



## **NZNO Mental Health Nurse Section Monthly News Bulletin Friday 28 September 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)

### **Rewrite of family justice reforms**

The 2014 changes were meant to help people resolve parenting disputes without having to go to court, but have in fact led to the opposite as there's been a huge increase in the number of urgent 'without notice' applications which have to be put before a Family Court judge. This may have affected you personally or in your role as nurses.

### **Reform of the State Sector Act 1988**

Members are invited to contribute their views and knowledge as nurses on the reform of the State Sector Act, a process that aims to ensure New Zealand has a public service that reflects the people it serves.

### **New Zealand**

#### **Northland DHB backs its suicide-prevention programmes in face of increase**

The Northland District Health Board said its anti-suicide programmes are effective despite a record number of suicides in the region.

[Read more here](#)

#### **The isolated unwell: how mental illness and loneliness interact**

Isolation and mental illness feed into each other in a vicious cycle, leading to further loneliness and illness.

In fact, being lonely in one year predicts depressive symptoms in the following year more reliably than other depressive symptoms.

[Read more here](#)

#### **Suicidal woman told she looked 'fine' at Christchurch Hospital's ED**

A Christchurch artist who became suicidal and went to Christchurch Hospital Emergency Department (ED) says a nurse told her she "looked fine" and did not need help.

Kayleigh Garner, 36, has bi-polar disorder, a brain disorder marked by extreme changes in energy and mood level.

[Read more here](#)

#### **Mental health in the construction industry - BRANZ**

The New Zealand Construction Industry has the highest percentage of suicide for employed men of any industry in this country. Most of those interviewed as part of a recent BRANZ study, while surprised at the high suicide rate, agreed there was a key driver to the high

rates - the poor culture. Described as "macho" and "bullying" and including intolerance of diversity, the culture was seen to significantly contribute to poor mental health of construction industry workers.

[Read more here](#)

## Addiction / substance abuse

### 'Hugely positive' response to app for people with addictions

A one-year trial of a smartphone app to support people recovering from alcohol or drug addictions at Waikato DHB is proving successful and is likely to be extended.

[Read more here](#)

## Alzheimers / Dementia

### Support systems for Kiwis with dementia 'woefully inadequate'

Fed up with perceived inaction, the head of Alzheimers New Zealand is calling on the Government to do more to support the increasing number of Kiwis living with dementia.

[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*

Gilmore-Bykovskiy A, Block L, Johnson R, Goris ED. **Symptoms of apathy and passivity in dementia: A simultaneous concept analysis.** *J Clin Nurs.* 2018;00:1–10. <https://doi.org/10.1111/jocn.14663>

Aims and objectives

The objective of this analysis was to clarify the concepts of apathy and passivity in the context of dementia by identifying distinguishing and overlapping attributes for both concepts simultaneously.

Background

Apathy is among the most common and persistent symptoms in dementia. The concept of apathy is often used interchangeably with passivity. Understanding similarities and differences between these concepts is of critical importance in clarifying clinical diagnostic criteria, developing consistent measurement in research and translating research evidence into nursing practice.

## Anxiety

### Video-conferencing brings therapists to patients with anxiety

(Reuters Health) - Talk therapy for anxiety disorders can be effective even when done via video-conference, a new study confirms.

[Read more here](#)

## Autism / Aspergers

Rydzewska E, Hughes-McCormack LA, Gillberg C, *et al*

**Prevalence of long-term health conditions in adults with autism: observational study of a whole country population** (Scotland)

*BMJ Open* 2018;**8**:e023945. doi: 10.1136/bmjopen-2018-023945

**Objectives** To investigate the prevalence of comorbid mental health conditions and physical disabilities in a whole country population of adults aged 25+ with and without reported autism.

[Read more here](#)

## Care models

### **New communication skills online course for clinicians**

A new **online course** is available to help clinicians develop skills for communicating effectively with patients about the risks and benefits of treatment options, and for enhancing skills in shared decision-making.

[Read more here](#)

## Children and young people

### **Focus on mental health education in schools after 'concerning' health survey**

Kiwis are finding it increasingly difficult to manage their personal wellbeing and that of their families, prompting concerns about the potential flow-on effect to children.

