NZNO Mental Health Nurse Section
Monthly news bulletin
Friday 26 February 2021

NZNO / Section News

Mental Health Nurses Forum
"Capacity and Duty of Care"

Friday, 27 August 2021
Otago Museum
419 Great King Street
Dunedin

Register Online Now

Download the Forum flyer (PDF, 142KB)

Call for Abstracts

Download the Call for Abstracts Flyer (PDF, 563KB)
Deadline to submit abstracts is 23 April 2021

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

Changes to Pharmac's Advisory Committee's
NZNO welcomes your feedback on PHARMAC's proposal to change how committees advise them on medicines and consumer experiences.

Vaping regulations (under the Smokefree Environments and Regulated Products Act 1990)
NZNO welcomes your feedback on draft regulations that aim to:
better support smokers to switch to regulated products that are less harmful than smoking protect children, young people and non-smokers from the risks associated with vaping and smokeless tobacco products.

New Zealand news

Fast food outlets and liquor stores linked to poor mental health
People reporting recent mental distress or a diagnosis are more likely to live near fast food and alcohol stores and have less access to parks, rivers or waterways, a study has found.
Read more

Mental health line 1737 defends recording calls without clients' knowledge
A national mental health phone counselling service has come under fire for failing to let callers know conversations are recorded. Read more

Study shows one in four Kiwis at risk of mental health struggles
A quarter of New Zealand adults are at risk of struggling with their mental health, a new study shows. Read more

Bursaries grow our Maori mental health workforce - Ministry of Health
Over 120 Mâori students who have received bursaries for their mental health studies have been welcomed at two-day hui at Massey University in Auckland today. Read more

Ministry of Health accused of 'gagging' Mental Health Foundation
The Mental Health Foundation claims the Ministry of Health is trying to "gag" it. Foundation CEO Shaun Robinson claims he was told by an official that the foundation wasn't allowed to criticise the Government since it accepted government money. However, the Ministry of Health says the official concerned has a different recollection of the conversation.Read more

Mental health – general

Three mental health conditions contribute to violent offenses
Researchers find a disproportionate number of inmates with violent offenses suffer from post-traumatic stress disorder, panic disorder and alcohol use disorder. Read more

Addiction / substance abuse

Changing the lives of Pacific youth - Waitemata DHB
WaitematÄ DHB's community alcohol and drug service (CADS) is leading the way with a specialised programme for pacific youth who experience alcohol and/or drug issues.
Read more

Highly specific synaptic plasticity in addiction
Addiction, or substance use disorder (SUD), is a complex neurological condition that includes drug-seeking behavior among other cognitive, emotional and behavioral features. Synaptic plasticity, or changes in the way neurons communicate with one another, drives these addictive behaviors. A new study now shows that players in the extracellular environment - not just at neuronal interfaces - contribute to addiction plasticity. Read more

Patient experiences of alcohol specialist nurse interventions in a general hospital, and onwards care pathways.
Dorey, L, Lathlean, J, Roderick, P, Westwood, G.
J Adv Nurs. 2021; 00: 1– 11. https://doi.org/10.1111/jan.14777
To provide insight into patient experiences of a general hospital-based alcohol specialist nurse intervention during alcohol detoxification, experiences of alcohol specialist nurse hospital-based follow-up appointments (Pathway A) as well as the experiences of patients who did not have access to this additional help post detoxification (Pathway B). 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

LGBTQ+ people living with dementia: an under-served population
Emily Cousins, Kay De Vries, and Karen Harrison Dening
British Journal of Healthcare Assistants, Vol. 15, No. 1: 26-35.
Background:
Lesbian, gay, bisexual, transgender and queer (LGBTQ+) people living with dementia are an under-served population. They are often at greater risk of vulnerability, discrimination, loneliness, health inequalities and poorer health outcomes.
Aims:
The aim of this applied practice paper was to produce an introductory summary of some of the challenges and considerations facing LGBTQ+ people living with dementia. This is the second in a series of clinical articles on dementia in underserved populations.

