



**NZNO Mental Health Nurse Section
Monthly news bulletin
Friday 25 June 2021**

[NZNO / section news](#)

Consultation

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

Quality Statements to Guide Melanoma Diagnosis and Care in New Zealand

NZNO welcomes your feedback on draft quality statements for melanoma diagnosis and treatment in New Zealand.

PHARMAC Review

NZNO encourages you to have a say on how PHARMAC can best serve the needs of the communities of Aotearoa.

New Zealand news

Mental health unit overcrowding a torture convention breach

Mattresses on the floor, makeshift bedrooms and "sleepovers". In the second piece in a series on mental health inpatient units, Oliver Lewis reports on how overcrowding is breaching a United Nations convention against torture and degrading treatment. [Read more](#)

Mental health facility inspections highlight stark differences - Chief Ombudsman

The Chief Ombudsman says two of three acute care mental health inpatient facilities inspected last year are not fit for purpose and one urgently needs to be upgraded.

[Read more](#)

New Zealand's first 'new wave' mental health unit

New Zealand's first 'new wave' mental health unit ... Tutagalevao, a former mental health **nurse**, says the team is still figuring out how to get the best ... [Read more](#)

Mental health units should provide more than 'meds and beds'

Helen Garrick, chair of the mental health **nurses** section of the **New Zealand** ... Madeline Reid, who received care in an **Auckland** inpatient unit for ... [Read more](#)

'Everyone is quite clear our system is broken'

New guidelines from the World Health Organization calling for an end to compulsory and "coercive" treatment for mental illness should be a wake-up call for New Zealand, mental health experts say.

[Read more](#)

A New World Health Organization Guide Seeks To End Violations Of Human Rights In Mental Health Care.

Human rights abuses and coercive practices remain common across the globe, yet people-centred, community-based approaches have proven success, it says. [Read more](#)

Karen Orsborn Appointed As Mental Health And Wellbeing Commission Chief Executive

The Chair of the Commission Board, Hayden Wano, has today announced the appointment of its new Tumu Whakarae-Chief Executive for the Mental Health and Wellbeing Commission. [Read more](#)

Dangerous mould found in leaky mental health units

Black mould has been detected in four Auckland mental health units with weathertightness problems. The fungus could reach unsafe levels 'at any moment', the DHB has warned. [Read more](#)

People in distress being turned away from specialist mental health

An "incredibly effective" treatment for a health condition suffered by more than one in 100 New Zealanders is very difficult to access leaving thousands struggling and some suicidal. [Read more](#)

Viral TikTok video exposes failures at free 1737 mental health helpline

Hundreds of people came forward in response to a social media video critical of the 1737 helpline. Now, the service is pleading for them to make official complaints, as Brianna Mcilraith reports. [Read more](#)

Woman describes 'inhumane' conditions at mental health unit

A woman admitted to an overcrowded Taranaki mental health unit says she felt dehumanised and unsafe when, with all the bedrooms full, she was forced to sleep on a mattress on the floor of a lounge. [Read more](#)

Behavioural issues

Online therapy effective against OCD symptoms in the young

Obsessive-compulsive disorder (OCD) in children and adolescents is associated with impaired education and worse general health later in life. Access to specialist treatment is often limited. According to a new study, internet-delivered cognitive behavioral therapy (CBT) can be as effective as conventional CBT. The study can help make treatment for OCD more widely accessible. [Read more](#)

Children and young people

Outrage over children as young as 9 locked up alone for days in mental health hospitals

Vulnerable young children are being locked in small rooms in mental health hospitals for days at a time, a practice that has drawn condemnation from experts. CECILE MEIER reports. [Read more](#)

New wellbeing service criticised as psychiatric help limited to 'actively suicidal' teens

Doubts remain over the success of a new wellbeing service as New Zealand's mental health crisis continues to grow. CATE BROUGHTON reports. [Read more](#)

Depression

Nursing support for people with mild mental health needs

What can a nurse do in everyday practice to support a person with mild depression and anxiety? A clinical nurse specialist recommends a variety of practical tools and advice. [Read more](#)

Twenty-year study links childhood depression to disrupted adult health and functioning

Depression in youth, between the ages of 10 and 24 years, is both a leading cause of stress and a possible risk factor for future diseases and impairment. Now, a study confirms that depression in

childhood or adolescence is associated with higher levels of adult anxiety and substance use disorders, worse health and social functioning, less financial and educational achievement, and increased criminality [Read more](#)

Maternal mental health

Intergenerational disadvantage: why maternal mental health matters

This paper analyses and synthesises new research linking a mother's prenatal mental health to the child's brain development, and shows how this ties into the problem of intergenerational disadvantage in New Zealand. [Read more](#)

Mental health calls to Whānau Awhina Plunket 'already higher than total figure in 2020'

New figures reveal rise in parents seeking mental health support

Just five months into 2021, calls to Whānau Awhina Plunket from parents seeking mental health support have already exceeded those received in all of 2020, which was already up 22% on 2019 levels. [Read more](#)

Ministry of Health orders urgent review of maternal mental health, amid growing concern about women being turned away

The Ministry of Health is urgently investigating the state of maternal health services at the nation's hospitals, with a leading obstetrician warning of a looming "crisis" years in the making. [Read more](#)

Nurse-patient relationships

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

The impact of a participatory intervention on the therapeutic relationship in mental health nurses: A multicentre study.

