



**NZNO Mental Health Nurse Section monthly news bulletin  
Friday 30 November 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](http://www.nzno.org.nz/get_involved/consultation)

**Mental health Nurses Section - Met in Wellington at the end of November**

1. The committee welcomed co-opted members Amanda Colls and Brent Doncliff.
2. In the last year we have had to say goodbye to Ellie Hayes and Toni Djohanli. We thank you both for the work put in in your own time, to develop Mental Health and Addiction nursing.
3. To those who have read the Kia Tiaki Mental health articles this year, it has been great to have feedback to committee members. Especially valued are the responses about seclusion reduction and staff safety. Thank you to the mental health nurses who have provided excellent feedback to the committee in regards to Zero Seclusion and violence experienced by mental health nurses- you have provided examples and suggestions that continue to be very useful in our discussions with the relevant mental health leadership. We welcome further feedback from members.
4. The MH Section face book page is increasing in numbers. Committee members value professional discussion about MH and Addiction nursing.
5. At the meeting liaison took place with:
  - Jane Bodkin (MoH Acting chief Nurse and MH Nurse). They were awaiting the MH Inquiry report, however are fully aware of increased work load in MH and Addiction.
  - Nursing Council senior staff representatives: Jo Walton, Sandra Matheson, Pam Doole. Competencies were discussed and ways to critically reflect on your work. We also advised this group of our strong concern for the safety of nurses and the need to critically evaluate mental health nursing undergraduate education and investigate options to enhance the level of knowledge and skills in this field of nursing.
  - Pharmac rep: Karen Jacobs-Grant – explained how Pharmac works and methods of communication with Pharmac representatives.
6. Thank you for all your work in MH and Addiction nursing in 2018. May you have a time to enjoy family and friends over the holiday and festive season. We look forward to progressing further in 2019.

## **Wendy's Petition – Victim's Rights when the offender found insane**

### **Petition request**

That the House of Representatives amend the law to extend to the victims of crime committed by people found to be insane, the same protections and rights as other victims of crime.

### **Petition reason**

Wendy Hamer is a mental health nurse. She was the victim of an attempted murder whilst carrying out her role in community mental health nursing. The offender was found to be not guilty by reason of insanity. The offender was recently relocated to her home town without any input from Wendy as would have occurred under the criminal justice system and Parole Board. The petition is seeking a change so victims of such crimes would have the same protections and rights as other victims of crime such as occurs in jurisdictions like Australia.

[https://www.parliament.nz/en/pb/petitions/document/PET\\_81158/petition-of-wendy-hamer-wendy-s-petition-victims-rights](https://www.parliament.nz/en/pb/petitions/document/PET_81158/petition-of-wendy-hamer-wendy-s-petition-victims-rights)

<https://www.stuff.co.nz/national/108920057/petition-to-improve-victims-rights-exceeds-target-within-days>

## **Health (Drinking Water) Amendment Bill**

The Health (Drinking Water) Amendment Bill makes small technical changes to improve the effectiveness and efficiency of existing drinking-water legislation. The Bill follows the recommendations of the Inquiry into Havelock North Drinking water:

<https://www.health.govt.nz/our-work/environmental-health/drinking-water/government-inquiry-havelock-north-drinking-water-outbreak>

NZNO supports safe drinking water as a fundamental of public health. We support any legislative change that enables greater responsiveness to emerging risks to water quality, especially given increasing stressors on systems via the environment (e.g. intensified agriculture; extreme weather events from climate change). We particularly support legislation that enables a stronger, “joined –up” public health workforce infrastructure to manage risks.

Member feedback is sought on this legislative change, for example, your experiences of:

1. the capacity of the public health workforce to effectively manage health risks concerning drinking water quality;
2. health impacts of poor water quality (e.g. giardia, cryptosporidium, blue baby syndrome),
3. changes in the perception of risk regarding drinking water (e.g. since Havelock North); and
4. smaller communities you are aware of struggling to upgrade water supplies.

