



NZNO Gerontology Nurses Section monthly news bulletin Friday 5 April 2019

Consultation

NZNO is presently consulting with members on a range of issues. The full outline can be found at: http://www.nzno.org.nz/get_involved/consultation

Official Information Act (OIA)

The OIA allows people to request official information held by Ministers and specified government agencies. It contains rules for how such requests should be handled and provides a right to complain to the Ombudsman in certain situations. NZNO seeks your feedback on how the OIA is working in practice to inform a decision by MoJ as to whether to progress a review of this legislation. Your feedback will help to inform a decision on whether to review the OIA or whether instead to keep the focus on practice improvements.

Please find links to more information

at <https://consultations.justice.govt.nz/policy/access-to-official-information/> and

MoJ's privacy policy at:

https://consultations.justice.govt.nz/privacy_policy/

Please send feedback to leanne.manson@nzno.org.nz by 11 April 2019.

Clinical issues

Health Literacy and the Older Adult

Every day, low health literacy results in patients' misunderstanding the instructions of their clinicians, sometimes with very serious consequences. Mr C did not understand his clinician's verbal and written instructions and took too much fast-acting insulin at breakfast

FRAILTOOLS study protocol: a comprehensive validation of frailty assessment tools to screen and diagnose frailty in different clinical and social settings and to provide instruments for integrated care in older adults

Marta Checa-López† ... et al

BMC Geriatrics 2019;19:86

Dozens of scales and questionnaires have been used in the detection of frailty; however, a generalized method for its screening and diagnosis is still lacking in clinical settings. FRAILTOOLS' main objective is to evaluate the usefulness of frailty scales in the detection of frailty in different clinical and social settings, and its integration in management algorithms for the frail older patient.

This article is not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution

Cook, G, Hodgson, P, Hope, C, Thompson, J, Shaw, L. **Hydration practices in residential and nursing care homes for older people.** J Clin Nurs. 2019; 28: 1205– 1215. <https://doi.org/10.1111/jocn.14727>

Aim

To scope and explore hydration practices in care homes.

Background

Older residents do not regularly consume adequate fluids to support health.

Achieving this is difficult with residents who have coexisting health, sensory and functional problems, as well as challenging hydration habits.

Resthome nursing shortage: 'Worst it's been in last 12 months'

Resthomes say they are exhausted by the constant struggle to find nurses to replace those they lose to better paid jobs in public hospitals.

Urgent need for dementia services in New Zealand

A growing demand for services is placing pressure on New Zealand's largest provider of free dementia support services, Dementia New Zealand.

Community/in-home care / Age friendly communities

The "dementia village" that's redefining elder care

How would you prefer to spend the last years of your life: in a sterile, hospital-like institution or in a village with a supermarket, pub, theater and park within easy walking distance? The answer seems obvious now, but when Yvonne van Amerongen helped develop the groundbreaking Hogeweyk dementia care center in Amsterdam 25 years ago, it was seen as a risky break from tradition. Journey with van Amerongen to Hogeweyk and get a glimpse at what a reimagined nursing home based on freedom, meaning and social life could look like.

What's a nursing home combined with a childcare center? A hopeful model for the future of aging

Imagine a place for the elderly that's also filled with the sounds of kids playing. Marc Freedman goes to Singapore to investigate a new model for intergenerational living.

Older people living well with in-home support

5 MAR 2019

Sarah Russell

Research Matters

This Australian report begins with some background information about the aged care reforms, the different types of inhome care, consumer directed care, the wellness and reablement model and recent research.

The research findings are divided into three main sections. The first section describes what is working well for those who receive in-home care. The second section describes older people and their family's perception about what is not working well. In the final section, participants share their suggestions about how to improve both home care packages and the Commonwealth Home Support Programme. Some suggestions for improvement have already been funded through the *More Choices for a Longer Life* budget measure.

Dementia and mental health

Healthy Eating and Alzheimer's Disease

Eating healthy foods helps everyone stay well. It's even more important for people with [Alzheimer's disease](#). Here are some tips for [healthy eating](#).

[Spotting Depression in Older Adults](#)

Depression in older adults is a serious and under-recognized problem. Its symptoms tend to be somewhat different than in younger people, and often get attributed to normal aging.