[Read more here](#)

### **Therapeutic approaches for suicidal adolescents**

Rajamohan, Santhiny, PhD, RN; Sharkey, Patricia L., MS, RN; Heavey, Elizabeth, PhD, RN, CNM

Nursing2018: [September 2018 - Volume 48 - Issue 9 - p 32–38](#)

Abstract: Suicide is one of the most preventable causes of death among children and adolescents. Because nurses are often the first to interact with someone who is suicidal, all healthcare settings should have protocols for suicide screening and prevention. This article addresses the issue of suicide among adolescents and focuses on risk assessment, therapeutic interventions, and recommendations for successful outcomes.

[Read more here](#)

### **Surge in Kiwi teens taking antidepressants, study shows**

The number of New Zealand teens taking a prescribed antidepressant has increased by 50 per cent over five years.

[Read more here](#)

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

“This report sets out 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.” Source: Mental Health Policy Commission (UK)

[Read more here](#)

## Depression

### **Primary care is an untapped resource for depression screening**

Hazardous alcohol use and depression often go hand-in-hand. Yet when a patient is screened by their doctor for hazardous alcohol use, rarely are they also screened for depression.

[Read more here](#)

### **New guidelines for evaluation and treatment of perimenopausal depression**

It is well-recognized that women are at increased risk of depression during postpartum when hormone levels are changing, but the risk of depression associated with perimenopause -- the time right before menopause when female hormones are in decline -- remains under-recognized and clinical recommendations on how to diagnose and treat this kind of depression in women have been lacking until now.

[Read more here](#)

## Exercise

Chapman JJ, Suetani S, Siskind D, *et al*

### **Protocol for a randomised controlled trial of interventions to promote adoption and maintenance of physical activity in adults with mental illness**

*BMJ Open* 2018;**8**:e023460. doi: 10.1136/bmjopen-2018-023460

**Introduction** Physical activity (PA) has diverse benefits for physical and mental health and can reduce symptoms of mental illness. Adults with mental illness face practical, psychosocial and socioeconomic barriers to adopting and maintaining PA, and it is unclear how to effectively promote PA in this group. Supervised exercise interventions provide high support but may not promote autonomous motivation, which is important for PA maintenance. The aim of this study is to compare the effectiveness of two interventions to promote PA in adults with mental illness.

[Read more here](#)

## Obesity

### **Evidence that increased BMI causes lower mental wellbeing**

There is an increasing need to prevent obesity because of the consequences for mental as well as physical health, new research by academics at the University of Bristol has found.

[Read more here](#)

## Pharmacy / prescribing

### **Patients on brand of anti-depressants told supply will run out**

Patients paying extra to stay on a brand of antidepressants, are now being told the supply will run out next year.

[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*

Holman, G. , O'Brien, A. J. and Thom, K. (2018), **Police and mental health responses to mental health crisis in the Waikato region of New Zealand**. *Int J Mental Health Nurs*, 27: 1411-1419. doi:[10.1111/inm.12440](https://doi.org/10.1111/inm.12440)

New Zealand police report a high level of involvement with people in mental health crisis, something that has been reported in the international literature in recent decades. Involvement of police represents a coercive pathway to care and is likely to be associated with use of force. The aim of this study was to investigate the clinical, legal, and social characteristics of individuals subject to police response in the Waikato region of New Zealand. Data were also collected on characteristics of police response, including use of force, time of day, and disposition. Use of force, most commonly use of handcuffs, occurred in 78% of cases involving police. The study showed that Māori were overrepresented in police responses, but no more likely than Europeans to experience use of force. Almost half those subject to police response were not subsequently admitted to hospital, raising questions about the need for and nature of police response in these cases. Because mental health nurses are often part of police response, nurses need to take cognisance of their relationship with police and contribute to any initiatives that can reduce coercion in the pathway to care, and improve service users' experience in mental health crises.

