



NZNO Gerontology Nurses Section monthly news bulletin Friday 1 February 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

Therapeutic Products Regulatory Scheme - HIGH IMPORTANCE

NZNO seeks your feedback on a new scheme for the regulation of medicines. The proposed Therapeutic Products Bill will replace the Medicines Act 1981. It will cover all therapeutic products and medical devices, and controls on clinical trials, product approvals, and prescribing procedures. NZNO welcomes the proposed alignment of medicines with health practitioner regulation. We anticipate this will remove outdated legislative barriers to nursing, reduce the use of standing orders, and lead to a more effective use of the health workforce.

The consultation document accompanying the draft Bill sets out clearly how the scheme will work in practice. Chapter C details what the new scheme would mean for different sectors and health practitioner groups eg C8 (p.116) describes 'controlled activities' such as prescribing, issuing standing orders. (Note that it is proposed to remove the category of delegated prescribers.)

These proposed, and long awaited changes to medicines regulation are of SINGULAR IMPORTANCE to the profession and practise of nurses, midwives and allied health workers. We strongly urge all NZNO members and member groups to read and discuss the proposed scheme carefully and provide feedback.

Consultation document

Draft Bill

(Note that low-risk natural health products, including rongoā Māori and dietary supplements will be regulated separately. <https://www.health.govt.nz/our-work/regulation-health-and-disability-system/natural-health-and-supplementary-products>).

Please send feedback to sue.gascoigne@nzno.org.nz by 31 March 2019.

Health and Disability System Review

Phase one of the review is underway with the Review Committee seeking responses to a short list of questions on what people want from health and disability system. Nurses and the nursing support team are an integral part of the health and disability

system, and NZNO seeks member feedback on the [questions which can be found here](#):

Please send feedback to leanne.manson@nzno.org.nz by 28 February 2019.

Position statement: Violence and aggression towards nurses

A position statement on violence and aggression towards nurses that clearly states the unacceptability of this behavior in the work context of nurses has been requested.

This would be in addition to the other resources that NZNO provides on managing situations of conflict, de-escalation and health and safety in workplaces.

The draft attached has had input from NZNO staff members and was drafted using research about nurses and colleagues in other health professions who are subjected to verbal and physical violence and aggression at work.

Please send feedback to sue.gasquoine@nzno.org.nz by 15 February 2019.

Read or Download

- [2018-12-07 Consultation v2](#) (355 KB)

Clinical issues

'Hidden pain' in aged care: delayed and missed care commonplace - survey

Aged care residents are missing out on basic care, including regular showering and toileting, as staff struggle with overwhelming workloads, new research suggests.

Community/in-home care / Age friendly communities

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

Heng JL, Fan E, Chan EY. **Caregiving experiences, coping strategies and needs of foreign domestic workers caring for older people.** *J Clin Nurs.* 2019;28:458–468. <https://doi.org/10.1111/jocn.14619>

In societies with ageing populations, foreign domestic workers are essential to provide care for older people in the community. Despite an increasing trend of employing foreign domestic workers as live-in caregivers to older people, limited research has been done to understand their caregiving experiences and coping strategies.

Dementia and mental health

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

Pu L, Moyle W, Jones C, Todorovic M. **Psychosocial interventions for pain management in older adults with dementia: A systematic review of randomized controlled trials.** *J Adv Nurs.* 2019;00:1–13. <https://doi.org/10.1111/jan.13929>

To assess the effectiveness of psychosocial interventions on pain in older adults living with dementia.

Self-harm in adults: a comparison between the middle-aged and the elderly

NZMJ

1st February 2019, Volume 132 Number 1489

Yu Mwee Tan, Gary Cheung

Suicide is a worldwide phenomenon that remains not fully understood despite the immense effort put into researching this public health issue. The World Health Organization estimates an annual global-age-standardised suicide...

Specialist mental health care for older adults in New Zealand—an exploration of service models and routine data

NZMJ

1st February 2019, Volume 132 Number 1489

Ruth Cunningham, Debbie Peterson, Adam Sims

Specialist mental health services in New Zealand report data into the Programme for Integration of Mental Health Data (PRIMHD), the Ministry of Health's single national mental health and addiction information

End of life care

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

Leung, D. Y., Chan, H. Y., Yau, S. Z., Chiu, P. K., Tang, F. W. and Kwan, J. S.

(2019), **A video-supported nurse-led advance care planning on end-of-life decision making among frail geriatric patients: Protocol for a randomized controlled trial.** J Adv Nurs. Accepted Author Manuscript. doi:[10.1111/jan.13959](https://doi.org/10.1111/jan.13959)

To examine the effect of a video-supported nurse-led advance care planning to frail geriatric patients on end-of-life decision making outcomes in patients and their carers.

Falls management

Long-term exercise by older adults tied to lower risk of falls

(Reuters Health) - Older adults who have exercised regularly for at least a year may be less likely to experience falls or related injuries than their less active peers, a research review suggests.

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

'Old age is not a disease' says creator of ward cafe lifting patients' spirits

Combatting feelings of isolation in the elderly by increasing social interaction is the idea behind a successful ward-style café being run at Tauranga Hospital.

Every Monday and Thursday the Health in Ageing Ward's patient lounge becomes a hive of activity as patients mingle in their very own café. The idea was the brainchild of Healthcare Assistant Josie Bidois and Physio Assistant Annie Duffy as a way of improving patients' rehabilitation journeys and wellbeing.