Moreno-Poyato, A.R., Rodríguez-Nogueira, Ó., Casanova-Garrigos, G., El Abidi, K., Roldán-Merino, J.F. and (2021),

J Adv Nurs, 77: 3104-3115. <https://doi.org/10.1111/jan.14835>

To evaluate the effects of an intervention aimed at improving the therapeutic relationship, using the participatory-action research method, in terms of improving the quality of the nurse-patient therapeutic relationship.

Nutrition

Women's mental health has higher association with dietary factors

Women's mental health likely has a higher association with dietary factors than men's, according to new research. [Read more](#)

Personality disorders

Narcissism linked to aggression in review of 437 studies

A comprehensive analysis of 437 studies from around the world provides the best evidence to date that narcissism is an important risk factor for both aggression and violence, researchers said. The link between narcissism and aggression was found for all dimensions of narcissism and for a variety of types of aggression. Results were similar regardless of gender, age, whether they were college students, or country of residence. [Read more](#)

Police and crisis management

Police mental health and addiction referrals soar in Counties Manukau

Police in South Auckland say they are under pressure dealing with ... College of Emergency Nurses NZ chairperson Sandy Richardson said the ... [Read more](#)

Schizophrenia

Risk Factors, Clinical Features, and Polygenic Risk Scores in Schizophrenia and Schizoaffective Disorder Depressive-Type,

Charlotte A Dennison, Sophie E Legge, Leon Hubbard, Amy J Lynham, Stanley Zammit, Peter Holmans, Alastair G Cardno, Michael J Owen, Michael C O'Donovan, James T R Walters, Schizophrenia Bulletin, 2021;, sbab036, <https://doi.org/10.1093/schbul/sbab036>

There is controversy about the status of schizoaffective disorder depressive-type (SA-D), particularly whether it should be considered a form of schizophrenia or a distinct disorder. We aimed to determine whether individuals with SA-D differ from individuals with schizophrenia in terms of demographic, premorbid, and lifetime clinical characteristics, and genetic liability to schizophrenia, depression, and bipolar disorder. [Read more](#)

Self-harm/ Self-injury

Teenagers at greatest risk of self-harming could be identified almost a decade earlier

Researchers have identified two subgroups of adolescents who self-harm and have shown that it is possible to predict those individuals at greatest risk almost a decade before they begin self-harming. [Read more](#)

Smoking

Many Individuals With Serious Mental Illness Successfully Quit Smoking With a Scalable, Multicomponent Intervention Program

A scalable, multicomponent smoking cessation intervention for individuals with serious mental illness (SMI) was found to be more effective than standard care. These findings were published in JAMA Psychiatry. [Read more](#)

Suicide

Suicide data related to mental health service users (2016)

This publication outlines 2016 suicide data related to mental health service users. Caution should be taken when interpreting this data given the low statistical base. [Read more](#)

New Zealand's high suicide rate: call for clearer pathway from government

A young woman who lost her father to suicide is calling for more transparency from the government on what is being done to tackle the country's high suicide rate. [Read more](#)

General articles and reports

Ministry of Health Stakeholder engagement: Long-term pathway to mental wellbeing

Aotearoa's approach to supporting people with mental health and addiction needs is undergoing transformation, driven by He Ara Oranga: Report of the Government Inquiry into Mental Health and Addiction, published in 2018. [Read more](#)

Service user involvement in a secure setting before and after the implementation of recovery-oriented practice: A quasi-experimental study.

Hauso, G.E.Y., Alsaker, K. and Senneseth, M. (2021), J Adv Nurs. <https://doi.org/10.1111/jan.14841>

To measure change in service user involvement in secure mental health units, before and after the implementation of recovery-oriented practice. [Read more](#)

National mental health and suicide prevention plan (Australia)

This strategy document recognises that Australians need a system that acts early to help people before mental health conditions and suicidal distress worsen. It also suggests that whole-of-government and whole-of-community changes are needed to deliver preventative, compassionate and effective care [Read more](#)

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

The experience and meaning of recovery-oriented practice for nurses working in acute mental health services.