Gold C, Eickholt J, Assmus J, et al

[Music Interventions for Dementia and Depression in ELderly care \(MIDDEL\): protocol and statistical analysis plan for a multinational cluster-randomised trial](#)

BMJ Open 2019;9:e023436. doi: 10.1136/bmjopen-2018-023436

Introduction In older adults, dementia and depression are associated with individual distress and high societal costs. Music interventions such as group music therapy (GMT) and recreational choir singing (RCS) have shown promising effects, but their comparative effectiveness across clinical subgroups is unknown. This trial aims to determine effectiveness of GMT, RCS and their combination for care home residents and to examine heterogeneity of treatment effects across subgroups.

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Jihye Lee & Moonhee Gang (2019) **The Moderating Effect of Communication Behavior on Nurses' Care Burden Associated with Behavioral and Psychological Symptoms of Dementia**, *Issues in Mental Health Nursing*

DOI: [10.1080/01612840.2018.1553005](https://doi.org/10.1080/01612840.2018.1553005)

This study analyzed the moderating effect of the communication behavior that impacts the care burden of nurses who care for people with behavioral and psychological symptoms of dementia (BPSD). Through the Johnson-Neyman method and SPSS PROCESS Macro, the moderating effect of communication behavior was analyzed. The results showed that communication behavior has a moderating effect on the care burden of nurses of people with BPSD. The results of this study can provide basic data for the development and evaluation of the communication behavior program to reduce the care burden of nurses.

Xiaoling Xiang, Shiyu Wu, Ashley Zuverink, Kathryn N. Tomasino, Ruopeng An & Joseph A. Himle (2019) **Internet-delivered cognitive behavioral therapies for late-life depressive symptoms: a systematic review and meta-analysis**, *Aging & Mental Health*, DOI: [10.1080/13607863.2019.1590309](https://doi.org/10.1080/13607863.2019.1590309)

Background: This study aimed to review and synthesize evidence related to the effectiveness of internet-based cognitive behavioral therapy (iCBT) for reducing depressive symptoms in older adults.

Method: The authors conducted a systematic review of intervention studies testing iCBT for symptoms of depression in older adults. An initial search of PubMed, PsychINFO, and Web of Science was undertaken, followed by a manual search of reference lists of the relevant articles. The Cochrane Risk of Bias Tool was used to appraise study quality. The mean effect size for included studies was estimated in a random effects model. Meta-regression was used to examine potential moderators of effect sizes.

[Elder abuse](#)

Hidden in the Shadows: Detecting and Addressing Elder Abuse

Elder abuse can be defined as “intentional or neglectful acts by a caregiver or ‘trusted’ individual that lead to, or may lead to, harm of a vulnerable elder.”¹ It is often a “hidden offence, often perpetrated against vulnerable people, many with memory impairment, by those on whom they depend.”²

This article is not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution

Carol Truong, David Burnes, Ramona Alaggia, Alyssa Elman & Tony Rosen (2019) **Disclosure among victims of elder abuse in healthcare settings: a missing piece in the overall effort toward detection**, Journal of Elder Abuse & Neglect, DOI: [10.1080/08946566.2019.1588182](https://doi.org/10.1080/08946566.2019.1588182)

Elder abuse remains a largely hidden problem in our society and only a small minority of victims are connected to formal support/protective services. Healthcare settings have been identified as a critical milieu to uncover cases of elder abuse; however, under-detection in these settings is a major issue. Victimization disclosure is an important component within the overall detection effort, yet it has received little attention in the elder abuse literature. Drawing on relevant literature from other domains of family/interpersonal violence, this article highlights the disclosure process, as well as disclosure barriers, facilitators, and competencies to consider when working with older adults.

Falls management

Preventing elderly falls through low-cost community events

Accidental falls are the leading cause of morbidity and mortality among older adults in the United States. While a number of measures can be taken to prevent dangerous and costly spills, a report from the University of Vermont shows that free community-based screenings are effective in influencing older adults to take preventative measures against falls. What's more, physical therapists are poised to make meaningful assessments at these events.

