



**NZNO College of Gerontology Nurses
monthly news bulletin
Friday 8 January 2021**

Consultation

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

New Zealand

Dehydration in older people - a fluids situation

With long, hot summer days ahead, the importance of staying well-hydrated can't be overstated - especially among older people more prone to dehydration, says a Massey University health researcher. [Read more](#)

Surveys explore Covid-19 impact on older NZers - Massey

Health psychology researchers at Massey University are investigating the immediate and ongoing impacts of the COVID-19 pandemic and national response on the health and wellbeing of older New Zealanders, with the support of funding from the Health Research Council (HRC). [Read more](#)

Clinical issues

Improving outcomes for older people undergoing emergency surgery: Opportunities for advanced practice.

Price, A. (2021),

J Adv Nurs. <https://doi.org/10.1111/jan.14686>

Western populations are ageing rapidly. Across the UK, Western Europe, and North America the number of people over the age of 65 is set to double over the next two decades, with life expectancy at an all-time high (McIsaac et al., **2020**; ONS, **2018**). Although not an inevitable consequence of ageing, prevalence of frailty increases in a linear fashion with advancing chronological age (Clegg et al., **2013**; Rockwood et al., **2005**). As the number of older people continues to rise globally, the prevalence of frailty is certain to rise exponentially. [Read more](#)

Covid-19

Covid-19: How the vaccine rollout will work

EXPLAINER: Numerous [Covid-19](#) vaccines are already being distributed around the world, but New Zealand is working to its own timeline. [Read more](#)

Dementia and mental health

Daily garden use and quality of life in persons with advanced dementia living in a nursing home: A feasibility study.

van der Velde-van Buuringen, M, Achterberg, WP, Caljouw, MAA.

Nurs Open. 2020; 00: 1– 11. <https://doi.org/10.1002/nop2.740>

To evaluate the process of daily going outside in a nursing home garden and explore the effect of garden use on quality of life and neuropsychiatric symptoms in persons with dementia. [Read more](#)

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

A person-centred communication approach to working with older people who have dementia

Deborah June Coleman and Nawal Ali S Asiri

British Journal of Healthcare Assistants, Vol. 14, No. 11: 575-579.

Dementia is prevalent among the older population, especially people over 65 years, and is characterised by deterioration in a person's cognitive abilities ([NHS, 2017](#)).

The main signs and symptoms of dementia include loss of memory, impaired thinking and problem-solving skills, and difficulties with communication. Effective communication in the healthcare setting will ensure patient care is safe and enable support workers to understand the needs of the older person with dementia.

Communication is a vital aspect of healthcare, making it essential for support workers to be aware of challenges that may hinder communication and to identify strategies to enable the person to communicate their needs for as long as possible.

Persons with dementia as internet users: what are their needs? A qualitative study.

Schnelli, A., Hirt, J. and Zeller, A. (2021),

Journal of Clinical Nursing. Accepted Author

Manuscript. <https://doi.org/10.1111/jocn.15629> Aims and objectives

The aim of this study was to identify the needs and expectations of persons with dementia regarding dementia-related information on the internet concerning content, presentation, navigation, language and design.

Background

Research on internet-related needs of persons with dementia is lacking. However, the importance of the internet as a source of health information is increasing. To improve health literacy and to ensure participation in therapy decisions, target group-specific health information is necessary, especially for persons with chronic conditions like dementia.

A framework for nurses working in partnership with substitute decision-makers for people living with advanced dementia: A discursive paper.

Cresp, S.J., Lee, S.F. and Moss, C. (2021),

J Clin Nurs. <https://doi.org/10.1111/jocn.15618>

Aim

To describe and discuss clinical strategies for nurses working in partnership with substitute decision-makers for people living with advanced dementia.

