



**NZNO College of Gerontology Nurses
monthly news bulletin
Friday 6 November 2020**

Message from Chairperson

We would be remiss if we did not acknowledge the dedication, enthusiasm, hard work and efforts of our outgoing Chairperson of the College of Gerontology Bridget Richards.

Bridget leaves the committee after 6 years of relentless commitment, dedicated service and leadership. Bridget has been a strong advocate and champion for strengthening the relationships between the age care sector and the wider nursing profession, supporting the growth and development of the committee, supporting and gaining College status with the wider committee, as well as being a national voice for care of the older adult at Ministry level.

Also leaving the College of Gerontology will be long standing committee members Aileen Smith and Kim Brooks. Both Aileen and Kim, have supported Bridget in her role as Chairperson as well as the wider committee. Both have been dedicated to their roles within the committee and strived to grow the national membership and expand the resources currently being provided to our current members.

During the AGM held October 2020, we elected a new chairperson, Natalie Seymour, and a new treasury Anna Carey. We also welcomed Aloha Sisson to the committee, after a period of shadowing us to understand how we functioned and what our role was for our sector.

Aloha Sison is a Clinical Nurse Specialist Gerontology working under the Nurse-led services of Waikato DHB.

As the New Zealand population ages, people are living longer with chronic conditions and complexities.

Her role as a CNS Gerontology is to mentor and work in partnership with health care staff looking after complex and high needs residents in the aged-related residential care.

She is originally from the Philippines and have been a registered nurse for the last 10 years. Since arriving in New Zealand in 2014, she has been working with older adults in age-related residential care and acute orthopedics ward. She has worked in various clinical setting including hemodialysis, medical-surgical wards & intensive care units and have held quality improvement and clinical leadership role. Currently, she is completing my Masters of Nursing as part of the Nurse Practitioner pathway. "Across all the different clinical areas I have worked in, I found a real passion for gerontology nursing, it is a specialty practice that requires a sound knowledge and

skills in gerontology, an appreciation for life's unique experience and the wisdom to understand that a life with quality is what matters."

Natalie Seymour
Chairperson

Consultation

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

New Zealand

Meet the nurses who put their hearts on the frontline during the pandemic

It seems eerily prophetic that 2020 was chosen by the World Health Organisation last year to be the International Year of the Nurse. Thanks to Covid-19, the vital work that nurses do has come to the fore, as they tend to the sick and vulnerable, often putting themselves at risk to help the rest of us stay safe and well. Donna Fleming meets four nurses who've been making a difference during the pandemic. [Read more](#)

Understanding Changes In Grey Matter

[Grey Matters](#) is an interactive website designed with and for people experiencing changes to their memory and thinking. Users can learn (about the ageing brain), explore (helpful tips and tricks), and share (their own experiences). [Read more](#)

Gore's Ready for Living programme for seniors is a national first

In 2018, statistics showed that 41 per cent of the population of Gore was aged over 50.

That prompted the Gore District Council to launch Ready For Living, a programme to ensure that Eastern Southland had everything needed to ensure its population can age in a safe, secure and healthy environment. [Read more](#)

Clinical issues

Cannabinoids can contribute to negative respiratory health events in older adults with COPD

Cannabinoids, a class of prescription pills that contain synthetically-made chemicals found in marijuana, are associated with a 64 percent increase in death among older adults with chronic obstructive pulmonary disease (COPD), according to the first published data on the impact of cannabinoids on the respiratory health of individuals with the lung disease. [Read more](#)

The Contribution of Documentation Systems to How Nurses Understand Older People's Cognitive Function in Hospital,

Moody, Elaine PhD, RN; Phinney, Alison PhD, RN; Boschma, Geertje PhD, RN; Baumbusch, Jennifer PhD, RN

Advances in Nursing Science: July/September 2020 - Volume 43 - Issue 3 - p 278-289 doi: 10.1097/ANS.0000000000000315

Nurses are central to the care of older people in hospital. One issue of particular importance to the experience and outcomes of hospitalized older people is their cognitive function. This article reports findings from a focused ethnographic study demonstrating how documentation systems—documents and the social processes surrounding their use—contribute to how nurses come to understand the cognitive function of hospitalized older people. We found that documents contribute to nurses' understanding by serving as a frame of reference, by directing assessments, and by

constraining communication. The findings highlight the potential to improve the documents nurses use in hospitals. [Read more](#)

The association between Norton scale gain and functional outcome among older hip fracture patients.

