



**NZNO College of Gerontology Nurses
monthly news bulletin
Friday 4 December 2020**

Consultation

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

Review of Document Development Process 2015

NZNO warmly invites your feedback on NZNO's publication: 'Document Development Process' which is now due for its 5 yearly review.

Standards New Zealand: DZ 8134:2020 - Health and disability services standard and sector solutions

NZNO warmly invites your feedback on a revised draft version of the standard for health and disability services. The document sets out the minimum requirements necessary to present fair and equitable health and disability services. It aims to improve the experience and outcomes of people and whanau, and reduce care variations.

New Zealand

The distance from dementia that's holding back help

Dementia is set to cost New Zealand billions of dollars in care costs, but there are warnings that efforts to keep people out of hospital are being hampered by poor funding and resources. [Read more](#)

Sexuality and intimacy research to benefit residential age care facilities - expert

The study was conducted in two parts at 35 residential age care facilities nationwide. Professor Mark Henrickson

A Massey University researcher has published a report today on a three-year nationwide research project into intimacy and sexuality in residential aged care facilities with the goal of supporting and developing awareness, policies and education for staff, families and residents. [Read more](#)

Designed for dementia: Summerset opens Memory Care Centre in Hamilton

Hamilton's newest dementia care unit is designed to make life easier

Huge flower prints on the walls and contrast-colour toilet seats aren't just for looks at Hamilton's newest dementia care centre. [Read more](#)

Ryman Healthcare Scoops Two International Awards

Nellie Melba Retirement Village and myRyman Life dementia model win top prizes in Singapore [Read more](#)

Clinical issues

Program supports nurses in caring for people with dementia living in aged care or community who experience changed behaviours

Antipsychotics and benzodiazepines have a limited role in the management of people with dementia who experience changed behaviours such as aggression or agitation and should not be used as the first line of treatment, according to a new national educational program being rolled out by NPS MedicineWise. [Read more](#)

A research agenda for promoting continence for people living with dementia in the community: Recommendations based on a critical review and expert-by-experience opinion.

Burholt, V., Davies, J., Boyd, M., Mullins, J.M., Shoemark, E.Z. and (2020), J Clin Nurs. <https://doi.org/10.1111/jocn.15537>

To identify research undertaken in the last decade addressing continence for people living with dementia (PLWD) in the community. To highlight gaps and develop recommendations for future research, taking into account the experiences and priorities of PLWD, caregivers and healthcare professionals. [Read more](#)

Covid-19

CovidCard a win for elderly, those without smartphones - Te Arawa kaumātua

A Covid-19 contact tracing card trialled by iwi volunteers has earned the thumbs-up for being convenient and to easy use, especially for those who are not tech savvy, a Te Arawa kaumātua says. [Read more](#)

Dementia and mental health

The Harsh Reality Of Dementia In New Zealand

Rapidly growing numbers of New Zealanders living with dementia threaten to overwhelm our health system unless government acts quickly, Alzheimers NZ has said in its Briefing to the Incoming Minister of Health. [Read more](#)

The danger of Z-drugs for dementia patients

Strong sleeping pills known as 'Z-drugs' are linked with an increased risk of falls, fractures and stroke among people with dementia—according to research from the University of East Anglia. [Read more](#)

A rapid review exploring nurse-led memory clinics.

Luck, KE, Doucet, S.

Nurs Open. 2020; 00: 1– 12. <https://doi.org/10.1002/nop2.688>

To systematically explore the structures, functions, outcomes, roles and nursing credentials of memory clinics where nurses autonomously lead diagnosis and postdiagnostic care. [Read more](#)

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

Sexually speaking: person-centred conversations with people living with a dementia.

Lipinska D, Heath H (2020)

Nursing Older People. doi: 10.7748/nop.2020.e1207

While sexuality is integral to being human and supporting sexual expression is fundamental to delivering person-centred care, many nurses find this area

challenging. This is particularly true when working with people living with a dementia, irrespective of their age. However, it can be especially challenging in older adults. This article aims to support nurses in their work with individuals and couples living with a dementia. After briefly defining the term 'sexuality' and acknowledging the effects of the most common types of dementia, the article discusses the importance of person-centred conversations. It details a new person-centred paradigm that can assist nurses to learn about people's sexuality and sexual wishes. Through enhanced understanding and increased objectivity, nurses can be better equipped to support people to continue living fulfilled sexual lives according to their choices and priorities. The article concludes by summarising the legal and professional context and nursing responsibilities involved in addressing sexuality with people living with a dementia, specifically when mental capacity becomes an issue.

Meaningful activity in advanced dementia.

