



**NZNO College of Gerontology Nursing  
monthly news bulletin  
Friday 4 September 2020**

**[College of Gerontology Nursing NZNO Conference 2020](#)**

**IMPORTANT UPDATE**

On behalf of the College of Gerontology Nursing NZNO committee I am sorry to announce that we have made the decision to cancel the 2020 conference. We had a great conference lined up and we thank our speakers and sponsors for their commitment.

We are however excited to announce that we are still going ahead with a webinar presentation by [Professor Brendan McCormack](#) on Tuesday 20 October 2020, including the opportunity for a Q&A session via the remarkable technologies that we have nowadays. This will be followed by the AGM and a further short presentation - to be confirmed.

We hope that you will be able to join us on **20th October at 6.00pm.**

We value your continued support for our organisation and please feel free to contact [paula@fp2.co.nz](mailto:paula@fp2.co.nz) or 027 649 2081 with any queries you may have.

The Organising Committee

**[Consultation](#)**

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

**[New Zealand](#)**

**Top retirement home nurse honoured by award**

Cassie Scaife had a wide smile as she absorbed the news that she had been named Ryman Healthcare's nurse of the year. [Read more](#)

**[Clinical issues](#)**

**Eye-tracking tech helps aged care assessment**

Memory loss among older Australians is on the rise as the Baby Boomer generation enters retirement—but a new technique tested by Flinders University researchers that investigates cognitive skills through eye-tracking technology may be used to help incorporate all older people's preferences into aged care policy and practice.

[Read more](#)

## **Covid-19**

### **Ombudsman Report Offers Valuable Lessons To Secure Aged Care Facilities During Lockdown**

The Chief Ombudsman says his independent inspections of privately run aged care facilities offer some valuable lessons as the sector enters another 'lockdown'.

[Read more](#)

### **Covid-19 early detection for aged care possible - Securely**

Technology can provide an early warning of COVID 19 in aged care services - so why aren't we all using it?

Constant monitoring can provide early warning about the symptoms and stress of COVID-19 yet it's still being seen as a "nice to have" in some aged care facilities.

[Read more](#)

### **Coronavirus: Rest home technology aims to ease pandemic anxiety**

Every morning, Rhonda Brennan records her health vitals on a tablet at her retirement village unit.

The software on the tablet is the first of its kind in the country and is being used to prevent social isolation during a lockdown. [Read more](#)

### **Loneliness threat to health of elderly**

Loneliness and social isolation due to an extended Covid alert level could increase the mental and physical vulnerabilities of more than half a million elderly New Zealanders. [Read more](#)

### **Older Australians are never disposable — not even during a pandemic**

The COVID-19 pandemic has laid bare how frail older people are often seen in our society — as a burden, as disposable individuals that have “lived long enough” and whose lives have “passed the use by date.” Discrimination based on age is not new for older people, but it has been [amplified by the pandemic](#). [Read more](#)

## **Caregivers**

### **Depression worsens over time for older caregivers of newly diagnosed dementia patients**

Caring for a partner or spouse with a new diagnosis of Alzheimer's or related dementia is associated with a 30 percent increase in depressive symptoms, compared to older adults who don't have a spouse with dementia -- and these symptoms are sustained over time, a new study found. [Read more](#)

## **Dementia and mental health**

### **Understanding the link between hearing loss and dementia**

Scientists have developed a new theory as to how hearing loss may cause dementia and believe that tackling this sensory impairment early may help to prevent the disease. [Read more](#)

### **What hinders and facilitates the implementation of nurse-led interventions in dementia care? A scoping review.**

Karrer, M., Hirt, J., Zeller, A. et al.

