



NZNO Mental Health Nurse Section Monthly News Bulletin Friday 25 January 2019

**Call for Abstracts
Mental Health Nursing - Into The Future
Date of the forum: 26th August 2019
Venue: Massey University, Wellington**

It is a pleasure to invite you to submit a paper to be presented at the mental health nursing into the future forum. The forum is being organized by the mental health nurse section of the New Zealand Nurses Organisation (NZNO). The Mental Health Nurses Section is a specialty professional section of NZNO dedicated to the provision of leadership, education and professional development of mental health nursing in New Zealand/Aotearoa.

The theme of the mental health nursing conference- into the future will be to address challenges and opportunities for mental health services and nursing post the mental health enquiry.

Guide for authors

The deadline to submit abstracts is May 6th 2019

to submit an abstract, please email your submission to diana.geerling@nzno.org.nz

General abstract guidelines:

Please structure abstracts of **300-500 words** in the following format and do not include diagrams or list of references:

- **Relevance:** Include a *brief* discussion of how your submission relates to the conference topic of: mental health nursing into the future
- **Background and Purpose**
- **Methods section:** where relevant;
- **Results section:** where relevant
- **Conclusions and Implications section:** describe the outcomes of the study as well as the practice and policy implications, and include suggestions for further research.

Presentation formats are as follows:

- **Interactive Poster:** A display area will be provided. It is expected that the author(s) will be present at the poster location during the specified presentation time(s) to discuss the contents with the conference participants. Further instructions will be provided in the abstract acceptance letter.
- **Oral Presentation:** The time allocated for oral presentations is 40 minutes [30 presentation and 10 minutes for discussion and questions].

Note: As part of the submission, a **50-75 words** bio must be provided for each author.

Organising committee:

Helen Garrick
Brent Doncliff
Margaret Daniella
Amanda Colls
Jennie Rae
Philip Ferris-Day

For any enquiries regarding the programme, please contact: diana.geerling@nzno.org.nz

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

Position statement: Violence and aggression towards nurses

A position statement on violence and aggression towards nurses that clearly states the unacceptability of this behavior in the work context of nurses has been requested. This would be in addition to the other resources that NZNO provides on managing situations of conflict, de-escalation and health and safety in workplaces. The draft attached has had input from NZNO staff members and was drafted using research about nurses and colleagues in other health professions who are subjected to verbal and physical violence and aggression at work.

Please send feedback to sue.gasquoine@nzno.org.nz by 15 February 2019.

Read or Download

- [2018-12-07 Consultation v2](#) (355 KB)

New Zealand

[Mental health service for West Coast children 'imploding'](#)

Understaffing, high turnover, communication issues and interpersonal conflicts are putting children's mental health services on the West Coast at risk, an internal report suggests.

[Quake-hit city wants mental health 'first aid' plan](#)

A city-led approach to mental health and wellbeing has been mooted for Christchurch. Inspired by the "thrive" approach adopted by cities around the world, including New York City and London, Thrive Christchurch would seek to reduce stigma and develop collaboration.

[Mental health ring-fence: Canterbury spends more to meet demand](#)

Millions of dollars more than the ring-fenced amount have been pumped into mental health services in Canterbury in a bid to meet high demand for help.

[Cantabrians' antidepressant use balloons by more than 6000 prescriptions in three years](#)

Canterbury has reaffirmed its position as one of the largest consumers of antidepressants, as repercussions from the swarm of 2011 earthquakes reverberate throughout the southern region.

[Wife's desperate struggle to get mental health support for her husband](#)

A Nelson woman struggling to get help for her husband, who has mental health and addiction issues, was told he needed to make "bigger mistakes" before he could get further treatment.

[Woman talked down from bridge twice within hours](#)

Hours after passerbys helped talk her down from a bridge, a distressed teenager left a Christchurch mental health facility and returned to the same spot.

[Researchers recommend enhanced mental health crisis options](#)

New ways of helping people faced with a mental health crisis need to be explored, University of Otago research says.

[Mental health a priority area for NZ Budget, Ardern tells World Economic Forum](#)

Early intervention is crucial in dealing with mental health issues, Prime Minister Jacinda Ardern has told an audience at the World Economic Forum in Switzerland. Ardern highlighted the Government's decision to put mental health nurses in schools and the mental health support provided to children following the Canterbury quakes as examples.

