



**NZNO Mental Health Nurse  
Section  
Monthly news bulletin  
Friday 30 August 2019**

**[NZNO / section news](#)**

**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)

**Online Gambling in New Zealand: Discussion Document**

NZNO seeks your feedback on this consultation which aims to set the direction for the future of online gambling in New Zealand. This is in response to the increasing number of people affected by gambling harm and persistent health inequities for the most affected at-risk population groups.

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**WorkSafe New Zealand: Draft #2 Violence Good Practice Guidelines**

In May of this year WorkSafe consulted publicly on a draft guideline *Violence in the Healthcare Industry: Guidance for PCBUs*. The NZNO Addressing Violence Against Nurses Project Team made a comprehensive submission that contributed to refining the draft, and which started some valuable discussion.

**please send feedback to [policyanalyst@nzno.org.nz](mailto:policyanalyst@nzno.org.nz) by Friday, 13 September 2019**

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**Abortion Legislation Bill**

NZNO seeks your feedback on the changes proposed in the Abortion Legislation Bill, which takes abortion out of Crimes Act and seeks to treat the procedure as a health issue.

**Send feedback to [leanne.manson@nzno.org.nz](mailto:leanne.manson@nzno.org.nz) by September 12, 2019.**

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**Culture, Wellbeing and the Living Standards Framework: A Perspective**

This discussion paper is the first step in the process to better incorporate culture into the Living Standards Framework (LSF) and Dashboard, which are anticipated to be released in 2021.

**[NZNO welcomes your feedback on this paper,](#)**

Please send feedback to [Leanne.Manson@nzno.org.nz](mailto:Leanne.Manson@nzno.org.nz) by **September 23, 2019**

## **New Zealand**

### **What Mental Health Nurses make of the Mental Health Inquiry findings**

He Ara Oranga – Inquiry into Mental Health and Addiction: a glimpse through the eyes of Te Ao Māramatanga - New Zealand College of Mental Health Nurses. By President Suzette Poole, on behalf of the College

### **JV partnership between Tu Ora Compass and ProCare Health**

ProCare Health Ltd and TĀ« Ora Compass Health are pleased to announce the signing of an agreement to align their respective mental health services - in order to enable a stronger primary mental health service for communities across Aotearoa.

### **Gang turns to traditional Māori practice to better mental health**

A Hawke's Bay gang is using the ancient Māori tradition of massage and healing to help recover from a spate of suicides and prevent further deaths.

### **Technology the 'new frontier' in mental health care**

Artificial intelligence and e-therapy options could be part of the next frontier in terms of addressing the mental health needs of Kiwis.

## **Mental health – general**

### **VR being tested to help people with psychosis navigate real world**

Delusions associated with psychosis cause social anxiety that complicate daily activities to the extent that sufferers often withdraw from social contact, and the subsequent isolation only exacerbates other symptoms. A virtual reality system called gameChange is being tested in a clinical trial to see if it helps patients feel safer by simulating and helping them navigate anxiety-provoking situations, and if successful, the program could expand to mental health services.

## **Addiction / substance abuse**

### **Nga Kete to launch addiction service for youths with traditional Māori values**

A new for Māori by Māori youth addiction service is set to be launched in Southland incorporating authentic Māori values and traditions to address cultural factors of wellbeing.

### **Addiction intervention in hospital is a 'reachable moment'**

Patients who meet an addiction medicine consult team while they're in the hospital are twice as likely to participate in treatment for substance use disorder after they go home, according to new research. The study measures a key outcome for patients who participated in a first-of-its-kind addiction intervention program.

## **Alzheimers / Dementia**

### **New Zealand study shows positive effect of music and dance on older adults with dementia**

Stereotypically viewed as passive and immobile, a University of Otago, New Zealand, pilot study has shown the powerful influence music and dance can have on older adults with dementia.

## [Dementia survey shows Kiwis scared, but not prepared](#)

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It's one of the biggest challenges facing the country's health system - one that will cost the economy \$4.5 billion and affect more than 170,000 New Zealanders by 2050.

