



**NZNO Mental Health Nurse Section  
Monthly News Bulletin  
Friday 24 November 2017**

## **Consultation**

NZNO regularly seeks members input on a range of documents up for consultation. The listing is regularly updated and can be found at: \_

[http://www.nzno.org.nz/get\\_involved/consultation](http://www.nzno.org.nz/get_involved/consultation)

## **MEDSAFE**

NZNO seeks your feedback MEDSAFE's consultation on the process for observers at Ministerial Advisory Committees i.e. Whether the

- Medicines Classification Committee should not change, whether observers representing applicants are no longer allowed to attend or whether the observers are widened;
- Medicines Assessment Advisory Committee should not change or whether observers representing the sponsor are no longer allowed to attend;
- Medicines Adverse Reactions Committee should not change, whether there should be no observers other than from the Ministry or whether sponsors should be allowed to attend for section 36 issues to provide a presentation and answer questions; and
- Medicine Review Committee should not change or whether applicants for a review are allowed to present their case to the Committee.
- 

MEDSAFE is also updating its Guidance document: How to change the legal classification for Medicines in NZ

FEEDBACK DUE

Please send feedback to [marilynh@nzno.org.nz](mailto:marilynh@nzno.org.nz) by December 20, 2017.

## **New Zealand**

### **Colouring-in good for mental health, Otago University study finds**

Colouring-in could improve your mental health, new research has shown.

A University of Otago department of psychology study published in the Creativity Research Journal showed daily colouring-in could improve some negative psychological conditions in adults.

[Read more here](#)

### **Accommodation to help families support vulnerable young people**

Free short-term accommodation means family and whānau have a place to stay when visiting young people who are receiving mental health support in Porirua.

[Read more here](#)

## Alzheimers / Dementia

### **Get to know Lewy body dementia**

Nursing Made Incredibly Easy!: November/December 2017 - Volume 15 - Issue 6 - p 32–39

The third most common cause of dementia, this disease isn't well understood by many healthcare professionals. We give you the information you need.

[Read more here](#)

## Asian communities

**Kai Xin Xing Dong** works hard to reduce stigma and discrimination for young Asian people with experience of mental illness.

A **Like Minds, Like Mine** public education programme, Kai Xin Xing Dong (KXXD) collaborates with Chinese, Korean, Filipino and Indian communities to provide awareness and understanding of mental illness, as well as supporting each community to create their own resources.

KXXD supporter Eva Chen says KXXD has helped increase mental health awareness in the Chinese community. You can read an **interview** with her in which she talks about KXXD's value and the work she has done for the programme.

For more information and resources, please visit the bilingual (Chinese and English) **KXXD website**. There's also a bilingual **KXXD brochure** and a range of **Five Ways to Wellbeing posters** available in different languages, including Chinese, Korean and Hindi.

## Children and young people

### **New focus on student mental health - will it make a difference?**

The government is making moves to ramp up mental health services in New Zealand schools. A pilot programme is being planned to bring counsellors into primary schools, and multidisciplinary mental health teams into secondary schools. Will it make a difference to the country's dire youth suicide and depression rates? Kathryn Ryan speaks with Christchurch counsellor Sarah Maindonald who has had 30 years experience in the field, a former primary school counsellor in Hamilton, Kyra Lindsay, and Aorere College Principal Gregory Pierce.

[Read more here](#)

### **New app to help support young people in crisis**

Mental health workers are excited to have renewed support for a new tool to aid in their efforts to support young people in crisis.

[Read more here](#)

### **Evidence Check: Inpatient care for children and adolescents with mental disorders**

"This Evidence Check review examined evidence about when inpatient care is the most effective and appropriate form of care for children and adolescents with moderate to severe mental disorders." Source: Sax Institute

[Read more here](#)

## Depression

### **Academics see better treatment options after finding 12 subtypes of depression**

Academics have identified 12 subtypes of depression which could help experts better treat the thousands of New Zealanders who seek help each year.

[Read more here](#)

## Foetal Alcohol Syndrome

### **Spotlight On Parenting a Child with Fetal Alcohol Spectrum Disorder**

Fetal Alcohol Spectrum Disorder (FASD) will be in the spotlight again this week when international expert Jeff Noble gives insight and hope to New Zealand parents, caregivers and professionals dealing with fetal alcohol and its effects daily.

