



**NZNO Mental Health Nurse Section
Monthly news bulletin
Friday 30 April 2021**

[NZNO / section news](#)

Consultation

NZNO consults with members on a range of issues.

The full outline can be [found here](#)

Education (Pastoral Care of Domestic Tertiary Students) Code of Practice

NZNO welcomes your feedback on:

- a proposed code for the wellbeing and safety of all tertiary and international learners,
- a new dispute resolution scheme for domestic tertiary learners, and
- proposed legislative changes to clarify and streamline providers' responsibilities to learners.

You can read more [here](#).

Mental Health (Compulsory Assessment and Treatment) Amendment Bill

The Health Committee is calling for public submissions on the Mental Health (Compulsory Assessment and Treatment) Amendment Bill.

The bill seeks to improve the protection of individual rights and the safety of patients and the public. It also aims to enable the Mental Health (Compulsory Assessment and Treatment) Act 1992 to be applied more effectively. You can read more [here](#).

Proposals for a Smokefree Aotearoa 2025 Action Plan

NZNO welcomes your feedback on the Ministry of Health's proposed actions to achieve their Smokefree 2025 goal.

You can read more about the consultation process [here](#).

Sunscreen (Product Safety Standard) Bill

NZNO welcomes your feedback on a bill that aims to introduce mandatory regulation of safety standards for sunscreen products.

You can read the bill [here](#).

Aotearoa New Zealand's Histories in our National Curriculum

Aotearoa New Zealand's histories are being incorporated into the national curriculum to ensure that all ākonga (learners) in all schools and kura learn about fundamental aspects of our country's history and how these have shaped our lives.

NZNO sees this as very important from an equity perspective. We welcome your feedback on the draft curriculum content (attached). Please note we are particularly keen to hear from members who are supporting health services in schools.

Further information about the consultation process can be found [here](#).

New Zealand news

New scholarships enable Māori health professionals to earn while they learn

Six Maori psychiatric assistants are now studying their way to a degree-level nursing qualification at Wintec that will progress their careers and create potential for better Māori mental health support. [Read more](#)

Future of counselling services for rural Maori secured in South Otago - MPI

The Ministry for Primary Industries (MPI) has stepped into fund counselling services for rural Māori with addiction and mental health issues in South Otago. [Read more](#)

Government announces mental health and addiction support in Hawke's Bay

Those struggling with mental health or addiction issues in Hawke's Bay will have access to a new support service.

Minister of Health, Andrew Little said the service was a "priority" for the government.

[Read more](#)

Government failing to tackle mental health crisis - Foundation

The head of the Mental Health Foundation says the government is failing to tackle the crisis facing the sector. [Read more](#)

Mental health acute units went over capacity several times - Waikato Hospital review

Acute patients in mental health and addiction services at Waikato Hospital have outnumbered beds available on a number of occasions, a review has found. [Read more](#)

Nowhere to go for high needs patients stuck in Waikato DHB mental health ward

Thirty people were effectively living in Waikato mental health inpatient wards at the end of 2020.

Their high or complex needs made it hard to find other places to live, so they were "in limbo", a review commissioned by Waikato DHB said. [Read more](#)

Additional data on new mental health information hub now available - Ministry of Health

The Ministry of Health has expedited the release of updated mental health data and collated publicly available information in one place to make it easier for people to understand the performance of the mental health and addiction system. [Read more](#)

Demand for youth mental health services at crisis point

The demand on counsellors and therapists working in mental health has been described as "a tidal wave that keeps coming" as services struggle to keep up. [Read more](#)

Community mental health service unaffordable, GPs say

Funding of \$600,000 for new mental health services is yet to be spent in Canterbury, with some GPs saying they cannot afford to provide space for the Government programme.

[Read more](#)

Number of students studying mental health course doubles in Taranaki

Taranaki mental health student Sacha Mills wants to be the change in her community. And she's far from alone. Student numbers in the social work certificate Mills is completing at Taranaki's Witt polytech have doubled this year to 105. [Read more](#)

Mental health service changes in Manawatū criticised as risky and badly timed

But the **NZ Nurses** Organisation said the proposed changes were risky, badly-timed, and would depend too much on an unregulated, community-based ... [Read more](#)

Mental health – general

The battle for gender-inclusive language in healthcare

Hospitals should be a place of welcome and healing. But for gender-diverse people and their families, going to the hospital can feel like walking into a linguistic minefield. [Read more](#)

