



**NZNO Mental Health Nurse
Section
Monthly news bulletin
Friday 30 October 2020**

NZNO / Section news

Consultation

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

New Zealand news

New mental health and addiction service for Thames

A new Step-Up Step-Down mental health service is now open in Thames, offering mental health and addiction services closer to home. [Read more](#)

Transgender People Who Experience Discrimination Are More Likely To Have Poor Mental Health Outcomes

Transgender people who experience discrimination and stigma are more likely to have poor mental health outcomes [Read more](#)

Mental health – general

No connection found between internet gaming disorder and psychiatric problems

Many of our children play a lot of computer games. Some youth play so much and develop such big problems that a new diagnosis called Internet Gaming Disorder (IGD) has been proposed. [Read more](#)

Asian communities

Suicide, family crisis, isolation: Asians' mental health on the decline, says advocacy group

From suicides to family crises, anxiety to isolation, the mental health of Asian New Zealanders is deteriorating and Covid is making it worse, says an advocacy group calling for a targeted mental health strategy for the country's diverse Asian communities. [Read more](#)

Bipolar disorder

Therapy plus medication better than medication alone in bipolar disorder

A review of 39 randomized clinical trials by scientists from UCLA and their colleagues from other institutions has found that combining the use medication with psychoeducational therapy is more effective at preventing a recurrence of illness in people with bipolar disorder than medication alone. [Read more](#)

Religious or Spiritual Experiences and Bipolar Disorder: A Case Study from the Perspective of Dialogical Self Theory

Eva Ouwehand, Hetty Zock and Hanneke Muthert

Religions 2020, 11(10), 527; [doi:10.3390/rel11100527](https://doi.org/10.3390/rel11100527)

In this article, a case study will be presented of a person with bipolar I disorder, who struggles to interpret his religious experiences and how they are related to the disorder. The analysis builds on a larger study into religious experiences within the context of bipolar disorder (BD). In this previous study, medical and religious explanatory models for religious experiences related to BD often appeared to go hand in hand in patients who have had such experiences. In this case study, the various 'voices' in the interpretation process over time will be examined from the perspective of the dialogical self theory of Hubert Hermans, in order to explore the psychological dimension of this process. The case study demonstrates that a 'both religious and pathological' explanatory model for religious experiences consists of a rich and changing variety of I-positions that fluctuate depending on mood episode.

Structured reflection from a spiritual and from a medical perspective over the course of several years helped this person to allow space for different dialoguing 'voices', which—in this case—led to a more balanced attitude towards such experiences and less pathological derailment. The systematic reflection on religious experiences by the person in the case study was mainly conducted without help of mental health care professionals and was not derived from a DST perspective. It could be argued, however, that DST could be used as a helpful instrument for the exploration of both medical and spiritual 'voices' in the interpretation of religious experiences in both clinical practice by hospital chaplains and by other professionals. [Read more](#)

Children and young people

Assessing mental health in vulnerable adolescents,

Farley, Holly R. EdD, RN . Nursing: October 2020 - Volume 50 - Issue 10 - p 48-53 doi: 10.1097/01.NURSE.0000697168.39814.93

A dramatic shift in adolescent risks and behaviors in recent years threatens adolescents' mental well-being more than ever. This article explores vulnerable adolescent populations, describes the importance of nurses in all categories of assessment for adolescent mental health, and identifies assessment strategies and immediate interventions for successful outcomes. [Read more](#)

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

Body-focused repetitive behaviors in youth with mental health conditions: A preliminary study on their prevalence and clinical correlates,

Valérie La Buissonnière-Ariza, Jeffrey Alvaro, Mark Cavitt,... et al (2020)

International Journal of Mental Health, DOI: [10.1080/00207411.2020.1824111](https://doi.org/10.1080/00207411.2020.1824111)

Body-focused repetitive behaviors (BFRBs) are recurrent behaviors targeting one or more body regions that may associate with negative outcomes. Little is known on their prevalence and correlates in psychiatric populations. This study examined the preliminary prevalence and correlates of BFRBs in 67 youth aged 9–17 years with primary anxiety-related disorders, mood disorders, or attention deficit and hyperactivity disorder (ADHD), using the Repetitive Body-focused Behavior Scale (RBBS), the Clinical Global Impressions scale, and the Behavior Assessment System for Children—2nd Edition, Behavioral & Emotional Screening System (BASC-2-BESS). Nearly half of the youth and parents reported significant child BFRBs on the RBBS. Additionally, 15% of the youth and 4.5% of the parents reported

significant child distress/impairment related to BFRBs. A primary diagnosis of ADHD associated with greater parent-reported BFRB rates, number, and severity. An increased proportion of girls vs. boys presented with child-reported BFRBs and associated distress/impairment. The presence of BFRBs across the sample was associated with increased internalizing and externalizing symptom severity as measured with the BASC-2-BESS. In addition, internalizing and externalizing symptom severity positively correlated with BFRB severity. Our results suggest youth with psychiatric conditions, especially ADHD, who present with elevated symptom severity, may be particularly at-risk for concomitant BFRBs.

