



**NZNO Mental Health Nurse
Section
Monthly news bulletin
Friday 29 May 2020**

Consultation

NZNO regularly seeks members input on a range of documents up for consultation. The listing is regularly updated and full information [can be found here](#)

Kia Kaha, Kia Māia, Kia Ora Aotearoa - COVID-19 Psychosocial and Mental Wellbeing Recovery Plan

NZNO warmly welcomes your feedback on this plan which provides a national approach to supporting the mental and social wellbeing of New Zealanders in the COVID-19 recovery period. This plan provides a framework for collective actions to support whānau and communities to adapt and thrive in the next 12 to 18 months. It draws on the directions for mental wellbeing that were laid down in [He Ara Oranga: Report of the Government Inquiry into Mental Health and Addiction](#). Your input will help build a collective picture of how the nursing workforce is contributing to COVID-19 recovery and will assist with shaping a further iteration of the plan, anticipated for September 2020.

New Zealand

Mental health calls make up quarter of serious police dog bites

Mental health or emotional distress is a factor in almost a quarter of cases where police dog bites leave people needing hospital treatment, police figures show.

[Read more](#)

Coronavirus: Demand for mental health, alcohol helplines increased in lockdown

Calls for help for anxiety and depression and alcohol and drug relapse increased during the [coronavirus](#) lockdown, new figures show. [Read more](#)

Rise in number of people checking in on their mental health

The number of people contacting a New Zealand Rugby mental health website has almost tripled in the last couple of months. [Read more](#)

More lives at risk in mental health units - grieving parents

Warning: this story contains themes involving suicide and self-harm

A brain-damaged man suspected to have killed himself while in a secure mental health unit should not have been there, and was being treated in a way that did not help his condition, a report into his death says. [Read more](#)

More Choice Of Mental Health And Wellbeing Support For Young People

The Ministry of Health has put funding into providing a variety of support, tools and resources to help young people manage anxiety due to the uncertainty and change caused by COVID-19. [Read more](#)

Mental health – general

Alternative mental health clinical placements: Knowledge transfer and benefits for nursing practice outside mental health care settings..

Goman, C., Patterson, C., Moxham, L., Harada, T. and Tapsell, A. (2020), J Clin Nurs. Accepted Author Manuscript. doi:[10.1111/jocn.15336](https://doi.org/10.1111/jocn.15336)

Aim and objectives

To explore whether nursing student's experiences at Recovery Camp have impacted their current nursing practices.

Background

Recently, there has been a move toward more holistic models of nursing care, which seek to break down barriers of stigmatisation and embrace the tenets of self-determination, to acknowledge people with lived experiences of mental illness and their ability to manage their recovery. In that regard, future health professionals such as nursing students, will need to be educated in a manner that recognises the importance of lived experience. In this paper, we propose that Recovery Camp, an alternative clinical placement setting model, enhances clinical practice in multiple domains and is beneficial for both nursing practitioners and people with lived experiences of mental illness, as well as offering an effective non-traditional alternative to conventional clinical placement opportunities.

Anxiety

Large differences in personality traits between patients with social anxiety disorder

Individuals with social anxiety disorder have markedly different personality traits than others. Emotional instability and introversion are hallmarks, according to a new study from Uppsala University published in PLOS ONE. [Read more](#)

Children and young people

Pupils' mental health scheme gets fellowship

A Dunedin project aimed at enhancing the mental health of at-risk Maori and Pasifika secondary school pupils has been awarded a fellowship to develop it. [Read more](#)

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

Effectiveness of school-based mental well-being interventions among adolescents: a systematic review.

Cilar, L., Štiglic, G., Kmetec, S., Barr, O. and Pajnkihar, M. (2020), J Adv Nurs. Accepted Author Manuscript. doi:[10.1111/jan.14408](https://doi.org/10.1111/jan.14408)

This systematic review aimed to identify school-based interventions for ensuring mental health and well-being of adolescents, synthesize existing interventions and summarize the quality of identified studies.

Compassionate care

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

Considering the relationship between sleep and empathy and compassion in mental health nurses: It's time.