Please find the Bill here: [https://www.parliament.nz/en/pb/bills-and-laws/bills-proposed-laws/document/BILL\\_78676/health-drinking-water-amendment-bill](https://www.parliament.nz/en/pb/bills-and-laws/bills-proposed-laws/document/BILL_78676/health-drinking-water-amendment-bill)

**Send feedback to [diana.cookson@nzno.org.nz](mailto:diana.cookson@nzno.org.nz) by 14 December 2018.**

## New Zealand

### **New nurses seek mental health and addictions careers**

The Mental Health, Addictions and Intellectual Disability Service (MHAIDS) has welcomed 13 new nurses to its specialist training programme.

The New Entry to Specialist Practice (NESP) programme equips graduate and registered nurses for a career in mental health, addictions and intellectual disability services.

[Read more here](#)

### **First phase of Middlemore adult mental health facility opens with 38-bed high-dependency unit**

A delayed \$57 million adult acute mental health unit at Auckland's Middlemore Hospital has finally been officially opened today.

[Read more here](#)

### **Fresh thinking evident in new mental health unit - Clark**

Health Minister Dr David Clark says he's encouraged by the fresh, positive thinking evident in the design of Counties Manukau DHB's new Tiaho Mai Mental Health Unit.

David Clark officially opened phase one of the new adult mental health inpatient facility situated in the grounds of Middlemore Hospital today.

[Read more here](#)

### **Introducing the Mental Health and Addiction Health Sector Leadership Group**

A mental health and addiction Health Sector Leadership Group (HSLG) has been established to provide leadership and advice to support the Ministry of Health as it develops a response to the Inquiry into Mental Health and Addiction. The HSLG is co-chaired by Ron Dunham and John Crawshaw and comprises leaders from the mental health and addiction sector. For more information [read the Mental Health and Addiction Transformation Newsletter](#)

Source : Te Pou

### **Government Appoints DHB & MoH Group to Advise What to Do About the Mental Health Inquiry Recommendations....**

In a not so smart move, Health Minister David Clark appears to have agreed to have a so-called 'Leadership Group' of primarily DHB representatives, as well as the Ministry of Health's Mental Health Director, John Crawshaw, advise him on what recommendations to accept from the just-completed Mental Health Inquiry.

[Read more here](#)

### **Mental health working group 'dominated by DHBs' - advocates**

Mental health advocates are slamming the make-up of a Ministry of Health working group to advise the government on how to respond to the Mental Health and Addiction inquiry.

[Read more here](#)

### **Time needed to 'digest' 200-page Mental Health Inquiry report**

Health Minister David Clark says it will take more than one Budget to address all the issues and recommendations in the 200-page Mental Health and Inquiry report handed over to him today.

[Read more here](#)

## Mental health – general

### **Mental health issues cost EU countries more than €600 billion**

In many EU countries, mental health is still a taboo. However, the economic impact of psychological disorders is a loss of 4% of GDP and changes in the labour market only aggravate the situation, according to a report by the OECD.

[Read more here](#)

## Alzheimers / Dementia

### **Being on marae is a protective factor against dementia - researcher**

Pākehā and non-Māori dementia clinicians don't understand the importance of spirituality in how they care for Māori, says a University of Auckland Professor.

[Read more here](#)

### **Young people with dementia need new approaches to care**

Research conducted by academics at the University of Hertfordshire outlines new approaches to care for people diagnosed with young onset dementia.

[Read more here](#)

## Anxiety

### **Coping with anxiety: Can diet make a difference?**

Is it true that certain foods worsen anxiety and others have a calming effect?

Anxiety symptoms can make you feel unwell. Coping with anxiety can be a challenge and often requires making lifestyle changes. There aren't any diet changes that can cure anxiety, but watching what you eat may help.

[Read more here](#)

## Asian communities

### **Study: Ethnic enclaves 'pivotal' to helping older Asian migrants settle in NZ**

When 76-year-old Malaysian grandmother Betty Chan moved to New Zealand 10 years ago, she struggled to understand the Kiwi accent and found it difficult to make friends.

