,

Annelien Wendrich-van Dael, Frances Bunn, Jennifer Lynch, Lara Pivodic, Lieve Van den Block, Claire Goodman,

International Journal of Nursing Studies, Volume 107, 2020, 103576, ISSN 0020-7489,

<https://doi.org/10.1016/j.ijnurstu.2020.103576>

Background

End of life care is often inadequate for people with dementia. Advanced care planning (ACP) has the potential to improve outcomes for people with dementia. The aim of this review is to establish the strength of the evidence and provide decision makers with a clear understanding of what is known about ACP for people living with dementia. [Read more](#)

Covid-19

Aged care clusters introduced by staff or visitors - review

An independent review of Covid-19 clusters in aged care facilities confirms that the infections were introduced to the facilities by staff or visitors. [Read more](#)

Deadly Rosewood cluster: Documents reveal breaches

A rest home overwhelmed by a coronavirus outbreak that claimed 12 lives was found in breach of its obligations including cleanliness, food and laundry services - and authorities became frustrated after a lack of contact by the owner. [Read more](#)

Aged care staff unfamiliar with Covid-19 epidemiological terminology - report

A review of Covid-19 clusters in aged care homes found staff were not familiar with concepts such as outbreaks and clusters, but the NZ Aged Care Association says the onus is on the health ministry. [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

How to ... develop an in-house COVID-19 training programme for care home staff

Adrian Ashurst

Nursing and Residential Care, Vol. 22, No. 7: 1-3.

Adrian Ashurst provides some ideas for developing in-house staff training for staff during lockdown, when external trainers are not permitted, in order to effectively care for and support older people through the pandemic

Community/in-home care / Age friendly communities

'Ageing in neighbourhood': what seniors want instead of retirement villages and how to achieve it

The COVID-19 pandemic has brought into sharp focus the need for connection to our local community and the health challenges of the retirement village model.

[Read more](#)

Dementia and mental health

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

Acupuncture and Acupressure for Dementia Behavioral and Psychological Symptoms: A Scoping Review

Western Journal of Nursing Research (prepub)

<https://doi.org/10.1177/0193945919890552>

Due to the dangers associated with psychotropic medications, there is an urgent need for non-pharmacologic therapies to treat behavioral and psychological symptoms of dementia (BPSD). Acupuncture and acupressure are safe and well-tolerated non-pharmacologic therapies for this population, but currently no review has explored acupressure for management of distressing dementia symptoms. This review synthesizes research on acupuncture and acupressure for BPSD. Upon searching five databases, 15 studies met inclusion/exclusion criteria. Nine examined acupressure, six acupuncture, and eight were randomized controlled trials. The percent of studies demonstrating statistically significant improvements in symptoms were: activities of daily living (ADLs; 75%), agitation (100%), anxiety (67%), depression (100%), mood (100%), neuropsychological disturbances (67%), and sleep disturbances (100%). Variations in study design, intervention procedures, and outcomes limit interpretations about effectiveness. It is recommended that further research be done to examine the efficacy of these therapies and promote generalizability.

Finding the fundamental needs behind resistance to care: Using the Fundamentals of Care Practice Process.

Rey, S, Voyer, P, Bouchard, S, Savoie, C.

J Clin Nurs. 2019; 00: 1– 14. <https://doi.org/10.1111/jocn.15010>

Abstract

A person living with Alzheimer's disease (PA) can experience difficulty during bodily care and therefore may show resistance to care behaviours (RTCBs). Nurses must take a clinical approach to planning care that meets the person's needs. Therefore, it is necessary to identify training strategies for bedside nurses and nursing students.

Aims and objectives

To describe and discuss how the FOC practice process (FOC-PP) can help nurses understand PAs who show RTCBs during bodily care.

Recognising pain in dementia: what has changed?

Karen Harrison Dening

Nursing and Residential Care, Vol. 22, No. 6: 1-5.

Pain is common among older people due to the increased prevalence of age-related conditions. However, this might be misidentified and poorly managed in those with dementia. Karen Harrison Dening presents effective diagnostic and treatment strategies

Caring for older people with dementia in the emergency department

Sarah Watkins, Fiona Murphy, Catriona Kennedy, Margaret Graham, and Belinda Dewar

British Journal of Nursing, Vol. 29, No. 12: 692-699.

Admission to an emergency department (ED) may expose the older person with dementia to a range of negative consequences, including a deterioration in their behavioural symptoms. The authors conducted a review of primary research relating to the experiences of older people with dementia, their carers and ED nurses, to understand how these experiences might inform nursing practice.

Elder abuse

Interventions for preventing abuse in the elderly.

Kennedy, C, Will, J.