Autism / Aspergers

Clinical Levels Of Psychiatric Distress Found Among Parents Of A Child With Autism
A New Study Examines The Mental Health Of Parents Of A Child With Autism Spectrum Disorder (Asd). The Majority Of Participants Had Reached Clinical Levels Of Psychiatric Distress, In Particular Anxiety. And 70 Percent Can Be Classified As 'At Risk' Of A Psychiatric Disorder. Read more

Children and young people

Partnering to support children as mental health stats decline - Life Educations Trust
Life Education Trust NZ and Anxiety NZ have come together to support young people's mental health and wellbeing to thrive. Launching new initiative Healthy Minds, they aim to empower young people to grow their hauora and meet challenges with resilience.
Read more

Fortnightly email to remove barrier to kids asking for mental health help
It takes courage to speak up about your mental health but an email a fortnight could remove that barrier for hundreds of thousands of young Kiwis. Read more

Youth mental health funding boost of $10m 'small start' amid 'tsunami of need'
Koiauruterangi Fraser says taking part in a kaupapa Māori adventure therapy programme helped give him confidence to pursue basketball more seriously. Read more

Depression, anxiety and panic attacks: Students' demand for mental health support rising
Concerns over exam results, job uncertainty and the ongoing impact of Covid-19 will result in more young people seeking help for a range of mental health issues, a New Zealand support service says. Read more

Services for rainbow youth get $4 million boost from govt
Mental health services for young people from the rainbow community will receive a boost of $4 million over four years. Read more

Mentally ill kids become less healthy adults
A new pair of studies from a Duke research team's long-term work in New Zealand make the case that mental health struggles in early life can lead to poorer physical health and advanced aging in adulthood. Read more

Enhancing mental health literacy in schools through staff training: An integrative review

Regina M Buteau and Dr Tracy Perron
British Journal of Child Health, Vol. 1, No. 6: 268-274.
Students who are not well cannot learn. As the prevalence of adolescent anxiety, depression, and behavioural dissorders continues to rise, it is important to identify children who suffer silently, as these disorders can have negative effects on academic performance and absenteeism. While the school nurse and social worker are important resources, it is teachers that have the most access to students. However, the literature shows that staff members often feel they lack training, competency and readiness in identifying and referring students in need. This integrative review examines not only the need for training, but the methods being employed worldwide. While the methods differ in format, all seven intervention studies indicate positive reception by staff members and the majority show improvement of staff knowledge and attitudes, which creates a greater chance of intervention and improved outcomes for students.

Body dysmorphic disorder in children and young people

Chloe Watson and Sasha Ban
British Journal of Nursing, Vol. 30, No. 3: 160-164.
The incidence of body dysmorphic disorder (BDD) in young people is increasing. Causes of BDD are related to the prevalence of social media and adolescent development, especially the role that brain neuroplasticity has on influencing perception. There are long-term impacts of BDD, including depression and suicide. Prevention and promotion of positive body image are part of the nurse's role; treatment can prevent unnecessary aesthetic surgical interventions.

Covid-19

Improving adult coping with social isolation during COVID-19 in the community through nurse-led patient-centered telehealth teaching and listening interventions.

Ross, L, Meier, N.
Nursing Forum. 2021; 1– 7. https://doi.org/10.1111/nuf.12552
The coronavirus disease 2019 (COVID-19) pandemic led to social isolation which both threatens mental health and has been shown to increase the risk for early death by 50%, and to contribute to increased rates of heart disease, hypertension, stroke, and inflammation.
Local problem
No identified special programs to address loneliness related to social isolation were in place. This project aimed to improve adult coping with COVID-19 in the community to 80% over 8 weeks. Read more

First aid programmes

Review of Mental Health First Aid Programs.

Costa TFO, Sampaio FMC, Sequeira CA da C, Ribeiro IMOC, Parola VS de O.
Western Journal of Nursing Research. December 2020. doi:10.1177/0193945920980743
Mental health first aid programs are interventions to empower the community to help people with mental health problems/crises. A review of these programs was conducted in accordance with the guidelines of the Joanna Briggs Institute. Published and unpublished works from 2009 to 2019 were considered. The review included 252 studies. Several Mental

Health First Aid programs were identified, with varying characteristics, participants, and contexts of implementation. These group interventions were carried out among lay people to health professionals, and in adolescents to the elderly. Additionally, they were conducted in-person and/or virtually, using psychoeducational methods and informational materials. The programs ranged from 30 minutes to 24 hours. These interventions can address nursing foci, and the characteristics of the facilitators are similar to those of mental health nurses. Therefore, this review highlighted the opportunity for nurses to explore Mental Health First Aid programs.