Addiction / substance abuse

'Positive parenting' can buffer against alcoholism in adulthood - Otago Uni research

'Positive parenting' can reduce the risk of alcohol and other substance abuse in adulthood, a new University of Otago, Christchurch study has found. [Read more](#)

Cannabis Use Disorder: Know the Signs

As marijuana use becomes increasingly mainstream, with many states legalizing the drug for medicinal and/or recreational use, consumption is on the rise—leading to the question, how much marijuana is too much? [Read more](#)

Alcohol and mental wellbeing: an evidence summary

Health Promotion Agency (New Zealand)

22 Apr 2021 | Literature review | Health

This review presents insights into the relationship between alcohol use, mental distress and mental wellbeing based on published research. It highlights risk and protective factors for each and discusses challenges at different stages of the life course. [Read more](#)

ADHD

Childhood ADHD may raise risk for later psychotic disorder

(HealthDay)—A childhood diagnosis of attention-deficit/hyperactivity disorder (ADHD) is associated with an increased risk for a subsequent psychotic disorder, according to a review published online Feb. 24 in JAMA Psychiatry. [Read more](#)

Adults with ADHD missing out on care: Clinician

A senior clinical psychologist says a gap in the government's mental health plan is leaving thousands of adults struggling with ADHD in limbo. [Read more](#)

Alzheimers / Dementia

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

In-home dementia caregiving is associated with greater psychological burden and poorer mental health than out-of-home caregiving: a cross-sectional study,

S. Brini, A. Hodkinson, A. Davies, S. Hirani, R. Gathercole, R. Howard & S. P.

Newman (2021)

Aging & Mental Health, DOI: [10.1080/13607863.2021.1881758](https://doi.org/10.1080/13607863.2021.1881758)

Caregivers who live with a person with dementia who receives care, compared with those who live elsewhere, are often considered to experience greater levels of psychological and affective burden. The evidence for this is, however, only limited to studies employing small sample sizes and that failed to examine caregivers' psychological wellbeing. We address these issues in a large cohort of dementia caregivers.

Anxiety and panic disorders

New Evidence Of Genetic Link Between Depression And Anxiety

New Australian research, led by QIMR Berghofer Medical Research Institute, has identified 509 genes that influence both depression and anxiety - confirming a genetic relationship between the mental health conditions. [Read more](#)

Autism / Aspergers

Addressing Sleep Disorders in Individuals With Autism Spectrum Disorders

Individuals with autism spectrum disorder (ASD) often experience disordered sleep — in fact, studies show that between 50% and 83% of individuals with ASD experience insomnia (difficulties falling and/or staying asleep) and/or day-time sleepiness with nighttime wakefulness, causing disruption of their circadian rhythms. [Read more](#)

Individualized training is key for autistic adolescents learning to drive

A new study identified clear strengths and a series of specific challenges autistic adolescents experience while learning to drive. [Read more](#)

Autism acceptance is critical to building a truly inclusive society

Last September, 13-year-old [Linden Cameron was shot 11 times by police](#). He is on the autism spectrum, and his mother called a crisis intervention team because he was having a mental breakdown. Despite having this information, law enforcement not only failed to serve this family, they harmed a child who may never walk again. [Read more](#)

Behavioural issues

Narcissism driven by insecurity, not grandiose sense of self

Narcissism is driven by insecurity, and not an inflated sense of self, finds a new study by a team of psychology researchers. Its research, which offers a more detailed understanding of this long-examined phenomenon, may also explain what motivates the self-focused nature of social media activity. [Read more](#)

Bipolar disorder

Married to Bipolar: Meet Tara Bufton and Dean Mance

Living with a partner who has bipolar disorder can present some pretty unique challenges. See how this couple from Australia deal. [Read more](#)

NIMH Expert Dr. Mary Rooney Discusses Bipolar Disorder in Adolescents and Young Adults

In recognition of World Bipolar Day, NIMH hosted a livestream event on bipolar disorder in adolescents and young adults on March 30, 2021. Clinical psychologist and chief of the Child and Adolescent Psychosocial Interventions Research Program at NIMH, Mary Rooney, Ph.D., discussed bipolar disorder in adolescents and young adults. Also, Dr. Rooney discussed some of the challenges that the coronavirus (COVID-19) outbreak has presented for individuals living with bipolar disorder and other mental illnesses. [Read more](#)

Children and young people

Government to expand school mental health, wellbeing programme

An in-school mental health and wellbeing programme will be rolled out to the West Coast, Bay of Plenty, Rotorua, Taupō, south Auckland and Northland. [Read more](#)

Coercion

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

Coercion in psychiatric and mental health nursing: A conceptual analysis.

