



**NZNO College of Gerontology Nurses  
monthly news bulletin  
Friday 2 April 2021**

**Consultation**

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

**Review of the National Ethical Standards for Health and Disability Research and Quality Improvement**

NZNO welcomes your feedback on the revised National Ethical Standards for Health and Disability Research and Quality Improvement.

**New Zealand**

**Understaffing's Dire Impacts On Aged Care Highlighted**

Caregivers Week was established by the New Zealand Nurses Organisation College of Gerontology Nursing to celebrate the significant contribution ... [Read more](#)

**Nurses stand up for aged-care minimum staffing**

The people who built New Zealand are being let down by the Government in their old age, the New Zealand Nurses Organisation (NZNO) says. [Read more](#)

**Advanced care planning**

**Te whakamahere tiaki i mua i te wā taumaha : Advance care planning**

Advance care planning is the process of thinking about, talking about and planning for future health care and end of life care. These sections provide information about ACP for consumers and clinicians. [Read more](#)

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

**Healthcare professionals' perceptions of advance care planning in palliative care unit: a qualitative descriptive study.**

Kuusisto, A., Santavirta, J., Saranto, K. and Haavisto, E. (2021),  
J Clin Nurs, 30: 633-644. <https://doi.org/10.1111/jocn.15578>

Aims and objectives

To describe healthcare professionals' perceptions of advance care planning (ACP) in palliative care unit in hospital ward or outpatient clinic.

Background

Clinical guidelines recommend timely ACP as a central component of patient-centred palliative care. However, the ACP concept and terminology have been judged to be confusing, and practices are not established. Professionals' views are needed for ACP adoption and usage.

## Clinical practice

### **Coping strategies of older adults with a recent hip fracture within inpatient geriatric rehabilitation,**

Maaïke N. Scheffers-Barnhoorn, Manju Sharma-Virk, Romke van Balen, Monica van Eijk & Wilco P. Achterberg (2021)

Aging & Mental Health, DOI: [10.1080/13607863.2021.1891199](https://doi.org/10.1080/13607863.2021.1891199)

Coping strategies may play an important role as facilitator or barrier for functional recovery after hip fracture. This study explored 1] active and passive coping strategies in hip fracture patients within inpatient geriatric rehabilitation (GR) 2] the association of these coping strategies with depression, anxiety, pain and health-related quality of life (HRQoL)

[Read more](#)

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

### **Management of delirium within intraoperative settings for older adults with hip fracture: a scoping review.**

Coyne, E., White, L.B. and Grealish, L. (2021),  
J Clin Nurs. <https://doi.org/10.1111/jocn.15720>

The aim was to identify evidence-based delirium management interventions which are, and could be, undertaken within the intraoperative setting for older patients undergoing hip fracture repair surgery.

### **A narrative review of preventive measures for postoperative delirium in older adults**

Priya Shaji and Catherine McCabe  
British Journal of Nursing, Vol. 30, No. 6: 367-373.

Postoperative delirium (POD) is an acute neurological condition associated with changes in cognition and attention and disorganised thinking. Although delirium can affect patients from any age group, it is common in older patients and could lead to a longer hospital stay and a higher risks of mortality. This article presents findings from a literature review that identifies various strategies used by health professionals globally to prevent POD. A database search resulted in 25 articles that met the inclusion criteria. Thematic analysis and coding were used to combine recurrent ideas that emerged from the literature. Three themes were identified: early identification and screening, modifiable risk factors, and preventive interventions. Further research focusing on education and improving awareness about POD among nurses is essential.