Mizrahi, EH, Lubart, E, Stambler, I, Adunsky, A.

Nurs Open. 2020; 00: 1– 7. <https://doi.org/10.1002/nop2.658>

This study examines interrelations between gains of Norton Scale Score (NSS) and functional outcome measured by Functional Independence Measurement (FIM) among older hip fracture patients. [Read more](#)

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

Integration of family caregivers in delirium prevention care for hospitalized older adults: A case study analysis.

Cohen, C, Pereira, F, Kampel, T, Bélanger, L. *J. Adv.*

Nurs. 2020; 00: 1– 13. <https://doi.org/10.1111/jan.14593>

To understand how family caregivers of older adults hospitalized for orthopaedic surgery are integrated by nurses in delirium prevention care.

Covid-19

Practical nursing recommendations for palliative care for people with dementia living in long-term care facilities during the COVID-19 pandemic: A rapid scoping review,

Sascha R. Bolt, Jenny T. van der Steen, Irma Mujezinović, ... et al
International Journal of Nursing Studies, Volume 113, 2021, 103781,
ISSN 0020-7489, <https://doi.org/10.1016/j.ijnurstu.2020.103781>.

Abstract:

The acute nature of COVID-19 and its effects on society in terms of social distancing and quarantine regulations affect the provision of palliative care for people with dementia who live in long-term care facilities. The current COVID-19 pandemic poses a challenge to nursing staff, who are in a key position to provide high-quality palliative care for people with dementia and their families.

Objective : To formulate practice recommendations for nursing staff with regard to providing palliative dementia care in times of COVID-19. [Read more](#)

COVID-19 in a Sydney nursing home: a case study and lessons learnt

Gwendolyn L Gilbert

Med J Aust 2020; 213 (9): 393-396.e1. || doi: 10.5694/mja2.50817

Lessons learnt from COVID-19 outbreaks in residential aged care facilities could limit future impacts [Read more](#)

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

Optimizing Effective Communication While Wearing a Mask During the COVID-19 Pandemic

Kelly Knollman-Porter, PhD, CCC-SLP; Vanessa L. Burshnic, PhD, CCC-SLP

Journal of Gerontological Nursing. 2020;46(11):7-11

<https://doi.org/10.3928/00989134-20201012-02>

Mandated face mask use for health care providers, secondary to COVID-19, creates an additional communication barrier for older adults with cognitive, communication,

and/or hearing challenges. Face masks can soften a speaker's voice, conceal vocal tone, and hide facial expressions that relay essential non-verbal information. An inability to understand health care information or words of support can lead to frustration, anxiety, and decreased quality of life. Therefore, the purpose of this article is to review the current research, provide clinical examples, and highlight communication strategies, supports (i.e., written, gestural, and picture supports), and modifications to personal protective equipment that health care providers can implement, in isolation or combined, to improve communication with older adults. [Journal of Gerontological Nursing, 46(11), 7–11.]

Community/in-home care / Age friendly communities

Study explores the nature and robustness of support networks in old age

Being able to grow old and die in one's own home is something people want, including those who live alone. Behind the life situation of the latter one finds many different relationship constellations and support networks. As soon as their need for help and care becomes more pronounced, non-kin carers such as friends or neighbors play a central role. A current longitudinal study is exploring the nature of such networks and their robustness. [Read more](#)

Dementia and mental health

Are Our Major Cities Ready For Dementia?

Alzheimers NZ has welcomed a new global report that rates major cities on their readiness to respond to the rapidly growing incidence of dementia. [Read more](#)

Urgent care for patients with dementia: a scoping review of associated factors and stakeholder experiences

Dooley J, Booker M, Barnes R, et al

BMJ Open 2020;10:e037673. doi: 10.1136/bmjopen-2020-037673

Objectives People with dementia are more vulnerable to complications in urgent health situations due to older age, increased comorbidity, higher dependency on others and cognitive impairment. This review explored the factors associated with urgent care use in dementia and the experiences of people with dementia, informal carers and professionals. [Read more](#)

A communication model for nursing staff working in dementia care: Results of a scoping review,

Annick S. van Manen, Sil Aarts, Silke F. Metzelthin, ... et al

International Journal of Nursing Studies, Volume 113, 2021,103776,

ISSN 0020-7489, <https://doi.org/10.1016/j.ijnurstu.2020.103776>.