Effects of exergame training combined with omega-3 fatty acids on the elderly brain: a randomized double-blind placebo-controlled trial

Alexandra Schättin ... et al
BMC Geriatrics 2019 19:81

Older adults often suffer from age- and behavior-related brain changes affecting neuronal functioning and, therefore, cognitive and motor functions. The improvement of these functions might decrease falls and improve mobility. Previous studies indicate that video game-based physical exercise, so-called exergames, or omega-3 fatty acids (FAs) improve motor and cognitive functioning through brain adaptations. The aim of this study was to assess the effects of exergame training combined with fish oil supplementation on neuronal system levels in the brain and behavioral measurements in older adults. We hypothesized that the combination would differently affect these factors compared to the sole administration of exergame.

Grealish, L, Chaboyer, W, Darch, J, et al. **Caring for the older person with cognitive impairment in hospital: Qualitative analysis of nursing personnel reflections on fall events.** J Clin Nurs. 2019; 28: 1346–

1353. <https://doi.org/10.1111/jocn.14724>
Aims and objectives

To explore nurse and nursing assistant reflections on the care of older patients with cognitive impairment who have experienced a fall.

Background

While there are evidence-based clinical guidelines for the prevention and management of falls and for the care of older people with cognitive impairment, the falls rates for older people with cognitive impairment are three times as high as those without.

Healthy ageing (put social, nutrition, quality of life)

Kaumātua Mana Motuhake: A study protocol for a peer education intervention to help Māori elders work through later-stage life transitions

John G. Oetzel ... et al

BMC Geriatrics 2019;19:36

The Aotearoa/New Zealand population is ageing and numerous studies demonstrate with this phenomenon comes increases in non-communicable diseases, injuries and healthcare costs among other issues. Further, significant inequities exist between Māori (Indigenous peoples of Aotearoa/New Zealand) and non-Māori around poor ageing and health. Most research addressing these issues is deficit oriented; however, the current research project takes a strengths-based approach that highlights the potential of kaumātua (elders) by asserting mana motuhake (autonomy, identity and self-actualisation). We believe that the esteem of elders in Māori culture signals transformative potential. Specifically, this project utilises a 'tuakana-teina' (older sibling/younger sibling) peer-educator model, where kaumātua work with other kaumātua in relation to health and wellbeing. The objectives of the project are (a) to develop the capacity of kaumātua as peer educators, whilst having positive impacts on their sense of purpose, health and wellbeing; and (b) to enhance the social and health outcomes for kaumātua receiving the intervention.

Attitudes about health affect how older adults engage with negative health news

To get older adults to pay attention to important health information, preface it with the good news about their health. That's one takeaway from a study that found older adults are more willing to engage with negative health information when they have a positive attitude about their health.

Ageing well: evaluation of social participation and quality of life tools to enhance community aged care (study protocol)

Lindsey Brett ... et al

BMC Geriatrics 2019 19:78

Several outcome measures can be utilised to measure social participation and Quality of Life (QoL) in research and clinical practice. However there have been few large-scale trials of these tools in community care to identify their value to clients and providers. This study aims to evaluate the implementation of the Australian Community Participation Questionnaire (ACPQ) and the ICEpop CAPability measure for Older people (ICECAP-O) as tools to measure social participation and QoL for clients receiving community aged care services. The specific research questions focus on determining: (1) the levels and predictors of social participation and QoL among older adults using community aged care services; (2) the acceptability and feasibility of implementation of ACPQ and ICECAP-O tools into routine community aged care assessments; (3) if implementation of the tools change service provision and outcomes for older adults receiving community aged care services.

Holm AL, Berland AK, Severinsson E. [Factors that influence the health of older widows and widowers—A systematic review of quantitative research](https://doi.org/10.1002/nop2.243). *Nursing Open*. 2019;00:1–21. <https://doi.org/10.1002/nop2.243>

To examine factors that influence the health of older widows and widowers. The review question was: What is the evidence of the relationship between widowhood and health in older adults?

[Preparing older citizens for global climate change](#)

February 2019 Vol. 14 No. 2

Author(s): Margarete L. Zalon, PhD, RN, ACNS-BC, FAAN

Collaborate and advocate to meet patient needs and implement policy change.