[Read more here](#)

## Care models

*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*

Bill Moloney, Ian Cameron, Ashley Baker, Johanna Feeney, Anthony Korner, Rachel Kornhaber, Michelle Cleary & Loyola McLean (2018) **Implementing a Trauma-Informed Model of Care in a Community Acute Mental Health Team**, *Issues in Mental Health Nursing*, 39:7, 547-553, DOI: [10.1080/01612840.2018.1437855](https://doi.org/10.1080/01612840.2018.1437855)

In this paper, we demonstrate the value of implementing a Trauma-Informed Model of Care in a Community Acute Mental Health Team by providing brief intensive treatment (comprising risk interventions, brief counselling, collaborative formulation and pharmacological treatment). The team utilised the Conversational Model (CM), a psychotherapeutic approach for complex trauma. Key features of the CM are described in this paper using a clinical case study. The addition of the Conversational Model approach to practice has enabled better understandings of consumers' capacities and ways to then engage, converse, and intervene. The implementation of this intervention has led to a greater sense of self-efficacy amongst clinicians, who can now articulate a clear counselling model of care.

## Children and young people

### **Year-long wait for youth mental health appointment criticised**

Children and teenagers with mental health issues face an average 35-day wait for an initial appointment with public services in Canterbury as the health board struggles to meet national targets.

[Read more here](#)

## Depression

### **One in eight Kiwi adults prescribed antidepressants**

A Kiwi teacher caught up in the devastating 2011 Japan tsunami is one of thousands of New Zealanders being prescribed antidepressant drugs.

[Read more here](#)

### **New research on depression in Pacific youth**

More than 1000 Pacific youth in Auckland will take part in new research aimed at reducing depression rates.

[Read more here](#)

Rigabert A, Motrico E, Moreno-Peral P, *et al*

### **Effectiveness of online interventions in preventing depression: a protocol for systematic review and meta-analysis of randomised controlled trials**

*BMJ Open* 2018;**8**:e022012. doi: 10.1136/bmjopen-2018-022012

**Introduction** Although evidence exists for the efficacy of psychosocial interventions in preventing depression, little is known about its prevention through online interventions. The objective of this study is to conduct a systematic review and meta-analysis of randomised controlled trials assessing the effectiveness of online interventions in preventing depression in heterogeneous populations.

[Read more here](#)

## Down syndrome

### **For Down syndrome adults, death and dementia often come together**

(HealthDay)—Seven in 10 people with Down syndrome show evidence of dementia when they die, new research from Britain reveals.

"The link between Down syndrome and Alzheimer's disease has been known for some years now," explained study author Rosalyn Hithersay, a doctoral candidate in the department of forensic and neurodevelopmental science at King's College London.

[Read more here](#)

## Exercise

*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*

Adam Carlbo, Hanna Persic Claesson & Sture Åström (2018) **Nurses' Experiences in using Physical Activity as Complementary Treatment in Patients with Schizophrenia**, *Issues in Mental Health Nursing*, 39:7, 600-607, DOI: [10.1080/01612840.2018.1429508](https://doi.org/10.1080/01612840.2018.1429508)

**Introduction:** Schizophrenia is a common disease with a high risk of comorbidity in both psychiatric and somatic diseases. Physical activity is proven effective in reducing symptoms of schizophrenia and increasing overall health. Still it is not used systematically in the care of persons with schizophrenia. **Aim:** The aim of this study is to describe nurses' experience, including personal motivation, in using physical activity as complementary treatment in patients with schizophrenia.

## Foetal Alcohol Syndrome

### **Study shows high costs of fetal alcohol spectrum disorder**

Fetal alcohol spectrum disorder (FASD) is a common condition with a high economic impact in both children and adults, concludes an updated review in the Journal of Addiction Medicine, the official journal of the American Society of Addiction Medicine (ASAM).

[Read more here](#)

## Gambling

### **Researchers find worrying link between problem gambling and video game loot boxes**

A major new study has provided the first evidence of a potentially dangerous link between problem gambling and video game loot boxes.

