

NZNO Gerontology Nurses Section monthly news bulletin Friday 7 June 2019



NEW ZEALAND
NURSES
ORGANISATION | TŌPŪTANGA
TAPUHI
Kaitiaki o Aotearoa
Monday 4 and Tuesday 5 May 2020
WELLINGTON



Save the date!

For more information please refer to the NZNO Gerontology Section website.

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

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

Enhanced Drug Impaired Driver Testing – Discussion Document

NZNO is seeking feedback on options to improve the drug-driver testing process including:

- the methods that could be used to screen and test for drugs;
- the circumstances in which a driver should be tested;
- what drugs should be tested for and
- how an offence for drug driving should be dealt with by police.

A new framework for drug-impaired driving should be considered in the context of the Government's overall objective of addressing the health needs of individuals who harm themselves by using drugs.

[Please review this discussion document here](#)

Please send feedback to policyanalysts@nzno.org.nz by 21 June, 2019.

Clinical issues

Delirium: A podcast with Sharon Inouye

In this week's GeriPal podcast we discuss delirium, with a focus on prevention. We are joined by internationally acclaimed delirium researcher **Sharon Inouye**, MD, MPH. Dr Inouye is Professor of Medicine at Harvard Medical School and Director of the Aging Brain Center in the Institute for Aging Research at Hebrew SeniorLife.

Dr. Inouye's research focuses on delirium and functional decline in hospitalized older patients, resulting in more than 200 peer-reviewed original articles to date. She has

developed and validated a widely used tool to identify delirium called the **Confusion Assessment Method (CAM)**, and she founded the **Hospital Elder Life Program (HELP)** to prevent delirium in hospitalized patients.

[There's almost always a better way to care for nursing home residents than restraining them](#)

As [Australia's aged care royal commission](#) hears testimony about the treatment of people with dementia in residential aged care, the use of restraints is front and centre.

[Effects of the frailty phenotype on post-operative complications in older surgical patients: a systematic review and meta-analysis](#)

Binru Han, Qiuping Li and Xi Chen

BMC Geriatrics 2019:141

<https://doi.org/10.1186/s12877-019-1153-8>

Frailty has been generally associated with adverse events in older patients under surgery. Frailty phenotype is the most widely used instrument in the research literature. However the effect of the frailty phenotype on post-operative events was still unclear. The purpose of this systematic review was to explore the association between frailty phenotype and post-operative complications among surgical patients aged 60 years and over.

[Effectiveness of a tele-rehabilitation intervention to improve performance and reduce morbidity for people post hip fracture - study protocol for a randomized controlled trial](#)

Yafit Gilboa ... et al

BMC Geriatrics 2019 19:135

<https://doi.org/10.1186/s12877-019-1141-z>

Most surviving hip-fracture patients experience reduced mobility and lose some of their functional ability, which increases the risk of complications and rehospitalization. Post-discharge transitional programs to reduce readmissions and disabilities have shown some success. Telerehabilitation refers to the use of technologies to provide rehabilitation services to people in their homes. Considering the need for long-term follow-up care for people with hip fracture, in-home telerehabilitation could increase independence, decrease hospital stays and reduce the burden for caregivers. The objective of this study is to investigate the effectiveness of an intervention program based on telerehabilitation on activities of daily living (ADL), quality of life (QOL), depression and burden on caregivers compared to face-to-face home visits and usual care of community-dwelling older adults after hip fracture.

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

Jácome, M. , Rego, N. and Veiga, P. (2019), **Potential of a nurse telephone triage line to direct elderly to appropriate health care settings**. *J Nurs Manag.* Accepted Author Manuscript. doi:[10.1111/jonm.12809](https://doi.org/10.1111/jonm.12809)

To explore the potential of a nurse health triage telephone line to advise and guide elderly users' decisions regarding the appropriate health care setting and self-care.
Background

Ageing is a concern in many countries and poses important challenges to health care services. Triage and advice lines can play an important role for the (re)organisation of health care delivery. Discussion has been focused on the capacity of these lines to reduce inappropriate demand for acute and emergency departments.

Caregivers

Teaching happiness to dementia caregivers reduces their depression, anxiety

Caring for family members with dementia -- which is on the rise in the US -- causes significant emotional and physical stress that increases caregivers' risk of depression, anxiety and death. A new method of coping with that stress by teaching people how to focus on positive emotions reduced their anxiety and depression after six weeks, reports a new national study. It also resulted in better self-reported physical health and positive attitudes toward caregiving.

Grimsland, F, Seim, A, Borza, T, Helvik, A-S. Toileting difficulties in older people with and without dementia receiving formal in-home care—A longitudinal study. *Nursing Open*. 2019; 00: 1– 12. <https://doi.org/10.1002/nop2.289>

To estimate the prevalence of toileting difficulties over time among older people (≥70 years) with and without dementia receiving formal in-home care at baseline and to explore whether dementia at baseline was associated with toileting difficulties at the last assessment when adjusting for relevant covariates. We hypothesize that those with dementia have a higher prevalence and that baseline dementia is associated with toileting difficulties at last follow-up.