Background

By providing person-centred care to patients living with advanced dementia, nurses are positioned to work in partnership with substitute decision-makers who make healthcare decisions related to advanced care. Because the experience of being substitute decision-makers is complex and stressful, nurses need skillsets for working in partnership with substitute decision-makers

Person-Centered Care Plans for Nursing Home Residents With Behavioral and Psychological Symptoms of Dementia

Justine S. Sefcik, Caroline Madrigal, Allison R. Heid ... et al
Journal of Gerontological Nursing. 2020;46(11):17-27
<https://doi.org/10.3928/00989134-20201012-03>

Little literature exists examining the development and implementation of person-centered care (PCC) plans focused on behavioral and psychological symptoms of dementia (BPSD). The current study aimed to describe BPSD documented in nursing home (NH) residents' care plans, the types of approaches staff document in addressing those symptoms, and whether resident and/or facility characteristics are associated with documentation of PCC approaches. The sample included 553 residents from 55 NHs in two East Coast states. Resistiveness to care (44.9%), agitation (42.2%), and aggression (42%) were most frequently documented in care plans. PCC approaches were documented in care plans in 21.3% to 62.7% of cases depending on BPSD type. Resident (e.g., younger age, lower functional ability, lower cognitive ability, longer length of stay, male gender) and facility (e.g., less certified nursing assistant staffing hours, greater percentage of residents taking antipsychotic medications, non-profit status) characteristics were associated with increased odds of PCC approaches being documented. Optimal PCC planning is discussed, and a sample PCC plan is provided. [Journal of Gerontological Nursing, 46(11), 17–27.]

Falls management

Loneliness and social isolation associated with higher fall risk in elderly people

Elderly people living alone or without social contact may be more likely to fall in their homes or be admitted to hospital for a fall, suggests a study published in Scientific Reports. [Read more](#)

Healthy ageing (social, nutrition, quality of life)

Study examines the effects of simple measures on the health of active older adults

The DO-HEALTH study led by Zurich-based geriatrician Professor Heike Bischoff-Ferrari has examined the effects of simple measures on the health of healthy adults aged 70 or older. Initial analyses suggest that vitamin D, omega-3 fatty acids and strength-training exercises do not significantly improve bone health, leg function and memory. Nevertheless, certain groups of people could still benefit from these measures. [Read more](#)

Nutrition and hydration

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

Generation of thirst: a critical review of dehydration among older adults living in residential care

Kirsty Hart, Rachel Marsden, and Jenny Paxman
Nursing and Residential Care, Vol. 22, No. 12: 1-12.

Dehydration is common among older adults and exacerbated in residential care. In this article, the authors summarise the reported prevalence of dehydration in this sub-population group and evaluate the associated risks before reviewing interventions designed to improve hydration. Heterogeneity in methods to assess dehydration inhibits interpretation of both prevalence and intervention studies (primarily small randomised control trials and case-control observational studies). The estimated prevalence of dehydration among older adults in residential care is 20-38%, with further increased prevalence of inadequate fluid intake, leading to increased urological, gastrointestinal, circulatory and neurological disorders or, in

extreme cases, death. Multi-component interventions that include changes to drinks, vessels, placement and drinking opportunity, alongside staff training and support, are most effective in tackling dehydration in residential care. The detection and prevention of dehydration is crucial, and a practical, population-specific reference standard for adequate fluid intake is warranted. Future research should prioritise interventions that are individualised to residents' needs, according to dehydration typology. Ongoing investment in the care sector should address staff-to-resident ratios and enhance staff training on the detection and prevention of dehydration.

Pharmacy and medication management

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

Polypharmacy and pattern of medication use in community-dwelling older adults: A systematic review.

Hsu, H.-F., Chen, K.-M., Belcastro, F. and Chen, Y.-F. (2021),
J Clin Nurs. <https://doi.org/10.1111/jocn.15595>

Aim

To synthesise current study findings on the diseases and the corresponding medications that are potentially associated with polypharmacy in community-dwelling older adults.

Background

Polypharmacy is receiving increased attention as a potential problem for the older population. Although several scientific investigations have studied polypharmacy, most of them were carried out in long-term care facilities or mixed settings rather than in community settings solely.