[Read more here](#)

## Health technologies

### **Digital mental health tool trialled at three DHBs**

A digital self-management tool for New Zealanders living with schizophrenia is being trialled at three district health boards.

[Read more here](#)

### **John Kirwan's plan to use AI to develop digital mental health coaches**

Picture this. Every day you chat about your mental health issues on your preferred device to a "digital human", who can see and hear you and can take account of your tone of voice and body language.

[Read more here](#)

## Learning/intellectual disabilities

### INDEPENDENT LIVING

Conder, J. & Mirfin-Veitch, B. (2018). **"From presence to belonging": Experiences and outcomes of living independently for adults with intellectual disability.** Dunedin: The Donald Beasley Institute.

[\[ DOWNLOAD PDF \]](#)

*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*

Wilson, N. J., Wiese, M. , Lewis, P. , Jaques, H. and O'Reilly, K. (2018), **Australian nurses working in intellectual disability-specific settings talk about the uniqueness of their role: A qualitative study.** J Adv Nurs. Accepted Author Manuscript. .

doi:10.1111/jan.13898

To explore the perceptions of Australian nurses working in disability-specific settings and/ or roles, about a) nursing people with intellectual and developmental disability living in Sydney and b) the utility and applicability of professional practice standards designed specifically for intellectual and developmental disability nursing.

## Maori / Pasifika

### **Under the Korowai: new approaches to Māori mental health**

By Leonie Hayden | Ātea Editor

The Spinoff is proud to present the latest in our Frame documentary series produced by Wrestler and funded by NZ on Air. *Under The Korowai* looks at Te Whare Marie, a kaupapa Māori mental service provider that is combining tohunga-led cultural therapy and clinical methods to help young Māori understand, rather than fear, their gifts.

[Read more here](#)

## Maternal mental health

### **Mental health and wellbeing during the transition to fatherhood**

a systematic review of first time fathers' experiences

Objective: The aim of this systematic review was to identify and synthesize the best available evidence on first time fathers' experiences and needs in relation to their mental health and wellbeing during their transition to fatherhood.

[Read more here](#)

## Mindfulness/meditation

### **Otago study finds mindfulness apps can improve mental health**

A University of Otago study has found that using mindfulness meditation applications (apps) on phones is associated with improvements in people's mental health.

[Read more here](#)

Salzmann-Erikson, M. (2018), Moral mindfulness: **The ethical concerns of healthcare professionals working in a psychiatric intensive care unit**. *Int J Mental Health Nurs*, 27: 1851-1860. doi:[10.1111/inm.12494](https://doi.org/10.1111/inm.12494)

Healthcare professionals working on inpatient wards face the externalizing or challenging behaviour of the patients who are admitted. Ethical values and principles in psychiatric nursing have been reported to be important when approaching patients during the most acute phase of deterioration in their mental health. Hence, the aim of this study was to discover and describe staff members' ethical and moral concerns about their work as healthcare professionals in a psychiatric intensive care unit. The study has a qualitative descriptive design and makes use of Framework Analysis. Registered nurses and psychiatric aides in a psychiatric intensive care unit in Sweden were observed during ethical reflection meetings. Four to six staff attended the 90-min meetings. The data comprise observations from six meetings, which provided 94 pages of text. The results demonstrate that the work was described as being both motivating and exhausting. The staff faced ethical concerns in their daily work, as patients often demonstrated challenging behaviours. Three themes were identified as follows: (i) concerns about the staff impacting on patients' experience of care, (ii) concerns about establishing a safe working environment, and (iii) concerns about becoming unprofessional due to expectations and a high workload. Ethical concerns included simultaneously taking into account both the patients' dignity and safety aspects, while also being exposed to high workloads. These elements of work are theorized as influencing complex psychiatric nursing. If we are to bring these influential factors to light in the workplace, advanced nursing practice must be grounded in moral mindfulness.