## Anxiety

### [Anxious online millennials reach out for help](#)

One young adult in every five has sought mental health treatment in the past year, as New Zealand's first online generation struggles to get a start in a world of insecure work and housing.

## Asian communities

### **Addiction information for Asian communities**

Evidence has shown Asian populations in New Zealand have low levels of access to addiction services. This is a result of a number of barriers which include language, a lack of awareness and knowledge about addiction and stigma. There is a need for relevant information to be translated into Asian languages in New Zealand.

The Mental Health and Addiction Inquiry highlights the need for culturally aligned support and the need to increase service accessibility among these populations.

We've developed addiction related information in Asian languages to raise awareness about addiction, assist in destigmatising addiction issues among Asian communities and to help Asian communities gain access to addiction services.

Check out our latest What is addiction? resource in both [Simplified Chinese](#) and [Traditional Chinese](#) and request a hard copy. This is the first in a suite of four resources in development.

For more information about our Asian language resources, contact [Rebecca Zhang](#).

## Behavioural issues

### **24-hour movement guidance adherence curbs childhood impulsivity**

Children who adhered to all Canadian 24-Hour Movement Guidelines for Children and Youth, which included up to two hours of screen time, nine to 11 hours of sleep and at least 60 minutes of exercise, had lower impulsivity levels, as indicated by reduced positive and negative urgencies and behavioral inhibition, as well as improved perseverance and delay discounting scores, according to a Canadian study in [Pediatrics](#). Researchers also associated screen time and sleep recommendation adherence to reduced impulsive behaviors on all impulsivity dimensions.

[Physician's Briefing/HealthDay News](#) (8/14)

## Bullying and abuse

### **[Trauma begets trauma: Bullying associated with increased suicide attempts among 12-to-15-year-olds](#)**

A new study reports that bullying victimization may increase the risk of suicide attempts among young adolescents by approximately 3-times worldwide.

## Children and young people

### [Thyroid screening may not be needed in all youth with psychiatric disorders](#)

A new study looks at the prevalence of abnormal thyroid function in youth with severe mood and anxiety disorder. It is the largest study to date of this population and will help mental health professionals better understand the predictors of abnormal thyroid function, like weight gain, family history, or treatment with specific medications.

### [Mental Health Foundation urges parents to school up on suicide, as Netflix debuts a new season of 13 Reasons Why](#)

Mental health professionals are urging parents to be ready and open for hard discussions which could arise with the new season of 13 Reasons Why.

Season three of the popular and controversial drama launches today on Netflix in New Zealand.

### [Piki on track to help thousands of young people](#)

The Government's free youth mental health pilot, Piki, is on track to help an estimated 10,000 young people with mild to moderate mental health issues across the region's 3 DHB areas over the next two years. This comes ahead of the Tū Ora Compass Health's Piki celebration for the Wairarapa region on Friday 23rd August.

### [Association of Primary Care Continuity With Outcomes Following Transition to Adult Care for Adolescents With Severe Mental Illness](#)

Alène Toulany, MD, MSc<sup>1,2,3</sup>; [Thérèse A. Stukel, PhD<sup>2,4</sup>](#); Paul Kurdyak, MD, PhD<sup>2,4,5,6</sup>; et al Longdi Fu, MSc<sup>2</sup>; Astrid Guttman, MDCM, MSc<sup>2,3,4,7</sup>

Author Affiliations [Article Information](#)

*JAMA Netw Open.* 2019;2(8):e198415.

**Question** Is primary care continuity during the transition from pediatric to adult care services associated with better outcomes in young adulthood for adolescents with severe mental illness?

**Findings** In this population-based cohort study of 8409 adolescents aged 12 to 16 years with severe mental illness, there was a 30% increase in risk of mental health–related hospital admission in young adulthood (age 19-26 years) for those with no primary care physician and a 20% increase for those with discontinuous primary care during transition to adult care compared with continuous care.

