



**NZNO Mental Health Nurse Section
Monthly News Bulletin
Friday 26 March 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**

Opportunity to Participate in a Study on the Administration of Psychotropic Medications

The study is being led by Dr. Gigi Lim, School of Nursing at the University of Auckland, along with Dr. Sandra Thaggard (AUT), and Dr. Jed Montayre (Western Sydney University). It aims to learn about the challenges nurses face with safe medication management of psychotropic drugs. As registered nurses are often the first health professionals involved in medication administration and in documenting effects on patients, this study is an important step in continued efforts to improve nursing practice and education. More details about the study (including ethics approval) can be found in the table below, and in the attached information sheet for organisations.

Study Title	Medication administration challenges of psychotropic drugs from the perspectives of nurses
Principal Investigator name	Dr. Gigi Lim
Principal Investigator contact details	School of Nursing, University of Auckland 85 Park Rd, Grafton, Auckland 1023 g.lim@auckland.ac.nz 09 9233782
Other investigators	Dr. Sandra Thaggard – Department of Nursing, Auckland University of Technology Dr. Jed Montayre – School of Nursing and Midwifery, Western Sydney University
Ethics approval	Approved by the University of Auckland Human Participants Ethics Committee on 16 April 2020 for three years, reference number 023879
Participant information sheet and consent forms	These are provided for participants online as part of the survey. Copies are also attached to this email.
Bicultural context	<p>Māori adults are about 1.5 times as likely as non-Māori adults to report a high or very high probability of having an anxiety or depressive disorder. The difference was higher for males: Māori males were twice as likely as non-Māori males to report a high or very high probability of having an anxiety or depressive disorder. Current evidence shows that Maori experience disproportionately more readmissions and poorer long-term recovery. Specifically, in Northland/Auckland's DHBs evidence shows that Māori have the highest rate of hospitalisation for psychiatric disorders out of all ethnic groups. Māori are seen accessing services later and with greater severity at the point of entry. The findings of this study will help inform practice in terms of Māori patients' responses to drug therapy and the management approaches that are put in place for adverse drug effects.</p> <p>NZNO strongly advocates that nursing and Kaupapa Māori must be central to mental health and addiction services. Nurses, whether in the community or in hospitals, are at the forefront in treating mental health and addiction, and are probably the professionals people experiencing mental health and addiction problems interact with most. Variations in drug responses are common especially in minority ethnic groups. Therefore we want to explore RNs observations of patients' responses to psychotropic drugs and the approaches they use to help optimise therapy. Anecdotal evidence shows that Māori and Pacific Island patients have</p>

	shown variations in drug responses where drug therapy have resulted in treatment failure.
Consultation with Māori	Consultation was undertaken Associate Professor Jacquie Kidd (AUT). Jacquie advised that the project can go ahead (online survey) and that further Māori engagement has to take place if Māori nurses participating in the survey voice concerns and views specific to Māori patients.
Membership category to be recruited	Nurses with experience administering psychotropic medication
Plan to access potential participants and any NZNO support requested	NZNO to disseminate an online survey to members via email
Preferred dates for distribution	As soon as possible

What is involved? You will be asked to disseminate an online survey to your members via email. We have provided a template email invitation should you wish to use it. Consent forms and information sheets for participants are provided online, before the survey begins. The online survey will take 20 minutes and is anonymous.

All nurses with experience administering psychotropic medication are eligible to participate. After completing the survey, all participants go into a draw to win one of five \$100.00 Westfield vouchers.

The survey can be found at:

https://auckland.au1.qualtrics.com/jfe/form/SV_0N8dvGh1Og3JCex

Please find copies of the consent form and information sheet attached, along with a template email invitation. If you can assist us with this or have any questions, please contact research assistant Sally Wong on s.wong@auckland.ac.nz

Consultation

NZNO consults with members on a range of issues.

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

Contraception, Sterilisation, and Abortion (Safe Areas) Amendment Bill

NZNO welcomes your feedback on Louisa Wall's bill which is currently before the Health Committee.