Paradis-Gagné, E., Pariseau-Legault, P., Goulet, M.-H., Jacob, J.D. and Lessard-Deschênes, C. (2021),

Int J Mental Health Nurs. <https://doi.org/10.1111/inm.12855>

The use of coercion in psychiatric and mental health nursing is a major challenge, which can lead to negative consequences for nurses and patients, including rupture in the therapeutic relationship and risk of injury and trauma. The concept of coercion is complex to define and is used in different ways throughout the nursing literature. This concept is defined broadly, referring to both formal (seclusion, restraint, and forced hospitalization), informal (persuasion, threat, and inducement), and perceived coercion, without fully addressing its evolving conceptualizations and use in nursing practice. We conducted a concept analysis of coercion using Rodgers' evolutionary method to identify its antecedents, attributes, and associated consequences. We identified five main attributes of the concept: different forms of coercion; the contexts in which coercion is exercised; nurses' justification of its use; the ethical issues raised by the presence of coercion; and power dynamics. Our conceptual analysis shows the need for more nursing research in the field of coercion to achieve a better understanding of the power dynamics and ethical issues that arise in the presence of coercion.

Concussion and head injuries

Review: One-third of children develop post-concussion mental health issues

A third of children and adolescents develop a mental health problem after a concussion, which could persist for several years post-injury, according to a new literature review.

[Read more](#)

Depression

Antidepressants at all-time high: Māori, Pasifika, Asians left behind

On average, other ethnicities are given antidepressants at eight times the rate of Māori, 34 times the rate of Pasifika and 16 times the rate of Asians. [Read more](#)

Stepped care model and depression in primary care.

McIntosh S (2020)

Primary Health Care. doi: 10.7748/phc.2020.e1685

This article describes and considers the stepped care model of interventions and its use in primary care in treating depression as a long-term condition. Evidence suggests stepped care can be beneficial if appropriate support is available to services, and the article explores how the model can be used to achieve the best outcomes for patients. It examines potential barriers to providing stepped care in practice and how these barriers can be overcome to develop services, particularly those involving mental health in primary care. It also proposes that stepped care, when embedded in a primary care multidisciplinary team, can improve patient outcomes and sustainably and cost-effectively manage limited mental health resources.

Eating disorders

Fears anorexic patients aren't getting the help they need

Susan*, 22, has been fighting to survive in a medical ward in Christchurch Hospital for the past week due to severe anorexia.

It began when she was 14. [Read more](#)

Gambling

Capping Problem Gambling in NZ: The effectiveness of local government policy interventions

An analysis of the impact of three territorial authority electronic gaming machine (class 4) policies on gambling harm in New Zealand including:

absolute caps on the number of electronic gaming machines (EGMs) and/or venues

per capita caps on the number of EGMs and/or venues

sinking lid policies (restricting transfer of Class 4 licences to slowly reduce availability over time).

The report's findings demonstrate that all three forms of policy intervention are effective in reducing Class 4 venues and EGMs relative to the reference group (ie, territorial authorities with no restrictions beyond those in the Gambling Act 2003).

The report also provides an assessment of the impact of local government Class 4 gambling policies on the number of EGMs, venues, and machine spending.

Sinking lids and per capita caps are equally the most effective at reducing machine spending. Compared to the reference group, either of these policy interventions has the cumulative impact of reducing gambling expenditure by an estimated 13 to 14 per cent. Absolute caps were found to reduce overall gambling expenditure by 10 per cent.

The report also assessed the indirect impact on the use of Ministry-funded clinical intervention services as well as personal bankruptcy rates. [Read more](#)

Learning/intellectual disabilities

New study of people with Down Syndrome combines physical and brain exercise

[BrainHQ](#), the brain training app from Posit Science, will be used alongside physical exercise in a new study of people with Down syndrome. The study aims to measure the impact of physical and cognitive exercise on physical and mental abilities. The study is sponsored by the Canadian Down Syndrome Society (CDSS) and is being led by researchers at Anglia Ruskin University. [Read more](#)

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

Oral health and supporting people with intellectual disabilities to get access to dental treatment.