Down syndrome

New Resource Aimed To Destroy Myths About Down Syndrome

The new Living with Down Syndrome publication will destroy myths and help overcome barriers for people with Down syndrome to reach their full potential. [Read more](#)

ECT

Lifesaver or memory thief? The reality of modern electroconvulsive therapy

They had tried everything. Sam* was in the orthopaedic unit, legs in traction, feet shattered from his third suicide attempt. [Read more](#)

ECT: Dispelling the myths and focusing on facts

For more than 7 decades, psychiatric nurses have been providing care to patients receiving electroconvulsive therapy (ECT). Despite ECT's waxing and waning history of use, it has remained a psychiatric treatment modality, predating modern medications. Nurses' attitudes about ECT are influenced by their patients' experiences, and nurses' attitudes impact their patients' general feelings about it. Dispelling ECT myths and promoting knowledge will help nurses provide accurate information and support patients. [Read more](#)

Foetal Alcohol Spectrum Disorder

Hungover for life

Ignorance and disbelief is causing thousands of New Zealanders each year to be incarcerated, placed in care or left to fend for themselves without proper support. Bruce Munro speaks to researcher Anita Gibbs about her campaign for change and hears from distraught parents pleading for help for their children with foetal alcohol spectrum disorder. [Read more](#)

'Epidemic' of FASD among Maori to come under spotlight - expert

A University of Otago researcher has been awarded a grant to undertake vital research on Fetal Alcohol Spectrum Disorder (FASD) which she says disproportionately affects Māori in epidemic proportions. [Read more](#)

Forensic Mental Health

Patient participation in forensic psychiatric care: Mental health professionals' perspective.

Selvin, M., Almqvist, K., Kjellin, L. and Schröder, A. (2020),
Int J Mental Health Nurs. doi:[10.1111/inm.12806](https://doi.org/10.1111/inm.12806)

Patient participation is a central concept in modern health care and an important factor in theories/models such as person-centred care, shared decision-making, human rights approaches, and recovery-oriented practice. Forensic psychiatric care involves the treatment of patients with serious mental illnesses who also have committed a crime, and there are known challenges for mental health staff to create a health-promoting climate. The aim of the present study was to describe mental health professionals' perceptions of the concept of patient participation in forensic psychiatric care. Interviews were conducted with 19

professionals and were analysed with a phenomenographic approach. The findings are presented as three descriptive categories comprising five conceptions in an hierarchic order: 1. create prerequisites – to have good communication and to involve the patient, 2. adapt to forensic psychiatric care conditions – to take professional responsibility and to assess the patient's current ability, and 3. progress – to encourage the patient to become more independent. The findings highlight the need for professionals to create prerequisites for patient participation through good communication and involving the patient, whilst adapting to forensic psychiatric care conditions by taking professional responsibility, assessing the patient's ability, and encouraging the patient to become more independent without adding any risks to the care process. By creating such prerequisites adapted to the forensic psychiatric care, it is more likely that the patients will participate in their care and take more own responsibility for it, which also may be helpful in the patient recovery process.

[Read more](#)

LGBTQ communities

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

The integral role of nurses in primary care for transgender people: A qualitative descriptive study.

Ziegler, E. (2020), Journal of Nursing Management. Accepted Author Manuscript. doi:[10.1111/jonm.13190](https://doi.org/10.1111/jonm.13190)

Aim

To understand nursing activities, training and key supports needed to provide primary care to transgender individuals.

Background

Discrimination, limited practitioner knowledge, and a deficiency of services contribute to healthcare barriers for transgender individuals. Literature demonstrating how primary care services are delivered, and more specially the role of nurses in this care, is lacking.

LGBT+ young people's perceptions of barriers to accessing mental health services in Ireland.