LGBTQ communities

'You never know if you will be treated properly and with respect': voices of LGBTIQA+ people who lived through disasters
When disaster strikes, not everyone is affected the same way. A growing body of [research](#) shows the experiences of sexually and gender diverse people are frequently very different to those of heterosexual people. [Read more](#)

Personality disorders

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

A mixed methods study of the healthcare received by patients diagnosed with a personality disorder on acute general hospital wards.
Sharda, L., Baker, J. and Cahill, J. (2021),
J Adv Nurs. https://doi.org/10.1111/jan.14797
The study examined concurrent mental and physical healthcare received by patients diagnosed with a personality disorder on acute general hospital wards. The specific objectives were (i) to conduct a web based cross sectional survey and (ii) to explore experiences and perspectives with a subsection of the survey sample, using telephone interviews.

Restraint / Seclusion

Seclusion hours drop for Waikato mental health patients but DHB says rate still too high
Mental health patients in the Waikato are spending less time locked in a room to cool down after aggressive behaviour. [Read more](#)

Schizophrenia

Obsessive-Compulsive Symptoms and Other Symptoms of the At-risk Mental State for Psychosis: A Network Perspective,
Hui Lin Ong, Adela-Maria Isvoranu, Frederike Schirmbeck, … et al, EU-GEI High Risk Study, Schizophrenia Bulletin, 2021;, sbaa187, https://doi.org/10.1093/schbul/sbaa187
The high prevalence of obsessive-compulsive symptoms (OCS) among subjects at Ultra-High Risk (UHR) for psychosis is well documented. However, the network structure spanning the relations between OCS and symptoms of the at risk mental state for psychosis as assessed with the Comprehensive Assessment of At Risk Mental States (CAARMS) has not yet been investigated. This article aimed to use a network approach to investigate the associations between OCS and CAARMS symptoms in a large sample of individuals with different levels of risk for psychosis. [Read more](#)

Stigma

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How do we engage global communities in the de-stigmatisation of mental illness?
Paul Illingworth
British Journal of Nursing, Vol. 30, No. 3: 184-187.

The World Health Organization (WHO) has acknowledged that high-income countries often address discrimination against people with mental health problems, but that low/middle income countries often have significant gaps in their approach to this subject—in how they measure the problem, and in strategies, policies and programmes to prevent it. Localised actions have occurred. These include the Hong Kong government's 2017 international conference on overcoming the stigma of mental illness, and the 2018 London Global Ministerial Mental Health Summit. Furthermore, the UK's Medical Research Council has funded Professor Graham Thornicroft (an expert in mental health discrimination and stigma) to undertake a global study. These and other approaches are welcome and bring improvements; however, they often rely on traditional westernised, 'global north' views/approaches. Given the rapid global demographic changes/dynamics and the lack of evidence demonstrating progress towards positive mental health globally, it is time to consider alternative and transformative approaches that encompasses diverse cultures and societies and aligns to the United Nations' Sustainable Development Goals (SDGs), specifically UN SDG 3 (Good health and wellbeing). This article describes the need for the change and suggests how positive change can be achieved through transnational inclusive mental health de-stigmatising education.