Hartnett L, McNamara M (2021)

Learning Disability Practice. doi: 10.7748/ldp.2021.e2123

Oral health is an important aspect of a person's overall health and well-being. People with intellectual disabilities have poorer oral health than the general population, so it is essential that service users and their carers are supported to address this. This article provides information for nurses and other healthcare professionals on how to provide evidence-based practice that supports people with intellectual disabilities with their oral healthcare and assists them to access dental services. The authors examine the latest evidence about

optimal practice in oral healthcare for people with intellectual disabilities, emphasising the importance of a person-centred approach. The article also discusses the barriers that people with intellectual disabilities experience when accessing dental services and how these barriers can be addressed.

Loneliness

Loneliness Is a Public Health Problem: This Low-Tech Intervention Can Help

Phone calls may be integral to connecting with people who are lonely and isolated

[Read more](#)

Loneliness: Disabled people, unemployed people, young people and sole parents are groups most affected

Loneliness – an unmet need for social connection – has always been a feeling people have experienced at some point in their lives. [Read more](#)

Maori / Pasifika

Troubling statistics lead to action - Ministry for Pacific Peoples

New Zealand's perplexing mental health statistics have inspired Kau Tuā Northern representative Leorida Peters to take action, educate and raise awareness about the growing area of concern. [Read more](#)

Maternal mental health

Maternal suicide advert ordered off-air after complaints warning it would 'cost lives'

The Advertising Standards Authority has ordered an advert which depicted maternal suicide and alcoholism be taken off-air.

Lobby group Mothers Matter launched an advertising campaign to pressure the Government into providing more support for parents with postnatal depression. However, the Mental Health Foundation condemned the group's three-minute ad, [warning](#) its depiction of suicide would "cost lives". [Read more](#)

Nurse-patient relationships

Navigating between Compassion and Uncertainty – Psychiatric Nurses' Lived Experiences of Communication with Patients Who Rarely Speak,

Lucas Donner & Lena Wiklund Gustin (2020)

Issues in Mental Health Nursing, DOI: [10.1080/01612840.2020.1793246](https://doi.org/10.1080/01612840.2020.1793246)

Caring conversations are considered essential in psychiatric and mental health nursing. However, some patients are more or less silent and rarely express themselves verbally. This can be challenging for nurses who also need to find ways of communicating with these patients. Therefore, the aim of this study is to describe psychiatric nurses' lived experiences of communication with patients who rarely speak. [Read more](#)

Nurse led programmes

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

Suicide detection and treatment in a nurse-led, interprofessional primary care practice,

Ketel, Christian DNP, RN; Hedges, Jordan P.; Smith, Jenna P. LMSW; ... et al

The Nurse Practitioner: April 2021 - Volume 46 - Issue 4 - p 33-40 doi:
10.1097/01.NPR.0000737208.68560.b8

Analysis of 2 years of quality improvement data after the implementation of a suicidality screening and treatment protocol in a primary care setting found that among 1,733 patients, 149 had suicidal ideation. Among the 112 of those patients who remained in care, more than half presented with only nonpsychiatric complaints. Primary care practices may be viable tools to combat the nation's suicide epidemic.

Patient safety

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

How does the environment influence consumers' perceptions of safety in acute mental health units? A qualitative study.

Cutler, N.A., Halcomb, E., Sim, J., Stephens, M. and Moxham, L. (2021),
J Clin Nurs, 30: 765-772. <https://doi.org/10.1111/jocn.15614>

Aims and objectives

To explore how the physical and social environment of acute mental health units influences consumers' perception and experience of safety.

Background

Acute mental health units are places in which consumers should feel safe. Not all consumers, however, feel safe in this environment. Little is known about what contributes to consumers' feelings of safety in this setting.

Post-disaster care

Experiences of nurses involved in natural disaster relief: A meta-synthesis of qualitative literature.

Xue, C-L, Shu, Y-S, Hayter, M, Lee, A.

J Clin Nurs. 2020; 29: 4514– 4531. <https://doi.org/10.1111/jocn.15476>

Aim : To explore nurses' experiences in natural disaster response.

Background : Nurses are key to disaster response. There is a growing body of qualitative research exploring this emerging nursing issue. However, there is a need to synthesise and summarise this body of knowledge to identify the overarching elements of how nurses experience working in disaster situations to reflect on their experiences so that we may help shape future clinical practice, research and education. [Read more](#)

Prison populations

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

Understanding the service user's journey through a transitional support service from custody to the community.

