



**NZNO Mental Health Nurse Section monthly news bulletin
Friday 31 August 2018**

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

**Draft National Ethical Standards for Health and Disability Research:
Consultation document**

NZNO seeks member feedback on the Draft National Ethical Standards for Health and Disability Research: Consultation document

In particular feedback is sought on:

- whether the Standards are fit for purpose: are the contents of the Standards helpful, clear, relevant and workable?
- whether the Standards covers all relevant ethical issues: are there matters missing which are on topics where ethical guidance should be provided? Are there any conflicts with other standards, laws or current pieces of work that should be considered?
- general feedback: should any paragraphs be amended? Are there terms that are confusing or could be better defined?

To take part in the consultation, please [complete this online consultation](#) by 20 September 2018.

Alternatively, please provide feedback to support the NZNO submission. Please send feedback to jinny.willis@nzno.org.nz by 13 September 2018.

Indicators Aotearoa New Zealand – Ngā Tūtohu Aotearoa

NZNO seeks your feedback on the development of wellbeing indicators to track NZ's progress. The indicators aim to:

- go beyond economic measures such as GDP, to include wellbeing and sustainable development;
- build on international best practice;
- include cultural and Te Ao Māori perspectives;
- enable government, councils, businesses, communities and individuals to make choices around wellbeing and sustainability and
- align with the Treasury's Living Standards framework.

[Read more here:](#)

Please send feedback to leanne.manson@nzno.org.nz by Monday 21st September 2018.

New Zealand

Maria Berrett: one-stop GP and psychologist shop a model for the future

A new scheme offering immediate access to a psychologist for patients at a GP clinic could be a game-changer for mental health care. The pilot scheme bases psychologists at Kauri Integrated Family Health Centre in Palmerston North and allows patients to see psychologists on site immediately - and for free. Dr Maria Berrett is a clinical psychologist and acting clinic director of Massey Psychology Clinic.

[Read more here](#)

Courts seek to assist those with disabilities to better access support while in justice system

The District Court is weighing up how young offenders with brain damage and disabilities can better access support while in the justice system.

[Read more here](#)

Psychogeriatric day hospitals not just 'nice to have', finds study

Psychogeriatric day hospitals should be more widespread than they currently are, say Canterbury District Health Board experts running the only hospital of its kind in the country.

[Read more here](#)

NZ Defence Force seeks bids for new external mental health services

The New Zealand Defence Force (NZDF) is inviting bids from mental health providers to help establish external counselling and mental health services for its personnel.

[Read more here](#)

Corrections leading a push for far-reaching mental health support in the public sector

Managing risks and hazards has long been at the fore of workplace health and safety, but it's hoped a new government agency-led initiative will bring mental health into the spotlight. Representatives from 71 government agencies packed into Te Papa on Tuesday for the inaugural Mental Health and Wellbeing Conference, organised by the Government Health and Safety Lead Ray Smith.

[Read more here](#)

Mental health – general

Geoff McDonald - Mental health at work

Geoff McDonald is the former Global Vice President HR for Unilever and now campaigns to break the stigma associated with mental illness in the corporate world. Ten years ago he suffered a massive panic attack which opened the door for him on mental health issues and he now consults around the world on how to deal with depression and anxiety in the workplace. He has provided support to the Royal Foundation's mental health campaign; was recently appointed a trustee of Family Links, a charity promoting emotional wellbeing; and he is a trustee of It's a Penalty - a global campaign against the exploitation of children. McDonald is speaking at the Health and Safety Association of New Zealand (HASANZ) conference in Wellington on September 6-7.

[Listen here](#)

Addiction / substance abuse

The adverse health effects and harms related to marijuana use: an overview review

Background With impending marijuana legislation in Canada, a broad understanding of the harms associated with marijuana use is needed to inform the clinical community and public, and to support evidence-informed public policy development. The purpose of the review was to synthesize the evidence on adverse health effects and harms of marijuana use.

[Read more here](#)

Presentations from the DANA 2018 Australasian 'It Starts with Us' Conference

Unless otherwise indicated, consent to download the following presentations has been provided by speakers at the DANA 2018 Australasian 'It Starts with Us' Conference:

[Download here](#)

Alzheimers / Dementia

Kiwis share their dementia experience in an international documentary

Every three seconds someone in the world develops dementia.