[Read more here](#)



## Personality disorders

### **Understanding how best to respond to the needs of Australians living with personality disorder**

Elise Carrotte, Research Officer, SANE Australia Dr Michelle Blanchard, Deputy CEO and Director, Anne Deveson Research Centre, SANE Australia

The purpose of this report is to review current evidence-based practice, service availability and experiences of treatment for Australians with lived experience of personality disorder, regardless of their circumstances. An overarching aim of this body of work is to improve management of and access to effective treatment and support services for these people

[Read more here](#)

### **Treatment and support for personality disorder**

A summary of research by SANE Australia

Personality disorder involves pervasive and persistent patterns of thoughts, emotions and behaviour that can be distressing, and make daily life difficult. Living with personality disorder can be challenging. Providing care and support for someone with personality disorder can be rewarding and life-saving, but can also be stressful. It can be difficult for people living with personality disorder, and carers, families and other support persons, to know where to find information or how to access support. The right support is critical for recovery and improving quality of life

[Read more here](#)

## Seclusion

### **Evidence update for reducing seclusion in New Zealand**

Te Pou's latest evidence update provides information about rates of seclusion for Māori and Pasifika people, use of HoNOS to inform reduction strategies, variation in seclusion between DHBs, key points about effective responses and a selection of the tools and resources to support seclusion reduction. [Read the evidence update to learn more here](#). For further information please contact [Caro Swanson](#) or [Suzette Poole](#). The MHNS of NZNO is currently engaged in a feedback process in regards to the views of our members in relation to the implementation of this initiative. Please contact the Chair (Helen Garrick) for more information on section feedback processes.

[Read more here](#)

## Sexual abuse

Cleary, M. , West, S. , McLean, L. , Kezelman, C. , Karacsony, S. and Kornhaber, R. (2018), **Connecting past and present: Nurses' role in identifying signs of child sexual abuse in adults and supporting survivors**. Int J Mental Health Nurs, 27: 1587-1591. doi:[10.1111/inm.12495](#)

Child sexual abuse (CSA) is a particular form of trauma, known as complex trauma. Unlike 'single incident' trauma, the complex trauma of CSA is cumulative, underlying, and interpersonally generated (Courtois & Ford [2009](#)). It can have significant and long-lasting health impacts and is a key predictor of psychological distress in later life (Flett et al. [2012](#)).

[Read more here](#)

## Suicide

### **Pessimism around youth suicide prevention approaches is unfounded**

A comprehensive study examining the global impact of suicide prevention approaches in young people has found that youth-specific interventions conducted in clinical, educational and community settings can be effective in reducing suicide-related behavior in young people at risk.

[Read more here](#)



## Trauma

### **Veterans with PTSD improve mental health after therapeutic horseback riding intervention**

Veterans with combat-related post-traumatic stress disorder were less anxious and depressed and had an improved quality of life after an eight-week therapeutic horseback riding program, according to a Baylor University study.

[Read more here](#)

## Wellbeing

### **No butts – it's time to help people with mental health conditions quit smoking**

Australians with mental health conditions are more than twice as likely to be smokers as the general population. About [22% of people](#) with a mental health condition smoke daily compared to a [national rate](#) under 13%. And the more severe your illness, the more likely you are to smoke. For example, [about 60-70%](#) of people with psychotic conditions such as schizophrenia smoke.

[Read more here](#)

## Research funding

### **Funding available for research on veterans' health**

The Veterans' Health Advisory Panel (the Panel) is responsible for funding research that aims to improve the health outcomes of New Zealand veterans.

On 19 November the Panel made a public call for research proposals from New Zealand-based researchers (individuals or teams). The Panel would like to hear from researchers interested in undertaking research projects which improve the mental, physical, and social health outcomes of New Zealand veterans.

For further information about this research call - including the application pack and form – please visit the Veterans' Affairs [website](#).

## Professional development / education

### **How to Handle Difficult Patients**

Most nurses live for their patients (see [Communicating with patients](#)). It is usually the patients that make the sore feet, paperwork, and hours without a bathroom break worth it. However, not all patients are rosy, happy people, and sometimes they can truly test a nurse's compassion, patience, and communication skills.

[Read more here](#)

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: [diana.geerling@nzno.org.nz](mailto:diana.geerling@nzno.org.nz)

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