[Read more here](#)

## Hospital / Primary care

### **How do consumer leaders co-create value in mental health organisations?**

Brett Scholz <sup>A B</sup>, Julia Bocking <sup>A</sup> and Brenda Happell <sup>A</sup>

+ [Author Affiliations](#)

*Australian Health Review* 41(5) 505-510

Objectives Contemporary mental health policies call for consumers to be involved in decision-making processes within mental health organisations. Some organisations have embraced leadership roles for consumers, but research suggests consumers remain disempowered within mental health services. Drawing on a service-dominant logic, which emphasises the co-creation of value of services, the present study provides an overview of consumer leadership within mental health organisations in the Australian Capital Territory.

[Read more here](#)

## Learning disabilities

### **Screenings address poor health of people with intellectual disabilities**

More than 1200 athletes with intellectual disabilities from around the country will receive free ear, eye, feet and teeth checks at the Special Olympics New Zealand National Summer Games 2017.

[Read more here](#)

*This article is not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution*

Taua, C., Neville, C. and Scott, T. (2017), **Appreciating the work of nurses caring for adults with intellectual disability and mental health issues**. *Int J Mental Health Nurs*, 26: 629–638. doi:10.1111/inm.12291

This paper presents findings from a study exploring the nurses' experience of caring for adults with intellectual disability and mental health issues in inpatient settings. Semi structured interviews were undertaken with 13 nurses from various regions of New Zealand. Methods suggested by an Appreciative Inquiry methodology were used to explore the nurses' positive experiences of their role. Interviews were transcribed and analysed using open coding and Leximancer (an online data mining tool) analysis to identify dominant themes in the discourse. Analysis revealed themes around 'Contextualising behaviour', 'Communication', 'Confidence to care' and 'Time'. Participants reflected upon their experiences offering personal interpretations in identifying the aspects of nursing that mattered and that worked. What is shown is that nurses were able to describe a range of

creative and adaptive ways of nursing in responding to numerous complex factors they faced in their roles. This suggests a strong foundation on which to advance nursing care in this field.

## Maori / Pasifika communities

### **Researcher Takes New Approach to Assessing Mental Health of Pasifika Youth Offenders**

The mental health of Pasifika youth offenders is about to be uniquely examined from a Pasifika worldview, looking at associations with culture, family and spirituality, as well as links between mental health and reoffending.

[Read more here](#)

## Nurse-patient relationships

*This article is not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution*

Myklebust, K. K., Bjørkly, S. and Råheim, M. (), **Nursing documentation in inpatient psychiatry: The relevance of nurse-patient interactions in progress notes. A focus group study with mental health staff.** J Clin Nurs. Accepted Author Manuscript. 2017 doi:10.1111/jocn.14108

Aims and objectives

To gain insight into mental health staff's perception of writing progress notes in an acute and subacute psychiatric ward context.

Background

The nursing process structures nursing documentation. Progress notes are intended to be an evaluation of a patient's nursing diagnoses, interventions and outcomes. Within this template, a patient's status and the care provided are to be recorded. The therapeutic nurse-patient relationship is recognized as a key component of psychiatric care today. At the same time, the biomedical model remains strong. Research literature exploring nursing staff's experiences with writing progress notes in psychiatric contexts, and especially the space given to staff-patient relations, is sparse.

Design

## Nutrition

### **Vegetarians more likely to be depressed, study finds**

A new study concluded that a vegetarian diet could increase a person's chances of suffering from depression.

[Read more here](#)

## Personality disorders

### **Borderline Personality Disorder — breaking the stigma, exploding the myth**

Dr Haley Peckham has chosen not to hide the multiple self-inflicted scars along her arms as a testament to her struggle with Borderline Personality Disorder [BPD].