Abstract:

Communication between nursing staff and people with dementia can be challenging. According to the literature, communication is seen as a process of social- and/or informational exchange between a sender and a receiver in a context. Factors related to these elements determine the quality of communication. Insight into the factors involved in the communication process between nursing staff and people with dementia is limited and a comprehensive model of communication in dementia care is lacking.

Objectives : To identify and visualize factors associated with communication between nursing staff and people with dementia. [Read more](#)

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The case for a bicultural dementia prevalence study in Aotearoa New Zealand

Sarah Cullum, Makarena Dudley, Ngaire Kerse

NZ Medical Journal Vol 133 No 1524: 30 October 2020

As the world's population ages, the prevalence of dementia is projected to increase from the current 50 million to 130 million in 2050. The present cost of dementia is over one trillion US dollars and is expected to double in 10 years.

Elder abuse

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

Do interventions to prevent or stop abuse and neglect among older adults work? A systematic review of reviews,

Khiya Marshall, Jeffrey Herbst, Candace Girod & Francis Annor (2020)

Journal of Elder Abuse & Neglect, DOI: [10.1080/08946566.2020.1819926](https://doi.org/10.1080/08946566.2020.1819926)

Abuse and neglect among older adults impact everyone and are recognized internationally as significant and growing public health issues. A systematic review of reviews was conducted to identify effective strategies and approaches for preventing abuse and neglect among older adults. Eligible reviews were systematic or meta-analyses; focused on the older population as reported in the publications; reviewed prevention interventions; included relevant violence and abuse outcomes; written in English; and published in a peer-reviewed journal between January 2000 and May 2020. Eleven unique reviews (12 publications) met the eligibility criteria, including one meta-analysis. Included reviews mainly focused on general abuse directed toward older adults; and educational interventions for professional and paraprofessional caregivers, multidisciplinary teams of health care and legal professionals, and families. Interventions were implemented in a variety of community and institutional settings and addressed primary, secondary, and tertiary prevention. The reviews indicated weak or insufficient evidence of effectiveness in preventing or reducing abuse, yet several promising practices were identified. Future research is needed to evaluate emerging and promising strategies and approaches to prevent abuse among older adults. Effective interventions are also needed to prevent or reduce abuse and neglect among older adults.

Healthy ageing (social, nutrition, quality of life)

High-intensity interval training may extend lives of older people

Five years of high-intensity interval training increased quality of life, improved fitness and might very well have extended the lives of participants in the Generation 100 study. [Read more](#)

Increasing the uptake of vitamin D supplement use in Australian residential aged care facilities: results from the vitamin D implementation (ViDAus) study.

Walker, P., Kifley, A., Kurrle, S. et al.

BMC Geriatr 20, 383 (2020). <https://doi.org/10.1186/s12877-020-01784-5>

Adequate (≥ 800 IU/day) vitamin D supplement use in Australian residential aged care facilities (RACFs) is variable and non-optimal. The vitamin D implementation (ViDAus) study aimed to employ a range of strategies to support the uptake of this best practice in participating facilities. The aim of this paper is to report on facility level prevalence outcomes and factors associated with vitamin D supplement use. [Read more](#)

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Interventions to Support Older People's Involvement in Activities Related to Meals. A Systematic Review,

Anne Marie Beck, Mette Merlin Husted, C. Elizabeth Weekes & Christine Baldwin (2020)

Journal of Nutrition in Gerontology and Geriatrics, DOI: [10.1080/21551197.2020.1834484](https://doi.org/10.1080/21551197.2020.1834484)

The objective of this systematic review is to assess whether old people should be actively involved in activities related to meals to support quality of life, nutritional status and functional abilities related to meals. Two electronic databases Cochrane Database of Systematic Reviews and the Database of Abstracts of Reviews of Effectiveness were searched, supported by PubMed citation, snowball searches. Eleven primary studies were included. The quality was low. No studies assessed the effect on health-related quality of life. Three types of interventions to support activities related to meals were identified: Meal-related activities to facilitate improved autonomy seemed to overall improve nutritional intake, physical and social function related to meals, plus mealtime coping. Interventions of encouragement and reinforcement by staff to facilitate independence in eating seemed to have beneficial effect on nutritional intake and physical function related to meals. Interventions using food preparation and cooking to support participation seemed to have beneficial effects on social function related to meals and mealtime coping. There is an urgent need for good quality, adequately powered studies in this area and among old people in all health care settings.