## Covid-19

### **New Research Finds Elders Living In Fear Of COVID-19**

Tauranga social gerontologist Carole Gordon says New Zealand needs to restore social connectedness for our Elders who are anxiously limiting their lives because they fear COVID-19. [Read more](#)

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

### **A small-scale approach to aged and dementia care**

Dementia is a growing challenge. Every day, 250 Australians are diagnosed with dementia, and this number is expected to rise to 318 people per day by 2025 — care settings are ill-equipped. If we don't address dementia as a specific care need, the

cost to our country will become unmanageable as families and care workers struggle. [Read more](#)

## **Dementia and mental health**

### **Experts Reveal How Those With Dementia See The World**

More than 70,000 people in New Zealand live with dementia, often cared for by relatives and/or friends. [Read more](#)

### **Dementia App For Māori Launches**

An app to help Māori affected by mate wareware (dementia) and to raise awareness of the disease has been launched. [Read more](#)

### **Facilitators and barriers to implement nurse-led interventions in long-term dementia care: a qualitative interview study with Swiss nursing experts and managers.**

Hirt, J., Karrer, M., Adlbrecht, L. et al.

BMC Geriatr 21, 159 (2021). <https://doi.org/10.1186/s12877-021-02120-1>

To support the implementation of nurse-led interventions in long-term dementia care, in-depth knowledge of specific supporting factors and barriers is required. Conditions and structures of caring for people with dementia differ widely, depending on the country and the care context. Our study aimed to describe the experiences and opinions of nursing experts and managers with regard to facilitators and barriers to the implementation of nurse-led interventions in long-term dementia care. [Read more](#)

### **Loneliness during the COVID-19 pandemic,**

Lena Dahlberg (2021)

Aging & Mental Health, [DOI: 10.1080/13607863.2021.1875195](https://doi.org/10.1080/13607863.2021.1875195)

Responses to the COVID-19 pandemic in terms of physical distancing risk collateral damage such as increased loneliness. Older adults have been identified as being at higher risk of poor outcomes if infected and in many countries have been subjected to greater restrictions on physical contacts with others. Most research so far points towards an increase in loneliness during the pandemic. However, there has been a lack of prospective studies based on representative samples of older adults, with the oldest old, older adults with low or no Internet usage, and those in poor health currently underrepresented. Despite the significance of cultural norms for individuals' standards for social relations and, thus, the experience of loneliness, there has been a lack of comparative research on loneliness in older adults during the pandemic. Reviews have found little evidence for what interventions and what elements of interventions are effective in reducing loneliness. There is potential for social relations to be maintained via technology-based solutions, although there is a risk of excluding older adults with limited resources who are both least likely to use technology and most vulnerable to loneliness. Furthermore, remote social contacts cannot fully compensate for the loss of physical contacts. Where stay-at-home orders are not imposed, supporting neighbourliness and the community use of accessible open spaces are other options. Finally, policy responses to the pandemic need to be more nuanced and non-ageist in order to avoid unnecessary increases in loneliness in older adults. [Read more](#)

### **The prevalence and determinants of inappropriate sexual behaviour in people with acquired brain injury in nursing homes.**

Kohnen, R.F., Lavrijsen, J., Akkermans, R., Gerritsen, D. and Koopmans, R. (2021), J Adv Nurs. <https://doi.org/10.1111/jan.14817>

Establishing the prevalence of inappropriate sexual behaviour, concurrent challenging behaviours and the determinants of inappropriate sexual behaviour among patients with acquired brain injury ≤65 years of age in Dutch nursing homes.  
[Read more](#)

### **Involuntary treatment in dementia care at home: Results from the Netherlands and Belgium.**

Mengelers, AMHJ, Moermans, VRA, Bleijlevens, MHC, et al.

J Clin Nurs. 2020; 00: 1– 10. <https://doi.org/10.1111/jocn.15457>

Aims and objectives

To gain insight into the request, use and associated factors of involuntary treatment in people with dementia (PwD) receiving professional home care in the Netherlands and Belgium.

Background

Most of the PwD remain living at home as long as possible. Due to complex care needs, this can result in an increased risk for care provided against the wishes of the client and/or to which the client resists, referred to as involuntary treatment.