[The Taranaki business using horses for mental-health therapy](#)

Horses are increasingly being used to treat anxiety, depression and emotional-trauma cases. Mental-health nurse Sharon Robertson explains why.

Mental health – general

[Māori stories leading the way in online mindfulness programme](#)

When mindfulness teacher Jase Te Patu sits down and starts talking, the kids lean in and start listening.

[Childhood lead exposure linked to poor adult mental health](#)

Lead exposure in childhood appears to have long-lasting negative effects on mental health and personality in adulthood, according to a study of people who grew up in the era of leaded gasoline.

[Childhood trauma affects brain and increases risk of substance use in adolescence, study finds](#)

A new study led by FIU researchers at the Center for Children and Families found that traumatic childhood experiences like domestic violence, abuse and parental incarceration impact brain functioning and increase the risk of substance use during adolescence.

[Risk for developing more than one mental health disorder revealed](#)

A new study has revealed the risks behind developing a second mental health disorder after an initial diagnosis in the largest and most comprehensive study of comorbidity to date.

[Exposing the impact of intensive advice services on health: A realist evaluation](#)

Attention has turned to welfare advice as a potential health and social care intervention. However, establishing direct evidence of health impact has proven difficult. This is compounded by the need to understand both the facilitative contexts and mechanisms through which this impact occurs. This study investigated if, how and in which circumstances an intensive advice service had an impact on stress and well-being (as precursors to health impacts), for clients attending a branch of Citizens Advice, located in the North East of England. A mixed methods realist evaluation of three intensive advice services offered by Citizens Advice (CA) was operationalised in five phases: (a) Building programme theories, (b) refining programme theories, (c) Development of a data recording tool, (d) Testing programme theories with empirical data, (e) Impact interviews. This paper focuses on phase 4. The Warwick Edinburgh Mental Wellbeing Scale (WEMWBS) and Perceived Stress Scale (PSS) were completed by 191 clients, with a 91% follow-up rate (data collected: February 2016 to March 2017). Twenty-two CA clients participated in interviews (data collected: October 2015 to November 2016). The PSS indicated a significant decrease in stress from initial consultation to approximately 4–6 weeks post advice from 31.4 to 10.3 ($p < 0.001$) and the WEMWBS indicated a significant increase in client well-being from a mean of 26.9 to 46.5 ($p < 0.001$). Nine refined programme theories are presented which combine the qualitative and quantitative analysis; they are underpinned by three abstract theories: Capabilities model, The Decision to Trust Model, and Third Space. An explanatory framework is presented covering the micro, meso, and macro levels of CA. Use of a stress and well-being lens has allowed insight into the precursors of health in those receiving intensive advice. Using these measures whilst explaining contextual and mechanistic properties, begins to build a complex and real picture of how advice services impact on health.

Addiction / substance abuse

['Happiness' exercises can boost mood in those recovering from substance use disorder](#)

Brief, text-based, self-administered exercises can significantly increase in-the-moment happiness for adults recovering from substance use disorders, report researchers.

[Is Cannabis Good or Bad for Mental Health?](#)

The evidence says it can go either way.

The physicist Richard Feynman has been popularly quoted as stating that if you think you understand quantum mechanics, then you don't. It is perhaps not a quantum leap to make the same claim about cannabis.

Bishop, B. , Gilmour, J. and Deering, D. (2019), [Readiness and recovery: Transferring between methadone and buprenorphine/naloxone for the treatment of opioid use disorder](#). *Int J Mental Health Nurs*, 28: 226-236. doi:10.1111/inm.12523

Long-acting opioids are prescribed as part of treatment for opioid use disorders; methadone and buprenorphine are well researched and commonly prescribed for the treatment of opioid use disorder. Meta-analysis suggests that buprenorphine has a slightly poorer retention rate in treatment as compared to methadone. Benefits of buprenorphine/naloxone include greater ease in ceasing treatment and less use of illicit opioids while in treatment as compared to methadone. There are a number of qualitative and mixed-method studies that ask patients about their experiences of methadone maintenance and buprenorphine maintenance treatment. This research aimed to understand perspectives of receiving buprenorphine/naloxone for the treatment of opioid use disorder. A qualitative descriptive approach was used. Seven participants with a current diagnosis of opioid use disorder treated with buprenorphine/naloxone were interviewed. Thematic analysis extracted four themes: drivers for opioid substitution treatment change; readiness for buprenorphine/naloxone substitution treatment; absence of effect from buprenorphine/naloxone; and an increased sense of citizenship on buprenorphine/naloxone. This study identified a number of factors influencing participants' decision-making in transferring between methadone and buprenorphine/naloxone for the treatment of their opioid use disorder. Methadone was preferred by those seeking sedation and wishing to continue using other opioids, and buprenorphine/naloxone was most effective for participants no longer wishing to experience sedation and seeing opioid abstinence as an end point in their recovery. Changing treatment expectations are important to consider when determining medication selection and highlight the importance of quality information when determining the most suitable medication for the treatment of opioid use disorder.