Solomon, B., Sutton, D. and McKenna, B. (2021),
Int J Mental Health Nurs. <https://doi.org/10.1111/inm.12851>

Since the 1990s, New Zealand mental health policy has shifted from a focus on the management of symptoms and risk to the recovery of psychological, social, cultural, and physical well-being. Despite a vision for recovery-oriented services being integrated within national and regional policies, there is growing concern that barriers to recovery-oriented service provision continue to exist. Such barriers include the attitudes, skills, and knowledge of front-line staff, as well as system issues. This study explored the experience and meaning of recovery-oriented practice for 10 nurses working in an acute inpatient mental health service.

Extending the role of nursing assistants in mental health inpatient settings: A multi-method study.

Roche, M.A., Glover, S., Luo, X., Joyce, M. and Rossiter, C. (2021),
Int J Mental Health Nurs. <https://doi.org/10.1111/inm.12859>

With continued growth in the demand for nursing care, many organizations have incorporated nursing assistants into the acute care workforce. However, role descriptions are often generic and do not provide clarity in specialist areas such as mental health inpatient settings. Issues have been noted regarding the role of assistants, delegation, and their integration with the nursing team. This study extended an existing set of care activities and explored the perceptions of nursing assistants and registered nurses regarding these activities.

Patient and public involvement for mental health researchers.

Parkinson B, Lawrence M, Booth J (2020)
Mental Health Practice. doi: 10.7748/mhp.2020.e1481

Patient and public involvement (PPI) involves working with patients and/or members of the public to make mental health research more relevant for those using mental health services. The importance of PPI means that it is necessary for mental health researchers to understand the practical and ethical issues involved. PPI can make a positive contribution to mental health research, but mental health researchers need to consider how to ensure PPI is meaningful and to identify the optimal methods for its evaluation. It is also important that PPI is undertaken ethically by considering issues of consent, professionalisation, authorship, payment and tokenism. Involvement in PPI should be voluntary, inclusive and collaborative and mental health researchers need to anticipate the potential practical and ethical challenges involved and develop strategies to deal with these effectively.

Using team formulation in mental health practice.

Hartley S (2021)
Mental Health Practice. doi: 10.7748/mhp.2021.e1516

Formulation is a process of developing an understanding of what is happening for a person and why, and therefore what might be helpful for them. It involves gathering information, drawing from personal meanings and theoretical understandings to develop a coherent narrative. Traditionally, formulation is undertaken by a practitioner and a service user on an individual basis, but it can also be undertaken in a team context.

This article explores team formulation, outlining its ideas, implementation and potential effects. It describes some of the evidence, outlines some techniques that can be used and reflects on team formulation in practice. However, it is not a systematic review of the evidence. It is hoped that this process will enable readers to develop an enhanced awareness of the concepts and issues involved, feel more confident engaging in team formulation and recognise the challenges and value that it can bring to clinical practice.

Examining the association between evidence-based practice and the nurse-patient therapeutic relationship in mental health units: A cross-sectional study.

Moreno-Poyato, AR, Casanova-Garrigos, G, Roldán-Merino, JF, Rodríguez-Nogueira, Ó; MiRTCIME.CAT working group.

J Adv Nurs. 2021; 77: 1762– 1771. <https://doi.org/10.1111/jan.14715>

Aims

To examine the relationship between the dimensions of evidence-based practice and the therapeutic relationship and to predict the quality of the therapeutic relationship from these dimensions among nurses working in mental health units.

How Do Mental Health Nurses Define Success? A Comparative Study of Bed-Based and Community-Based Services,

Hannah Bushell, Stuart Lee, Sandra Keppich-Arnold, Shelley Anderson, Gamze Batu & Liza Hopkins (2021)

Issues in Mental Health Nursing, DOI: [10.1080/01612840.2020.1871133](https://doi.org/10.1080/01612840.2020.1871133)

Nursing is the single largest professional group within both hospital and community mental health care services, however the role of mental health nurses is under-defined. The nursing workforce is also coming under increasing pressure from internal and external requirements, and nurses themselves are on the frontline of providing patient care in what can be a risky and unpredictable workplace environment. This project explored via interview the ways in which mental health nurses experience and reflect on their personal and professional feelings of nursing success.

Sensory-based approaches in psychiatric care: A systematic mixed-methods review.

Ma, D., Su, J., Wang, H., Zhao, Y., Li, H., Li, Y., Zhang, X., Qi, Y. and Sun, J. (2021),

J Adv Nurs. <https://doi.org/10.1111/jan.14884>

Sensory-based approaches, including sensory room, sensory cart and specific sensory integration programs, feature various sensory stimulations to focus on a particular space or program. This systematic mixed-methods review describes the impact of sensory-based approaches in psychiatric care and summarizes the important components of sensory interventions.

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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.

For feedback please contact your section administrator: christine.clapcott@nzno.org.nz

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