



## **NZNO Mental Health Nurses Section**

### **Monthly News Bulletin**

### **Friday 28 August 2020**

### **NZNO / Section news**

#### **Consultation**

NZNO consults with members on a range of issues.  
The full outline can be [found here](#)

#### **New Zealand**

##### **Organisations launch website to end loneliness**

The New Zealand Coalition to End Loneliness has launched a website in a bid to provide a resource for people who are feeling lonely. [Read more](#)

##### **From tangihanga to maramataka: Using Māori astronomy in mental health**

Ricky Solomon studied the faces of the young men on his embalming table and wondered what troubles they faced before they [took their lives](#), and whether their deaths were preventable. [Read more](#)

##### **Mental health support for Pasifika receives funding**

A Pasifika charitable trust is thrilled with the funding to expand on primary mental health and addiction services for Pacific people in New Zealand. [Read more](#)

##### **Pandemic Prompts Thousands To Use EMental Health Tools**

Thousands of Kiwis are using eMental Health tools to deal with stress, anxiety and other issues related to the Covid-19 pandemic. [Read more](#)

##### **Mental health units breach UN human rights rules, Ombudsman tells Government**

The Ombudsman is urging action to fix “serious and persistent” problems at New Zealand’s mental health units, after delivering scathing reports on the state of five units, which found a litany of human rights breaches. [Read more](#)

#### **Mental health – general**

##### **To improve students' mental health, study finds, teach them to breathe**

When college students learn specific techniques for managing stress and anxiety, their well-being improves across a range of measures and leads to better mental health, a new study finds. [Read more](#)

#### **Addiction / substance abuse**

##### **Youth19 Rangatahi Smart Survey, Initial Findings: Substance Use — Youth19 - A Youth2000 Survey**

This report provides an overview of Youth19 substance use findings. [Read more](#)

## Alzheimers / Dementia

### **The Lancet Commission Identifies Additional Dementia Risk Factors**

In a report published July 30, 2020, the Lancet Commission added 3 new risk factors for dementia based on newer, convincing evidence.<sup>1</sup> Combined with 9 lifestyle risk factors outlined in its 2017 Lancet Commission on dementia prevention, intervention, and care life-course model, the Commission reports that modifying these 12 risk factors might prevent or delay up to 40% of dementias worldwide. [Read more](#)

## Anxiety

### **Yoga shown to improve anxiety, study shows**

A new study finds yoga improves symptoms of generalized anxiety disorder, suggesting the popular practice may be helpful in treating anxiety in some people. [Read more](#)

## Assessment

*The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution*

### **Are current mental health assessment formats consistent with contemporary thinking and practice?.**

Wand, T., Buchanan-Hagen, S., Derrick, K. and Harris, M. (2020),  
Int J Mental Health Nurs, 29: 171-176. doi:[10.1111/inm.12656](https://doi.org/10.1111/inm.12656)

Conducting and documenting a mental health assessment is considered a central activity from a clinical and organizational perspective. In recent years, thinking and practice in mental health service delivery has changed considerably to embrace principles of recovery, trauma-informed care, and strengths-based approaches. The aim of the present study was to determine the degree to which these concepts are reflected in the content of assessment formats across mental health services in Australia and New Zealand. Copies of mental health assessments used in each state and territory in Australia, and three District Health Boards in New Zealand were obtained. Assessment formats were compared for similarities and differences, and to determine whether concepts of recovery, trauma-informed care, and strengths-based approaches were incorporated. The assessment formats analysed ( $n = 11$ ) contained many traditional features targeted at identifying harms, problems, risks, and pathology. Some attempts to redress this discrepancy were evident.

Overall, assessment formats did not adequately voice the individual's perspective or promote a truly comprehensive assessment through an exploration of individual strengths, skills and abilities, past successes, and future hopes. Assessment formats across Australia and New Zealand are not currently aligned with contemporary thinking and practice in mental health care. Given the heavy influence that mental health assessment has on clinical decision making in particular, a reappraisal of the focus and content of formats used is urgently required.