Brown M, Mitchell B, Quinn S et al (2020). Nursing Older People.

doi: 10.7748/nop.2020.e1171

This article is part of a series in Nursing Older People exploring the nursing care of people living with advanced dementia. When someone with advanced dementia can no longer communicate verbally and has limited movement, activities they once enjoyed may no longer be possible. This limits opportunities for self-realisation and can lead to a preoccupation in advanced dementia care about the routines associated with the maintenance of comfort and nourishment, at the expense of contentment and moments of fulfilment. Such a narrow focus can lead to changes in behaviour, indicating boredom, frustration and distress. Yet there are opportunities for a more creative approach to activity that can be adapted to the person's changing needs and the human desire to feel connected and engaged.

Examples of these evidence-informed, creative interventions for people living with advanced dementia care include music, doll-focused activity, animal-assisted interventions, multisensory experiences such as Namaste Care and complementary therapies. These activities can engage the person with advanced dementia in a close connection with another human being through individualised and sensory-based care.

Falls management

Toolkit to engage patients and families significantly reduced falls and injuries

Falls are the leading cause of preventable injury, and while many strategies have been developed to try to stop them and their resultant injuries, they remain a persistent problem. Research by Brigham and Women's Hospital senior nurse scientist Patricia C. Dykes, Ph.D., MA, RN, and colleagues has been driven by the question: Why, after more than 30 years of research, do patients continue to fall? The answers that the team uncovered resulted in the creation of a toolkit that includes low-tech solutions, such as a laminated poster to display by patients' beds, tailored prevention plans that can be added to patients' electronic health records and printed out or displayed on a computer screensaver, and other interventions that engaged patients and their families in strategies to prevent falls. [Read more](#)

Healthy ageing (social, nutrition, quality of life)

Exercise classes can reduce loneliness, social isolation in seniors

Seniors who joined group exercise classes experienced decreased loneliness and social isolation, according to a new study conducted before the COVID-19 pandemic. The classes have continued virtually since March, and early results suggest the online versions are also effective. [Read more](#)

Residential care

Dysphagia screening in residential care settings: A scoping review,

Constantino Estupiñán Artiles, Julie Regan, Claire Donnellan,
International Journal of Nursing Studies, Volume 114, 2021, 103813,
<https://doi.org/10.1016/j.ijnurstu.2020.103813>

Abstract:

Older adults with dysphagia are at a higher risk of experiencing serious complications where dysphagia is not identified and adequately managed. Nursing personnel are critical for timely identification and management of dysphagia and prevention of these subsequent serious complications in residential care settings.

Objectives

To identify dysphagia screening tools used in residential care and to establish whether validated and used as per guidelines, their diagnostic accuracy and reliability and to identify the prevalence rate of dysphagia in this setting. [Read more](#)

'It makes life worthwhile!' Peer mentoring in long-term care—a feasibility study,

Kristine A. Theurer, Robyn I. Stone, Melinda J. Suto, Virpi Timonen, Susan G. Brown & W. Ben Mortenson (2020)

Aging & Mental Health, DOI: [10.1080/13607863.2020.1849023](https://doi.org/10.1080/13607863.2020.1849023)

Objectives: Loneliness and depression are of increasing concern in long-term care homes made more urgent by viral outbreak isolation protocols. An innovative program called Java Mentorship was developed that engaged community volunteers and resident volunteers (mentors) as a team. The team met weekly, received education, and provided visits and guidance in pairs to socially disengaged residents (mentees). The purpose of this study was to assess the feasibility of conducting a larger study. [Read more](#)

Articles of interest

Providing inclusive, person-centred care for LGBT+ older adults: A discussion on health and social care design and delivery.

Roe, L, Galvin, M.

J Nurs Manag. 2020; 00: 1– 5. <https://doi.org/10.1111/jonm.13178>

Aim

To examine how health system design and delivery can fail to support the needs of LGBT+ older adults.

Background

LGBT+ older adults face barriers in access to care, impacting their ability to receive person-centred care in old age, which is central to the prevention and management of frailty, disability and disease. [Read more](#)

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

Understanding skin infections in older adults

Sarah Jane Palmer

Practice Nursing, Vol. 31, No. 12: 502-506.

Skin infections and soft-tissue conditions are known to be common in older adults. Sarah Jane Palmer covers the basic principles of assessment, investigation and treatment

Skin infections are extremely common throughout the community in older people. Cellulitis and infected ulcers are the most common cutaneous skin infections in older adults, but various other aetiologies can be identified by community nurses and

healthcare staff throughout their area's patient population. Staphylococcus aureus is common and increases morbidity so prompt identification is required. Assessment of the skin and appropriate swabbing is necessary and crucial in order to be proficient when looking after people with skin conditions and infections in the community. This article will cover the basic principles of assessment, investigation and treatment, as well as encouraging an awareness of risk, touching on the common predictors of skin infections in older people

Miscellaneous

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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