[Read more here](#)

## Police and crisis management

*This article is not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution*

Lamanna, D., Shapiro, G. K., Kirst, M., Matheson, F. I., Nakhost, A. and Stergiopoulos, V. (2017), **Co-responding police–mental health programmes: Service user experiences and outcomes in a large urban centre.** *Int J Mental Health Nurs.* doi:10.1111/inm.12384

As police officers are often the first responders to mental health crises, a number of approaches have emerged to support skilled police crisis responses. One such approach is the police–mental health co-responding team model, whereby mental health nurses and police officers jointly respond to mental health crises in the community. In the present mixed-method study, we evaluated outcomes of co-responding team interactions at a large Canadian urban centre by analysing administrative data for 2743 such interactions, and where comparison data were available, compared them to 16 226 police-only team responses. To understand service user experiences, we recruited 15 service users for in-depth qualitative interviews, and completed inductive thematic analysis. Co-responding team interactions had low rates of injury and arrest, and compared to police-only teams, co-responding teams had higher overall rates of escorts to hospital, but lower rates of involuntary escorts. Co-responding teams also spent less time on hospital handovers than police-only teams. Service users valued responders with mental health knowledge and verbal de-escalation skills, as well as a compassionate, empowering, and non-criminalizing approach. Current findings suggest that co-responding teams could be a useful component of existing crisis-response systems.

## Prison populations

### Mental health in prisons

“Most research suggests that people in prison are more likely to suffer from mental health problems than people in the community. Complex social and personal issues such as history of unemployment, substance misuse or trauma are more common among the prison population, and being in prison can exacerbate poor mental health and well-being. Prisoners are less able to manage their mental health because most aspects of their day-to-day life are controlled by the prison.” Source: National Audit Office (UK)

[Read more here](#)

## Schizophrenia

### Trends in standardized mortality among individuals with schizophrenia, 1993–2012: A population-based, repeated cross-sectional study

Gato, E., Rosella, L., & Chiu, M., *et al.* (2017). *CMAJ*, 189(37), E1177-E1187.

Mortality rates among people with schizophrenia were three times higher than among those without schizophrenia. Individuals with schizophrenia also died, on average, eight years younger than those without schizophrenia, losing more potential years of life.

[Read more here](#)

## Suicide

### Minimising the risk of suicide - what can parents do?

New Zealand's youth suicide rate is the worst in the developed world. So why are so many of today's young people feeling so hopeless? And what can concerned parents do to minimise risk.

[Read more here](#)

**Break The Silence: New Health Minister pledges change on youth suicide**  
***Warning: This article is about youth suicide and may be distressing for some readers.***

People at risk of suicide were not properly supported by the previous government and the lack of help resulted in more deaths, says new Health Minister Dr David Clark. That's a damning statement from the new minister, especially when his predecessor is a medical doctor. But Clark, who is not a medical doctor but a doctor of theology, is promising change and that help is on its way. He has kept the mental health portfolio for himself - it is usually held by an associate minister - and is preparing to launch a mental health inquiry. The nation will also - once again - have a Mental Health Commission, which National disestablished in 2012. This is what a change of government looks like. Big promises and willing interview subjects - Dr Jonathan Coleman spent months avoiding interview requests as the *Herald* investigated then launched its Break The Silence campaign calling for a debate on youth suicide.

[Read more here](#)

**Jonathan Coleman says he'll hold new health minister to account over suicide target**

National's former health minister Dr Jonathan Coleman says he will be holding the new health minister to account if New Zealand's suicide rate does not drop.

[Read more here](#)

## Therapies

**Meaningful activities a resounding success in reducing aggressive behaviour**

Two Perth based clinicians have demonstrated the usefulness of meaningful activities in reducing aggressive behaviour in an adult involuntary mental health unit.

[Read more here](#)

## Wellbeing

**Meditative Walking and the Importance of Self-Care**

During my 38-year career in nursing practice I have been privileged to work at the bedside, in the classroom, and as a nurse researcher. I am one of those nurses who believes that nursing is in my genes!

[Read more here](#)

## Journal contents

**International Journal of Mental Health Nursing** (Table of contents)

December 2017

[Read more here](#)

The above bulletin has been compiled by Linda Stopforth, SNIPS, on behalf of the NZNO Mental Health Nurse section. It is for members of the NZNO Mental Health Nurse section 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 College members. All links are current at the time of being compiled and distributed.

For feedback please contact your section administrator: [DianaG@nzno.org.nz](mailto:DianaG@nzno.org.nz)

**To learn more about the NZNO Mental Health Nurse section go to:**

[http://www.nzno.org.nz/groups/colleges\\_sections/sections/mental\\_health\\_nurses](http://www.nzno.org.nz/groups/colleges_sections/sections/mental_health_nurses)

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