## Autism / Aspergers

### **Maternal cannabis use in pregnancy linked to increased risk of autism in children**

In the largest study of its kind, Ottawa researchers found that children whose mothers reported using cannabis during pregnancy were at greater risk of autism. The incidence of autism was 4 per 1000 person-years among children exposed to cannabis in pregnancy, compared to 2.42 among unexposed children. The findings were published in the prestigious medical journal Nature Medicine. [Read more](#)

## **Measuring social networks of young adults with autism**

While social isolation is a core challenge associated with autism, researchers have laid the groundwork to show how interpersonal relationships, and the resources they provide, could impact autistic youth's adult outcomes. [Read more](#)

## **Bullying and abuse**

### **Tikanga Māori may help prevent bullying in schools**

By using the principles of tikanga Māori, principals can help stop bullying and fighting within schools. That's according to Fiona Matapo of the Otago Primary Principals Association.

[Read more](#)

## **Covid-19**

### **Suicide rise prediction not realised**

A predicted jump in mental health calls to police did not eventuate during lockdown, new figures show. [Read more](#)

### **Unemployment, suicide and COVID-19: using the evidence to plan for prevention**

Mark Deady, Leona Tan, Nathasha Kugenthiran, Daniel Collins, Helen Christensen and Samuel B Harvey

Med J Aust 2020; 213 (4): 153-154.e1. || doi: 10.5694/mja2.50715

COVID-19-related unemployment may significantly increase suicide rates; implementation of appropriate preventive measures is critical [Read more](#)

## **Depression**

### **Twice as many teenagers with 'significant' depressive symptoms in 20 years: study**

The proportion of teenagers with "significant" symptoms of depression has doubled in twenty years, according to research. [Read more](#)

### **Vitamin D does not reduce risk of depression or mood changes**

Vitamin D has been found to benefit health in various ways. As a consequence, this "sunshine" vitamin has been used as a supplement in several health conditions. There have been reports of the mental health benefits of this vitamin in reducing the risk of depression.

[Read more](#)

## **Eating disorders**

### **Two Mental Health Advocates Collaborate To Create Eating Disorders Recovery App**

Co-Founder of the Mental Health Charity [Voices of Hope](#), Genevieve Mora and Founder of [The Kite Program](#), Hannah Hardy Jones have come together to create a one of a kind program, delivered via an app, to support people through recovery from an Eating Disorder. They have launched a Pledge Me campaign to raise funds to create this resource.

[Read more](#)

## **Gambling**

### **The harmful machines that work for public good**

Pokie machines - or "class 4 gambling" - are the most common, and most lucrative, method of gambling in New Zealand. [Read more](#)

## **Learning/intellectual disabilities**

### **e-health tool targets mental health of those with intellectual disability**

UNSW Sydney's Department of Developmental Disability Neuropsychiatry (3DN) has launched an innovative e-health tool to support the mental health assessment of people with intellectual disability and communication difficulties. [Read more](#)

*The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution*

### **Using the technique of mindfulness in people with learning disabilities**

Joanne Blair

Learning Disability Practice. doi: 10.7748/ldp.2020.e2083

The use of mindfulness in people with learning disabilities and co-morbid physical and/or mental health conditions is becoming increasingly common. Various studies have demonstrated its usefulness in managing conditions such as anxiety and depression, as well as reducing aggression and behaviour that challenges in this population. This article explores the evidence base to support the benefits of mindfulness for people with learning disabilities and details the role of learning disability nurses in supporting service users to use mindfulness effectively. It also provides examples of mindfulness exercises and suggests how such interventions can be adapted to meet the individuals' needs

### **Nurse-patient relationships**

*The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution*

#### **'Meet Me Where I Am': Mental health service users' perspectives on the desirable qualities of a mental health nurse.**

Horgan, A., ... et al (2020),

Int J Mental Health Nurs. doi:[10.1111/inm.12768](https://doi.org/10.1111/inm.12768)

Nurses play a central role in the delivery of quality mental health services. Desired qualities of a mental health nurse, in particular therapeutic relationships, have been described in the literature, primarily reflecting the nursing paradigm. Service users' perspectives must be more fully understood to reflect contemporary mental health policy and to recognize their position at the centre of mental health service delivery and to directly influence and contribute their perspectives and experiences to mental health nursing education.

A qualitative exploratory research project was undertaken to inform and enhance understanding of what service users see as the desired qualities of a mental health nurse. The project was co-produced by service users as experts by experience, and mental health nurse academics to ensure the service user perspective was privileged. This international project conducted in Europe and Australia included a series of focus groups with service users ( $n = 50$ ). Data were analysed thematically. *Being with me* was a major theme identified and reflected the sub-themes: respect towards service users as persons; empathy, compassion and effective communication; understanding service users; knowledge of services; and fostering hope and believing that recovery is possible. These qualities specifically reflecting the service user perspective must be central to mental health nursing curricula to facilitate the development of holistic care and recovery-oriented practice. These findings were utilized to directly inform development of a co-produced mental health nursing learning module, to maximize genuine service user involvement, and to fully realize the benefits of service user led education for undergraduate nursing students.