Higgins, A., Downes, C., Murphy, R., Sharek, D., Begley, T., McCann, E., Sheerin, F., Smyth, S., De Vries, J. and Doyle, L. (2020), Journal of Nursing Management. Accepted Author Manuscript. doi:[10.1111/jonm.13186](https://doi.org/10.1111/jonm.13186)

Aim

This paper aims to explore barriers to accessing mental health services in the Republic of Ireland from the perspectives of young LGBT+ people aged 14-25.

Background

Significant mental health disparities exist between LGBT+ young people and their cisgender and heterosexual peers, yet they do not have equitable access to mental health services. Limited research has explored barriers which exist for LGBT+ young people in accessing services, particularly from their perspectives.

Maternal mental health

Language Fluency Protects Pacific Mothers From Postpartum Mental Disorders

A Study Of Pacific Mothers In New Zealand Shows That Being Fluent In Both English And Pacific Languages May Decrease The Likelihood Of Mental Disorders Within A Two-year Postpartum Period. [Read more](#)

Peer support

Peer support worker training: Results of the evaluation of the Experienced Involvement training programme in Switzerland and Germany.

Hegedüs, A., Burr, C., Pfluger, V., Sieg, D., Nienaber, A. and Schulz, M. (2020), Int J Mental Health Nurs. doi:[10.1111/inm.12805](https://doi.org/10.1111/inm.12805)

The 'Experienced Involvement' (EX-IN) training programme prepares and certifies individuals who have experienced mental health problems to work as peer support workers and to support others challenged by similar conditions. We aimed to assess the impact of the EX-IN training on hope, self-efficacy, introspection, stigma resistance, personal recovery, health-related quality of life and employment in participants. Data was collected using standardized assessment instruments before the training started (*t*₁) and upon course completion (*t*₂). Data from 103 participants who participated in both measurement times were included into data analysis. Participants significantly improved their recovery, stigma resistance and introspection during the EX-IN training. In addition, a significant higher proportion of participants were employed at *t*₂. Participants whose last inpatient stay was 0–1 year before the start of the EX-IN training showed significantly lower levels of stigma resistance, and self-efficacy at *t*₁ than participants with two or more years since the last inpatient stay. There were no significant changes in mean values over time, or in the mean values at *t*₂ between the two groups. EX-IN training has a positive influence on the handling of stigma, on one's recovery path and introspection. This indicates that EX-IN training has a therapeutic effect on the participants. EX-IN training seems to meet the challenges of peer support work. Therefore, the training can be recommended as preparation for working as a peer support worker as well as an intervention to improve one's recovery process.

[Read more](#)

Personality disorders

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Borderline Personality Disorder: A Case for the Right Treatment, at the Right Dose, at the Right Time,

Katrina Campbell & Richard Lakeman (2020)

Issues in Mental Health Nursing, DOI: [10.1080/01612840.2020.1833119](https://doi.org/10.1080/01612840.2020.1833119)

There is now compelling evidence that a range of psychotherapeutic treatments are effective in the treatment of borderline personality disorder (BPD). Such treatments are often lengthy, expensive, subject to high rates of incompleteness and are rarely available to people with sub-threshold symptoms. There is broad agreement that some combination of vulnerability, invalidating environment, childhood adversity, disrupted attachment in childhood or trauma play a role in the aetiology of the syndrome of BPD. These factors also contribute to problems with the capacity to mentalise, regulate emotions, tolerate distress and impact on psychosocial development with or without self-damaging and suicidal behaviour. This column takes as a given that people with BPD should receive evidence-based psychological treatments such as dialectical behaviour therapy (DBT), interpersonal therapy and cognitive behavioural therapy in a sufficient dose to be helpful. However, to avert an escalating trajectory which may lead to a diagnosis of BPD the right dose of the right therapy at the right time is necessary. Under-dosing or ineffective psychotherapy can be potentially harmful. This column reviews the evidence, such as it is, for therapeutic approaches which may contribute to more skilful negotiation of life's difficulties and which may avert deterioration in mental health and quality of life in vulnerable individuals and families.

Pharmacy / prescribing

An overview of withdrawal syndromes following discontinuation of psychotropic drugs

The current issue of Psychotherapy and Psychosomatics reports an article that analyzes the data that are available on what may happen when psychotropic drugs are discontinued.

[Read more](#)

Psychosis

Understanding Identity Changes in Psychosis: A Systematic Review and Narrative Synthesis,

Maev Conneely, Philip McNamee, Veenu Gupta, John Richardson, Stefan Priebe, Janelle M Jones, Domenico Giacco,

Schizophrenia Bulletin, , sbaa124, <https://doi.org/10.1093/schbul/sbaa124>

Background and Objective

Experiencing psychosis can be associated with changes in how people see themselves as individuals and in relation to others (ie, changes in their identity). However, identity changes receive little attention in treatment, possibly due to a lack of clarity or consensus around what identity change means in people with psychosis. We aimed to create a conceptual framework synthesizing how identity changes are understood in the psychosis literature.

