



## **NZNO College of Gerontology Nurses monthly news bulletin Friday 2 October 2020**

### **Virtual Symposium and AGM 2020**

College of Gerontology Nurses NZNO are delighted to extend an invitation for you to join us at the 2020 Virtual Symposium and AGM.

Tuesday 20 October 2020, from 6pm to 8pm.

There is a webinar presentation by Professor Brendan McCormack including the opportunity for a Q&A session. This will be followed by the AGM and a short presentation.

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

You can register for this via this [link](#)

### **Consultation**

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

### **New Zealand**

#### **Virtual Visiting brings joy to rest home residents - HBDHB**

A two-way partnership between Stortford Lodge Rotary club, and Hawke's Bay District Health Board has brought virtual visitor technology to Napier's Roseanne Retirement Home. [Read more](#)

#### **Report finds ongoing improvements but continued variation in care**

The Australia and New Zealand Hip Fracture Registry (ANZHFR) has released its Annual Report on Monday 14th September.

The ANZHFR is gathering momentum and has collected data on over 50,000 hip fracture cases in people aged 50 years and older over the past five years, with Aotearoa New Zealand contributing 10,000 of these records. The focus of the ANZHFR is to improve the health care provided to older people admitted to hospital with a hip fracture and their health outcomes. [Read more](#)

#### **National Pressure Injury Symposium by NZWCS**

Date: 10th November 2020

For more information on the event details. Please refer to this link [here](#).

### **Clinical issues**

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

## **The overtreatment of type 2 diabetes in frail older people**

Hannah Syed

Journal of Prescribing Practice, Vol. 2, No. 9: 496-502.

Intensive treatment with insulin and sulfonylureas in older people with low HbA1c (<53mmol/mol) can increase the risk of hypoglycaemia, morbidity and mortality. Older people, particularly those with frailty and/or comorbidities are less likely to benefit from the long-term protective effects of good glycaemic control and are often at risk of inappropriate polypharmacy. A person-centred holistic approach to diabetes management must be adapted for older people living with diabetes.

## **Dementia and mental health**

### **Dementia: the curve we can't flatten - Dementia NZ**

According to the World Health Organisation (WHO), dementia is the next big health and social crisis the world will have to face after COVID-19, with numbers set to soar in the coming years. Dementia NZ is urging the government to make dementia a national health priority now as it is predicted a staggering 100,000 Kiwis will be affected by dementia in ten years' time (2030). [Read more](#)

### **8-week program reduces Alzheimer's risk, says study**

An Australian study has found that an eight-week program combining dementia education with lifestyle changes to diet, physical activity and cognitive engagement significantly improved cognitive performance and reduced the risk of Alzheimer's disease among seniors with pre-dementia conditions. The study used the [BrainHQ](#) app from Posit Science for its brain exercise component. [Read more](#)

### **Nurses' burden caused by sleep disturbances of nursing home residents with dementia: multicenter cross-sectional study**

Denise Wilfling, Martin N. Dichter, Diana Trutschel & Sascha Köpke

BMC Nursing volume 19, Article number: 83 (2020)

Background

Sleep disturbances are common in people with dementia. In nursing homes, this is frequently associated with residents' challenging behavior and potentially with nurses' burden. This study examined nurses' burden associated with nursing home residents' sleep disturbances. [Read more](#)

### **Admiral Nursing—A Model of Specialist Dementia Care in Acute Hospitals.**

Aldridge Z, Oliver E, Gardener H, Denning KH.

*SAGE Open Nursing*. January 2020. doi:[10.1177/2377960820952677](https://doi.org/10.1177/2377960820952677)

Introduction

The rising prevalence of dementia has led to increased numbers of people with dementia being admitted to acute hospitals. This demand is set to continue due to an increasingly older population who are likely to have higher levels of dependency, dementia, and comorbidity. If admitted to the hospital, people with dementia are at higher risk of poor outcomes during and following a hospital admission. Yet, there remains a significant lack of specialist support within acute hospitals to support people with dementia, their families and hospital staff.

Methods

Admiral Nurses are specialists that work with families affected by dementia and provide consultancy and support to health and social care colleagues to improve the delivery of evidenced based dementia care. Historically, Admiral Nurses have predominantly been based in community settings. In response to the increasing fragmentation of services across the dementia trajectory, the Admiral Nurse model is

evolving and adapting to meet the complex needs of families impacted upon by dementia inclusive of acute hospital care. [Read more](#)

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

### **Overview of systematic reviews: Effectiveness of non-pharmacological interventions for eating difficulties in people with dementia.**

Li, L, Zhao, Y, Wang, Y, Wang, Z.

*J Adv Nurs.* 2020; 00: 1– 19. <https://doi.org/10.1111/jan.14492>

To evaluate the effectiveness of non-pharmacological interventions for eating difficulties in people with dementia (PWD).