[Read more](#)

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### **In-home dementia caregiving is associated with greater psychological burden and poorer mental health than out-of-home caregiving: a cross-sectional study,**

S. Brini, A. Hodkinson, A. Davies, S. Hirani, R. Gathercole, R. Howard & S. P. Newman (2021)

Aging & Mental Health, DOI: [10.1080/13607863.2021.1881758](https://doi.org/10.1080/13607863.2021.1881758)

Caregivers who live with a person with dementia who receives care, compared with those who live elsewhere, are often considered to experience greater levels of psychological and affective burden. The evidence for this is, however, only limited to studies employing small sample sizes and that failed to examine caregivers' psychological wellbeing. We address these issues in a large cohort of dementia caregivers.

### **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*

### **Palliative and end of life care for people with advanced dementia.**

Sharp B, Henderson J, Brown M et al (2020) Nursing Older People.

[doi: 10.7748/nop.2020.e1191](https://doi.org/10.7748/nop.2020.e1191)

This article, the last in a series on living with advanced dementia, considers the status and direction of palliative care as it applies to people with dementia and explores contemporary issues regarding advanced dementia and end of life, with a focus on guidance for practitioners and support for best practice. It identifies that open communication, clear information and a person-centred approach adopted as early as possible in the syndrome can make this period less distressing. Crucially, people at the end of life should be offered care in line with best practice in palliative and end of life approaches.

### **Falls management**

**Fall prevention behaviour after participation in the Stepping On program: a pre–post study.**

Tiedemann A, Purcell K, Clemson L, Lord SR, Sherrington C. Public Health Res Pract. 2021;31(1):330122004. First published: 22 April 2020. Objective: The Stepping On program has been shown to prevent falls among community-dwelling people in a research setting and was implemented statewide by the New South Wales (NSW) Ministry of Health in 2008. This study measured ongoing fall prevention strategies and behaviours undertaken by Stepping On participants during the 6 months after program completion. Secondary objectives were to document participant satisfaction with the program, and to identify motivators for, and barriers to, fall prevention behaviour and uptake of the strategy. [Read more](#)

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

### **Shake those hips and move your body to uplift the spirit**

Maori Television is launching a new show called *Ōranga Ngākau* to amplify kaumātua issues and keep them fit using Zumba.

At 70 years old, Yvonne Te Wanahi Edwards says age should not be a barrier to stop exercising. "I love helping the elderly stay active and it gives me so much joy to share my passion for exercise." [Read more](#)

## **Sound and vision**

### **NZ Study Finds Preventing And Treating Hearing Loss Reduces Prevalence Of Loneliness**

The high prevalence of prolonged loneliness is a problem both within New Zealand and around the world. Loneliness New Zealand is committed to not only highlighting this problem but also discovering solutions for those experiencing loneliness.

[Read more](#)

## **Articles of interest**

### **Qualitative analysis of challenges and enablers to providing age friendly hospital care in an Australian health system.**

Mudge, A.M., Young, A., McRae, P. *et al.*

*BMC Geriatr* 21, 147 (2021). <https://doi.org/10.1186/s12877-021-02098-w>

With ageing global populations, hospitals need to adapt to ensure high quality hospital care for older inpatients. Age friendly hospitals (AFH) aim to establish systems and evidence-based practices which support high quality care for older people, but many of these practices remain poorly implemented. This study aimed to understand barriers and enablers to implementing AFH from the perspective of key stakeholders working within an Australian academic health system. [Read more](#)

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### **Development and psychometric testing of the Gerontological Nursing Competence (GeroNursingCom) instrument.**

Tohmola, A, Saarnio, R, Mikkonen, K, Kyngäs, H, Elo, S.

*J Adv Nurs*. 2021; 77: 1070– 1084. <https://doi.org/10.1111/jan.14609>

Aim

To develop and psychometrically test an instrument – GeroNursingCom – that measures gerontological nursing competence of nursing students.

Design

An instrument development guided by COSMIN guidelines.

## Professional development

### **Team-based approach to behavioral health emergencies**

Pre-defined roles and training can help address disruptive client incidents.

[Read more](#)

The College now has 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.

*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: [nznogerontology@gmail.com](mailto:nznogerontology@gmail.com)

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