Review of the National Ethical Standards for Health and Disability Research and Quality Improvement

NZNO welcomes your feedback on the revised National Ethical Standards for Health and Disability Research and Quality Improvement.

New Zealand news

Nurses and mental health workers bear the brunt of assaults at Waikato DHB

trained to care, but health workers may face anything from people pumped up on meth to violent patients with advanced dementia. [Read more](#)

Mental health system 'going down wrong path'

The government is being warned if it sticks to the status quo it will fail to improve the mental health system. [Read more](#)

'Disconnected' mental health system struggling to respond to whānau need - review

Mental health and addictions services in Tairāwhiti are disconnected, disjointed and struggling to respond to increasing levels of whānau need, a review has found. [Read more](#)

Addiction / substance abuse

The quality in psychiatric care—Addiction outpatient instrument: Psychometric properties and patient views of the quality of care.

Schröder, A, Skårberg, K, Lundqvist, L-O.

Nurs Open. 2021; 00: 1– 8. <https://doi.org/10.1002/nop2.861>

Aim: The aim of the study was to evaluate the psychometric properties and factor structure of the Quality in Psychiatric Care—Addiction Outpatient (QPC-AOP) instrument and to describe the experiences with the quality of care among addiction outpatients. [Read more](#)

The impact of COVID-19 on alcohol and other drug nurses' provision of care: A qualitative descriptive study.

Searby, A. and Burr, D. (2021),

J Clin Nurs. <https://doi.org/10.1111/jocn.15732>

To explore the impact of the COVID-19 pandemic on alcohol and other drug nurses providing treatment for individuals presenting with problematic alcohol and other drug use. [Read more](#)

Animal therapy

Former racing greyhound supports patients as a mental health support dog

Sprawled out on the floor of a long-term mental health rehabilitation facility is a former racing greyhound called Andrew. [Read more](#)

Anxiety and panic disorders

Psychotherapy for panic disorder shows positive long-term effects

Psychotherapy for panic disorder produces good results, and the effects are lasting. That is the result from a large long-term study from Lund University in Sweden. Two years after treatment were 70 per cent of the patients clearly improved and 45 per cent were remitted.

[Read more](#)

Autism / Aspergers

Psychologists report an error in the NICE guidelines for autism

Reporting in the Lancet Psychiatry today, psychologists at the University of Bath highlight that a widely used technique for autism screening is being misused, which may have prevented many people from receiving an autism diagnosis over the past decade.

[Read more](#)

Children and young people

Coroner recommends new model of care for at-risk kids after 15-year-old's suicide

A coroner has made a range of recommendations – including a new model of care for children and young people at significant risk of self-harm and suicide – following the suicide of a 15-year-old girl. [Read more](#)

Stressed teens unlikely to seek help from counsellors or family, study finds

Stressed teenagers are reluctant to seek professional help or even approach family and friends with their problems, a new study led by the University of Canterbury (UC) has found.

[Read more](#)

New app for schools aims to boost students' mental health

After suffering the pain of losing four loved ones to suicide, a young philanthropist has developed app to help young adults improve their mental wellbeing. [Read more](#)

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Development and use of the Early Attachment Observation tool for infant mental health

Rebecca Hunter, Sue Ranger, and Lorraine Ingram

Journal of Health Visiting, Vol. 9, No. 3: 108-114.

The Early Attachment Observation (EAO) is a simple assessment tool that has been developed by the Leeds Infant Mental Health service in collaboration with Leeds Health Visiting Service for use by health visitors to identify emerging attachment difficulties. The EAO is delivered as part of the universal offer at the routine 6–8-week health visitor contact. The EAO protocol requires the health visitor to ask the primary caregiver three questions about the emerging relationship between themselves and their infant: Describe your relationship with your baby in three words; What is the best thing about your relationship with your baby?; and What is your biggest fear about your relationship with your baby? The health visitor completes a 2-minute observation of the interactions between the infant and parent. The purpose of the EAO is to screen for emerging attachment difficulties, in line with the WAVE report Conception to Age 2: The Age of Opportunity. The EAO is now a crucial element of the Leeds Early Start infant mental health pathway. The purpose of this article is to outline the development, pilot, implementation and evaluation of the use of the EAO in Leeds.