Community/in-home care / Age friendly communities

Study tests telephone-based care program for at-risk homebound seniors

Something as simple as a phone call could be a way to alert health care providers and caregivers that an elderly person suffering from dementia may be spiraling down to dangerous self-neglect, according to researchers at The University of Texas Health Science Center at Houston (UTHealth).

Health deficits in community dwelling adults aged 40 to 75 years

Susan Gordon ... et al

BMC Geriatrics 2019;19:148

<https://doi.org/10.1186/s12877-019-1152-9>

Background

Middle and older years are associated with age related health deficits but how early this begins and progresses is poorly understood. Better understanding is needed to address early decline and support healthier ageing outcomes.

Dementia and mental health

Police have investigated five cases in five years of dementia sufferers causing fatal injuries to others

People with dementia are amongst society's most vulnerable. But they can also lash out and hurt others, and on rare occasions that leads to a death. Tony Wall investigates for [The Homicide Report](#).

'Boot camp for the brain': Dementia therapy gives Auckland man his confidence back

When Cliff Miller was diagnosed with dementia, his confidence and self-esteem took a big hit.

Miller, 71, from Auckland's North Shore, was diagnosed with vascular dementia in February 2018.

[A look into life with dementia: 49 people tell their stories for Alzheimers NZ](#)

Neighbours chat to his partner for half an hour, but with him they say hello and keep walking.

That's the experience of a Kiwi man with dementia - one of 49 people to share their stories in research for Alzheimers New Zealand.

[LIVED EXPERIENCE OF DEMENTIA](#)

This is our story

A qualitative research report on living with dementia

This is the story of living with dementia in New Zealand.

This report tells the story of the diverse lives and experiences of 49 New Zealanders living with dementia and explores what it means to them to live well with dementia.

Alzheimers NZ commissioned this report with Litmus to share these experiences – with other people living with dementia, for those supporting people with dementia, and with decision-makers.

[Dementia: Te Ao Māori](#)

Misdiagnosis of dementia among Māori is the focus of a three-year field study by Dr. Margaret Dudley, with the aim of developing more effective assessment tools and care for Māori.

[Lifting the lid on discrimination in geriatric mental health](#)

Following the finding that there are a lack of mental health services for older people, a survey has been launched to investigate discrimination in geriatric mental health.

Disaster preparedness for people with Alzheimer's

Get more information about [disaster preparedness for people with Alzheimer's](#)

People with Alzheimer's disease can be especially vulnerable during disasters like severe weather, fires, floods, earthquakes, and other emergency situations.

Caregivers should [prepare emergency kits](#) and store them in a watertight container.

A kit for a person with Alzheimer's may include:

Incontinence undergarments, wipes, and lotions

Pillow, toy, or something the person can hold onto

Favorite snacks and high-nutrient drinks

Physician's name, address, and phone number

[Copies of legal, medical, insurance, and Social Security information](#)

Waterproof bags or containers to hold medications and documents

Recent photos of the person

Warm clothing and sturdy shoes

Spare eyeglasses and hearing-aid batteries

Medications

Flashlights and extra batteries

Yous, M.-L., Ploeg, J., Kaasalainen, S., & Martin, L. S. (2019). [Nurses' Experiences in Caring for Older Adults With Responsive Behaviors of Dementia in Acute Care](#). *SAGE Open Nursing*. <https://doi.org/10.1177/2377960819834127>

Introduction: Approximately 56,000 individuals with dementia were admitted to Canadian hospitals in 2016, and 75% of them experience responsive behaviors. Responsive behaviors are words or actions used to express one's needs (e.g., wandering, yelling, hitting, and restlessness). Health-care professionals perceive these behaviors to be a challenging aspect in providing care for persons with dementia.

Aims: This study explores the perceptions of nurses about (a) caring for older adults with dementia experiencing responsive behaviors in acute medical settings and (b) recommendations to improve dementia care.

End of life care

Lost in Translation: Google's Translation of Palliative Care to 'Do-Nothing Care'

My colleagues often ask me: "Why are Chinese patients so resistant to hospice and palliative care?" "Why are they so unrealistic?" "Don't they understand that death is part of life?" "Is it true that with Chinese patients you cannot discuss advance directives?"

As a Chinese speaking geriatrician and palliative care physician practicing in Flushing, NY, I have cared for countless Chinese patients with serious illnesses or at end of life. Invariably, when Chinese patients or families see me, they ask me if I speak Chinese. When I reply "I do" in Mandarin, the relief and instant trust I see on their faces make my day meaningful and worthwhile.