Gerace, A. and Rigney, G. (2020),
Int J Mental Health Nurs. doi:[10.1111/inm.12734](https://doi.org/10.1111/inm.12734)

Sleep plays a critical role in overall health, well-being, and daytime functioning. Provision of 24-hour care means that nurses undertake shift work and therefore have been found to commonly not get the recommended amount of sleep, resulting in sleep deprivation. Research to date has focused on how sleep deprivation impacts their cognitive performance (e.g., reaction time, memory consolidation); however, less considered is how nurses' sleep impacts on their ability to understand and provide emotional care to consumers. In this paper, we examine how sleep may influence nurses' ability to empathize and provide compassionate care, both of which are fundamental aspects of their work. We begin by considering the unique challenges nurses face as shift workers and the impact of sleep on physical and psychological functioning. We examine how empathy and compassion drive nurses' attempts to understand consumers' perspectives and experiences and motivate them to want to help those in their care. Work directly investigating the relationship between sleep and these processes indicates emotional recognition and experience are hampered by poor sleep, with greater compassion towards oneself or from others associated with better sleep. Much of this work has, however, been conducted outside of the nursing or health professional space. We discuss issues that need to be addressed in order to move understanding forward regarding how sleep impacts on mental health nurses' empathy and compassion, as well as how an understanding of the sleep–empathy/compassion link should be an important priority for nurse education and well-being.

Covid-19

Mental Models For a Pandemic

Mental models help us understand the world better, something which is especially valuable during times of confusion, like a pandemic. Here's how to apply mental models to gain a more accurate picture of reality and keep a cool head. [Read more](#)

Challenges of virtual talking therapies for substance misuse in New Zealand during the COVID-19 pandemic: an opinion piece

Susanna Galea-Singer, David Newcombe, Virginia Farnsworth-Grodd, Janie Sheridan, Peter Adams, Natalie Walker
NZMJ Issue Vol 133 No 1515: 22 May 2020

In November 2019, the world was hit by a novel coronavirus, SARS-CoV-2 (referred to as COVID-19). The first cases emerged from Wuhan in China, but rapidly spread across the world. [Read more](#)

Education

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Goman, C., Patterson, C., Moxham, L., Harada, T. and Tapsell, A. (2020), J Clin Nurs. Accepted Author Manuscript. doi:[10.1111/jocn.15336](https://doi.org/10.1111/jocn.15336)

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Exercise

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

The practicability and relevance of developing a yoga intervention for mental health consumers: A qualitative study.

Snaith, N., Rasmussen, P., Schultz, T. and Proeve, M. (2020), Int J Mental Health Nurs. doi:[10.1111/inm.12694](https://doi.org/10.1111/inm.12694)

The aim of the study was to understand the perspectives of mental health consumers, staff, and yoga teachers on the characteristics of a yoga-based intervention to be developed for consumers with a long-term mental health condition, in addition to anxiety and/or depression.

Family violence

Budget 2020: Family violence services to receive nearly \$203m in funding

New Zealand's family violence services will receive nearly \$203 million from the 2020 Budget as part of the next steps to end domestic and sexual abuse. [Read more](#)

Forensic Mental Health

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

How forensic mental health nurses' perspectives of their patients can bias healthcare: A qualitative review of nursing documentation.

Martin, K, Ricciardelli, R, Dror, I. J Clin Nurs. 2020; 00: 1– 13. <https://doi.org/10.1111/jocn.15264>

Aims and Objectives

Our aim was to examine the notes produced by nurses, paying specific attention to the style in which these notes are written and observing whether there are concerns of distortions and biases.

Loneliness

To what extent does severity of loneliness vary among different mental health diagnostic groups: A cross-sectional study.

Alasmawi, K., Mann, F., Lewis, G., White, S., Mezey, G. and Lloyd-Evans, B. (2020),
Int J Mental Health Nurs. doi:[10.1111/inm.12727](https://doi.org/10.1111/inm.12727)

Loneliness is a common and debilitating problem in individuals with mental health disorders. However, our knowledge on severity of loneliness in different mental health diagnostic groups and factors associated with loneliness is poor, thus limiting the ability to target and improve loneliness interventions. The current study investigated the association between diagnoses and loneliness and explored whether psychological and social factors were related to. [Read more](#)

Maori / Pasifika

First In-depth Study Of Mental Health Issues In Cook Is

A study investigating mental health in the Cook Islands is the first of its kind and will provide better understanding of how the Islands are being impacted by mental health issues.

[Read more](#)

Nutrition

Nutrition and PTSD

The following excerpt is from the ANMF's Post-Traumatic Stress disorder (PTSD) and diet tutorial on the Continuing Professional Education (CPE) website. [Read more](#)

Patient safety

Advanced care of patients with cognitive impairment

Proactive care strategies can prevent unwanted behaviors in patients with cognitive impairment.