Before Helen Doyle's diagnosis of Alzheimer's disease, she knew something was wrong. She just didn't know what.

[Read more here](#)

Young-onset dementia sufferers helped by assistance dogs, study indicates

An Australian trial study has shown how specially trained dogs can help younger people suffering from dementia as their world becomes increasingly confusing.

[Read more here](#)

Movement and music giving one early-onset dementia sufferer improved quality of life

After being diagnosed with early-onset Alzheimer's at 58, South Aucklander Amrita Francis thought her time in music was over.

But her loving husband, Martin, and son Sanesh say it was her love of music that helped restore some of her old standard of living.

[Read more here](#)

Camaraderie and catchups for younger dementia sufferers

The World Health Organisation has recommended that specific services be developed for people diagnosed with dementia at a younger age, as they face unique challenges.

[Read more here](#)

Dementia-friendly rural communities guide

"[This] new rural communities guide is designed to help all types of rural communities increase awareness of dementia and become more dementia-friendly." Source: Alzheimer's Society (UK)

[Read more here](#)

Much Feared, Little Understood: Startling New Dementia Findings

Video | [Play/Download](#)

New research into Kiwi attitudes towards and awareness of dementia shows it is little understood yet deeply feared – and more than half the population have a personal experience with the degenerative brain disease.

[Read more here](#)

issues

NZ Psychiatry and Behavioural Disorders Research Review Issue 1

In this issue:

Hypnotic prescription linked to mortality
'Clinical Inertia' in comorbid hypertension plus depression
Lavendar oil relieves generalised anxiety disorder
Improving stratification of ongoing suicide risk
Quitting smoking improves mental health
The prognosis of adolescent mental disorder
Psychostimulant, parent training plus risperidone for kids with ADHD
Linking ADD/ADHD to childhood physical abuse
Family-based CBT benefits kids with OCD
Intervene early with severely antisocial children

[Read more here](#)

Bullying

Overview of Approaches to Address Bullying and Cyberbullying

"Bullying and cyberbullying are recognized globally as complex and serious problems that have significant negative health and social impacts. Prevention and intervention approaches that seek to address these problems can have an impact on the short- and long-term effects of bullying/cyberbullying others and/or experiencing victimization." Source: Public Safety Canada

[Read more here](#)

Children and young people

Free wellbeing resource boosting mental health in schools

From innovative trust games to traditional Maori breathing and mindfulness sequences, new online resources for schools are helping to boost confidence and happiness in children.

[Read more here](#)

The rise and rise of mental illness among our young

Mental health issues are on the rise throughout the developed world and being young doesn't make you any less susceptible. Helen Harvey reports.

[Read more here](#)

Adventure education and mental health challenges in adolescents

Study confirms positive youth development in Maori and New Zealand European teens through adventure education

University of Otago researchers have identified adventure education as a potential tool to help tackle the mental health challenges facing Māori and New Zealand European adolescents in New Zealand. The findings of the study have recently been published in *Kōwhiri: New Zealand Journal of Social Sciences*.

[Read more here](#)

Wright BD, Cooper C, Scott AJ, et al

Clinical and cost-effectiveness of one-session treatment (OST) versus multisession cognitive-behavioural therapy (CBT) for specific phobias in children: protocol for a non-inferiority randomised controlled trial

BMJ Open 2018;8:e025031. doi:10.1136/bmjopen-2018-025031

Introduction Specific phobias (intense, enduring fears of an object or situation that lead to avoidance and severe distress) are highly prevalent among children and young people.

Cognitive-behavioural therapy (CBT) is a well-established, effective intervention, but it can

be time consuming and costly because it is routinely delivered over multiple sessions during several months. Alternative methods of treating severe and debilitating phobias in children are needed, like one-session treatment (OST), to reduce time and cost, and to prevent therapeutic drift and help children recover quickly. Our study explores whether (1) outcomes with OST are 'no worse' than outcomes with multisession CBT, (2) OST is acceptable to children, their parents and the practitioners who use it and (3) OST offers good value for money to the National Health Service (NHS) and to society.