Int J Nurs Pract. 2020; 1– 3. <https://doi.org/10.1111/ijn.12870>

Elder abuse is a global problem with an estimated 10% of older people experiencing some form of abuse although many cases remain unreported and/or not referred to social services. As such, the true extent of elder abuse is relatively unknown, and this poses significant challenges given recent demographic changes with people living longer. Maltreatment of older people, commonly referred to as elder abuse, is multidimensional and includes psychological, physical, sexual abuse, neglect and financial exploitation. [Read more](#)

Pharmacy and medication management

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

“It is through shared conversation, that I understand”—Māori older adults’ experiences of medicines and related services in Aotearoa New Zealand

Joanna Hikaka, Rhys Jones, Carmel Hughes, Nataly Martini

NZMJ Vol 133 No 1516: 12 June 2020

Patients’ experiences of healthcare services are important, not only in evaluating current services, but also for improving them. The centrality of patient experience to service design is explicit in Māori approaches to research and service development.

Residential care

First-of-its-kind study finds oral hygiene training can significantly reduce pneumonia in nursing homes

The Cecil G. Sheps Center for Health Services Research, a leading health services research group based at the University of North Carolina at Chapel Hill, has published a paper in The Journal of the American Medical Association (JAMA) Network Open evaluating the effectiveness of its [Mouth Care Without a Battle](#) staff

training program. After participating in the study for one year, nursing homes that implemented the care program saw a statistically significant 31 percent reduction of pneumonia cases compared to nursing homes that did not use the program.

[Read more](#)

Nursing practice environment and care quality in nursing homes,

White, Elizabeth ... et al

Nursing Management (Springhouse): June 2020 - Volume 51 - Issue 6 - p 9-12 doi: 10.1097/01.NUMA.0000662656.07901.a8

Patient acuity and care complexity in nursing homes have increased over time, fueling demand for skilled, high-quality nursing care in this setting.¹⁻³ RNs provide vital leadership, surveillance, and care coordination, while licensed practical nurses (LPNs) and certified nursing assistants (CNAs) deliver the majority of direct patient care in nursing homes. Extensive evidence has shown that the ability of these staff members to provide safe and effective care is largely influenced by the organizational environment in which they practice.⁴ [Read more](#)

News letters, reports and publications

Independent Review of COVID 19 Clusters in Aged Residential Care Facilities

The Ministry of Health has published the Independent Review of COVID-19 Clusters in Aged Residential Care Facilities report.

The [report was commissioned](#) by the Director-General of Health in April to learn from clusters of COVID-19 in Aged Care facilities so New Zealand would be better placed to manage any further occurrences.

The report, includes a number of recommendations for improvements which the Ministry will be seeking feedback from the sector on. Following the feedback on the recommendations the approach, priorities and agreed actions can be confirmed.

[Read more](#)

Articles of interest

Evidence of nonverbal communication between nurses and older adults: a scoping review.

Wanko Keutchafu, E.L., Kerr, J. & Jarvis, M.A.

BMC Nurs **19**, 53 (2020). <https://doi.org/10.1186/s12912-020-00443-9>

Communication is an integral part of life and of nurse-patient relationships. Effective communication with patients can improve the quality of care. However, the specific communication needs of older adults can render communication between them and nurses as less effective with negative outcomes. [Read more](#)

How COVID-19 has exposed the need for telehealth in aged and assisted care

COVID-19 outbreaks have devastated residential aged-care facilities across Australia and the world, as the sector grapples to balance the risks associated with the virus and maintain high levels of patient care. However, from virtual hospitals to video calls with GPs, innovations in telehealth are transforming the industry and pointing the way forward post-pandemic. [Read more](#)

The Effect of Aromatherapy on Sleep Quality and Fatigue Level of the Elderly,

Genç, Fatma ... et al

Holistic Nursing Practice: May/June 2020 - Volume 34 - Issue 3 - p 155-162 doi: 10.1097/HNP.0000000000000385

This randomized controlled experimental study was conducted to determine the effect of inhaled aromatherapy on the sleep quality and fatigue level of the

institutionalized elderly. The sample of the study consisted of a total of 59 elderly individuals (30 in the intervention group and 29 in the control group) who met the inclusion criteria and agreed to participate in the study. Aromatherapy (lavender oil) inhalation was administered to individuals in the intervention group half hour before their sleep every day for a month in accordance with aromatherapy protocol. No administration was applied to the control group. The data were collected using the Elderly Description Form, Pittsburgh Sleep Quality Index, and Fatigue Severity Scale. Forms were completed in the beginning of administration and in the follow-up at the end of 4 weeks (baseline and last follow-up). In the study, it was determined that aromatherapy administration improved sleep quality ($P < .001$) and decreased fatigue severity in the elderly ($P < .05$). The study should be replicated in a different group. [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 section administrator: nznogerontology@gmail.com

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