Reducing disruptive behaviors decreases workplace violence incidents. Investing in the professional development of nurses and supporting them with the right resources improves staff satisfaction. [Read more](#)

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Feeling safe with patient-controlled admissions: A grounded theory study of the mental health patients' experiences.

Ellegaard, T, Bliksted, V, Mehlsen, M, Lomborg, K.
J Clin Nurs. 2020; 00: 1– 13. <https://doi.org/10.1111/jocn.15252>

Aim

To develop a grounded theory of the patients' experiences with patient-controlled admission.

Background

Research indicates a potential for involving patients in mental health care, but there is a need to develop and investigate new approaches in health services. Patient-controlled admission is an option for patients with severe mental disorders to refer themselves for a brief hospital admission when needed and thus avoid the usual admission procedure.

Personality disorders

Brief admission for patients with emotional instability and self-harm: A qualitative analysis of patients' experiences during crisis.

Eckerström, J., Flyckt, L., Carlborg, A., Jayaram-Lindström, N. and Perseius, K.-I. (2020), Int J Mental Health Nurs. doi:[10.1111/inm.12736](https://doi.org/10.1111/inm.12736)

Previous studies report that individuals diagnosed with borderline personality disorder have been met by negative attitudes from healthcare professionals and their care needs have often been neglected during hospitalizations. When symptoms of emotional instability are combined with self-harm, the resulting crisis often becomes difficult to handle for patients and healthcare professionals. To meet their care needs during these crises, an intervention called 'brief admission' (BA) has been developed. The purpose of BA is to provide a timeout, in situations of increased stress and threat, in order to foster self-management in a safe environment. In the present study, we explored the following research questions: What are patients' experiences with BA? What do patients consider to be the key components of BA? What improvements are considered relevant by patients? [Read more](#)

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Borderline Personality Disorder: To diagnose or not to diagnose? That is the question.

Campbell, K., Clarke, K.-A., Massey, D. and Lakeman, R. (2020), Int J Mental Health Nurs. doi:[10.1111/inm.12737](https://doi.org/10.1111/inm.12737)

There is considerable controversy around psychiatric diagnosis generally and personality disorders specifically. Since its conception, borderline personality disorder has been controversial because of the stigma associated with the diagnosis and the therapeutic nihilism held by practitioners who encounter people with this high prevalence problem in acute settings. This paper reviews the history of the diagnosis of BPD and summarizes some of the controversy surrounding the categorical nature of diagnosis. Both the DSM 5 and ICD-11 will be discussed; however, for the purposes of this paper, the DSM 5 will take the primary focus due to greater cultural significance. Recent developments in the treatment of borderline personality disorder suggest that it is a highly treatable condition and that full clinical recovery is possible. This paper formulates an argument that despite problems with psychiatric diagnosis that are unlikely to be resolved soon, a diagnosis should be made with an accompanying formulation to enable people to receive timely and effective treatment to enable personal and clinical recovery.

Restraint / Seclusion

Psychiatric nursing managers' attitudes towards containment methods in psychiatric inpatient care.

Laukkanen, E, Kuosmanen, L, Louheranta, O, Vehviläinen-Julkunen, K.
J Nurs Manag. 2020; 00: 1– 11. <https://doi.org/10.1111/jonm.12986>

This research was conducted to examine psychiatric nursing managers' attitudes towards containment methods.

Background

Nursing management is regarded as a key issue in the reduction of coercion and containment. However, there has been little research on managers' attitudes towards containment methods. [Read more](#)

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'Only ever as a last resort': Mental health nurses' experiences of restrictive practices.

Power, T., Baker, A. and Jackson, D. (2020),
Int J Mental Health Nurs. doi:[10.1111/inm.12701](https://doi.org/10.1111/inm.12701)

Nurses play a crucial role in the implementation of restrictive practices such as seclusion and restraint. Restrictive practices have been widely recognized as harmful practices and efforts to reduce their use have been in place for several years. While some reductions have been achieved, more information and insight into the perspectives and experiences of front-line mental health nursing staff is required if further changes are to be realized.