[Read more here](#)

Diagnosis in child mental health: Exploring the benefits, risks and alternatives

"Service providers seldom have time to explore the debates, complexities and nuances surrounding the diagnosis of child mental health conditions. This paper is designed to encourage practitioners in the child and family welfare sector to examine their own understanding of diagnostic systems, and to critically reflect on the role that diagnosis plays in their work with children and families." Source: Child Family Community Australia

[Read more here](#)

Depression

People with depression use language differently – here's how to tell

From the way you move and sleep, to how you interact with people around you, depression changes just about everything.

It is even noticeable in the way you speak and express yourself in writing. Sometimes this "language of depression" can have a powerful effect on others. Just consider the impact of the poetry and song lyrics of Sylvia Plath and Kurt Cobain, who both killed themselves after suffering from depression.

[Read more here](#)

Exercise

Regular exercise 'best for mental health' - mass study

Regular physical activity lasting 45 minutes three to five times a week can reduce poor mental health - but doing more than that is not always beneficial, a large US study suggests.

[Read more here](#)

Foetal Alcohol Syndrome

Insight: Foetal Alcohol - Damaging Baby Brains

Conservatively, it's thought 600 children are born in New Zealand every year with some form of brain damage caused by their mother drinking alcohol, often before they even knew they were pregnant. But many experts think the real number of babies affected every year may number in the thousands. For [Insight](#), Philippa Tolley asks what is being done to identify those affected.

[Read more here](#)

Gambling

Scratchies linked to high relapse rates of gambling addiction

Instant Kiwi and online gambling games are contributing to an increase in gambling harm in New Zealand, researchers say.

[Read more here](#)

New Zealand National Gambling Study: Wave 4 (2015)

Report number 6

The National Gambling Study was designed as a prospective investigation to assess the incidence of problem and risky gambling in the New Zealand adult population, and other changes in gambling participation and gambling-related harm. These changes included increased and decreased gambling participation, decreased risky and problem gambling and relapse to at-risk and problem gambling.

The study examined findings across the four years assessing gambling prevalence trends, electronic gaming machine expenditure trends, gambling risk level (no gambling, non-problem gambling, low-risk gambling, moderate-risk gambling and problem gambling) trends, incidence of risk (number of new cases of problem, moderate-risk and low-risk gamblers), and transitions between gambling risk levels. Risk and resiliency factors for moderate-risk and problem gambling over time are also presented.

[Read more here](#)

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Can a brief telephone intervention for problem gambling help to reduce co-existing depression? A three-year prospective study in New Zealand

Ranta, J., Bellringer, M., & Garrett, N., *et al.* (2018, June 28). *Journal of Gambling Studies*, Epub ahead of print.

Researchers found a single brief telephone intervention for problem gambling substantially reduced the prevalence of depression. This has clinical and public health implications, with a benefit being that people with depression and coexisting gambling problems may not necessarily need additional treatment for depression if they receive treatment for their gambling issues.

Learning disabilities

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

O'Reilly K, Lewis P, Wiese M, et al. **An exploration of the practice, policy and legislative issues of the specialist area of nursing people with intellectual disability: A scoping review.** *Nurs Inq.* 2018;e12258. <https://doi.org/10.1111/nin.12258>

The specialist field of intellectual disability nursing has been subjected to a number of changes since the move towards deinstitutionalisation from the 1970s. Government policies sought to change the nature of the disability workforce from what was labelled as a medicalised approach, towards a more socially oriented model of support. Decades on however, many nurses who specialise in the care of people with intellectual disability are still employed. In Australia, the advent of the National Disability Insurance Scheme offers an apt moment to reflect upon these decades of specialised nursing care as the context of this nursing care will continue to evolve. A review of the published literature was conducted to explore what has shaped the field in the past and how this might inform the future of this speciality area under new policy and service contexts. People with intellectual disability have specific health and support needs that require a specialised workforce. Specialist nurses continue to be needed for people with intellectual disability.

<https://onlinelibrary.wiley.com/doi/10.1111/nin.12258>

Maori / Pasifika

Te Ipu Whakahauā: Māori Mental Health Research & Bibliography Database

A repository of valuable research, literature, and conference papers relating to Māori mental health; freely accessible to everyone interested in this important kaupapa.

[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

Cultural, individual, and familial risk and protective factors associated with depressive symptoms in Pacific youth living in New Zealand

Paterson, J., Tautolo, E., & Iusitini, L., *et al.* (2018, July 25). *Social Work in Mental Health*, Published online.