Nutrition

Fingerfoods: a feasibility study to enhance fruit and vegetable consumption in Dutch patients with dementia in a nursing home.

Visscher, A., Battjes-Fries, M.C.E., van de Rest, O. *et al.*

BMC Geriatr **20**, 423 (2020). <https://doi.org/10.1186/s12877-020-01792-5>

Eating problems are highly prevalent in older patients with dementia and as a consequence, these patients are at greater risk of becoming malnourished. Fingerfoods, snacks that can be picked with thumb and forefinger, could be used to counteract malnutrition in patients with dementia. The aim of this feasibility study was to evaluate whether providing fruit and vegetable rich fingerfoods in the form of recognizable and familiar snacks on top of the normal intake was feasible for both patients with dementia and caregivers as a means to increase patients' nutritional status. [Read more](#)

Residential care

Tuned lighting helps nursing home residents get better sleep, study finds

Nursing home residents tend to fall asleep at all hours of the day, and during the night, their sleep may be interrupted by periods of wakefulness. [Read more](#)

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Factors influencing management of agitation in aged care facilities: A qualitative study of staff perceptions.

Watson K, Hatcher D. *J Clin Nurs.* 2020;00:1–9. <https://doi.org/10.1111/jocn.15530>
Background

Agitation in older people is commonly associated with cognitive decline, complex medical diagnoses and polypharmacy. Impaired communication and comprehension within a dementia trajectory adds complexity to assessment and management. Despite high prevalence, agitated behaviours remain challenging to manage in residential aged care settings.

Aim

To explore staff perceptions of agitation in residents of aged care facilities, including the influence of dementia, when selecting management strategies to reduce agitated behaviour

Workforce

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

Challenges and opportunities for the multicultural aged care workforce: A systematic review and meta-synthesis.

Chen, L, Xiao, LD, Han, W, Meyer, C, Müller, A.

J Nurs Manag. 2020; 28: 1155– 1165. <https://doi.org/10.1111/ionm.13067>

Aims

To identify (a) the challenges for multicultural aged care teams; (b) the opportunities to facilitate teamwork; and (c) the strategies to assist team members in a multicultural work environment.

Background

High-income countries have an increasingly culturally diverse aged care workforce. Fostering teamwork in such an environment is challenging.

Articles of interest

Asian countries do aged care differently. Here's what we can learn from them

Unlike in Western countries like Australia, traditional Asian cultures place a heavy emphasis on filial piety — the expectation children will support their parents in old age. [Read more](#)

Aged-care facilities need accredited infection control experts. Who are they, and what will they do? (Australia)

The Royal Commission into Aged Care Quality and Safety last week released a [special report](#) looking at the sector's response to COVID-19. [Read more](#)

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

Train the brain with music (TBM): brain plasticity and cognitive benefits induced by musical training in elderly people in Germany and Switzerland, a study protocol for an RCT comparing musical instrumental practice to sensitization to music.

James, C.E., Altenmüller, E., Kliegel, M. et al.

BMC Geriatr 20, 418 (2020). <https://doi.org/10.1186/s12877-020-01761-y>

Recent data suggest that musical practice prevents age-related cognitive decline. But experimental evidence remains sparse and no concise information on the neurophysiological bases exists, although cognitive decline represents a major impediment to healthy aging. A challenge in the field of aging is developing training regimens that stimulate neuroplasticity and delay or reverse symptoms of cognitive and cerebral decline. To be successful, these regimens should be easily integrated in daily life and intrinsically motivating. This study combines for the first-time protocolled

music practice in elderly with cutting-edge neuroimaging and behavioral approaches, comparing two types of musical education. [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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