



**NZNO Mental Health Nurse Section monthly news bulletin
Friday 26 October 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

Equal Pay Amendment Bill

NZNO seeks your feedback on the proposed amendment to the Equal Pay Act which aims to improve the process for pursuing equal pay claims in Aotearoa New Zealand. It aims to address sex-based discrimination in remuneration and employment terms and conditions across female-dominated industries, such as nursing.

The Bill will allow workers to make a pay equity claim within New Zealand's existing bargaining framework.

Additionally, the Bill will:

- remove previously proposed hurdles that made it very difficult for women to take equal pay cases (making court action a last resort) and
- allow for a collaborative process whereby employers, workers and unions will negotiate in good faith, with access to mediation and resolution services if they are unable to agree.

[Link to the bill here](#)

Please send feedback to marilyn.head@nzno.org.nz by 21 November 2018.

Position Statement: Bullying

A position statement on bullying that clearly states the unacceptability of bullying behavior in the work context of nurses has been requested. This would be in addition to the other resources that NZNO provides on recognizing, addressing and preventing bullying 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 at elevated risk of experiencing bullying at work.

Please send feedback to sue.gasquoine@nzno.org.nz by 5th November 2018

Read or Download

- [2018-10-03 Position Statement on Bullying FINAL](#) (433 KB)

New Zealand

Summit puts mental health on global agenda

Health Minister Dr David Clark says the first ever Global Ministerial Mental Health Summit has ended with a commitment to improve mental health worldwide and challenge stigma and discrimination.

[Read more here](#)

Alcohol industry funding for charity mental health scheme disingenuous

Lifeline Aotearoa has gotten into bed with New Zealand's largest alcohol company to spread the word about mental wellness.

[Read more here](#)

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Mental Health – general

Australia gives \$37-million boost to spending on youth mental health

MELBOURNE (Reuters) - Australia will spend an extra A\$51.8 million (\$37 million) on support to young people with mental health issues, Prime Minister Scott Morrison said on Sunday.

[Read more here](#)

People ordered into mental health care less likely to perceive it as helpful

While some may choose on their own to seek help for untreated mental illnesses, others can be substantially influenced by others or coerced into care by court order. Understanding variations through which people enter mental health care-by choice or coercion-according to Sirry Alang, an assistant professor of sociology and anthropology at Lehigh University, will enable health care providers to remove barriers to mental health care and ensure that people who need treatment receive it in a timely fashion.

[Read more here](#)

McCrae, N. (2018), **The weaponising of mental health**. J Adv Nurs. Accepted Author Manuscript. . doi:[10.1111/jan.13878](https://doi.org/10.1111/jan.13878)

A mental health crisis in younger people has become an established fact. Like manmade global warming, one might get the impression that 'the science is settled'. Yet popular media reports present scant evidence for a surge in psychiatric disorder. Snowflakes are only as real as we perceive.

[Read more here](#)

Addiction / substance abuse

Addiction courts save millions in prison costs

Two alcohol and drug courts have saved \$28.7 million in prison costs over a six year pilot. Reporter Teuila Fuatai spent a day in one of the courts, and got an inside view of what could be one answer to NZ's unsustainable prison system.

[Read more here](#)

Gaming addiction: Does treatment work?

From online communities to boot camps, people are seeking help for problem gaming — but what do we know about the best way to treat it?

[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](#)

Autism / Aspergers

A NZ-specific autism strategy

Researchers from Victoria University of Wellington's School of Education are developing a New Zealand-specific approach to delivering early intervention for children with autism.

[Read more here](#)

New national guideline for autism diagnosis

Australia's first national guideline for the assessment and diagnosis of autism is now available.

[Read more here](#)

Bullying

Cyber bullying: The growing menace costing NZ \$444m

Online bullying comes with a massive financial burden.

[Read more here](#)

Care models

Mental health workers look to adopt new care method

Mental health workers are looking to adopt a new treatment approach "Open Dialogue" to improve how they help families affected by mental illness.

[Read more here](#)

Children and young people

New counselling research a first for NZ

In a first for New Zealand, the Counsellors Association will determine the beneficial impacts of counselling among secondary school students.

The announcement of the 18-month research comes off the back of Kiwis' week-long efforts to educate and raise awareness about their mental health.

[Read more here](#)

More than half of mental disorders begin in teenage years

Youth mental health has been recognised as a priority in New Zealand, but more needs to be done to enhance the wellbeing of young people and reverse escalating suicide rates, according to Professor Max Abbott at Auckland University of Technology (AUT).