**Meaning** For adolescents with severe mental illness, continuity with a primary care physician during transition to adult care was associated with decreased mental health–related hospitalizations and emergency department visits.

### [Cognitive behaviour therapy for anxiety in adolescent with early prodromal of psychosis at boarding school](#)

[Niken Yuniar Sari](#),

[Budi Anna Keliat](#) &

[Herni Susanti](#)

*BMC Nursing* volume 18, Article number: 33 (2019)

Early prodromal of psychosis starts in adolescent indicated by non specific symptoms which may result in the changes of behaviour, role, function, and social interaction. Cognitive behaviour therapy is a strategic intervention in reducing anxiety symptom. The purpose of this research is to find out the effects of cognitive behaviour therapy for anxiety in adolescent with early prodromal of psychosis.

## Confidentiality

*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*

Conlon, D. , Raeburn, T. and Wand, T. (2019), **Disclosure of confidential information by mental health nurses, of patients they assess to be a risk of harm to self or others: An integrative review.** Int J Mental Health Nurs. doi:[10.1111/inm.12642](https://doi.org/10.1111/inm.12642)

There is a duty of confidentiality on the part of mental health nurses when they handle confidential patient information. Nonetheless, it may be necessary to disclose confidential information of a patient if the patient is assessed as being a risk to self or others, to protect the patient or others from harm. However, disclosing information inappropriately may constitute a breach of confidentiality. There is a paucity of information on how mental health nurses understand the rules of confidentiality when deciding to withhold or disclose confidential information in these circumstances. An integrative review of the literature was undertaken to explore the disclosure of confidential information by mental health nurses when they assess a patient as being a risk of harm. The findings indicate the rules of confidentiality are not well understood, or are not adhered to by mental health nurses. Risk assessments were found to underpin deliberations to withhold or disclose confidential information of a patient, despite risk being difficult to predict with any certainty. For risk assessment, mental health nurses were noted to prefer their unstructured clinical judgement over actuarial methods; and defer to their clinical intuition over scores of a structured risk assessment instrument, when making structured clinical judgement-backed decisions in this area of their practice. Gaps in the literature that may be addressed by future empirical research were revealed during this integrative review.

## Counselling services

### [Rangitikei practice offering free counselling could be replicated](#)

A Rangitikei practice that offers free counselling sessions is calling on other communities to replicate a similar model.

## Depression

### [NZ workplace study shows more than quarter of employees feel depressed much of the time](#)

According to the World Health Organisation ([WHO](#)), the workplace can be a positive force for improving mental health.

### [Teen depression](#)

Teen depression is a serious mental health problem that causes a persistent feeling of sadness and loss of interest in activities. It affects how your teenager thinks, feels and behaves, and it can cause emotional, functional and physical problems. Although depression can occur at any time in life, symptoms may be different between teens and adults. Issues such as peer pressure, academic expectations and changing bodies can bring a lot of ups and downs for teens. But for some teens, the lows are more than just temporary feelings — they're a symptom of depression.

Teen depression isn't a weakness or something that can be overcome with willpower — it can have serious consequences and requires long-term treatment. For most teens, depression symptoms ease with treatment such as medication and psychological counseling.

Haller H, Anheyer D, Cramer H, *et al*

### [Complementary therapies for clinical depression: an overview of systematic reviews](#)

*BMJ Open* 2019;**9**:e028527. doi: [10.1136/bmjopen-2018-028527](https://doi.org/10.1136/bmjopen-2018-028527)

**Objectives** As clinical practice guidelines vary widely in their search strategies and recommendations of complementary and alternative medicine (CAM) for depression, this

overview aimed at systematically summarising the level 1 evidence on CAM for patients with a clinical diagnosis of depression.

### [Antenatal depression symptoms in Pacific women: evidence from Growing Up in New Zealand](#)

Frances McDaid 1 , Lisa Underwood 2 7 , Jacinta Fa'alili-Fidow 3 , Karen E. Waldie 4 , Elizabeth R. Peterson 4 , Amy Bird 5 , Stephanie D'Souza 6 , Susan Morton 2 3

+ Author Affiliations

Journal of Primary Health Care 11(2) 96-108 <https://doi.org/10.1071/HC18102>

Published: 18 July 2019

INTRODUCTION: Pacific women in New Zealand (NZ) have higher rates of antenatal depression than women from other ethnic groups.