Across time points, factors significantly associated with higher depressive symptoms were involvement in bullying and gang activities. Positive parenting was significantly associated with lower depressive symptoms, and Tongan youth were significantly less likely to report depressive symptoms than Samoan youth.

Peer support

Urichuk L, Hrabok M, Hay K, *et al*

Enhancing peer support experience for patients discharged from acute psychiatric care: protocol for a randomised controlled pilot trial

BMJ Open 2018;**8**:e022433. doi: 10.1136/bmjopen-2018-022433

Introduction This study will evaluate the effectiveness of an innovative peer support programme. The programme incorporates leadership training, mentorship, recognition and reward systems for peer support workers, and supportive/reminder text messaging for patients discharged from acute (hospital) care. We hypothesise that patients enrolled in the peer support system plus daily sup

[Read more here](#)

Refugee mental health

Help for those who suffer in silence

A group of ethnic counsellors have seen their vision for a counselling service for migrants and former refugees become a reality.

Vanisri Mills, Freda X'ia and Kaoru Tsukigi use their experience of migrating to a new country to help others at Diversity Counselling NZ.

[Read more here](#)

Resilience

Investing in a resilient generation: Keys to a mentally prosperous nation

Burstow, P., Newbigging, K., & Tew, J.E., *et al.* (2018). UK: University of Birmingham. The summary sets recommendations and the evidence base around the factors that can impact on young people's mental health. This can be summarised in terms of four key building blocks for building a resilient generation.

[Read more here](#)

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Psychological health and resilience: The impact of significant earthquake events on tertiary level professional students

Trip, H., Tabakakis, K., & Maskill, V., *et al.* (2018, July 25). *Contemporary Nurse*, Epub ahead of print.

BACKGROUND:

The effect of natural disasters internationally is linked to intensity and duration and the impact of these events for tertiary level professional students is not clearly understood. Following a 7.1 magnitude earthquake in New Zealand in 2010 (with aftershocks lasting 27 months) a number of tertiary nursing students experienced significant disruption to their studies.

AIM:

To compare the psychological health, resilience and the impact on learning for three cohorts of students engaged in tertiary nursing education during this time.

Researchers conclude that to support psychological health among nursing students, tertiary education systems need to plan for sustainable learning. The importance of facilitating future orientation within organisations is necessary to develop resilience among staff and students, which in turn, will enable ongoing education during significant disaster events.

Suicide

New Zealand suicide rate highest since records began

The number of people who have taken their own lives in New Zealand is the highest since records began, with 668 dying by suicide in the past year.

[Read more here](#)

SuMRC responds to increase in annual suicide figures

Responding to provisional annual suicide figures for 2017/18, the Suicide Mortality Review Committee (SuMRC) has called on all sectors and communities to work better together to reduce suicide deaths in New Zealand.

[Read more here](#)

Māori suicide rate the highest its ever been. What are we missing?

Māori suicide is at its highest level since records began.

Figures released on Friday by Chief Coroner Judge Deborah Marshall show there were 142 Māori deaths from July 2017 to June 2018.

[Read more here](#)

Parents' spirituality or religion tied to lower suicide risk in kids

(Reuters Health) - Kids are less likely to think about suicide or attempt to kill themselves if religion or spirituality is important to their parents, a small study suggests.

[Read more here](#)

New discussion paper looks at the role of mental illness in suicide prevention

Adelaide, Australia: Today at Suicide Prevention Australia's National Suicide Prevention Conference, Chief Executive Nieves Murray will launch a paper that challenges Australia's view of the role of mental illness when it comes to suicide prevention.

Research shows people living with complex mental illness are 13-45 times more likely to take their own life than those living without mental illness. For people living with:

Borderline personality disorder the risk is 45 times greater

Anorexia nervosa the risk is 31 times greater

Major depressive disorder the risk is 20 times greater

Bipolar disorder is 17 times greater

Schizophrenia the risk is 13 times greater

[Read more here](#)

Traumatic brain injury tied to increased risk of suicide

(Reuters Health) - People who have traumatic brain injuries may be nearly twice as likely to die by suicide as individuals who don't have a history of injuries like concussions and skull fractures, a large Danish study suggests.