Suicide

Psychiatrists Essential In Suicide Prevention Says Taskforce
At a time of increasing public interest and government focus on the reduction of suicide, the Royal Australian and New Zealand College of Psychiatrists (RANZCP) taskforce on suicide prevention has released a new position statement. Read more

Student Job Search partners with mental health platform, Clearhead
Confronting youth suicide with free, culturally competent care: Student Job Search partners with online mental health platform, Clearhead Read more

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

Three-Step Theory of Suicide,
Anderson, Avery M. BA, BSN, RN; Happ, Mary Beth PhD, RN, FGSA, FAAN The Advances in Nursing Science: January/March 2021 - Volume 44 - Issue 1 - p 89-100 doi: 10.1097/ANS.0000000000000337
Suicide is a public health crisis in the United States and around the world. Despite decades of research, prevention efforts have not substantially influenced suicide rates. Theoretical foundations for research are essential in building the science of suicide prevention. This article analyzes and evaluates the most recently published suicide theory based on an ideation-to-action framework, the Three-Step Theory of Suicide (3ST). This theory demonstrates significant scope and context as well as coherent content. Suggested theory improvements include enhanced clarity and directions for testability. Empirical evidence supports the merits of this theory, although further research is needed for population-specific application.

Suicide care from the nursing perspective: A meta-synthesis of qualitative studies.
Clua-García, R, Casanova-Garrigós, G, Moreno-Poyato, AR.
J Adv Nurs. 2021; 00: 1– 13. https://doi.org/10.1111/jan.14789

To explore nurses' experiences of suicide care and to identify and synthesize the most suitable interventions for the care of people with suicidal behaviour from a nursing perspective.

Professional development

Mental Health and Addiction Workforce Reference Group - Expressions of interest sought

Te Pou and Werry Workforce Whāraurau wish to advise that the Clinical and Sector Reference Group is being refreshed and renewed for the future. The new group will be called the Mental Health and Addiction Workforce Reference Group (Workforce Reference Group or WRG). It will act as a reliable source of information and intelligence about the provision of mental health and addiction services and supports across the health sector. This will assist the workforce centres to be current and responsive to workforce needs and developments. The group will act as a collaborative space where both the workforce centres and members will share expertise, advise, and strategic input in the planning and implementation of mental health and addiction workforce related activities. (Please note that we have a separate advisory group for disability, so that line of work is continuing in that forum.)

As part of the refresh, we are seeking expressions of interest from anyone interested in becoming a member. We are looking for applicants who have a broad range of clinical, leadership, and/or lived experience knowledge and skills relevant to the mental health and addiction workforce. Applications are due by 22 March 2021 **Read more**

Are you new to mental health and addiction nursing and working in an NGO?

Te Pou, through its Skills Matter programmes, funds a range of programmes for post graduate clinical studies, including the new entry to specialist practice mental health and addiction nursing programme

This programme is for new graduates starting in a mental health and addiction nursing role, or for more experienced nurses moving into the mental health and addiction field. Many nurses can access this programme through their DHB employer via the ACE process as part of their employment.

NGO new graduate nurses are also able to access this funding and programme. If you are working in an NGO and are interested in the programme, you can find out more here.

Tips and tricks to more creatively reflect on your CPD

According to Julianne Bryce, the ANMF's Senior Federal Professional Officer, reflection is the cornerstone of a nurse or midwife's CPD practice. Read more

Nursing Standard podcast: how to be a good communicator

Compassionate communication is an essential skill for nurses – cancer nurse and author Janie Brown shares her tips Read more

General articles and reports

Working together to improve patient care: how PCNs are working in partnership to support people's mental health

Mental health disorders are one of the common causes of morbidity in England and primary care plays a key role in supporting patients' mental health and wellbeing, so it has become a priority for many primary care networks (PCNs). This briefing provides examples of three models of partnership working that are currently under way in primary care to support mental health at place level. Read more

Mental Health and Addiction: Service Use 2017/18 tables
These tables provide information on mental health and addiction service use for the 2017/18 financial year (1 July 2017 to 30 June 2018) and highlight notable trends between 2008/09 and 2017/18.

The tables include information on mental health and addiction care (services) provided by secondary organisations funded by the Ministry of Health. Specifically, these tables cover: demographic and geographic information, client referral pathways, the types of services provided, the outcome of the services and legal status and diagnosis information.
Read more

Mental Health and Addiction: Service Use 2016/17 tables
These tables provide information on mental health and addiction service use for the 2016/17 financial year (1 July 2016 to 30 June 2017) and highlight notable trends between 2008/09 and 2016/17.
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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.

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

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