[Read more here](#)

Dementia

Rabanal LI, Chatwin J, Walker A, et al

Understanding the needs and experiences of people with young onset dementia: a qualitative study

BMJ Open 2018;8:e021166. doi: 10.1136/bmjopen-2017-021166

Aim

Despite an estimated 40 000 people diagnosed with young onset dementia (YOD) in the UK, there is a general lack of awareness of the condition when compared with late onset dementia. The aim of this study was to explore the experiences and needs of people living with YOD (younger than 65 years) and gain an understanding of the issues that impact on them.

[Read more here](#)

Depression

The depression-inflammation link: Is a treatment revolution coming?

As science reveals the depth of the connection between the immune system and depression, are we on the brink of a treatment revolution? Donna Chisholm investigates.

[Read more here](#)

Documentation

Patient Perceptions of Clinical Notes at Issue Among Mental Health Providers

Over the past decade, more primary care practices have been making [medical records](#), including clinical notes, available to patients through secure electronic portals. In spite of research pointing to the benefits of increased access to records, mental health clinicians have voiced concerns over sharing clinical notes with patients.

[Read more here](#)

Gambling

Free online casino games linked with higher risks of gambling problems for young people

Type "slots" into a search engine, and free online games and apps will appear, easily accessible on a phone or computer. A new CAMH study shows that free gambling-themed games may be a gateway to paid gambling for young people, and gameplay is linked with a higher risk of gambling problems among some adolescents.

[Read more here](#)

Learning/intellectual disabilities

Report: Strong support for independent living for intellectually disabled

New research has highlighted what kind of support people with intellectual disabilities consider important to live independently in the community.

The Donald Beasley Institute report conducted by Dr Brigit Mirfin-Veitch and Dr Jenny Conder, entitled 'From presence to belonging,' interviewed people with intellectual disabilities about their lives, the things that were important to them and how they managed from day-to-day.

[Read more here](#)

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O'Reilly K, Lewis P, Wiese M, et al. **An exploration of the practice, policy and legislative issues of the specialist area of nursing people with intellectual disability: A scoping review.** *Nurs Inq.* 2018;25:e12258. <https://doi.org/10.1111/nin.12258>

The specialist field of intellectual disability nursing has been subjected to a number of changes since the move towards deinstitutionalisation from the 1970s. Government policies sought to change the nature of the disability workforce from what was labelled as a medicalised approach, towards a more socially oriented model of support. Decades on however, many nurses who specialise in the care of people with intellectual disability are still employed. In Australia, the advent of the National Disability Insurance Scheme offers an apt moment to reflect upon these decades of specialised nursing care as the context of this nursing care will continue to evolve. A review of the published literature was conducted to explore what has shaped the field in the past and how this might inform the future of this speciality area under new policy and service contexts. People with intellectual disability have specific health and support needs that require a specialised workforce. Specialist nurses continue to be needed for people with intellectual disability.

Maori / Pasifika

The nexus between climate change, mental health and wellbeing and Pacific peoples

Jemaima Tiatia-Seath, Yvonne Underhill-Sem, Alistair Woodward
Pacific Health Dialog

Much of the health research on climate change in the Pacific is dominated by the vulnerability of ecosystems and only recently have mental health impacts of climate change been recognised by public health experts. Although the research is still limited, it is projected that disruption resulting from climate change will have serious damaging effects on mental health worldwide.

[Read more here](#)

Peer support

Peer support tied to fewer repeat mental health hospitalizations

(Reuters Health) - Adults who have been hospitalized for psychiatric problems may be less likely to be readmitted when they get support from other patients who went through similar experiences, a UK study suggests.

[Read more here](#)

The power of peer support: How sharing lived experience of mental illness offers 'a different kind of hope'

"When you find other people going through it, it's like realising you belong on Earth once more."

That's how Graham Panther, a mental health advocate and consultant, describes finding people who, like him, live with "big feelings".

[Read more here](#)

Schizophrenia

The Incidence of Nonaffective, Nonorganic Psychotic Disorders in Older People: A Population-based Cohort Study of 3 Million People in Sweden

Jean Stafford Robert Howard Christina Dalman James B Kirkbride

Schizophrenia Bulletin, sby147,

There are limited data on the epidemiology of very late-onset schizophrenia-like psychosis (VLOSLP) and how this relates to potential risk factors including migration, sensory impairment, traumatic life events, and social isolation.

[Read more here](#)

Stigma

Still stigma in workplace around mental illness, but improving says Chamber of Commerce

A survey showing 25 per cent of New Zealanders have lied about taking a mental health day suggests there is still stigma in the workplace over the illness. Mark Quinlivan reports as part of Mental Health Awareness Week.