## Patient safety

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

### **Reporting and recording sexual safety incidents in inpatient mental health settings.**

Jackson H (2020)

Mental Health Practice. doi: 10.7748/mhp.2020.e1446

Concerns have been raised about the sexual safety of people in mental health inpatient settings and it has been identified that the reporting of sexual safety incidents is inconsistent across healthcare services. This article describes the strategy developed by Humber Teaching NHS Foundation Trust (HTFT) to improve sexual safety for people using mental health services and comply with recommendations from the Care Quality Commission. The strategy was informed by a literature review and several reports into sexual safety.

The literature review found that staff are often unsure how to identify and categorise sexual safety incidents, while debriefing and support for those who experience such incidents are often lacking. In addition, not all healthcare services have policies and protocols in place to guide staff who experience sexual safety incidents. Based on the findings of the literature review, along with recommendations from various organisations, HTFT developed a strategy to ensure the delivery of safe and accountable care. This strategy included: a review of trust policies and procedures; staff and service user focus groups; and the development of a staff education programme. The aim is to disseminate this learning across other inpatient services in the trust.

## Pharmacy / Prescribing

*The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution*

### **Deprescribing in mental health care**

David Branford and Caroline Parker

Journal of Prescribing Practice, Vol. 2, No. 8: 460-465.

Deprescribing has mostly developed in older adult care as a strategy to reverse the potential harm to older adults of receiving too many inappropriate medicines. There are many studies in older adult care that show that by deprescribing medicines, prescribers are able to improve patient function, generate a higher quality of life, and reduce bothersome signs and symptoms. However, there have been few comparable studies in mental health.

Overprescribing or inappropriate prescribing has also become an issue for mental health care. However, it commonly relates to psychotropic medicines and, in particular, to antidepressants, benzodiazepines, z hypnotics, antiepileptics, such as pregabalin, and to multiple psychotropic prescribing. In other areas of therapy associated with physical health, the concerns have generally been those of under prescribing. This paper discusses how relevant deprescribing is to mental health care and some of the issues to consider.

## Primary health care

### **What clinical challenges are associated with diagnosing and managing work-related mental health conditions? A qualitative study in general practice**

Chakraborty SP, Dermentzis J, Brijnath B, et al

BMJ Open 2020;10:e037734. doi: 10.1136/bmjopen-2020-037734

**Objective** : When providing care for patients with work-related mental health conditions (MHCs), the general practitioner's (GP) role includes clinical care, patient advocacy and assessment of a patient's ability to work. GPs can experience difficulty representing these competing roles. As clinical guidelines were being developed to assist GPs in providing this care, our aim was to identify the clinical challenges GPs experience when diagnosing and managing patients with work-related MHCs. [Read more](#)

## Psychosis

### **Smartphone-delivered self-management for first-episode psychosis: the ARIES feasibility randomised controlled trial**

Stearse T, O'Hanlon P, Eskinazi M, et al  
BMJ Open 2020;10:e034927. doi: 10.1136/bmjopen-2019-034927

**Objectives** : To test the feasibility and acceptability of a randomised controlled trial (RCT) to evaluate a Smartphone-based self-management tool in Early Intervention in Psychosis (EIP) services. [Read more](#)

## Sexuality

*The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution*

### **Using the STARTER model to talk about sex in mental health nursing practice.**

Luby R (2020)  
Mental Health Practice. doi: 10.7748/mhp.2020.e1457

People with mental illness are more likely to contract sexually transmitted infections and blood-borne viruses than the general population. They are also at higher risk of becoming victims of domestic or sexual violence and of having an unplanned pregnancy. Despite this, the sexual health of people with mental illness is often overlooked in the healthcare environment. This has an adverse effect not only on morbidity and mortality but also on quality of life and recovery outcomes.

This article introduces a systematic approach for including sexual health enquiry and promotion in holistic mental health nursing practice. It is relevant for staff who work in inpatient and community settings.