Bullying

[Binge eating and smoking linked to bullying and sexual abuse](#)

People who ever suffered bullying or sexual abuse have a lower quality of life similar to those living with chronic conditions like heart disease, diabetes, depression or severe anxiety, a new study has found.

Children and young people

[Adolescent Technology Use and Mental Health: An Expert Roundtable](#)

It is estimated that 95% of youth aged 13 to 17 years across all demographic groups use [smartphones](#), with near-constant internet use reported by 45% of teenagers.¹ The current generation of adolescents spends less time in person with peers compared with previous generations, and technology influences their identity and socialization in numerous ways.²

[Part 2: Adolescent Tech Use & Mental Health: Expert Perspective](#)

For part 2 of this article, *Psychiatry Advisor* interviewed Brenda L Curtis, PhD, MSPH, assistant professor of psychology in psychiatry at the Perelman School of Medicine at the University of Pennsylvania in Philadelphia, whose principal research focuses on “big data” generated from social networking sites, technology-based interventions for [substance use disorders](#), and related issues and Internet research ethics.

Learning/intellectual 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

Wilson NJ, Wiese M, Lewis P, Jaques H, O'Reilly K. **Nurses working in intellectual disability-specific settings talk about the uniqueness of their role: A qualitative study.** *J Adv Nurs.* 2019;00:1–11. <https://doi.org/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.

Personality disorders

[Adults exposed to high levels of lead linked to personality disorders](#)

Exhaust fumes exposing high levels of lead could be to blame for thousands of Kiwi adults battling mental health problems such as antisocial behaviour and hyperactivity, a study says.

Pet therapy

[Pet therapy: Animals as healers](#)

Animal-assisted therapy can reduce pain and anxiety in people with a range of health problems.

Primary health care

[How missing doctor's appointments increases the risk of death](#)

Missing GP appointments is associated with early death, and those with long-term mental health conditions are at particular risk. In the largest study of its kind, the team examined over 500,000 patients' appointment histories in Scotland, tracked for three years between 2013 and 2016. Patients with mental-health conditions had an eight times greater risk of death and those with physical conditions a threefold increase in all cause mortality.

Refugee/immigrant mental health

Chen, W. , Wu, S. , Ling, L. and Renzaho, A. M. (2019), [Impacts of social integration and loneliness on mental health of humanitarian migrants in Australia: evidence from a longitudinal study.](#) *Australian and New Zealand Journal of Public Health.* doi:10.1111/1753-6405.12856

Objective: To examine the impacts of social integration and loneliness on the mental health of humanitarian migrants (HMs) in Australia over time.

Kallakorpi, S. , Haatainen, K. and Kankkunen, P. (2019), [Psychiatric nursing care experiences of immigrant patients: A Focused ethnographic study.](#) *Int J Mental Health Nurs,* 28: 117-127. doi:10.1111/inm.12500

This study aimed to describe the psychiatric nursing care experiences of immigrant patients. The incidence of mental health problems is higher and the use of mental health services is lower among immigrants, especially refugees, compared with the majority of the population. The study uses a qualitative research approach, with an emphasis on focused ethnography research methods. The participants were immigrant patients (N = 14) residing in adult psychiatric wards of certain hospitals (N = 3) selected for the study. A majority of the participants were refugees or asylum seekers. A total of 21 in-depth interviews were conducted. The experiences of these immigrant patients, both in their home countries and in their country of residence, had had an adverse effect on their mental health, with past traumatic experiences being the most central factor. Their symptoms included depression, anxiety, somatization, and psychosis. The findings show that the categories of factors that helped promote recovery among immigrant patients were nursing, medical treatment, care environment, and the patients' own methods. Based on the findings, a systematic evaluation of traumatic experiences is recommended for immigrants from countries with a history of war and/or political violence. Healthcare providers should also consider the importance of cultural desire in psychiatric nursing for the recovery of patients.