O'Meara A, Morgan L, Godden S et al (2020)

Mental Health Practice. doi: 10.7748/mhp.2020.e1455

The Offender Personality Disorder Pathway in Wales identified a need for those leaving custody in England and returning to communities in Wales. The disconnection between English custodial services and Welsh community services has meant that many offenders left prison without follow-on support identified. Links between criminal justice services and health or third-sector services are not well established, and it is often challenging for those responsible for people leaving custody to access necessary services.

To address these issues, a mental health transitional support and liaison service was piloted in South Wales. With no female prisons in Wales, all Welsh women convicted and sentenced

to prison must serve their sentences in prisons in England, so this pilot began by addressing women's services. The service has since expanded to address the absence of mental health support available for men transitioning from custodial settings to the community.

This article outlines the implementation of the transitional support service and details its care pathway, which involves: identification of service users; information gathering and formulation; establishing the functions of subsequent transitional support nurse work; and phasing out services. It presents case studies to provide context to the support offered and discusses details of the continuing service expansion.

Schizophrenia

Genetic predisposition to schizophrenia may increase risk of psychosis from cannabis use

New research shows that while cannabis users had higher rates of psychotic experiences than non-users across the board, the difference was especially pronounced among those with high genetic predisposition to schizophrenia. [Read more](#)

Mindful Schizophrenia Care

RESOURCES TO HELP GUIDE ADULTS LIVING WITH SCHIZOPHRENIA THROUGH THEIR CARE JOURNEY. SPONSORED BY JANSSEN PHARMACEUTICALS, INC.

Below, please find helpful information about schizophrenia and educational videos for you to share with your patients and their loved ones to help increase understanding and acceptance of schizophrenia. [Read more](#)

Exploring the Relationship Between Movement Disorders and Physical Activity in Patients With Schizophrenia: An Actigraphy Study,

Lydia E Pieters, Jeroen Deenik, Diederik E Tenback, Jasper van Oort, Peter N van Harten, Schizophrenia Bulletin, 2021;, sbab028, <https://doi.org/10.1093/schbul/sbab028>

Low physical activity (PA) and sedentary behavior (SB) are major contributors to mental health burden and increased somatic comorbidity and mortality in people with schizophrenia and related psychoses. Movement disorders are highly prevalent in schizophrenia populations and are related to impaired functioning and poor clinical outcome. However, the relationship between movement disorders and PA and SB has remained largely unexplored. Therefore, we aimed to examine the relationship between movement disorders (akathisia, dyskinesia, dystonia, and parkinsonism) and PA and SB in 216 patients with schizophrenia and related psychoses. Actigraphy, the St. Hans Rating Scale for extrapyramidal syndromes, and psychopathological ratings (PANSS-r) were applied. [Read more](#)

Hyperactivity is a Core Endophenotype of Elevated Neuregulin-1 Signaling in Embryonic Glutamatergic Networks,

Tilmann Götze, Maria Clara Soto-Bernardini, Mingyue Zhang, ... et al

Schizophrenia Bulletin, 2021;, sbab027, <https://doi.org/10.1093/schbul/sbab027>

The neuregulin 1 (NRG1) ErbB4 module is at the core of an "at risk" signaling pathway in schizophrenia. Several human studies suggest hyperstimulation of NRG1-ErbB4 signaling as a plausible pathomechanism; however, little is known about the significance of stage-, brain area-, or neural cell type-specific NRG1-ErbB4 hyperactivity for disease-relevant brain endophenotypes. To address these spatiotemporal aspects, we generated transgenic mice for Cre recombinase-mediated overexpression of cystein-rich domain (CRD) NRG1, the most prominent NRG1 isoform in the brain. A comparison of "brain-wide" vs cell type-specific CRD-NRG1 overexpressing mice revealed that pathogenic CRD-NRG1 signals for ventricular enlargement and neuroinflammation originate outside glutamatergic neurons and suggests a subcortical function of CRD-NRG1 in the control of body weight. Embryonic onset of CRD-NRG1 in glutamatergic cortical networks resulted in reduced inhibitory neurotransmission and locomotor hyperactivity. Our findings identify ventricular enlargement

and locomotor hyperactivity, 2 main endophenotypes of schizophrenia, as specific consequences of spatiotemporally distinct expression profiles of hyperactivated CRD-NRG1 signaling. [Read more](#)

Seclusion

How Northland District Health Board is successfully reducing the use of seclusion