The STARTER model is a step-by-step tool that has been designed by the author for mental health nurses to encourage conversations about sexual health. It considers that mental health nurses may be limited by lack of training, and by personal or organisational barriers, but encourages them to look at how these can be overcome, as well as when it is necessary to refer to external agencies that can provide support and services that may be more appropriate for the individual patient.

## Self-harm

### **Bisexual people up to six times more likely to self-injure**

Bisexual people are up to six times more likely to engage in non-suicidal self-injury compared to other sexual orientations, according to University of Manchester researchers. [Read more](#)

*The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution*

## **Treatments for Self-Injurious Thoughts and Behaviours in Youth: Progress and Challenges,**

Alexandra H. Bettis, Richard T. Liu, Barent W. Walsh & E. David Klonsky (2020)  
Evidence-Based Practice in Child and Adolescent Mental Health, DOI: [10.1080/23794925.2020.1806759](https://doi.org/10.1080/23794925.2020.1806759)

Self-injurious thoughts and behaviours (SITBs) remain a common clinical problem in youth. This article reviews the state of knowledge regarding psychosocial treatments for SITBs in youth. Broadly speaking, psychosocial treatments that incorporate parents/family and that emphasize skills development (including emotion regulation and interpersonal skills) appear to produce the best outcomes. We also describe several challenges to the implementation of evidence-based psychotherapy, as well as potential solutions to these challenges, and provide an illustrative case example. Finally, because even evidence-based psychosocial treatments can take weeks to produce effects, increased attention has been given to biological approaches such as esketamine administration and transcranial direct current stimulation that have potential to yield rapid improvement for acute suicidal ideation, though evidence for the safety and efficacy of these approaches is in the early stages.

### **Stigma**

*The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution*

## **Development and psychometric testing of a scale for assessing the associative stigma of mental illness in nursing.**

Sastre-Rus, M., Tomás-Sábado, J., Juliá-Sanchis, R., Francisco Roldán-Merino, J., Puig-Llobet, M. and Lluch-Canut, M. (2020),  
J Clin Nurs. Accepted Author Manuscript. doi:[10.1111/jocn.15467](https://doi.org/10.1111/jocn.15467)

### **Aim**

To develop a new scale for assessing the associative stigma of mental illness in nursing based on Peplau's model of psychodynamic nursing and to examine its psychometric properties.

### **Suicide**

#### **Matthew Tukaki calls for more action on suicide rates**

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The Executive Director of the New Zealand Maori Council has said the latest suicide data released by the Chief Coroner is still an indication that the nation has a long way to go. Matthew Tukaki, who is also the former Chair of Suicide Prevention Australia, said that more investment needs to be made into community based initiatives. Figures released by Chief Coroner Deborah Marshall showed 654 people died from suicide in the year to June 2020, a drop of 31 deaths from the 2019 total of 685. The suicide rate in New Zealand is now 13.01 deaths per 100,000 people, down from 13.93. [Read more](#)

#### **Mental Health Foundation response to annual provisional suicide data**

Today the Mental Health Foundation joins all New Zealanders in grieving for the 654 people we lost to suicide last year. We know each of these numbers represents an individual who was loved and whā• nau, communities and loved ones who are grieving them. We send our aroha to everyone who is mourning a loss today. [Read more](#)

## Support for those bereaved by suicide: A Qualitative Research Study

“To assist in the development of robust, evidence-based support interventions for those people bereaved by suicide in Scotland, initial exploratory research was required to investigate existing models of intervention in this area.” *Source: Mental Health Foundation Scotland* [Read more](#)

*The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution*

## Repeat presentations to the emergency department for non-fatal suicidal behaviour: Perceptions of patients.

Meehan, T., Baker, D., Blyth, D. and Stedman, T. (2020),  
Int J Mental Health Nurs. doi:[10.1111/inm.12773](https://doi.org/10.1111/inm.12773)

Presentations to emergency departments (EDs) for non-fatal suicidal behaviour (NFSB) are increasing in Australia and overseas. Our understanding of the factors contributing to this trend remains unclear. In this qualitative phenomenological study, we explored patient perceptions of their ED experience and the interventions provided. The study group comprised 10 adults who had had 3 or more presentations to the ED in a 12-week period for NFSB. Individual interviews were conducted in person with participants and transcribed verbatim. Three broad themes emerged from analysis of the transcripts: ED – a safety net; 'treatment – what treatment!'; and maintaining ED dependence.