Schizophrenia

Schizophrenia related to abnormal fatty metabolism in the brain

Researchers have discovered a deficiency in the brains of people with schizophrenia that could lead to the development of new drug therapies. A postmortem comparison revealed that schizophrenia was associated with lower than normal levels of S1P, a type of fatty molecule found in the white matter of the brain. [Read more](#)

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Nonmedical Interventions for Schizophrenia,

Helman, Daniel S

Holistic Nursing Practice: March/April 2020 - Volume 34 - Issue 2 - p 73-82 doi:
10.1097/HNP.0000000000000369

Schizophrenia is a major mental illness with a disease course that is influenced by lifestyle. The risk-benefit ratio for alternative interventions is more favorable than for antipsychotics in long-term treatment. Dietary interventions may target autoimmune features, vitamin or mineral deficiencies, abnormal lipid metabolism, gluten sensitivity, or others. Examples of interventions involving diet, physical activity, or physical processes or social interventions including talk therapy exist in the literature. Notwithstanding, the general utility of these types of interventions remains inconclusive, awaiting long-term randomized trials. A perspective that separates the cause of the disease from its symptoms may be helpful in treatment planning and is warranted to distinguish between short-term and long-term recovery goals.

Self-help programmes

New BounceBack campaign promotes access to mental health program (Canadian)

BounceBack is a free, guided self-help program for people aged 15 and up. Participants receive telephone coaching, skill-building workbooks and online videos to help them overcome these symptoms and gain new skills to regain positive mental health. BounceBack is not a crisis service, psychotherapy or counselling, but a life-skills program that participants work with to develop coping techniques so they can overcome challenges during this pandemic and long afterward. [Read more](#)

Suicide

Targeted Action Can Prevent Suicide Increases

A forecasted surge in suicide rates due to the impacts of COVID-19, its associated restrictions and their secondary social, economic and personal consequences is not inevitable according to the President of the Royal Australian and New Zealand College of Psychiatrists, Associate Professor John Allan. [Read more](#)

West Coast DHB widens scope of suicide workshop after claims it swept problem under rug

The West Coast DHB has broadened the scope of a planned workshop on suicide prevention to include Maori and community groups working in mental health.

[Read more](#)

Covid 19 coronavirus: Fewer suicides during lockdown level 4 - Chief Coroner

Warning: This article discusses suicide and may be upsetting for some readers.

The suicide rate dropped during the level 4 lockdown, the Chief Coroner says.

Judge Deborah Marshall is directly contradicting reports that there had been a rise in suicides during the 33 days of level 4, although she said she would not be releasing the actual figures for the period. [Read more](#)

Suicide prevention targeted

Suicide rates will not inevitably increase because of the stress caused by Covid-19 but people's wellbeing needs to be watched carefully, WellSouth suicide prevention-postvention co-ordinator Bonnie Scarth says. [Read more](#)

Yale study finds bullying as common factor in LGBTQ youth suicides

Researchers at the Yale School of Public Health have found that death records of LGBTQ youth who died by suicide were substantially more likely to mention bullying as a factor than their non-LGBTQ peers. The researchers reviewed nearly 10,000 death records of youth ages 10 to 19 who died by suicide in the United States from 2003 to 2017. [Read more](#)

Suicide grief

A loved one's suicide can be emotionally devastating. Use healthy coping strategies — such as seeking support — to begin the journey to healing and acceptance. [Read more](#)

Impact of suicide on health professionals in psychiatric care mental healthcare professionals' perceptions of suicide during ongoing psychiatric care and its impacts on their continued care work.

Rytterström, P., Ovox, S.M., Wärdig, R. and Hultsjö, S. (2020),
Int J Mental Health Nurs. doi:[10.1111/inm.12738](https://doi.org/10.1111/inm.12738)

People who attempt suicide as well as those who actually take their own life often have communicated their suicidal thoughts and feelings to healthcare professionals in some form. Suicidality is one of the most challenging caring situations and the impacts of suicide care affect both the professional and personal lives of healthcare professionals. This study investigates how mental health professionals perceive suicide while providing psychiatric care and how this perception impacts their continued care work. [Read more](#)

Wellbeing

Prevent Burnout With These Six Self-Care Strategies

What are the key methods that nurses and doctors use to prevent burnout? This question was at the heart of a recent study published in *Critical Care Nurse*, the clinical practice journal of the American Association of Critical-Care Nurses, "[Self-care Strategies to Combat Burnout Among Pediatric Critical Care Nurses and Physicians.](#)" This face to face study, conducted among a group of 20 nurses and physicians in pediatric intensive care and intermediate care units, explores six different strategies to help mitigate burnout [Read more](#)

Journal contents

Psychiatry Research Review

Issue 50

This issue looks at articles in the recent medical press that are relevant to mental health and COVID-19. We have also included links to a range of resources that will be helpful to you and to your patients. [Read more](#)

Addiction Medicine Research Review

Issue 5

An opinion article written in response to the impact of COVID-19 reports on the possible consequences on addictive behaviours. [Read more](#)

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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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