Falls management

Home exercise program reduces falls among older adults

A home-based strength and balance retraining exercise program can significantly reduce subsequent falls in adults 70 years or older who have previously fallen, according to a study in JAMA.

Quality improvement toolkit using falls prevention as a topic of interest

The Health Quality & Safety Commission developed a quality improvement toolkit in 2016 as part of its focus on reducing harm from falls. The aim was to provide a resource that could be used in aged residential care to help facility teams build their skills to undertake quality improvement work. The toolkit provides a foundation-level introductory guide to key aspects of quality improvement science.

Hospitals fall short in teaching fall prevention to departing patients

Falls are a leading cause of hospitalizations and emergency room visits among older adults, but until now, little was known about the relationship between falls and hospital readmissions.

Understanding carers' fall concern and their management of fall risk among older people at home

Seng Giap ... et

BMC Geriatrics 2019;19:144

<https://doi.org/10.1186/s12877-019-1162-7>

Many older people (care recipients) experience long-term psychological distress due to the fear of falling again. Falls can affect carers due to concerns about their care recipients falling. Understanding carers' fall concern is crucial to determine if carers are coping with the provision of care or have adequate knowledge and support in preventing their care recipients from falling at home.

Healthy ageing (social, nutrition, quality of life)

Loneliness and isolation pushing elderly into aged care

Loneliness, social isolation and burnt-out carers are pushing physically and mentally well elderly into aged care facilities, a University of Otago, Christchurch, study has found.

[Driving with Mild Dementia: How Safe Is It?](#)

If someone is diagnosed with early-stage dementia, does that mean his or her driving days are immediately over? Not necessarily, say [new U.K. guidelines that address driving with dementia](#).

[A whole new world](#)

Virtual reality can transport aged-care residents to another country or open them to new experiences, all from the comfort of their armchair. Jarrah Cohen* explains how. Virtual reality (VR) is an emerging technology that fully immerses the user, giving a complete sense of presence within another location. Since its inception, VR has been developed for both industry and consumer use. Despite a peak in consumer interest in VR in 2016,¹ industry interest has continued to grow with major companies adopting it, such as Ford, Boeing and Walmart.²

Osth J, Diwan V, Jirwe M, *et al*

[Effects of yoga on well-being and healthy ageing: study protocol for a randomised controlled trial \(FitForAge\)](#)

BMJ Open 2019;**9**:e027386. doi: 10.1136/bmjopen-2018-027386

Introduction Due to ageing populations worldwide, the burden of disability is increasing. It is therefore important to develop interventions that improve healthy ageing, reduce disability onset and enhance life quality. Physical activity can promote healthy ageing and help maintain independence, yet many older adults are inactive. Yoga is a form of physical activity that aims to improve health and may be particularly suitable for older adults. Research indicates positive effects of yoga on several health-related outcomes; however, empirical studies examining the benefits of yoga on well-being among the elderly remain scarce. This study protocol reports the methodology for a 12-week yoga programme aimed to improve health and well-being among physically inactive older adults.

[Pharmacy and medication management](#)

[Inappropriate prescribing leads to poor outcomes in older adults](#)

(HealthDay)—Potentially inappropriate prescribing (PIP) is tied to increased health care utilization and poor outcomes among older individuals seen in primary care practices, according to a review published in the May/June issue of the *Annals of Family Medicine*.

[Residential care](#)

[Edale Aged Care rest home's dementia ward up and running again](#)

A Rangitīkei rest home that two years ago was struggling to stay afloat has reopened the dementia ward it was forced to close amid allegations of fraud and financial mismanagement.

['Robopets' can benefit health and wellbeing of older care home residents](#)

Robotic pets that respond to human interaction can benefit the health and wellbeing of older people living in care homes, a new study has found.

[Workforce](#)

[Rest homes say immigration decision will recruit vital overseas nurses](#)

TVNZ

"Rest homes in **New Zealand** have lost in the order of five or six hundred **nurses** - so its about 10 per cent of our **nurse** workforce - to public hospitals ...

Wellbeing

Mindfulness to promote nurses' well-being

Penque, Sue

Nursing Management. 50(5):38-44, May 2019.

Find out how one hospital introduced a mindfulness-based stress reduction program to increase work satisfaction and decrease burnout.

Articles of interest

Influencing factors that support and build aged care research capacity: Staff perspectives

Watson, Karen et al.

Collegian, Volume 0, Issue 0

Background

Strategic collaborative networks between care staff and researchers can be a powerful means of improving the provision of safe and quality care. Aged care staff hold vital information on research practicality and ease of implementation in the clinical setting. Aged care staff are best positioned to advise on a study's feasibility in the clinical environment and for the particular residents in their care, regardless of the fact that they are often not involved in the research process.

Aim

To explore aged care staff attitudes towards research particularly the influencing factors that promote and sustain care staff participation in research in the residential aged care facility (RACF) setting.

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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