The findings highlight a failure to understand the needs of those with NFSB and establish better ED treatment strategies and models of aftercare for this sub-group of patients. The findings have implications for mental health nurses working with consumers in the ED and in broader case management roles.

## Therapies

### Telehealth & Peer Support: Could These Effective, Low-Cost Options Become the Go-To Treatments of the Future?

The pandemic is both an enormous health threat—and an opportunity. Here's a look at the cracks in an overburdened system, the impact on vulnerable groups, and some promising initiatives it has spawned. This just might be the beginning of long-needed reforms.

[Read more](#)

## General articles and reports

*The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution*

### 'People Just Need to Try It to Be Converted!': A Picture of Consumer Mental Health Research in Australia and New Zealand,

Brett Scholz, Brenda Happell, Sarah Gordon, Terri Warner, Cath Roper, Pete Ellis, Shifra Waks & Chris Platania-Phung (2020)

Issues in Mental Health Nursing, DOI: [10.1080/01612840.2020.1795763](https://doi.org/10.1080/01612840.2020.1795763)

A range of barriers that impede collaborations between consumer researchers and other researchers have been identified, despite clear acknowledgement of the benefits of this approach in the literature. Recent research has questioned whether the costs of collaborative research outweigh the benefits. The overarching aim of the current study is to better understand non-consumer researchers' attitudes to, and issues concerning, engagement with consumer researchers. Non-consumer researchers from mental health disciplines were invited to participate in the cross-sectional Consumers as Researchers in Mental Health survey, and to respond to open-ended questions about their experiences of collaborative research with consumer researchers. The findings demonstrate a range of



benefits associated with collaborations with consumer researchers – including increased relevance and credibility of research, and greater translation of research findings into changes in health policy, service, research and education. Collaborations were found to be varied and not limited by research design, decision-making styles, or research topic. Understanding these benefits within the context of identified barriers can make an important contribution to the proliferation of mental health consumer researcher roles.

## Job Vacancies



### Permanent, Full & Part Time

#### Opportunities available in Palmerston North, Levin, Ōtaki and Tararua

He aha te kai a te Rangatira? He kōrero, he kōrero, he kōrero

Are you an experienced Mental Health clinician who is passionate about wellbeing and utilising all the skills in your toolbox to find a solution? Enjoy working in a fast-paced dynamic team environment?

If your answer is YES, then we have just the opportunity for you!

THINK Hauora (formally Central PHO) is a not for profit charitable trust, that provides primary healthcare services to the MidCentral DHB population. We are funded by the Ministry of Health and the DHB and have a focus on, 'Connecting Communities for Wellbeing'. Today, THINK Hauora has a core staff of up to 135, employed within the MidCentral region.

Within our Clinical Quality department sits our Mental Health & Wellbeing team – Te Ara Rau Access & Choice. Our clinically diverse team provide an array of **brief psychological interventions** to anyone who has a reason for presenting with the aim of improving health and wellbeing outcomes.

Te Ara Rau Access & Choice have a number of opportunities available across the district in response to the national rollout of the **Access and Choice** programme; Health Improvement Practitioners (HIPs) and Community Based clinicians.

To be considered for these roles, you **must** have:

- An agile and flexible mindset; willing to work in a new way
- Minimum of two years' experience in a mental health setting providing brief psychological interventions (i.e. CBT, MI, SFT, ACT/fACT)
- Be a registered health professional with a current annual practising certificate
- An awareness and understanding of clinical risk
- An understanding of various cultures within the community and ability to communicate effectively with a wide range of people and services
- Innovative and pragmatic when problem solving
- A basic understanding of how general practice teams work within primary care

Additional training will be provided to support you in this new role.  
You will also receive ongoing support and mentorship.

THINK Hauora has a strong commitment to collaborating and partnering with others to improve health outcomes to address the health disparity evident within our population. We can be described as forward thinking, responsive, and focussed on, 'connecting communities for wellbeing'.

**To apply:** send completed THINK Hauora Application Form (available from [thinkhauora.nz/careers](http://thinkhauora.nz/careers)), resume and cover letter to: [vacancies@thinkhauora.nz](mailto:vacancies@thinkhauora.nz)

**CLOSING DATE:** WEDNESDAY SEPTEMBER 16<sup>TH</sup> 2020 (0900HRS)

*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)

To learn more about the NZNO Mental Health Nurse section [look here](#)

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