BMC Geriatr 20, 127 (2020). <https://doi.org/10.1186/s12877-020-01520-z>

The implementation of evidence-based interventions for people with dementia is complex and challenging. However, successful implementation might be a key element to ensure evidence-based practice and high quality of care. There is a need

to improve implementation processes in dementia care by better understanding the arising challenges. Thus, the aim of this study was to identify recent knowledge concerning barriers and facilitators to implementing nurse-led interventions in dementia care. [Read more](#)

**Quality of Life, Preventing Elder Abuse, and Fostering Living Well After a Dementia Diagnosis: Proceedings of a Workshop—in Brief.**

National Academies of Sciences, Engineering, and Medicine. 2020. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25901>. On July 8, 2020, the Committee on Developing a Behavioral and Social Science Research Agenda on Alzheimer's Disease and Alzheimer's Disease-Related Dementias hosted a public workshop via webcast. This Proceedings of a Workshop-in Brief summarizes the key points made by the workshop participants during the presentations and discussions. [Read more](#)  
(NB : This item is free to download but registration is required before a pdf copy is made available)

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

**Providing dementia care using technological solutions: An exploration of caregivers' and dementia coordinators' experiences.**

Kristiansen, S., Beck, M., Kabir, Z.N. and Konradsen, H. (2020), J Clin Nurs. Accepted Author Manuscript. doi:[10.1111/jocn.15440](https://doi.org/10.1111/jocn.15440)  
Aim and objectives

To explore the experiences of caregivers of persons with dementia and dementia coordinators regarding their collaboration in care for a person with dementia and the feasibility of using technology in this collaboration.

**End of life care**

**Understanding Nursing Home, Hospice, and Palliative Care for Individuals with Later-Stage Dementia: Proceedings of a Workshop—in Brief.**

National Academies of Sciences, Engineering, and Medicine. 2020. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25902> On July 7, 2020, the Committee on Developing a Behavioral and Social Science Research Agenda on Alzheimer's Disease and Alzheimer's Disease-Related Dementias hosted a public workshop via webcast. This Proceedings of a Workshop-in Brief summarizes the key points made by the workshop participants during the presentations and discussions. [Read more](#)  
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**A bridge to cross: Tube feeding and the barriers to implementation of palliative care for the advanced dementia patient.**

Matarasso Greenfeld, S., Gil, E. and Agmon, M. (2020), J Clin Nurs. Accepted Author Manuscript. doi:[10.1111/jocn.15437](https://doi.org/10.1111/jocn.15437)

The purpose of this study is to elucidate the attitudes and knowledge of nursing home (NH) staff involved in the decision-making process surrounding tube feeding for people with advanced dementia, and regarding palliative care and eating difficulties in this population.

## **Falls management**

### **Nurses documentation of falls prevention in a patient centred care plan in a medical ward**

Caglayan Yasan, Trish Burton, Mark Tracey

Vol. 37 No. 2 (2020): March - May 2020

Australian Journal of Advanced Nursing

Objective: To evaluate the consistency of nurses' documentation in the falls prevention assessment tool, and to ascertain whether patients identified as high risk of falling had falls preventative strategies implemented.

Background: Falls are one of the leading causes of adverse events for patients in the hospital setting. The current practice of implementing falls prevention strategies for patients has not been able to be sustained, which remains a challenge for healthcare providers. Among the falls prevention strategies, falls risk assessment tools have been identified as a crucial element in falls prevention so as the number of falls are minimised. [Read more](#)

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

### **Falls risk factor assessment and secondary prevention in the older old**

Katherine Bloomfield, Marcus Lau, Martin J Connolly

NZMJ Vol 133 No 1519: 31 July 2020

Falls are common in older adults with half of community-dwelling people aged 80 years and over experiencing a fall in one year.

### **Fall Prevention Decision Making of Acute Care Registered Nurses,**

Fehlberg, Elizabeth ... et al

JONA: The Journal of Nursing Administration: September 2020 - Volume 50 - Issue 9 - p 442-448 doi: 10.1097/NNA.0000000000000914

#### **OBJECTIVE**

The aim of this study was to examine acute care registered nurses' (RNs') fall prevention decision-making.

#### **BACKGROUND**

The RN decision-making process related to fall prevention needs to be investigated to ensure that hospital policies align with nursing workflow and support nursing judgment.

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

### **Social isolation linked to future hospital admission and ED utilization**

Those over age 65 who self-reported as socially isolated were more likely to have a future hospital admission or emergency room visit. The study is published in the peer-reviewed journal Population Health Management. [Read more](#)

### **Kaumātua Mana Motuhake: peer education intervention to help Māori elders during later-stage life transitions.**

Oetzel, J.G., Cameron, M.P., Simpson, M.L. et al.