Pet therapy: Animals as healers

Animal-assisted therapy can reduce pain and anxiety in people with a range of health problems.

Positive and negative well-being and objectively measured sedentary behaviour in older adults: evidence from three cohorts

- Judith A. Okely ... et al on behalf of the Seniors USP team

*BMC Geriatrics*2019**19**:28

Sedentary behaviour is related to poorer health independently of time spent in moderate to vigorous physical activity. The aim of this study was to investigate whether wellbeing or symptoms of anxiety or depression predict sedentary behaviour in older adults.

Effectiveness of an intervention in multicomponent exercise in primary care to improve frailty parameters in patients over 70 years of age (MEFAP-project), a randomised clinical trial: rationale and study design

- M. V. Castell ... et al
*BMC Geriatrics*2019**19**:25

Physical activity may reverse frailty in the elderly, but we encounter barriers to the implementation of exercise programs in this population. Our main aim is to evaluate the effect of a multicomponent physical activity program, versus regular medical practice, on reverting pre-frailty status among the elderly, 12 months post-intervention.

Pharmacy and medication management

Odberg KR, Hansen BS, Wangensteen S. **Medication administration in nursing homes: A qualitative study of the nurse role**. *Nursing Open*. 2018;00:1–9. <https://doi.org/10.1002/nop2.216>

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?*

Multidisciplinary intervention to improve medication safety in nursing home residents: protocol of a cluster randomised controlled trial (HIOPP-3-iTBX study)

- Olaf Krause ... et al
*BMC Geriatrics*2019**19**:24

Medication safety is an important health issue for nursing home residents (NHR). They usually experience polypharmacy and often take potentially inappropriate medications (PIM) and antipsychotics. This, coupled with a frail health state, makes NHR particularly vulnerable to adverse drug events (ADE). The value of systematic medication reviews and interprofessional co-operation for improving medication quality in NHR has been recognized. Yet the evidence of a positive effect on NHR' health and wellbeing is inconclusive at this stage. This study investigates the effects of pharmacists' medication reviews linked with measures to strengthen interprofessional co-operation on NHR' medication quality, health status and health care use.

Residential care

Interventions maintaining eating Independence in nursing home residents: a multicentre qualitative study

- Alvisa Palese ... et al
*BMC Geriatrics*2018**18**:292

Despite 32 years of research and 13 reviews published in the field, no intervention can be considered a gold standard for maintaining eating performance among residents with dementia. The study aim was to highlight the interventions derived from tacit knowledge and offered daily in assisting eating by healthcare professionals (HCPs) in nursing homes (NHs).

This article is not freely available but may be located using the databases available to readers via a DHB or tertiary institute library or from the NZNO library

Stephanie A. Chamberlain, Wendy Duggleby, Pamela Teaster & Carole Estabrooks(2019) **Characteristics and unmet care needs of unbefriended residents in long-term care: a qualitative interview study**, Aging & Mental Health, DOI: [10.1080/13607863.2019.1566812](https://doi.org/10.1080/13607863.2019.1566812)

Objectives: This study explored the impact of being ‘unbefriended’ for residents in Canadian long-term care (LTC) homes. Residents are ‘unbefriended’ if they lack decision-making capacity and family or friends to act as their legal representative. Research suggests that unbefriended individuals may have unmet needs and experience poor quality of care due to their limited social support. Our specific objectives were to identify resident characteristics, their unmet care needs, and implications for quality of care and quality of life.

Cultural safety

This article is not freely available but may be located using the databases available to readers via a DHB or tertiary institute library or from the NZNO library

Montayre J, Neville S, Wright-St Clair V, Holroyd E, Adams J. **Late-life living and care arrangements of older Filipino New Zealanders**. *J Clin Nurs*. 2019;28:480–488. <https://doi.org/10.1111/jocn.14625>

Aims and objectives

To explore the living and care arrangement plans of older Filipino immigrants in New Zealand.

Background

New Zealand is rapidly becoming the host to an increasing number of ageing Filipino immigrants. Despite this sizeable population growth of ageing Filipinos in New Zealand, still very little is known about this ethnic group's care needs and living arrangement preferences in later life within the New Zealand context.

Workforce

Aged care workers raise serious concerns about understaffing

Staff shortages in aged care are causing basic care for elderly people to be missed, a survey has found.

Professional development

Giving Feedback – 3 Models for Giving Effective Feedback

With new graduate nurses starting in hospitals around Australia over the next few weeks, it's a good time to think about how we give feedback that is both professionally delivered, and effectively received.

41st Annual Enrolled Nurse Section NZNO Conference

Midlands Regional Enrolled Nurse Section are hosting the 41st Annual Enrolled Nurse Section NZNO conference 21st-23rd May 2019. For more information and to register

for the conference please refer to:

https://www.nzno.org.nz/groups/colleges_sections/sections/enrolled_nurses/conferences_events.

Early bird registration close 22nd March 2019. Late registrations close 26th April 2019.

Wellbeing

10 ways to help your mental health in 2019

Currently one in five Australians experience mental ill health every year. Australian Psychological Society President Ros Knight says people who spend a lot of time caring for others need to make time to care for their own mental health.

The above bulletin has been compiled by Linda Stopforth, SNIPS, on behalf of NZNO Gerontology Nurses Section.

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 Section members.

All links are current at the time of being compiled and distributed.

For feedback please contact your section administrator:

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