Takeaways:

- *Older adults have increased vulnerability to the effects of climate change because of greater exposure to the impact of climate change as well greater susceptibility due to aging-associated changes.*
- *Nurses have an opportunity to help older citizens prepare for the impact of climate change in their practice and through advocacy efforts in their communities and beyond.*
- *The impact of climate change on older adults can be addressed with mitigation efforts designed to reduce the underlying causes of climate change and adaptive strategies consisting of secondary preventive efforts designed to reduce the impact on health.*

[Older people are more digitally savvy, but aged care providers need to keep up](#)

Older adults are more digitally connected than ever, even though their uptake of internet-based technologies [remains lower](#) than for younger age groups.

Christiansen, L, Sanmartin Berglund, J, Lindberg, C, Anderberg, P, Skär, L. [Health-related quality of life and related factors among a sample of older people with cognitive impairment](https://doi.org/10.1002/nop2.265). *Nursing Open*. 2019; 00: 1–11. <https://doi.org/10.1002/nop2.265>

This study aimed to identify factors affecting health-related quality of life (HRQoL) of older adults with cognitive impairment and to describe the association of these factors with different components of HRQoL.

[Pharmacy and medication management](#)

[Medication administration in nursing homes: A qualitative study of the nurse role](#)

Kristian Ringsby Odberg, Britt Sætre Hansen, Sigrid Wangensteen

Nursing Open. 2019; 6: Pages: 384-392 | First Published: 28 November 2018

Aims

The objective of this study was to expand the knowledge of the nurse role during medication administration in the context of nursing homes. The following research question guided the study: How can the nurse role during medication administration in nursing homes be described?

[Residential care](#)

[Resident-to-Resident Aggression in Patients With Dementia](#)

In an article published in the *Journal of Bioethical Inquiry*, Alisa Grigorovich, PhD, from the Toronto Rehabilitation Institute-University Health Network, Ontario, Canada,

and colleagues discussed the issue of resident-to-resident aggression (RRA) among persons living with dementia in long-term care settings.

Workforce

Summit calls for aged care staffing review after 'shocking' research report

The New Zealand Nurses Organisation and E tÄ« are holding a summit in Wellington today (13 March) calling for a review of staffing standards for residential aged care - and for new and better standards to be made mandatory. The organisations are also launching a report on their joint research which reveals that standard care is missed or delayed in almost every shift, and that aged care staff frequently face distress and exhaustion in their work.

Overstretched aged care staff say residents 'lie in pain rather than making a fuss'

Unions are calling for a review of staffing standards for residential aged care, after a [survey of members](#) found residents worrying they are a burden to overworked staff.

'Rotten care': Elderly rest home residents dying due to low level of help - union

Elderly living in rest homes are getting around six minutes of care an hour and unions are warning some residents are dying as a result.

Aged care workers 'sitting in their cars and crying'

Elderly care sector unions are calling on the government to review staffing standards for residential aged care.

Professional Development

University of Tasmania – Preventing Dementia

Course opens: 14th May 2019

Course duration: 4 weeks

Course closes: 28th June 2019 (content is accessible across 6 weeks)

Cost: FREE

For more information: <https://mooc.utas.edu.au/courses/preventing-dementia-2019-05>

News letters, reports and publications

Age UK's Personalised Integrated Care Programme: Evaluation of impact on hospital activity

“Age UK's Personalised Integrated Care Programme (PICP) is a scheme that aims to improve the lives of older people through practical support, underpinned by a change in the way that the health and care system works together for these people locally.

The scheme is targeted at older people who are deemed to be at risk of a future emergency admission. Age UK commissioned the Nuffield Trust to determine whether the programme has been able to reduce cost pressures on health and care systems and whether there has been any impact on the levels of hospital use of the older people referred to Age UK's programme.” *Source: Nuffield Trust*

Dementia-friendly sport and physical activity guide: supporting people affected by dementia to lead more active lives in their community

“This practical guide shares good practice from across the sport and physical activity sector on how to make activities more suitable for people affected by dementia. It

includes ways to make activities more suitable to people who are starting an activity for the first time or after a period of inactivity. Sections highlight key actions to help in: developing dementia awareness and providing training and support; planning and adapting activities; and ensuring accessible environments.” *Source: Social Care Online*

For feedback please contact your section administrator:
[nznogerontology@gmail.com](mailto:nznoqerontology@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



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