### **Managing incontinence in people with dementia**

Drew Payne

*British Journal of Community Nursing*, Vol. 25, No. 9: 430-436.

It is estimated that there are 850 000 people with dementia in the UK, and 53% of them have incontinence. Dementia adds an extra challenge to managing a patient's continence. This article discusses that challenge, looking at the nature and causes of incontinence, the effects that ageing has on continence and the associated complications. It then examines the nature of dementia and some of its causes and goes on to show how the symptoms of dementia can impact on a person's continence. The article highlights the importance of conducting a thorough assessment of a person with dementia who experiences incontinence, including medical history, medications and symptom profile. Using a bladder diary, the importance of involving relatives and carers, physical examination and 'red-flag' symptoms to be aware of are also discussed. Lastly, this article talks about creating a strategy to manage a patient's incontinence, including prompted toileting, medication, using incontinence pads, catheterisation, care planning and supporting relatives and carers.

### **Restraint use in residents with dementia living in residential aged care facilities: a scoping review.**

Pu, L. and Moyle, W. (2020),

*J Clin Nurs.* Accepted Author Manuscript. doi:[10.1111/jocn.15487](https://doi.org/10.1111/jocn.15487)

Aims and objectives

To provide an overview of restraint use in residents with dementia in the context of residential aged care facilities.

Background

Restraints are commonly used in people with dementia living in residential aged care facilities to manage behaviours and reduce injuries, but the concept of restraint use in people with dementia remains ambiguous, and current practices to reduce restraint use in long-term care residents with dementia remains unclear.

### **Delivering personal care for people with advanced dementia**

Anna Jack-Waugh, Margaret Brown, Jenny Henderson, Susan Holland, Barbara Sharp

*Nursing Older People.* doi: 10.7748/nop.2020.e1193

This is the second article in a six-part series in *Nursing Older People* exploring the nursing care of people living with advanced dementia. This article considers the complexity of providing personal care, including the need for expert nursing practice to assess and lead the fundamentals of care: washing, dressing, continence care, nutrition and hydration. The contemporary evidence base for effective assessment, care planning, partnership working and evaluation of personal care for people with advanced dementia is presented, supported by sources of further information.

**"Just see the person who is still a person (...) they still have feelings":  
Qualitative description of the skills required to establish therapeutic alliance  
with patients with a diagnosis of dementia.**

McKenzie, E.L. and Brown, P.M. (2020),  
Int. J. Mental Health Nurs.. doi:[10.1111/inm.12782](https://doi.org/10.1111/inm.12782)

Establishing a relationship is considered the foundation of providing person-centred care (PCC) when working with a person who has a diagnosis of dementia. Currently, there is a lack of consensus about the how to develop this relationship. This aim of this study was to explore the key skills adopted by clinicians to establish an effective care relationship, referred to as therapeutic alliance, specific to working with patients who have dementia. Participants were clinicians (nursing and allied health professionals) from two older person's mental health service teams (inpatient and community) who routinely provided clinical care to patients with a diagnosis of dementia. Participants self-selected from a purposive sample to complete a semi-structured interview about their provision of care to, and strategies used to engage with, people with a diagnosis of dementia. Exploratory qualitative thematic analysis was conducted using mixed inductive and deductive procedures. Five themes were identified as the interpersonal skills used to develop relationships with patients including the following: empathy, unconditional positive regard, congruence, psychological flexibility, and communication. Findings from this study provide direction for training of clinicians employed in a dementia setting and can also be generalized to other non-specific clinical settings where clinicians may incidentally provide treatment to patients with a diagnosis of dementia.

## **Elder abuse**

**The role of the nurse in detecting elder abuse and neglect: current perspectives.**

Phelan A.

*Nursing: Research and Reviews*. 2018;8:15-22  
<https://doi.org/10.2147/NRR.S148936>

**Abstract:** As global populations age, it is imperative that nurses have a knowledge base on the topic of elder abuse. Elder abuse can occur in any environment, but is most prevalent in the community setting. Older people may experience either a single type of abuse or several forms of abuse concurrently. It is also important that abuse at an institutional and societal level is recognized and addressed. Nurses have a responsibility to identify when abuse may be perpetrated and to assess the context, ensuring appropriate responses are undertaken. A knowledge of barriers to disclosure is also essential, as well as ensuring that the voice of the older person is prioritized in case management. In doing so, nurses have the ability to both prevent and provide early intervention to safeguard older people. [Read more](#)

## **End of life care**

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

**Wishes and needs of nursing home residents and their relatives regarding end-of-life decision-making and care planning—A qualitative study.**

Klemmt, M, Henking, T, Heizmann, E, Best, L, van Oorschot, B, Neudert, S.  
J Clin Nurs. 2020; 29: 2663– 2674. <https://doi.org/10.1111/jocn.15291>  
Aims and Objectives

To explore wishes and needs, such as existing and preferred communication processes, of residents and relatives regarding medical and nursing planning at the end of life.