BMC Geriatr 20, 186 (2020). <https://doi.org/10.1186/s12877-020-01590-z>

Aotearoa/New Zealand has a population that is ageing and there are challenges to health and social outcomes related to related to key life transitions (e.g., retirement, change in health conditions, loss of spouse). Further, there are significant inequities between Māori (Indigenous people) and non-Māori in ageing outcomes. The purpose of this study was to test the impacts and cost effectiveness of a tuakana/teina (peer

education) intervention on kaumātua (elders) receiving the intervention. This study was framed by a strengths-based approach based on the key cultural concept of mana motuhake (autonomy and self-actualisation). [Read more](#)

**Get up, get dressed, get moving! Preventing functional decline is everyone's business | OPEN ACCESS**

Katherine Bloomfield, Keith Colvine, Martin J Connolly, Kirsten Ter Braak  
NZ Medical Journal Vol 133 No 1520: 21 August 2020  
LETTER

Getting up, dressed and moving is important for older inpatients, who are known to rapidly succumb to skeletal muscle loss and mobility/functional decline while in hospital. [Read more](#)

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

**Educating health and social care practitioners on the experiences and needs of older LGBT+ adults: findings from a systematic review.**

Jurček, A., Downes, C., Keogh, B., Urek, M., Sheaf, G., Hafford-Letchfield, T., Buitenkamp, C., van, N., der Vaart, and Higgins, A. (2020),  
J Nurs Manag. Accepted Author Manuscript. doi:[10.1111/jonm.13145](https://doi.org/10.1111/jonm.13145)

To report review findings into interventions used to educate the health and social care workforce on the experiences and needs of LGBT+ older adults.

**Background**

Research demonstrates that inequalities in outcomes on health and social wellbeing for LGBT+ older adults are perpetuated by the cumulative disadvantages from discrimination and social exclusion throughout the life course and a lack of culturally competent workforce.

**Nutrition**

**Improving the provision of nutritional care for people living with dementia in care homes**

Issues with eating and drinking are common in all stages of dementia but are most prevalent in the middle and late stages of the condition. This can lead to unintentional weight loss and malnutrition. Previous work by the authors has attempted to understand how to improve the nutritional care of people living with dementia, and has resulted in the development of a guide for care staff to improve their knowledge and skills regarding nutrition in people with dementia. [Read more](#)

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**Older ostomates and diet management in care**

Jennie Burch

Nursing and Residential Care, Vol. 22, No. 5: 1-4.

The care of people with stomas and the management of their diet requires careful consideration. Increased knowledge and confidence will help to maintain a healthy but suitable diet for residents. Jennie Burch offers helpful guidance.

**Difficult conversations: nutritional needs of care home residents with advanced dementia**

Zena Aldridge, Maggie Parry-Hughes, and Karen Harrison Denning

Nursing and Residential Care, Vol. 22, No. 9: 1-7.

The decline of a person with dementia can be unpredictable, and decisions regarding nutrition and dietary needs can be a particular area of concern. Zena Aldridge, Maggie Parry-Hughes and Karen Harrison Denning discuss some of the challenges associated with the provision of appropriate nutritional support for people with advanced dementia

## **Pharmacy and medication management**

### **Medication omission rates in New Zealand residential aged care homes: a national description.**

Garratt, S.M., Kerse, N.M., Peri, K. et al.

BMC Geriatr 20, 276 (2020). <https://doi.org/10.1186/s12877-020-01674-w>

A medication omission is an event where a prescribed medication is not taken before the next scheduled dose. Medication omissions are typically classed as errors within Residential Aged Care (RAC) homes, as they have the potential to lead to harm if poorly managed, but may also stem from good clinical decision-making. This study aimed to quantify the incidence, prevalence, and types of medication omissions in RAC homes on a national scale, using a New Zealand-based sample. [Read more](#)

### **Intervention elements to reduce inappropriate prescribing for older adults with multimorbidity receiving outpatient care: a scoping review**