Residential care

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

Sialorrhoea Management Practices in Residential Older Adults Care Settings: A Qualitative Study.

Varley, LP, Gooney, M, Denieffe, S, Murphy, A.

J Nurs Manag. 2020; 00: 1– 9. <https://doi.org/10.1111/jonm.13236>

The aim of this research was to explore both older adults' and health care professionals' experience and views of sialorrhoea management practices in older adult residential care settings.

Background

Sialorrhoea is quite a bothersome symptom among patients with certain neurological conditions. The complexity of sialorrhoea and its complications can be quite challenging for health care professionals. In the management of sialorrhoea, a multidisciplinary approach is proposed as an effective way of sialorrhoea management.

Causal links associated with missed residential aged care.

Blackman, I, Henderson, J, Weger, K, Willis, E.

J Nurs Manag. 2020; 28: 1909– 1917. <https://doi.org/10.1111/jonm.12889>

Aims

To estimate and model the types and frequencies of care that nurses and carers self-identify as being missed in the Australian residential aged care sector.

Background

The study advances missed care research to explore how the care of elderly Australians is compromised.

Care dependency and management of urinary incontinence in nursing homes: A descriptive study.

Huion, A, De Witte, N, Everaert, K, Halfens, RJG, M.G.A. Schols, J.

J Adv Nurs. 2020; 00: 1– 10. <https://doi.org/10.1111/jan.14702>

To explore the differences in managing urinary incontinence in residents in nursing homes aged 65 years or older in relation to their care dependency.

Workforce

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

Predictors of job satisfaction of registered nurses providing care for older adults.

Shaheen, AM, Al- Hniti, M, Bani Salameh, A, Alkaid-Albqoor, M, Ahmad, M.

J Nurs Manag. 2020; 00: 1– 8. <https://doi.org/10.1111/ionm.13147>

Background

The population worldwide is ageing. This has required the nursing profession to respond to the growing demands of providing nursing care to this population.

Purpose

To identify predictors of job satisfaction among registered nurses providing care for older adults.

Striving for Gerotranscendence: Preparing Nursing Students to Care for the Aging Population

Jillian Ciriello, MSN, RN; Cherry Karl, PhD, RN, CNE

Journal of Nursing Education. 2020;59(9):536-538

<https://doi.org/10.3928/01484834-20200817-12>

BACKGROUND:

The population of older adults in America is increasing rapidly, but many prelicensure nursing students do not understand the unique needs of these patients. Educational methods are needed that foster a mindset of research and inquiry to help older adults thrive.

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, Chang, H-C.

J Clin Nurs. 2020; 29: 4561– 4572. <https://doi.org/10.1111/jocn.15484>

Aim and objectives

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.

News letters, reports and publications

New Zealand Aotearoa Pandemic Response Policy for Aged Residential Care

The purpose of the New Zealand Aotearoa Pandemic Response Policy for Aged Residential Care is to provide nationally consistent guidance for aged residential care (ARC) stakeholders to prepare for, prevent and respond to an epidemic or pandemic. [Read more](#)

Articles of interest

New study to investigate how to improve support for older people with learning disabilities

A palliative care expert from London's Kingston University is teaming up with the University of Oxford and The Open University to investigate how to improve support for older people with learning disabilities and their family carers. [Read more](#)

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Teaching strategies and activities to enhance students' clinical placement in residential aged care facilities: a scoping review,

McCloskey, Rose; Keeping-Burke, Lisa; Donovan, Cindy; Cook, Jessica; Witherspoon, Richelle; Lignos, Nicholas

JBIEvidence Synthesis: November 2020 - Volume 18 - Issue 11 - p 2302-2334 doi: 10.11124/JBISIR-D-19-00334

The purpose of this scoping review was to examine teaching strategies and activities used in nursing students' clinical placement in residential aged care facilities.

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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