Covid-19

Psychosis Related to COVID-19: Reports of a Disturbing New Complication,

Sandra P. Thomas (2021)

Issues in Mental Health Nursing, 42:2, 111, DOI: [10.1080/01612840.2021.1873054](https://doi.org/10.1080/01612840.2021.1873054)

As physical debilitation and death from coronavirus infection continue to plague the world, reports are surfacing of a disturbing potential complication—psychosis. Most cases of psychotic disorder described in these new reports are found in individuals with no personal or family history of mental illness. In this month's editorial, I will highlight what is known about psychosis that has developed in individuals during or after COVID-19. It is far too early to precisely identify risk factors (such as age or gender), but all psychiatric nurses need to become familiar with the symptoms in order to engage in community education, case-finding, and appropriate therapeutic interventions with symptomatic individuals. [Read more](#)

Depression

Prevalence of teenage depression more than doubled since the 1980s - study

The prevalence of teenage depression in New Zealand has more than doubled since the 1980s, a new University of Otago-led study reveals. [Read more](#)

Eating disorders

Dying for help: Eating disorder treatment waiting lists months long

The Covid-19 pandemic has sparked a wave of serious eating disorders that are overwhelming treatment providers. How do you help a loved one in crisis when there's a waiting list everywhere you turn? [Read more](#)

Learning/intellectual disabilities

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The quandary of registered nurses untrained in adult intellectual disability nursing when caring for this diverse patient group in acute care settings: An integrated literature review.

Howie, V.A., Welch, A.J., Horton, E.S. and Wirihana, L.A. (2021),
J Clin Nurs. <https://doi.org/10.1111/jocn.15663>

Aims and Objectives: To critically appraise relevant literature on the lived experiences of registered nurses caring for adults with intellectual disability in the acute care setting in Australia to determine current knowledge and gaps in the literature.

Background: People with intellectual disability have the right to the highest attainable health care the same as everyone else. However, inequities still exist in the delivery of health care across the globe, including Australia that result in poorer health outcomes for this population group. Part of the problem is a lack of understanding of the complexities of ID care due to an absence of ID specific content in undergraduate curricula.

Loneliness

Persistent loneliness during midlife can increase risk of dementia, Alzheimer's disease

Being persistently lonely during midlife (ages 45-64) appears to make people more likely to develop dementia and Alzheimer's Disease (AD) later in life. However, people who recover from loneliness, appear to be less likely to suffer from dementia, compared to people who have never felt lonely. [Read more](#)

Loneliness during the COVID-19 pandemic,

Lena Dahlberg (2021)

Aging & Mental Health, DOI: [10.1080/13607863.2021.1875195](https://doi.org/10.1080/13607863.2021.1875195)

Responses to the COVID-19 pandemic in terms of physical distancing risk collateral damage such as increased loneliness. Older adults have been identified as being at higher risk of poor outcomes if infected and in many countries have been subjected to greater restrictions on physical contacts with others. Most research so far points towards an increase in loneliness during the pandemic. However, there has been a lack of prospective studies based on representative samples of older adults, with the oldest old, older adults with low or no Internet usage, and those in poor health currently underrepresented. Despite the significance of cultural norms for individuals' standards for social relations and, thus, the experience of loneliness, there has been a lack of comparative research on loneliness in older adults during the pandemic. Reviews have found little evidence for what interventions and what elements of interventions are effective in reducing loneliness. There is potential for social relations to be maintained via technology-based solutions, although there is a risk of excluding older adults with limited resources who are both least likely to use technology and most vulnerable to loneliness. Furthermore, remote social contacts cannot fully compensate for the loss of physical contacts. Where stay-at-home orders are not imposed, supporting neighbourliness and the community use of accessible open spaces are other options. Finally, policy responses to the pandemic need to be more nuanced and non-ageist in order to avoid unnecessary increases in loneliness in older adults. [Read more](#)