Lee JQ, Ying K, Lun P, et al

*BMJ Open* 2020;**10**:e039543. doi: 10.1136/bmjopen-2020-039543

**Objective** Polypharmacy occurs in approximately 30% of older adults aged 65 years or more, particularly among those with multimorbidity. With polypharmacy, there is an associated risk of potentially inappropriate prescribing (PIP). The aims of this scoping review were to (1) identify the intervention elements that have been adopted to reduce PIP in the outpatient setting and (2) determine the behaviour change wheel (BCW) intervention functions performed by each of the identified intervention elements. [Read more](#)

## **News letters, reports and publications**

### **Living longer: implications of childlessness among tomorrow's older population (UK)**

In the future, there will be more older people and a higher proportion of those will be childless. Because adult children are the most common providers of informal social care to their parents at older ages, this is likely to increase the demand for paid-for care.

Our population is ageing because of declining fertility and an increase in life expectancy. It is important to investigate the characteristics of current and future older populations to understand and plan for the implications of an older population on society. It is particularly important to be able to estimate the level of demand for social care, especially for those at the oldest ages who are more likely to require it.

[Read more](#)

## **Articles of interest**

### **What is the role of transformational leadership, work environment and patient safety culture for person-centred care? A cross-sectional study in Norwegian nursing homes and home care services.**

Ree, E.

*Nursing Open*. 2020; 00: 1– 9. <https://doi.org/10.1002/nop2.592>

To examine how transformational leadership, job demands, job resources and patient safety culture contribute in explaining person-centred care in nursing homes and home care services. [Read more](#)

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

### **The Effect of Aromatherapy Application on Cognitive Functions and Daytime Sleepiness in Older Adults Living in a Nursing Home,**

APA Aydın Yıldırım, Tuğba PhD; Kitiş, Yeter PhD

Holistic Nursing Practice: March/April 2020 - Volume 34 - Issue 2 - p 83-90

doi: 10.1097/HNP.0000000000000371

Changes in the aging process affect the duration and quality of sleep. Not having a quality night's sleep leads to a reduction in daytime wakefulness in older adults. We examined the effect of aromatherapy on the cognitive functions and daytime sleepiness of older adults living in a nursing home. The research was a pretest and posttest design, which was conducted without a control group. The sample included 39 elders. A rosemary-lemon oil mixture was smelled by elders in the mornings for a week. After a 1-week washout period, lavender oils were smelled in the evenings for a week. After application of the rosemary-lemon oil mixture, the mean score of participants' daytime sleepiness was lower, but that decline was not statistically meaningful ( $P > .050$ ). After the same application, the mean score of the participants' cognitive functions was significantly lower ( $P < .001$ ). After application of lavender oil, the scores were significantly lower ( $P < .001$ ). Lower scores on the scales used indicate lower sleepiness. The results showed that the 2 applications can be used to improve cognitive functions in older adults; in addition, lavender oil has an advantage in reducing daytime sleepiness.

### **A nurse-led youth volunteering project to support older people on acute hospital wards**

Liz Charalambous

Nursing Management. doi: 10.7748/nm.2020.e1926

Young people volunteering on acute hospital wards can provide extra support to older patients, for example with eating and drinking, with mobilising and with therapeutic activities. This extra support can reduce nurses' workload while providing older people with opportunities to interact and engage. For the young people involved, volunteering can improve their skills and confidence, as well as providing opportunities for career development. Nurses are well-placed for developing and managing volunteer services due to their leadership, clinical skills and experience. This article describes a volunteer project where young people aged 16 years and above support older people on acute hospital wards in an NHS trust in England. The project was designed and managed by a nurse using the NURTURE model, a framework for planning, developing and organising volunteer services to support older patients on acute hospital wards.

### **Measuring the 'dose' of person-centred care in aged care: Development of staff and family questionnaires.**

Porock, D, Li, J, Chang, Y-P.

*J Adv Nurs.* 2020; 76: 1850– 1861. <https://doi.org/10.1111/jan.14392>

Aims

To develop a theoretically and psychometrically sound instrument to measure the 'dose' of person-centred care practice in long-term care.

Background

Although person-centred care has been adopted for long-term care across the world, there is a lack of theory-based instruments to measure its impact. Two questionnaires were developed to measure person-centred care from the perspectives of staff and family based on current person-centred care frameworks: Kitwood, Nolan, and Eden Alternative.

*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:  
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