NZNO Mental Health Nurse Section
Monthly news bulletin
Friday 28 May 2021

This bulletin has been compiled by Linda Stopforth, SNIPS, on behalf of NZNO Mental Health Nurses Section. It is for section members only and must not be reproduced without their permission. 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. For feedback please contact your section administrator: Christine.Clapcott@nzno.org.nz

NZNO / section news

Consultation
NZNO consults with members on a range of issues.
The full outline can be **found here**

Drug and Substance Checking legislation
NZNO welcomes your feedback on a bill which aims to minimise drug and substance harm by allowing drug and substance checking services to operate legally in New Zealand.

Education and Training Amendment Bill
NZNO welcomes your feedback on proposed amendments to the Education and Training Act (2020).

Mental health – general
Calls to act after research shows that mental illness increases risk of post-operative complications
People with serious mental illness have higher rates of post-operative complications and longer stays in hospital, according to a review by Australian researchers. Read more

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

Substance use disorder: evaluating the effectiveness of the Addiction Recovery Coaching exercise programme.
Rutherford G, McGowan I (2021)
Mental Health Practice. doi: 10.7748/mhp.2021.e1529
Substance use disorder is a major public health issue and there is limited evidence of the effectiveness of current pharmacological and psychosocial treatment approaches. The

Addiction Recovery Coaching (ARC) programme uses exercise in conjunction with mental health nursing interventions to support recovery from substance use disorder.

This article details a service evaluation undertaken to evaluate the effectiveness of the ARC exercise programme in a small sample of patients with substance use disorder. The intervention ran over six weeks and consisted of group exercise and one-to-one coaching sessions. Quantitative data were collected before, during and after the intervention using patient-reported outcome measures for recovery from drug and alcohol dependence, as well as clinical measures of anxiety and depression. Qualitative data were collected using a post-intervention online questionnaire.

The evaluation found improvements in patient-reported outcome measures, reductions in symptoms of depression and anxiety, and the development of positive social contacts between participants. These findings offer promising evidence supporting the addition of exercise regimens to ongoing mental health interventions for the treatment of substance use disorder.

Alzheimers / Dementia

Brain health important to minimise 'skyrocketing' dementia cases
The number of people with dementia in Aotearoa is "skyrocketing" says the Dementia NZ chief executive... Read more

Children and young people

Family History of Psychiatric Conditions Raises Risk for Childhood Psychopathy
Family history was found to be significantly associated with childhood psychopathy according to the results of a retrospective cross-sectional study. These findings were published in JAMA Psychiatry. Read more

Preventive interventions in young people can prevent certain mental health disorders
Offering interventions to young people in the general community can prevent the emergence of certain mental health disorders, according to the first comprehensive systematic review to address this question. The results appear in the May/June issue of Harvard Review of Psychiatry, which is published in the Lippincott portfolio by Wolters Kluwer. Read more

Young adults suffering from mental illness: Evaluation of the family-centred support conversation intervention from the perspective of mental healthcare professionals.
Moen, Ø.L., Aass, L.K., Schröder, A. and Skundberg-Kletthagen, H. (2021),
 J Clin Nurs. https://doi.org/10.1111/jocn.15795
To explore how mental healthcare professionals' experience and evaluate the use of Family-Centred Support Conversation Intervention.
Background
Mental health professionals working in the community mental health service provide treatment, care and support to young adults suffering from mental illness. Young adults suffering from mental illness are dependent on other family members and live close to the family. The Family-Centred Support Conversation promotes healing and alleviates the suffering of the family. Read more

Exercise

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

Effects of dance on mood and potential of dance as a mental health intervention.
McKenzie K, Bowes R, Murray K (2021)
Mental Health Practice. doi: 10.7748/mhp.2021.e1522

Background Restrictions during the COVID-19 pandemic have resulted in people having to find new ways to exercise. One such way is dance, an activity that can be undertaken at home and adapted to suit most people's abilities. Dance has been shown to have physical and psychological benefits, but little is known about the effect of dance on mood according to dance style.