[Read more here](#)

General articles and reports

Strudwick G, Kuziemy C, Booth RG, *et al*

Engaging patients and family members in the evaluation of a mental health patient portal: protocol for a mixed-methods study

BMJ Open 2018;**8**:e025508. doi: 10.1136/bmjopen-2018-025508

Introduction Twenty per cent of Canadians will experience a mental illness in any year. Mental health patient portals have been developed to support these individuals in taking more control over their own mental health and care. This may be done through electronic access to their health records and other supportive functions like completion of online self-assessments. To date, there has been limited research into the value that these portals may provide within mental health contexts. This study will identify what value mental health patient portals may offer to patients and their family members.

[Read more here](#)

Ministry of Health

Spectrum Disorder Guideline supplementary paper on the impact of ethnicity on recognition, diagnosis, education, treatment and support for people on the autism spectrum

The [New Zealand Autism Spectrum Disorder Guideline](#) second edition was published in 2016.

As part of their commitment to the implementation of the Guideline, the Ministry of Health and Ministry of Education agreed to establish a Living Guideline process. This process is where a guideline is regularly updated and refined to reflect new evidence and changing user needs. Each update is reported in a comprehensive supplementary paper.

This supplementary paper describes a systematic review which aims to provide an evidence-based synthesis of research published in or beyond 2004 relating to the impact of ethnicity on recognition, diagnosis, education, treatment and support for people on the autism spectrum.

[Read more here](#)

New Zealand National Gambling Study: Wave 4 (2015)

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increased and decreased gambling participation, decreased risky and problem gambling and relapse to at-risk and problem gambling.

The study examined findings across the four years assessing gambling prevalence trends, electronic gaming machine expenditure trends, gambling risk level (no gambling, non-problem gambling, low-risk gambling, moderate-risk gambling and problem gambling) trends, incidence of risk (number of new cases of problem, moderate-risk and low-risk gamblers), and transitions between gambling risk levels. Risk and resiliency factors for moderate-risk and problem gambling over time are also presented.

From 2012 to 2015, overall gambling participation has declined while problem gambling and low-risk and moderate-risk gambling have remained static. This poses a public health challenge of identifying the factors that explain the persistence of harm despite declining gambling participation. One reason may be a high relapse. If this is the case, greater attention is required for relapse prevention in public health and treatment programmes. Māori and Pacific peoples continue to have very high problem gambling prevalence rates. This means that unless more focus is placed on understanding why this is the case, and processes put in place to change the current situation, Māori and Pacific communities will continue to be disproportionately affected by gambling-related harm.

[Read more here](#)

Strategy to Prevent and Minimise Gambling Harm 2019/20 to 2021/22: Consultation document

The Gambling Act 2003 sets out requirements for an 'integrated problem gambling strategy focused on public health'.

The Ministry of Health is responsible for developing and refreshing the strategy at three-yearly intervals, and for implementing it. The Crown recovers the cost of developing and implementing the strategy, by way of a 'problem gambling levy' set by regulation at a different rate for each of the main gambling sectors. The Act specifies consultation requirements for the development of the strategy and the levy rates.

Consistent with these requirements, the Ministry is now seeking your comments on its draft Strategy to Prevent and Minimise Gambling Harm for 2019/20 to 2021/22 and on the draft levy rates.

The consultation document also refers to the needs assessment required by the Act, which looks at facts and figures relating to gambling harm in New Zealand, and has informed development of the consultation document.

How to have your say

The closing date for submissions is 5.00 pm, Friday 21 September 2018.

[Read more here](#)

Gambling Harm Reduction Needs Assessment

This needs assessment was done as part of the Ministry's strategy to reduce gambling harm, as required under the Problem Gambling Act 2003.

Research shows that the level of gambling harm in the population as a whole has remained static over the last six to seven years. This means, because the population has grown, so too have the numbers of people who are experiencing harm from their gambling. More people are experiencing harm but as a group they remain in proportion with the whole population. Given the level of gambling harm that the research indicates is occurring,

improvements in service design and delivery are required in order for services to make a difference.

The needs assessment makes 13 recommendations about problem gambling service design and delivery. The recommendations are responded to in detail by the Ministry in the service plan section of the consultation document: [Strategy to Prevent and Minimise Gambling Harm](#).

[Read more here](#)

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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: diana.geerling@nzno.org.nz

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