



**NZNO College of Gerontology Nurses  
monthly news bulletin  
Friday 5 March 2021**

**Updates from the College**

We now have a Facebook page!

Please follow us on the [College of Gerontology](#) Facebook page. We aim to provide you with interesting online articles, any updates about the College but most importantly connect with people who share the same passion of gerontology nursing as us.

**Consultation**

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

**Draft Guidance on Staying Mentally Healthy When Working From Home**

Over the last year work-from-home has become common for many office workers. NZNO welcomes your feedback on the attached draft guidance from WorkSafe. The guidance has been developed for workers who frequently do office-type work in their home, or an equivalent location, rather than at their business premises. It contains practical steps for managing the mental health risks that can arise from working for home.

**Changes to Pharmac's Advisory Committee's**

NZNO welcomes your feedback on PHARMAC's proposal to change how committees advise them on medicines and consumer experiences.

**New Zealand**

**Proposed staffing cuts upset workers at Timaru's Strathallan complex concerned for elderly ...**

New Zealand **Nurses** organisation organiser for Strathallan Life Care Village-Rest Home and Hospital Stephanie Duncan. Duncan suspects the ... [Read more](#)

**Clinical practice**

**Steps outlined to reduce postop delirium in older adults**

(HealthDay)—In an article published online Jan. 4 in the British Journal of Anaesthesia, six recommendations are presented that can be implemented by anesthesiologists and their partners to reduce the incidence of delirium. [Read more](#)

**Goal-setting in geriatric rehabilitation: can the nursing profession meet patients' needs? A narrative review.**

Vaalburg, AM, Wattel, E, Boersma, P, Hertogh, C, Gobbens, R

Nursing Forum. 2021; 1– 12. <https://doi.org/10.1111/nuf.12562>

To provide an overview of patients' needs concerning goal-setting, and indications of how those needs can be met by nurses. [Read more](#)

## **Covid-19**

### **COVID vaccine consent for aged-care residents: it's ethically tricky, but there are ways to get it right**

The much anticipated rollout of the Pfizer-BioNTech COVID-19 vaccine will begin in Australia on Monday.

The first groups to receive the jab will be quarantine and border workers, frontline health-care workers, aged-care and disability-care workers, and aged-care and disability-care residents. [Read more](#)

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

### **Supporting people with dementia during the COVID-19 pandemic**

Linda Nazarko

Practice Nursing, Vol. 32, No. 2: 65-68.

People with dementia have experienced great disruption to their lives due to the pandemic. Linda Nazarko highlights the way individuals have been affected and how the practice nurse can support them

People with dementia and their caregivers have been severely affected by the COVID-19 pandemic. Isolation, a reduction in formal and informal support, and disruption to routine have contributed to feelings of loneliness and anxiety in people with dementia and their caregivers. The pandemic has led to staff shortages in health and social care, changes of care workers and a reduction in the level of support provided. These changes have affected the physical and mental health of people with dementia and increased their reliance on primary care. Practice nurses have a key role to play in supporting affected individuals.

### **Buddying up: implementing a personal protective equipment buddy system in a care home environment**

Karen Hayes and Gail Beckett

Nursing and Residential Care, Vol. 23, No. 2: 1-4.

With the third wave of COVID-19 once again gripping the country, care home staff are under increasing pressure. Karen Hayes and Gail Beckett outline the introduction of a personal protective equipment buddy system that was well received by those working in a care home environment in their locality.

## **Community/in-home care / Age friendly communities**

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

### **A concept analysis of interprofessional collaborative practice for community-dwelling older adults.**

Montano, A.

Nursing Forum. 2021; 1- 8. <https://doi.org/10.1111/nuf.12553>

Models of interprofessional collaborative practice have demonstrated improved outcomes for community-dwelling older adults. However, the concept of interprofessional collaborative practice for community-dwelling older adults needs

clarification and a clear definition. A concept analysis based on the method posited by Walker and Avant was conducted to formulate an operational definition of this concept. Defining attributes, antecedents, consequences and empirical referents were identified from a review of the literature. A model case and contrary case were selected to further clarify the concept of interprofessional collaborative practice for community-dwelling older adults. Nurses are ideal leaders of interprofessional teams caring for older adults and can utilize this concept in practice, education and research.