[Read more](#)

Restraint / Seclusion

The Six Core Strategies® for reducing seclusion and restraint

Te Pou is hosting a series of webinars to support the recent launch of the [Six Core Strategies Service Review Tool](#). This will involve a total of seven webinar sessions across October and December. Each session will focus on a specific area of the Six Core Strategies and will feature guest speakers who are strong supporters of least restrictive practice and the eventual elimination of seclusion [Read more](#)

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

Acute mental health nurses' experience of forcibly touching service users during physical restraint.

Bailey, J., Nawaz, R.F. and Jackson, D. (2020),
Int J Mental Health Nurs. doi:[10.1111/inm.12799](https://doi.org/10.1111/inm.12799)

Mental health nurses use forcible touch during physical restraint. Little research considers nurses' experiences and the meanings they give to forcible touch. This study investigated nurses' lived experiences of forcibly touching service users during physical restraint. A qualitative approach informed by phenomenology guided the study. The COREQ checklist ensured explicit and detailed reporting of the study. Fourteen nurses participated in semi-structured interviews analysed using a phenomenological process. The participants' experienced their touch during restraint as a problematic aspect of practice. They expressed preferences for holding different parts of the service user's body, described their proximity to the service user's body, and their experience of intimacy. The meanings of touch included forced, gentle, protective, and compassionate touches. Three themes revealed the complexity of this previously unproblematized area of nursing practice identified through their narratives. These were 'needing to justify', 'inconsistent knowing', and 'compassionate whilst careworn'. Physical restraint training requires reconceptualization towards touch to help

nurses connect with the meanings of their bodily contact with service users, and the potential influence upon care. Articulation of these touch meanings will help to develop a nursing discourse on this neglected area of nursing practice. Training courses orientate primarily towards techniques, whilst nurses' conversations about touch are unclear. Training courses and practice fora can enhance understanding of the nursing contribution to physical restraint by addressing the nature of nurses' bodywork. This discourse will help to reveal the complexity of this touch intervention, identify areas of good practice, and areas for practice development.

Self-harm

Risk of self-harm increases for boys and girls who experience earlier puberty

Boys and girls who experience puberty earlier than their peers have an increased risk of self-harm in adolescence, a study funded by the National Institute for Health Research Bristol Biomedical Research Centre (NIHR Bristol BRC) and published in the journal *Epidemiology & Psychiatric Sciences* today has found. [Read more](#)

Sport and exercise

Achieving physical health equity for people with experience of mental health and addiction issues

"This report provides the Equally Well collaborative with the latest evidence to inform and guide actions to achieve physical health equity for people with experience of mental health and addiction issues." [Read more](#)

Stigma

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Stigma in Mental Health,

Jones, Moniarae P.; Wynn, Stephanie T. Battling

Journal of Christian Nursing: October/December 2020 - Volume 37 - Issue 4 - p 228-231 doi: 10.1097/CNJ.0000000000000757

Stigma is consistently recognized as a major barrier in the recovery from mental illness (MI). In addition to stigma among the general population, the MI-related stigma among healthcare providers often creates critical obstacles to access and quality care. Nursing educators who used the photovoice participatory learning activity to teach students how to identify labeling and stigma observed an increase in mental health awareness.

Suicide

Vulnerable students: What if there are no red flags?

Every year about 580 people are lost to suicide in New Zealand, many of them students. A *Stuff* examination of 270 coroners' reports of student suicides from 2007 to 2019 found that one in three had no known mental health concerns. How can vulnerable students be helped in time when there are no red flags? Sam Sherwood and Mariné Lourens investigate. [Read more](#)

Trauma

PTSD and alcohol abuse go hand-in-hand, but males and females exhibit symptoms differently

Through intricate experiments designed to account for sex-specific differences, scientists have zeroed-in on certain changes in the brain that may be responsible for driving alcohol abuse among people with PTSD. In studies with rodents, researchers found that males and females exhibit their own distinct symptoms and brain features of PTSD and alcohol use

disorder. Such differences are not typically accounted for in laboratory-based studies yet could lead to more successful clinical treatments. [Read more](#)