Maternal mental health

Mental Health Foundation warns lobby group's postnatal depression advert 'is going to cost lives'

The advertisement is intended to help expectant and new mothers, and it urges the Government to provide more support for postnatal depression. But the Mental Health Foundation says it will do the opposite and “is going to cost lives”. [Read more](#)

Mindfulness/meditation

Study shows mindfulness training has significant impact on boys

A mind health programme taught in New Zealand primary and intermediate schools is having a significant positive impact on boys, research has found. [Read more](#)

Nursing roles

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Making the case for clinical mental health nurses to break their silence on the healing they create: A critical discussion.

Hurley, J. and Lakeman, R. (2021),
Int. J. Mental Health Nurs., 30: 574-582. <https://doi.org/10.1111/inm.12836>

This discursive paper aims to clarify what roles mental health nurses identify as being within their scope of practice in clinical settings. It also aims to highlight any consumer benefits arising from these roles.

Nutrition

Drained brains: why nutrition could help to solve our mental health crisis

Can we combat depression and anxiety by changing what we eat? JEHAN CASINADER reports.

Talking to Julia Rucklidge is a bit like opening a filing cabinet in the middle of a cyclone. Information pours out of her at a mile a minute – data, dates and details – and I’m desperately trying to grab it all before it blows away. [Read more](#)

Personality disorders

Mental health nurses well-positioned to deliver better care to people with borderline personality disorder, study argues

Authors of a new study examining the experiences of patients with Borderline Personality Disorder (BPD) believe more needs to be done to ensure mental health nurses are better equipped to treat patients with the condition. [Read more](#)

Pharmacy / prescribing

A Method for Tapering Antipsychotic Treatment That May Minimize the Risk of Relapse,

Mark Abie Horowitz, Sameer Jauhar, Sridhar Natesan, Robin M Murray, David Taylor,
Schizophrenia Bulletin, 2021;, sbab017, <https://doi.org/10.1093/schbul/sbab017>

The process of stopping antipsychotics may be causally related to relapse, potentially linked to neuroadaptations that persist after cessation, including dopaminergic hypersensitivity. Therefore, the risk of relapse on cessation of antipsychotics may be minimized by more gradual tapering. There is converging evidence that suggests that adaptations to antipsychotic exposure can persist for months or years after stopping the medication—from animal studies, observation of tardive dyskinesia in patients, and the clustering of relapses in this time period after the cessation of antipsychotics. Furthermore, PET imaging demonstrates a hyperbolic relationship between doses of antipsychotic and D2 receptor

blockade. We, therefore, suggest that when antipsychotics are reduced, it should be done gradually (over months or years) and in a hyperbolic manner (to reduce D2 blockade “evenly”): ie, reducing by one quarter (or one half) of the most recent dose of antipsychotic, equivalent approximately to a reduction of 5 (or 10) percentage points of its D2 blockade, sequentially (so that reductions become smaller and smaller in size as total dose decreases), at intervals of 3–6 months, titrated to individual tolerance. Some patients may prefer to taper at 10% or less of their most recent dose each month. This process might allow underlying adaptations time to resolve, possibly reducing the risk of relapse on discontinuation. Final doses before complete cessation may need to be as small as 1/40th a therapeutic dose to prevent a large decrease in D2 blockade when stopped. This proposal should be tested in randomized controlled trials. [Read more](#)

Primary health care

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Integrating Behavioral Health into Primary Care: The Role of Psychiatric Nursing in the Development of the Interprofessional Team,

Barbara Ann Caldwell, Edward J. Alessi, Mary DiGiulio, Patricia Findley, Janice Oursler & Mary Wagner (2021)

Issues in Mental Health Nursing, DOI: [10.1080/01612840.2020.1867676](https://doi.org/10.1080/01612840.2020.1867676)

Integrated behavioral health in a primary care setting is a paradigm shift that requires academic reconfiguration on how health care professionals are educated and trained in the clinical arena.