#### Background

Nursing home residents are a relevant target group for advance care planning (ACP) due to their high age and multimorbidity. Their relatives seem to be important partners in terms of communication and their documentation of wishes and needs.

### Falls management

#### **Reducing serious fall-related injuries: an interview with NEJM STRIDE Study author Tom Gill**

Every year, about a third of older adults fall. About one in five of those falls result in moderate to severe injury. What can we do to help not only prevent those falls but also the complications of them? [Read more](#)

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

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

Fehlberg, Elizabeth A. ... 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)

#### **What constitutes feeling safe at home? A qualitative interview study with frail older people receiving home care.**

Silverglow, A, Lidèn, E, Berglund, H, Johansson, L, Wijk, H.

Nursing Open. 2020; 00: 1– 9. <https://doi.org/10.1002/nop2.618>

#### Aim

To highlight experiences of what constitutes feeling safe at home among frail older people receiving home care. [Read more](#)

### Nutrition

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

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

Jane Murphy, Nirmal Aryal

Nursing Older People. doi: 10.7748/nop.2020.e1263

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.

The aim of this service evaluation was to investigate how use of the nutritional guide for care staff could improve the provision of nutritional care for people living with dementia in care homes. An online survey questionnaire was emailed to care homes who had received copies of the guide between November 2018 and August 2019. Completion of the survey was sought eight weeks after use of the guide. Forty-seven questionnaires were returned from staff working in care homes. Respondents reported that the guide had supported them to increase the appetite and fluid intake of people living with dementia. The guide prompted staff members to monitor for malnutrition using validated screening tools and provided strategies to encourage people living with dementia to eat more at mealtimes. These findings indicated that the guide has contributed to changes in the practice of care home staff when providing nutritional care for people with dementia.

## **Residential care**

### **Health profile of residents of retirement villages in Auckland, New Zealand: findings from a cross-sectional survey with health assessment**

Broad JB, Wu Z, Bloomfield K, et al

BMJ Open 2020;10:e035876. doi: 10.1136/bmjopen-2019-035876

Objectives Retirement villages (RV) have expanded rapidly, now housing perhaps one in eight people aged 75+ years in New Zealand. Health service initiatives might better support residents and offer cost advantages, but little is known of resident demographics, health status or needs. This study describes village residents—their demographics, socio-behavioural and health status—noting differences between participants who volunteered and those who were sampled. [Read more](#)

## **Articles of interest**

Thematic report: older prisoners

### **The lived experience of older people in New Zealand prisons**

Office of the Inspectorate – Te Tari Tirohia Department of Corrections : Wellington. August 2020

This thematic inspection provides insight into the current treatment of, and conditions experienced by, older prisoners. It provides the Department of Corrections with an early warning of the risks and challenges associated with managing older prisoners.

[Read more](#)

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

### **Exploring the use of ageing simulation to enable nurses to gain insight into what it is like to be an older person.**

Bowden, A., Wilson, V., Traynor, V. and Chang, H.-C. (2020),

J Clin Nurs. Accepted Author Manuscript. doi:[10.1111/jocn.15484](https://doi.org/10.1111/jocn.15484)

To explore the thoughts and experiences of aged care nurses following participation in an ageing-suit simulation intervention.

Background

Globally, people are living longer and for nurses there are increasing challenges to meet the needs of the higher numbers of older people in hospital. Educating nurses to understand the ageing process and the experiences of older people in hospital is crucial to addressing these challenges. Ageing-suits were identified as a possible approach to assist with these educational needs.

### **Nurse managers' perspectives on working with everyday ethics in long-term care.**

Devik SA, Munkeby H, Finnanger M, Moe A.

Nursing Ethics. July 2020. doi:[10.1177/0969733020935958](https://doi.org/10.1177/0969733020935958)

Background:

Nurse managers are expected to continuously ensure that ethical standards are met and to support healthcare workers' ethical competence. Several studies have concluded that nurses across various healthcare settings lack the support needed to provide safe, compassionate and competent ethical care.

Objective:

The aim of this study was to explore and understand how nurse managers perceive their role in supporting their staff in conducting ethically sound care in nursing homes and home nursing care.

## **Miscellaneous**

### **Roadmap to financing five-star aged-care system released (Aust)**

Economic modelling has revealed that Australia can transform the quality of its aged-care system in just four years.

Commissioned by the [Health Services Union](#) (HSU) for the [Royal Commission into Aged Care Quality and Safety](#), the economic study reveals that the transformation is achievable by lifting the Medicare levy from 2% to 2.65%, with the proceeds channelled into creating an extra 59,000 skilled jobs for the sector. [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: [nzno gerontology@gmail.com](mailto:nzno gerontology@gmail.com)

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