



NZNO Gerontology Nurses Section monthly news bulletin Friday 1 March 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

Reform of Vocational Education

NZNO seeks your feedback on proposals for change to the vocational education sector which will affect the education and training of many members. Currently 16 institutes of technology and polytechnics receive \$500 million of government funding annually and are facing significant financial challenges with student numbers in decline, domestically by 1/3 in the last 10 years.

Please send feedback to sue.gasquoine@nzno.org.nz by **20 March 2019**

Proposed changes to national immigration policy

NZNO seeks your feedback on [proposed changes to employer-led temporary work visas](#) that aim to ensure these are matched where there are genuine skill shortages. Crucially for nurses and employers changes include:

- replacing the Essential Skills in Demand Lists with Regional Skills in Demand Lists and
- introducing sector agreements to ensure longer-term structural issues are addressed, so that sectors do not become reliant on migrant labour, at the risk of shutting out opportunities to New Zealander.

Please send feedback to policyanalysts@nzno.org.nz by **11 March 2019**

Clinical issues

Bed lever equipment kills two elderly people

Two elderly people have died after getting their heads trapped in the metal hoops of bed levers over the past couple of years, coronial findings say.

Community/in-home care / Age friendly communities

New models of home care

“Some innovative models and approaches to commissioning and delivering home care are emerging. This report explores those new approaches and considers their potential to provide care that is more closely aligned with what people want.” *Source: The King’s Fund*

[Best Brains Exchange report : innovative approaches and pathways used to integrate home and community care with primary health care for elderly persons in rural Canada](#)

“Currently, there are many practical and cost-effective solutions to help rural elderly residents remain in their homes and communities longer and stay out of long-term or acute care facilities. Some of these innovative approaches and practices can be drawn from the community; some from various levels of governments or the healthcare sector; and others from the non-profit or for-profit sectors. Given the existing stock of promising approaches, it is important to first learn from what currently exists rather than reinventing the wheel when seeking potential solutions. Practices and approaches that have proven effective in one rural community can often be adapted and scaled up in other rural communities— assuming the unique needs of each community and its residents are explicitly taken into account.” *Source: Canadian Institutes of Health Research*

[Dementia and mental health](#)

[Alzheimer's stages: How the disease progresses](#)

Knowing the five stages of Alzheimer's disease can help you understand what might happen with your loved one over time.

[A Patient's View of Alzheimer's](#)

We read about Alzheimer's disease—that the numbers are increasing, that it comprises 70% of all types of dementia, and that, so far, there is no real determinative cause or treatment. Some of us may know a person with AD. Some of us may even be caregivers for one. But how much do we really know about what is going on in the mind of that individual who day by day is losing both memory and sense of self?

Venables H, Wells Y, Fetherstonhaugh D. [Psychometric testing of the Older Patients in Acute Care Survey \(OPACS\) in Australian final year nursing students](#). *Nursing Open*. 2019;00:1–8. <https://doi.org/10.1002/nop2.238>

To assess the internal reliability and validity (content and criterion) of the Older Patients in Acute Care Survey (OPACS) as a measure of nurses' knowledge, attitudes and practices regarding care of older hospitalized patients in Australia.

Lea EJ, Goldberg LR, Price AD, Tierney LT, McInerney FJ. [Best intentions or best practice? A case study of the nutritional needs and outcomes of a person with dementia living in a residential aged care home](#). *Int J Nurs Pract*. 2019;25:e12692. <https://doi.org/10.1111/ijn.12692>

Aims

To evaluate the nutritional status and needs of a person with dementia living in an aged care home, including identification of barriers to, and effective strategies for, the provision of person-centred care.

Background

Nutrition and hydration care are integral to quality of life for adults with dementia, but there is little research on whether staff knowledge around effective care strategies for residents is translated into optimal care.

[Elder abuse](#)

[New tool for documenting injuries may provide better evidence for elder abuse cases](#)

Scientists have developed the first standardized framework for clinicians to document physical findings on older patients for better evidence in abuse cases.

Falls management

Many types of workouts may reduce falls in older adults

(Reuters Health) - Older adults who get regular exercise are less likely to experience falls than their counterparts who are inactive, a research review suggests.