Salami, B. , Salma, J. and Hegadoren, K. (2019), [Access and utilization of mental health services for immigrants and refugees: Perspectives of immigrant service providers](#). Int J Mental Health Nurs, 28: 152-161. doi:10.1111/inm.12512

Immigrant and refugee populations experience life stressors due to difficult migration journeys and challenges in leaving one country and adapting to another. These life stressors result in adverse mental health outcomes when coupled with a lack of adequate support-enhancing resources. One area of support is access to and use of mental health services to prevent and address mental health concerns. Immigrant service providers in Canada support the integration and overall well-being of newcomers. This study focuses on immigrant service providers' perceptions of access to and use of mental health services for immigrants and refugees in Alberta. A qualitative descriptive design was used to collect and analyse the perspectives of 53 immigrant service providers recruited from nine immigrant serving agencies in Alberta between November 2016 and January 2017. Data were collected using a combination of individual interviews and focus groups, followed by thematic data analysis to identify relevant themes. Barriers to access and use of mental health services include language barriers, cultural interpretations of mental health, stigma around mental illness, and fear of negative repercussions when living with a mental illness. Strategies to improve mental health service delivery include developing community-based services, attending to financial barriers, training immigrant service providers on mental health, enhancing collaboration across sectors in mental health service delivery, and advancing the role of interpreters and cultural brokers. Overall, immigrant service providers present a nuanced view of the complex and inter-related barriers immigrants and refugees experience and identify potential approaches to enhancing mental health service delivery.

Self-harm

Rayner, G. , Blackburn, J. , Edward, K. , Stephenson, J. and Ousey, K. (2019), [Emergency department nurse's attitudes towards patients who self-harm: A meta-analysis](#). Int J Mental Health Nurs, 28: 40-53. doi:10.1111/inm.12550

Self-harm is a major challenge to public health. Emergency department (ED) nurses treat significant proportions of patients with self-harm injuries, and positive therapeutic patient–

nurse interactions are imperative to the physical and psychological outcome of this vulnerable patient group. Research, both nationally and internationally, suggests that treating those with self-harm injuries is emotionally challenging, and ambivalence, powerlessness, and ineffectiveness are commonly manifested in negative attitudes towards these patients. Following the PRISMA guidelines, this systematic review with meta-analyses examined the attitudes of ED nurses towards patients who self-harm, based on currently available evidence.

Stress

[Positive thinking: Stop negative self-talk to reduce stress](#)

Positive thinking helps with stress management and can even improve your health. Practice overcoming negative self-talk with examples provided.

Suicide

[Child abuse linked to risk of suicide in later life](#)

Children who experience physical, sexual, and emotional abuse or neglect are at least two to three times more likely to attempt suicide in later life, according to the largest research review carried out of the topic.

Wellbeing

['Social prescriptions' aim to ease patients' depression, loneliness](#)

Museum visits and art classes shown to boost health, reduce need for medications and doctor's visits

Professional development / education

[Announcing the DANA 2019 Conference 'The Power of Connection' – Sydney](#)

DANA's annual conference will take place in the heart of Sydney's CBD at the [Swissotel](#) in August 2019.

August 15th will be the launch day of DANA's Inaugural Nurse Practitioner meeting. Featuring clinical updates and a killer line-up of speakers, this promises to be an event to remember.

We will swing straight into the DANA Annual Conference on Friday 16th August. Our presentation selection process is just wrapping up, so we will have an exciting program to present to you in time for the opening of Early bird registrations on April 1st, 2019.

In February we will let you know how you too can be part of the brief / short presentations line-up. Watch your in-box or the [DANA Conference website](#).

Finally, DANA is collaborating with the Australasian Society for HIV Medicine (ASHM) to bring you a special post-conference work shop, 'Hepatitis C in Primary Care and Drug and Alcohol Settings'. This is planned for Saturday 17th August. We will tell you more about this in the very near future.

We are anticipating another fabulous DANA event.

Looking forward to seeing you in Sydney in August so, save the date.

Health, safety and wellbeing

[10 ways to help your mental health in 2019](#)

Currently one in five Australians experience mental ill health every year. Australian Psychological Society President Ros Knight says people who spend a lot of time caring for others need to make time to care for their own mental health.

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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