[Read more here](#)

Physical activity tied to healthy mental wellbeing - research

New research from Sport New Zealand shows that physically active Kiwis are more likely to have good mental health, Minister for Sport and Recreation, Grant Robertson, said today.

[Read more here](#)

Suicide

Call for new approach to rural mental health in wake of latest rural suicide statistics

Federated Farmers is calling for a new approach to rural mental health after fresh data shows no decline in farmer suicides over the past five years.

[Read more here](#)

The psychological secrets of suicide, and how to wait out dark nights of the soul

American writer and research psychologist Jesse Bering was considering taking his own life before he was offered a job in New Zealand. Here, his desire to die has subsided, but the

spectre of suicide still emits a "low hum" in his life. His new book explores why people decide to kill themselves, born from a need to understand his own psyche, and prompt those on the edge to think twice before stepping off. Britt Mann learned more.

[Read more here](#)

The Relationship Between Highpoint Suicidal Ideation and Suicide Attempts

Suicidal ideation can be a strong predictor of suicidal attempts, and the intensity of suicidal ideation at its highest point presents an important variable, according to research published in *Psychiatry Research*.

[Read more here](#)

LGBT youth at higher risk for suicide attempts

(Reuters Health) - LGBT adolescents are more likely than other kids their age to try to kill themselves, a new analysis confirms.

[Read more here](#)

Trauma

PTSD symptoms improve when patient chooses form of treatment, study shows

A multiyear clinical trial comparing medication and mental health counseling in the treatment of post-traumatic stress disorder shows that patients who chose their form of treatment—whether drugs or therapy—improved more than those who were simply prescribed one or the other regardless of the patient's preference.

[Read more here](#)

Wellbeing

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Foster, K. , Roche, M. , Delgado, C. , Cuzzillo, C. , Giandinoto, J. and Furness, T. (2018), **Resilience and mental health nursing: An integrative review of international literature**. *Int J Mental Health Nurs*. . doi:[10.1111/inm.12548](https://doi.org/10.1111/inm.12548)

Mental health nurses work in challenging and potentially high stress settings. Stressors can occur in the context of consumer, family, and/or staff relationships, as well as the work environment and organization. The cumulative effects of stress and professional challenges can lead to harmful impacts for mental health nurses including burnout and poorer physical and mental health. Resilience involves a process of positive adaptation to stress and adversity. The aims of this integrative review were to examine understandings and perspectives on resilience, and explore and synthesize the state of knowledge on resilience in mental health nursing.

Following systematic search processes, screening, and data extraction, 12 articles were included. Constant comparative analysis and synthesis of the data resulted in two key categories: Theoretical concepts of resilience and Knowledge on mental health nurses' resilience. In mental health nursing, resilience has been variously constructed as an individual ability, collective capacity, or as an interactive person–environment process. Resilience was most often reported as low-moderate, with positive correlations with hardiness, self-esteem, life and job satisfaction, and negative correlations with depression and burnout. A resilience programme improved mental health nurses' coping self-efficacy and capacity to regulate thoughts and emotions and developed their resilient practice.

Use of contemporary resilience definitions will inform more consistent investigation and progressively scaffold knowledge of this emergent construct in mental health nursing. Future research on the implementation of resilience programmes and resilience-building strategies for mental health nurses at the individual, work unit, and organizational levels is needed.

Professional development / education

Resources from Proquest

Mental Health Training for Nurses

Nurses are on the front lines, and with tools to help them better recognize, assess and manage issues like addiction, bipolar disorder and depression, they have the potential to save lives.

Prepare your students for the realities of nursing with *Nursing & Mental Health in Video*, supporting their ever-evolving roles in treatment and care with videos featuring the most common mental health disorders nurses may encounter.

[Free trial](#)

Communication Skills for Nurses

For a nurse, the ability to communicate is a very important skill and a vital part of the job. Nurses speak to people of varying educational, cultural and social backgrounds and must do so in an effective, caring and professional manner – especially when communicating with patients and their family.

This article will address several aspects of communication to help you navigate and master each interaction you have in your day-to-day practice.

[Read more here](#)

Communication in mental health nursing - Bachelor Students' appraisal of a blended learning training programme - an exploratory study

Merete Furnes, Kari Sofie Kvaal and Sevald Høye

BMC Nursing201817:20

It is important that mental health nursing students at Bachelor level obtain effective communication skills. Many students dread the fact that in the mental health field they will encounter patients and relatives with various backgrounds and personalities. Large classes and limited teaching resources in nursing education are challenging. To prepare students for mental health nursing practice, a communication skills course based on the blended learning method was developed and carried out at two different campuses.

The aim of the study is to explore Bachelor nursing students' appraisal of blended learning methods for enhancing communication skills in mental health nursing.

[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

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