Burgon C, Darby J, Pollock K, *et al*

Perspectives of healthcare professionals in England on falls interventions for people with dementia: a qualitative interview study

BMJ Open 2019;**9**:e025702. doi: 10.1136/bmjopen-2018-025702

To explore the experiences of healthcare professionals working in falls prevention and memory assessment services in providing assessments and interventions for falls risk reduction in people with dementia.

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

With age comes hearing loss and a greater risk of cognitive decline

In a new study, researchers report that hearing impairment is associated with accelerated cognitive decline with age, though the impact of mild hearing loss may be lessened by higher education.

Accelerated risk of mobility loss for people aged 60+ tied to excess weight/inactivity

The combination of excess weight/obesity and an inactive lifestyle represents a powerful joint risk factor for developing mobility loss after age 60, according to a new study.

Morning exercise linked to BP reduction in sedentary seniors

(HealthDay)—In sedentary overweight/obese older adults, morning exercise reduces systolic blood pressure, with additional benefit seen by combining exercise with regular breaks in sitting, according to a study published online Feb. 20 in *Hypertension*.

Jackson SE, Holter L, Beeken RJ

'Just because I'm old it doesn't mean I have to be fat': a qualitative study exploring older adults' views and experiences of weight management

BMJ Open 2019;**9**:e025680. doi: 10.1136/bmjopen-2018-025680

The aim of this study was to explore older adults' beliefs about the appropriateness of weight management, and how their experiences and expectations of weight management have changed as they have got older.

Older people with high health literacy have better physical functioning, fewer illnesses

How easy is it for older individuals to understand what their doctor tells them or to evaluate whether health information in the media is reliable? A new study on older Finnish people's health literacy found that one third of 75-year-old Finns find it difficult to understand and use health-related information.

News letters, reports and publications

The Australian Government has published the **Aged Care Diversity Framework** and a series of action plans to help the aged care sector to better cater for the diverse characteristics and life experiences of older Australians. The Framework and action plans were developed following extensive community consultations.

[Shared actions to support all diverse older people: a guide for aged care providers](#)

14 FEB 2019

[Department of Health \(Australia\)](#)

[Department of Health \(Australia\)](#)

Australia is a diverse nation, and this is reflected in the diversity of religion, spirituality, sexuality, culture, socio-economic background, geographic spread, medical and care needs, and personal experiences of our senior population. The Australian Government is committed to ensuring that all consumers of aged care can access information, and receive aged care services, appropriate for their individual characteristics and life experiences. The Aged Care Diversity Framework (the Framework), launched in December 2017, is a key part of achieving this.

[Actions to support lesbian, gay, bisexual, trans and gender diverse and intersex elders](#)

This document captures the voice of LGBTI people expressed through those consultations. It is intended both to help LGBTI people express their needs when speaking with aged care providers and as a resource to support people working in aged care to understand the perspectives of LGBTI people.

[Actions to support older culturally and linguistically diverse people](#)

This document captures the voice of people from Culturally and Linguistically Diverse (CALD) backgrounds expressed through those consultations. It is intended both to help people from CALD backgrounds express their needs when speaking with aged care providers and as a resource to support people working in aged care to understand the perspectives of CALD people.

[Professional Development](#)

[Health & Care Services for NZ's Ageing Population Conference](#)

The **Health and Care Services for New Zealand's Aging Population Conference** has been designed to support the system in preparing for the future. Identifying the key actions that all parts of the health and aged care systems need to be taking right now in order to meet future need.

Key topics that will be covered include:

- Explore the projections around future age-related need
- Reviewing the resourcing of future health and residential aged care systems
- Hear the latest from the Aged Residential Care Funding Model Review
- Examine the system transformations required to meet future demand
- Share the experiences of innovative, integrated, whole system approaches to older persons health and care services from across New Zealand and the world

www.conferenz.co.nz/oldagehealthcare

[Wellbeing](#)

Preventing Nurse Burnout

Working as a nurse can be tough. Because they are so focused on patients, they may not see when they're experiencing burnout—and that can lead to problems with themselves or with being able to properly care for patients.

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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