## Resilience

Mackenzie K, Williams C

### **Universal, school-based interventions to promote mental and emotional well-being: what is being done in the UK and does it work? A systematic review**

*BMJ Open* 2018;**8**:e022560. doi: 10.1136/bmjopen-2018-022560

**Objectives** The present review aimed to assess the quality, content and evidence of efficacy of universally delivered (to all pupils aged 5–16 years), school-based, mental health interventions designed to promote mental health/well-being and resilience, using a validated outcome measure and provided within the UK in order to inform UK schools-based well-being implementation.

[Read more here](#)

## Schizophrenia

### **Mobile-Based Application Shows Benefits for Young Patients With Schizophrenia**

The use of a mobile-based digital health intervention program showed benefits in mood and motivation in young patients with recent-onset schizophrenia spectrum disorders, according to a study in *Schizophrenia Bulletin*.

[Read more here](#)

## Suicide

### **'A Very Human Ending' - new book examining suicide**

New book investigates why some humans want to kill themselves University of Otago research psychologist Jesse Bering has explored the dark experiences of being suicidal, in his new book: *A very human ending*, how suicide haunts our species.

[Read more here](#)

## Supervision

*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*

Cutcliffe, J. R., Sloan, G. and Bashaw, M. (2018), **A systematic review of clinical supervision evaluation studies in nursing**. *Int J Mental Health Nurs*, 27: 1344-1363. doi:10.1111/inm.12443

According to the international, extant literature published during the last 20 years or so, clinical supervision (CS) in nursing is now a reasonably common phenomenon. Nevertheless, what appears to be noticeably 'thin on the ground' in this body of literature are empirical evaluations of CS, especially those pertaining to client outcomes. Accordingly, the authors undertook a systematic review of empirical evaluations of CS in nursing to determine the state of the science. Adopting the approach documented by Stroup *et al.* (*JAMA*, 283, 2000, 2008), the authors searched for reports of evaluation studies of CS in nursing – published during the years 1995 to 2015. Keywords for the search were 'clinical supervision', 'evaluation', 'efficacy', 'nursing', and combinations of these keywords. Electronic databases used were CINAHL, MEDLINE, PsychLIT, and the British Nursing Index. The research evidence from twenty-eight (28) studies reviewed is presented, outlining the main findings with an overview of each study presented. The following broad themes were identified and are each discussed in the study: narrative/anecdotal accounts of positive outcomes for clinical supervision, narrative/anecdotal accounts of negative outcomes for clinical supervision, empirical positive outcomes reported by supervisee, and empirical findings showing no effect by supervisee.

## Trauma

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Loyola McLean, Rachel Kornhaber, Rachael Holt, Sancia West, Julia Kwiet, Denis Visentin & Michelle Cleary (2018) **Introducing a Conversational Model Therapy Approach as a Team Model of Care: The Clinician Experience in a Sexual Assault Service**, Issues in Mental Health Nursing, DOI: [10.1080/01612840.2018.1491655](https://doi.org/10.1080/01612840.2018.1491655)

This article examines clinician experience in adopting a contemporary psychodynamic model of care by exploring the experiences and perspectives of staff at an Australian hospital-based sexual assault service (SAS), reflecting then on implications for how to best engage clinicians in a model of care change and training. The Conversational Model of Therapy (CMT) is a contemporary psychodynamic approach integrating evidence from developmental psychology, neuroscience and trauma. Training was provided in the CMT approach to Short-Term Intensive Psychodynamic Psychotherapy seeking to enable the service to better provide for the needs of adult clients with less recent sexual assault experiences and/or those able to receive a short-term psychotherapy.

## Wellbeing

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### **Supporting smoking cessation in people with a mental health condition**

Debbie Robson

Nurse Prescribing, Vol. 16, No. 9: 428-434.

Tobacco smoking disproportionately affects the health and wellbeing of people who experience a mental health condition because of how much they smoke, the way they smoke and for how long they smoke. Although motivated to quit, these smokers experience several challenges such as high levels of tobacco dependence and fewer opportunities to give up. This article describes how common smoking is among people with a mental health condition, its impact and the use of licenced medicines to assist with quitting. It also briefly discusses the role electronic cigarettes can play in helping people with a mental health condition reduce harm from tobacco smoking.

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.

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