## **Dementia and mental health**

### **Cohort profile: Dementia in the Registry of Senior Australians**

Cations M, Lang CE, Ward SA, *et al*

*BMJ Open* 2021;**11**:e039907. doi: 10.1136/bmjopen-2020-039907

**Purpose** Clinical quality registries (CQRs) are being established in many countries to monitor, benchmark, and report on the quality of dementia care over time. Case ascertainment can be challenging given that diagnosis occurs in a variety of settings. The Registry of Senior Australians (ROSA) includes a large cohort of people with dementia from all Australian states and territories identified using routinely collected aged care assessment data. In ROSA, assessment data are linked to information about aged and health service use, medicine dispensing, hospitalisations and the National Death Index. The ROSA dementia cohort was established to capture people for the Australian dementia CQR currently in development who may not be identified elsewhere. [Read more](#)

### **Mobile memory clinic: implementing a nurse practitioner-led, collaborative dementia model of care within general practice.**

Pond Dimity, Higgins Isabel, Mate Karen, Merl Helga, Mills Dianne, McNeil Karen (2021)

*Australian Journal of Primary Health* 27, 6-12.

The limited capacity of secondary health services to address the increasing prevalence of dementia within the community draws attention to the need for an enhanced role for nurses working collaboratively with GPs in diagnosing and coordinating post-diagnostic care for patients with dementia. This study investigated the feasibility and acceptability of a nurse practitioner-led mobile memory clinic that was embedded within general practice and targeted to caring for patients and their carers in areas of socioeconomic disadvantage with poor access to specialist health services. Over the period from mid-2013 to mid-2014, 40 GPs referred 102 patients, with the nurse practitioner conducting assessments with 77 of these patients in their homes. Overall, there was a strong interest in this model of care by general practice staff, with the assessment and care provided by the nurse practitioner evaluated as highly acceptable by both patients and their carers. Nonetheless, there are financial and structural impediments to this model of care being implemented within the current Australian health service framework, necessitating further research investigating its cost-effectiveness and efficacy. [Read more](#)

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

### **LGBTQ+ people living with dementia: an under-served population**

Emily Cousins, Kay De Vries, and Karen Harrison Denning

*British Journal of Healthcare Assistants*, Vol. 15, No. 1: 26-35.

Background:

Lesbian, gay, bisexual, transgender and queer (LGBTQ+) people living with dementia are an under-served population. They are often at greater risk of vulnerability, discrimination, loneliness, health inequalities and poorer health outcomes.

Aims:

The aim of this applied practice paper was to produce an introductory summary of some of the challenges and considerations facing LGBTQ+ people living with dementia. This is the second in a series of clinical articles on dementia in underserved populations.

### **Insights to Identifying and Managing Pain in Persons With Dementia in Long-Term Care: A Mixed Methods Study Comparing the Abbey Pain Scale and Pain Assessment in Advanced Dementia Scale**

Suzanne Parkman,; Beth Mastel-Smith,; Anthony McGuire ... et al

Journal of Gerontological Nursing. 2021;47(2):21-30

<https://doi.org/10.3928/00989134-20210113-01>

Pain is usually identified by specific behaviors driven by the need for relief; however, persons with dementia present a unique challenge for nurses in assessing and managing pain. The aim of this mixed methods study was to explore the relationship between two observational pain scales, expressed need-driven behaviors, and likelihood of medication administration for persons with dementia. The qualitative strand examined nurses' perceptions regarding facilitators and barriers to pain scale use. Quantitative data analysis indicated the Abbey Pain Scale was significantly correlated with behaviors ( $r[26] = 0.41, p < 0.05$ ) and approached significance with medication administration ( $r[26] = 0.35, p = 0.067$ ). Qualitative analysis identified three core themes: (a) Challenges in Assessing Persons With Dementia for Pain; (b) Facilitators and Barriers to Pain Management; and (c) Difficulty Caring for Persons With Dementia. Clinical implications suggest the need for a systematic, consistent method of observing pain-related behaviors in persons with dementia. [Journal of Gerontological Nursing, 47(2), 21–30.]

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

Pu, L, Moyle, W.

J Clin Nurs. 2020; 00: 1– 16. <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 remain unclear.

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

#### **Choir singing may have positive effects on cognitive functioning of elderly people**

Alongside the effects of lifestyle, including physical exercise and diet, on aging, research has increasingly turned its attention to the potential cognitive benefits of musical hobbies. However, such research has mainly concentrated on hobbies involving musical instruments. [Read more](#)

## **Differences in walking patterns could predict type of cognitive decline in older adults**

Researchers are studying how different patterns in the way older adults walk could more accurately diagnose different types of dementia and identify Alzheimer's disease. [Read more](#)

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## **Sleep disturbances in bereaved older people: a review of the literature**

Cassandra Godzik

Mental Health Practice. doi: 10.7748/mhp.2020.e1492

Sleep disturbances are often seen in older people who have recently experienced the death of a loved one, such as a partner or spouse. Older family carers are particularly at risk of mood and sleep disturbances, not only after the death of the person they were caring for but also beforehand. Sleep disturbances can be treated with psychotropic medicines, but these are not adequate in older people because of the risk of falls, fractures and road accidents. Cognitive behavioural therapy for insomnia is a non-pharmacological intervention that has been found to be beneficial in bereaved older carers.