Risk management

Positive risk management: Staff perspectives in acute mental health inpatient settings.

Just, D, Palmier-Claus, JE, Tai, S.

J Adv Nurs. 2021; 77: 1899– 1910. <https://doi.org/10.1111/jan.14752>

To explore inpatient staff's understanding and implementation of positive risk management.

Background: Risk management is an essential skill for staff working in acute mental health inpatient settings. National policies advocate the use of positive risk management as a form of collaborative, recovery-focused risk management. However, little is known about how staff understand, operationalize, and use positive risk management in practice. [Read more](#)

Safety

Mental health nurses experience of the introduction and practice of the Safewards model: a qualitative descriptive study.

Lee, H., Doody, O. & Hennessy, T.

BMC Nurs 20, 41 (2021). <https://doi.org/10.1186/s12912-021-00554-x>

A lack of safety experienced by patients and staff in acute psychiatric units is a major concern and containment methods used to manage conflict have the potential to cause harm and upset to both staff and patients. To ensure safety for all, it is highly desirable to reduce levels of conflict and containment and the Safewards model is an evidence-based model aimed at reducing conflict and containment rates by improving nurse-patient relationships and safety. [Read more](#)

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Health professionals' perspectives of safety issues in mental health services: A qualitative study.

Albutt, A., Berzins, K., Louch, G. and Baker, J. (2021),
Int J Mental Health Nurs. <https://doi.org/10.1111/inm.12838>

The study aimed to explore mental health professionals' perceptions of patient safety issues across community and inpatient mental health services.

Smoking

Researchers find stopping smoking is linked to improved mental health

Evidence published in the Cochrane Library today will reassure people who want to stop smoking that quitting for at least 6 weeks may improve their mental wellbeing, by reducing anxiety, depression, and stress. People's social relationships are unlikely to suffer if they stop smoking. [Read more](#)

Suicide

Top of cliff approach to suicide prevention - Otago University researchers

By looking at suicide prevention from a different perspective, University of Otago researchers hope to improve identification and support for people in suicidal crisis. [Read more](#)

Trauma

5 strategies to deal with vicarious trauma

As frontline healthcare professionals, nurses and midwives work with patients, residents and clients who may experience trauma. [Read more](#)

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Post-traumatic stress disorder in nurses: An integrative review.

Schuster, M, Dwyer, PA.

J Clin Nurs. 2020; 29: 2769– 2787. <https://doi.org/10.1111/jocn.15288>

Aims and Objectives: To synthesise literature regarding PTSD among nurses. Two objectives guided this review: (a) describe the prevalence of PTSD in registered nurses and (b) identify factors associated with nursing work-related PTSD.

Background: Post-traumatic stress disorder (PTSD) is a psychiatric disorder that can occur from direct or indirect exposure to traumatic events. Nurses are at risk of developing PTSD due to their indirect and/or direct exposure to traumatic situations while providing care to vulnerable patient populations.

Professional development

The ANZMHA Announces The Launch Of Its New Indigenous Wellbeing Conference

The Australian & New Zealand Mental Health Association is proud to announce their new conference, the [2021 Indigenous Wellbeing Conference](#), to take place in Cairns from 7-8 October 2021. [Read more](#)

General articles and reports

Mā Te Rongo Ake / Through Listening and Hearing

A report from the Initial Mental Health and Wellbeing Commission to the Minister of Health Mā Te Rongo Ake is a report from the Initial Commission that assesses progress of the Government's response to He Ara Oranga, the inquiry into mental health and addiction, addresses the question: "how is system transformation progressing?", and asks: what progress is government making in its response to He Ara Oranga? is progress happening fast enough (and how much further is there to go)? what areas need further focus or priority? [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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