General articles and reports

Laying foundations Attitudes and access to mental health nurse education

Mental health nurses account for more than a third of the mental health workforce in England and work across a wide range of health and care settings. However, this report finds that the pipeline of people choosing to study and qualify to become a mental health nurse is unable to meet sharply rising demand for this service. It looks at ways more people might be attracted to apply to study mental health nursing – and reasons why numbers are currently limited. [Read more](#)

Clients' Faith Experiences as an Opportunity or a Challenge for Psychotherapy: A Qualitative Analysis of Clinical Records

Aida Hougaard Andersen, Dorte Toudal Viftrup, Heidi Frølund Pedersen and Kirsten K. Roessler

Religions 2020, 11(10), 502; [doi:10.3390/rel11100502](https://doi.org/10.3390/rel11100502)

Faith experiences constitute important sources of meaning but also a risk of religious struggles. However, studies exploring the faith experiences of clients in relation to psychological functioning in psychotherapy are needed, especially in secularized countries. This study investigated how clients described faith experiences when addressed in psychotherapy, how they experienced faith in relation to coping, and how the experiences were integrated into the psychotherapy. Written records of 33 clients from a psychological clinic with outpatient care in Denmark were analyzed using interpretative phenomenological analysis. The most prevalent diagnoses among the clients were stress, depression, anxiety, and life crises. The clients reported that spiritual and religious beliefs functioned as sources of meaning and constituted either a strength, a challenge, or a combination of both. The psychosocial life and coping strategies of the clients were interwoven with faith experiences.

A psychological, resource-focused approach in relation to the clients' religious challenges seemed to help them toward a more flexible and resource-oriented faith. Assessing faith experiences as sources of meaning in a therapeutic approach focusing on the client's resources may increase both the psychological functioning of clients and the therapists' understanding of clients' lifeworlds. [Read more](#)

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Moral distress in acute psychiatric nursing: Multifaceted dilemmas and demands.

Jansen T-L, Hem MH, Dambolt LJ, Hanssen I.

Nursing Ethics. 2020;27(5):1315-1326. doi:[10.1177/0969733019877526](https://doi.org/10.1177/0969733019877526)

Background

In this article, the sources and features of moral distress as experienced by acute psychiatric care nurses are explored.

Nursing care in mental health: Human rights and ethical issues

Carla Aparecida Arena Ventura, Wendy Austin, Bruna Sordi Carrara, ...et al

Nursing Ethics, 2020, Preprint

<https://doi.org/10.1177/0969733020952102>

People with mental illness are subjected to stigma and discrimination and constantly face restrictions in the exercise of their political, civil and social rights. Considering this scenario,

mental health, ethics and human rights are key approaches to advance the well-being of persons with mental illnesses. The study was conducted to review the scope of the empirical literature available to answer the research question: What evidence is available regarding human rights and ethical issues regarding nursing care to persons with mental illnesses? A scoping review methodology guided by Arksey and O'Malley was used. Studies were identified by conducting electronic searches on CINAHL, PubMed, SCOPUS and Hein databases. Of 312 citations, 26 articles matched the inclusion criteria. The central theme which emerged from the literature was "Ethics and Human Rights Boundaries to Mental Health Nursing practice". Mental health nurses play a key and valuable role in ensuring that their interventions are based on ethical and human rights principles. Mental health nurses seem to have difficulty engaging with the ethical issues in mental health, and generally are dealing with acts of paternalism and with the common justification for those acts. It is important to open a debate regarding possible solutions for this ethical dilemma, with the purpose to enable nurses to function in a way that is morally acceptable to the profession, patients and members of the public. This review may serve as an instrument for healthcare professionals, especially nurses, to reflect about how to fulfil their ethical responsibilities towards persons with mental illnesses, protecting them from discrimination and safeguarding their human rights, respecting their autonomy, and as a value, keeping the individual at the centre of ethical discourse.

General items

Mental Health in Nursing : Theory and Practice for Clinical Settings. 5th Edition

The 5th edition of this highly regarded text has a new title and approach which builds on the foundations of previous editions to acknowledge mental health as essential to holistic nursing practice in every setting.

Written by Kim Foster, Peta Marks, Anthony O'Brien and Toby Raeburn - a team of highly respected mental health nursing educators, researchers and clinicians, the new edition has been carefully reorganised to reflect contemporary mental health nursing practice and highlight the value of consumer perspectives. With a key focus on specialist mental health nursing, the new chapters introduce the integration of mental health nursing knowledge and skills across a range of generalist and mental health clinical settings. Mental Health in Nursing, 5th edition is an invaluable resource for all nursing students, whatever their practice area. [Read more](#)

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It is provided on the last 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.

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