This article offers a systematic review of the literature on sleep disturbances in bereaved older people. One of the main findings is that sleep disturbances may begin before the loved one's death, during the caregiving period. More research is needed on sleep disturbances in bereaved older people – notably in those aged ≥85 years, in partners or spouses from same-sex couples, into long-term symptoms post-bereavement, and into sleep interventions provided before the loved one's death.

## **Nutrition and hydration**

### **Effects of nursing nutrition interventions on outcomes in malnourished hospital inpatients and nursing home residents: A systematic review,**

Gerda H. van den Berg, Getty G.J. Huisman-de Waal, Hester Vermeulen, Marian A.E. de van der Schueren,

International Journal of Nursing Studies, Volume 117,2021,103888,

ISSN 0020-7489, <https://doi.org/10.1016/j.ijnurstu.2021.103888>.

Malnutrition in institutionalized patients is associated with adverse outcomes and increased costs. Nurses have a crucial role in the recognition and treatment of malnutrition and empowering patients in nutritional care. [Read more](#)

## **Pharmacy and medication management**

### **Three quarters of healthy older Australians use complementary medicines**

A new study has revealed that 75% of healthy Australians aged over 70 years report using complementary medicines either daily or occasionally – sparking concerns over the marketing and promotion of these medicines, and renewed calls for tighter regulation of the industry. [Read more](#)

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## **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>

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*

#### **Maintaining professional boundaries in the care home**

Aysha Mendes

Nursing and Residential Care, Vol. 23, No. 2: 1-3.

Feeling empathy for those you care for is essential, especially in relation to those more vulnerable residents in nursing and residential care settings. However, because of this, maintaining personal and professional boundaries can sometimes be difficult. Aysha Mendes offers guidance for those seeking to look after themselves while they selflessly care for others.

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

Watson, K. and Hatcher, D. (2021),

J Clin Nurs, 30: 136-144. <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.

### News letters, reports and publications

#### **Royal Commission into Aged Care Quality and Safety final report: care, dignity and respect (Australia)**

In this report, titled Care, Dignity and Respect, the two Royal Commissioners, Tony Pagone QC and Lynelle Briggs AO, call for fundamental reform of the aged care system in Australia.

For too long, they say, the legislation that governs aged care in Australia has focused on the funding requirements of aged care providers rather than the care needs of older people. They propose a clearly articulated purpose for the new aged care system. [Read more](#)

### Articles of interest

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

#### **Advocating for LGBTQ+ older adults: a review of the role of executive nurses.**

Taha S, Bernard, L, Holmes D et al (2020)  
Nursing Management. doi: 10.7748/nm.2020.e1965

Over the past four decades, the number of people aged over 60 years has increased worldwide, and within this population there has been a proportional increase in people with diverse sexual orientations and gender identities. Executive nurses have an important leadership role in challenging heterocisnormative care practices in healthcare environments that affect the well-being of older adults who are lesbian, gay, bisexual, transgender, queer or questioning and others (LGBTQ+). This article reports on the findings of a secondary analysis of data extracted from an earlier scoping review to provide recommendations for executive nurses on how to advocate for LGBTQ+ older adults and create safe and inclusive healthcare environments for them.

### **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.

## **Professional development**

### **Alzheimers NZ Conference**

Abstract submission now open!

18th-19th November 2021, Auckland

Living with dementia: Taking action for a better future

Te noho rangatira me te mate wareware: Te kōkiri kaupapa mō ngā rā e tū mai nei

Submit a conference abstract and come and share your research, experience, knowledge, ideas and insights.

We invite abstracts reflecting the following programme themes:

Dementia rights are human rights

Becoming dementia friendly

Initiatives that make a difference

Supporting our diversity

Preserving well-being in times of community crisis.

The safety and wellbeing of everyone is our top priority. We will make sure the Conference can run safely at different Covid-19 alert levels. More information will become available as arrangements are confirmed.

[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: [nznoogerontology@gmail.com](mailto:nznoogerontology@gmail.com)

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**Linda Stopforth, BA, Dip Bus; NZLSC, RLIANZA**  
PO Box 315 WELLINGTON 6140  
PH: 04-383-6931 or 021-107-2455  
email: [stop4th@xtra.co.nz](mailto:stop4th@xtra.co.nz)



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