'If you can walk into seclusion, you can be de-escalated,' says Alan Witt, clinical nurse manager at the Tumanako inpatient unit at Whangarei Hospital. [Read more](#)

Huge growth in use of 'last resort' seclusion indicates mental health system in crisis, and in worse shape than when Labour elected in 2017

A years-late mental health report has revealed a huge growth in mental health patients being locked in rooms alone. [Read more](#)

Self-harm/ Self-injury

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

What Are Nursing Attitudes to Youth Who Engage in Self-Harm? An Integrative Review,

Neville Baker & Phil Maude (2020)

Issues in Mental Health Nursing, DOI: [10.1080/01612840.2020.1806963](https://doi.org/10.1080/01612840.2020.1806963)

This integrative review explored nursing assessment of youth who self-harm. Eleven papers published between 2000 to 2020 met inclusion criteria. Three themes emerged: "Doctors and nurses' perceptions of assessment of self-harm", "Attitudes and experiences of assessment of self-harm" and "Assessments and outcomes". The ways youth communicate is an important consideration when assessing and planning for care. The metaphor of Narcissus is used to understand youth beliefs, self-image and how they communicate these thoughts. This paper suggests an alternative reading of what young people, who presents with self-harm, are trying to communicate to others and how this is integrated into assessment

Suicide

Kiwi charity expands to 58 countries with suicide prevention partnership

A unique partnership between a kiwi tech nonprofit and the global lead in suicide prevention means people experiencing a mental health crisis across the world can now more easily access free emotional support. [Read more](#)

Suicide rate went down during first months of Covid-19 pandemic

There was no increase in suicides during the first months of the Covid-19 pandemic, going against some [predictions](#) financial uncertainty and the impact of lockdowns could increase rates. [Read more](#)

Trauma

Early Intervention May Improve PTSD Symptoms

A brief, stepped, collaborative care intervention program, provided to patients with acute injuries with initial post-traumatic stress disorder (PTSD) symptoms, was associated with a greater reduction in symptoms 6 months after injury compared to usual care. This was what

researchers discovered from the Trauma Survivors Outcomes and Support pragmatic clinical trial conducted at the University of Washington's Harborview Medical Center in collaboration with the National Institutes of Health Care Systems Research Collaborator. [Read more](#)

Study suggests role of sleep in healing traumatic brain injuries

Sound sleep plays a critical role in healing traumatic brain injury, a new study of military veterans suggests. [Read more](#)

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

'What would a trauma-informed mental health service look like?' Perspectives of people who access services.

Isobel, S., Wilson, A., Gill, K. and Howe, D. (2021),

Int. J. Mental Health Nurs., 30: 495-505. <https://doi.org/10.1111/inm.12813>

Trauma-informed care is an approach to the delivery of mental health care based on an awareness of the high prevalence of trauma in the lives of people accessing mental health services, the effects of trauma experiences and the potential for trauma or re-traumatization to occur in the context of care.

Violence

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

Nurses' experiences and support needs following workplace violence: A qualitative systematic review.

Zhang, J, Zheng, J, Cai, Y, Zheng, K, Liu, X.

J. Clin. Nurs. 2021; 30: 28– 43. <https://doi.org/10.1111/jocn.15492>

Aims and objectives

To systematically identify, appraise and synthesise existing qualitative studies exploring nurses' lived experiences of workplace violence by patients, families and hospital visitors, identifying their support needs following workplace violence.

Background

Workplace violence against nurses is a significant concern globally, as it leads to serious negative consequences for nurses, patients and organisations as a whole. Having adequate support is considered significant. While numerous studies have been conducted on workplace violence, few qualitative reviews have focused on identifying nurses' support needs following episodes of workplace violence.

Wellbeing

A musical approach to coping with psychosocial stress

Every life has a soundtrack. What's yours? Think back to the different phases of your life, and you can probably connect much of it—especially births, graduations, weddings, and funerals—to music. A song may transport you back to your favorite movie or a touching moment. Music seems to tap into something deep inside of us and exists in every culture.

People use music to find solace, to celebrate, to facilitate emotional expression, and even to provide motivation during exercise. People at every age respond to music—babies are soothed by it, young adults dance to it for hours, and older adults can be mentally transported back to their youth by the memories it evokes. Why is music such an important part of our lives, and, how does it help us cope with stress? [Read more](#)

The above bulletin has been compiled by Linda Stopforth, SNIPS, on behalf of NZNO Mental Health Nurse 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: DianaG@nzno.org.nz

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