Aim To explore the effect of dance on mood in two groups of participants – one engaging in ballet and the other in tap – compared with a control group, and to assess whether the effect of dance on mood differs depending on dance style.

Gambling

New Zealand National Gambling Study: Correspondence between changes in gambling and gambling risk levels and health, quality of life, and health and social inequities

This study provides a statistical analysis of the four data collection years (2012 to 2015) of the National Gambling Study in order to assess how changes in gambling risk levels are associated with changes over time in health, wellbeing, disability, deprivation and social connectedness. Read more

Maternal mental health

Pasifika journalist speaks out on having perinatal depression: 'It got so bad'

First Person - Pasifika journalist Sela Jane Hopgood was sceptical when offered medication for perinatal depression, but, she writes, saying yes saved her life. Read more

Nurse led programmes

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Nurse leadership in implementing digital change in an Irish mental health service.

Kirwan S, Keogh B, Donohue G (2020) Mental Health Practice. doi: 10.7748/mhp.2020.e1524

Electronic health record (EHR) systems can contribute to improve the quality of care, but mental health services have been slow to adopt them. There is little research about introducing EHRs in mental healthcare settings and even less research on the role of nurses in such digital change projects. This article describes the implementation of an EHR system in a private mental health service in Ireland, focusing on the role of the nurse lead for the project. It describes the process of change according to a five-stage framework and explains how the nurse lead's role was central in brokering knowledge and innovation and in spanning boundaries between disciplines and departments.

Nutrition

How food affects your mood

What you eat today will affect how you feel and think tomorrow. This is an idea once considered radical but is now gaining traction as more research shows the links between our mental health and nutrition. Read more

Self-harm/ Self-injury

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Self-harm in young people: risk factors, assessment and treatment interventions

Trainor GP (2020)

Nursing Children and Young People. doi: 10.7748/ncyp.2020.e1281
Self-harm, where an individual purposefully harms themselves with a non-fatal outcome, is common, especially among young people. A wide range of mental health issues are associated with self-harm and it increases the likelihood that the person will eventually die by suicide.
This article explores the motivations for self-harming behaviours, risk and protective factors, the components of risk assessment and potential interventions. Self-harm can be associated with stigma and discrimination in society and in healthcare services. This article aims to support healthcare practitioners in providing non-judgemental, empathetic and respectful care to these young people and their families and carers.

Smoking

Sustained Smoking Cessation Therapy Effective During Psychiatric Hospital Stay
Patients hospitalized for psychiatric disorders undergoing sustained smoking cessation therapy reported higher abstinence rates at 6 months compared with those receiving usual smoking cessation care, according to the results of a recent study published in JAMA Psychiatry. Read more

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Smoking cessation and serious mental illness
Graham Cope. Independent Nurse, Vol. 2021, No. 5: 11-13.
Graham Cope explains how people with mental health conditions can be encouraged to quit smoking

Suicide

Dr Hinemoa Elder takes chair of Māori expert reference panel for suicide prevention
The new chair of the Ministry of Health's Suicide Prevention Office Māori expert reference panel says the levels of suicidal despair in Māori communities are an emergency, especially for rangatahi. Read more

The impact of suicide on mental health professionals and first responders - Otago Uni
More research is urgently needed into the impact that attending suicide events is having on paramedics and other first responders, a researcher at the University of Otago, Wellington, says. Read more

Connecting through Kōrero: Talking about suicide with young people
The 'Connecting Through Kōrero' guidebook is for parents, caregivers, teachers, counsellors, aunties, uncles, friends and other whanau members - anyone who cares about taiohi/young people and needs tautoko/support and guidance to korero with them about suicide.
 Read more

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

Nurses as 'second victims' to their patients' suicidal attempts: A mixed-method study.
Amit Aharon, A., Fariba, M., Shoshana, F. and Melnikov, S. (2021)
J Clin Nurs. https://doi.org/10.1111/jocn.15839
Aims and objectives

To understand the effects of patients' suicidal attempts and events on nurses' second victim symptoms and to explore the association between these experiences and nurse absenteeism and turnover.
Background
The term 'second victim' is when a healthcare professional expresses psychological symptom following adverse patient event. This has been previously shown to be associated with absenteeism and higher staff turnover.

An exploration into suicide prevention initiatives for mental health nurses: A systematic literature review.
Dabkowski, E. and Porter, J.E. (2021),
Int J Mental Health Nurs, 30: 610-623. https://doi.org/10.1111/inm.12872
Mental health and suicide prevention are national health priorities in Australia, with research currently focussed towards the ZERO Suicide (ZS) initiative. The aim of this review was to evaluate the impact of suicide prevention programmes, in particular the ZS prevention initiative. A systematic review using the PRISMA guidelines was conducted using six EBSCO Host databases; Academic Search Complete, Australian/New Zealand Reference Centre, CINAHL Complete, MEDLINE, APA PsycINFO, and APA Psyc Articles. The data extracted from the eligible papers were analysed using a thematic approach. The final data set consisted of fourteen ($n = 14$) peer-reviewed articles meeting the eligibility criteria, which included quantitative ($n = 10$), mixed methods ($n = 2$), and qualitative studies ($n = 2$). Results indicated variances between suicide prevention programmes with some papers examining single workshops and others assessing multimodal, organizational interventions. Five major themes were produced from this review including measuring the success of suicide prevention programmes, improvements to the delivery of suicide prevention programmes, barriers to implementing changes, cultural considerations, and further research required for suicide prevention programmes. This review concludes that further long-term research is required to evaluate the implementation and efficacy of suicide prevention programmes in health care. Cultural awareness in suicide prevention training is another area that may benefit from further research. A growing body of evidence establishes the need for multimodal and organizational approaches for suicide prevention initiatives.

Trauma
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Sexual violence: a trauma-informed approach for mental health nurses supporting survivors.
Luby RR (2021). Mental Health Practice. doi: 10.7748/mhp.2021.e1509
It has been recognised that there is a likely high prevalence of trauma originating in sexual violence among people who receive care in inpatient mental health settings. Mental health nurses working in inpatient settings are therefore highly likely to encounter, knowingly or not, survivors of historical and/or recent sexual violence in their practice. This article enhances mental health nurses' understanding of the effects of sexual violence on survivors, explains the principles of trauma-informed care, and outlines strategies that nurses can adopt to promote the recovery of service users who have experienced sexual violence.

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

Tackling mental health through rugby
Mental Health Practice. 24, 3, 11-11. doi: 10.7748/mhp.24.3.11.s5
Mental health nurse consultant Phil Cooper's charity hosts presentations at club training sessions to talk about well-being

The tragic death of a professional rugby league player inspired mental health nurse consultant Phil Cooper to set up an innovative charity that has potentially saved dozens of men's lives.

General articles and reports

Team-based approach to behavioral health emergencies
Pre-defined roles and training can help address disruptive client incidents. Read more

Identifying the evidence base of interventions supporting mental health nurses to cope with stressful working enviroments: A scoping review.
Foster, A., Clowes, M. and Wood, E. (2021), Journal of Nursing Management. Accepted Author Manuscript. https://doi.org/10.1111/jonm.13312
Aim(s) : To scope the evidence on interventions used to help mental health nurses cope with stressful working environments.
Background : Nursing managers may implement interventions to support mental health nurses cope in their role. However, the evidence supporting these interventions has not been recently reviewed. Read more

General items

A Nurse's Guide to Social Media
Social media can be a tricky business, especially for a profession struggling with how and when to use our voices and one that is held to such a high standard. Nursing is the most trusted profession, but one wrong move on social media may leave people questioning a nurse's character. For example, a group of nurses who go viral for recording a dance video on Tik Tok to build camaraderie may leave the nurses under scrutiny and accused of neglecting their patients. Improper use of social media, such as sharing patient information online, may even result in nurses being involved in litigation (pro tip: don't ever share patient information online). Read more

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