AIM: To identify factors that are significantly associated with depression symptoms in pregnant Pacific women living in NZ.

### [One in four Pacific women experience symptoms of depression during pregnancy - study](#)

Pacific women are three times more likely to experience depression in pregnancy than Pākehā women, research shows.

*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*

### **Managing depression in the primary care setting**

Shalini Ganasan

Journal of Prescribing Practice, Vol. 1, No. 8: 388-392.

Depression affects more than 300 million people worldwide. The condition is thought to result from a complex interaction of social, biological and psychological factors. It is characterised by persistent low mood, and/or loss of pleasure in most activities over a 2-week period. Depression can be further categorised into mild, moderate and severe depression. In adults over the age of 65 years, depression tends to be as a result of comorbidities. There are various pharmacological and non-pharmacological treatments available for the condition. In the primary care setting, it is important to ensure that the patient is followed up regularly. Research into the various pharmacological treatment options is most welcome in improving care for patients suffering from depression.

## **Eating disorders**

### [A lifelong battle fought behind closed doors: Five Kiwis on their journey with anorexia](#)

Anorexia is the third most common chronic illness for young New Zealand woman and as new research reveals genetics can play a part in its development, five with the illness reflect on how little the eating disorder is understood. Ruby Macandrew reports.

## **Gambling**

### [Taking a spin: More New Zealanders pouring money into online gambling](#)

Online gambling is growing fast in New Zealand, but critics say new government ideas for regulating websites focus on what's good for the industry, rather than protecting people from harm.

## **What's happening for GHAW 2019.**

Next week is Gambling Harm Awareness Week (2-8 September) so we've compiled a list of family-friendly events across the country that are encouraging people to *take time out from gambling, and put time into whānau.*

During the week, events and activities will take place around the country that aim to raise awareness in our communities about the harm from gambling, particularly pokie machines: the most harmful form of gambling. Although these events are fun, family events, they carry a serious message.

Harmful gambling impacts our whānau and our communities. Every person with a gambling problem affects up to six other people. It is a significant social issue that can't be ignored.

Below we have compiled a list of events that are happening during #GHAW2019 and you can also visit the [Choice Not Chance website](#) for further updates. To read about the history of Gambling Harm Awareness Week [click here.](#)

## **Impulsivity**

### **Many psychiatric disorders have heightened impulsivity**

The study analyzed data from studies across eight different psychiatric disorders, including major depressive disorder, bipolar disorder, borderline personality disorder, schizophrenia, eating disorders, and others. The largest delay discounting effects were found to be associated with bipolar disorder, borderline personality disorder, and schizophrenia.

## **Mindfulness/meditation**

### **Adults with mild cognitive impairment can learn and benefit from mindfulness meditation**

A pilot study shows promising evidence that adults with MCI can learn to practice mindfulness meditation, and by doing so may boost their cognitive reserve.

## **Nutrition**

### **Zinc deficiencies in school children 'may contribute to mental health issues'**

A recent University of Otago trial showed that children taking micronutrient supplements such as vitamins and minerals could be a safe therapy for children with ADHD.

## **Obesity**

### **Lifestyle Weight Loss Intervention for Patients Taking Antidepressants, Antipsychotics**

HealthDay News — Participants in a weight loss intervention program were able to lose weight regardless of psychiatric medication use, according to a study published in *Obesity*.

## **Obsessive compulsive disorder**

### **What obsessive-compulsive disorder really is**

Obsessive-compulsive disorder is not just the urge to be clean and tidy. It causes enormous distress to sufferers, but it is treatable.

## Pharmacy / prescribing

### [Medication safety, prescribing and the medicines management process in mental health](#)

The Health Quality & Safety Commission has reviewed what is known about medication safety within mental health. The review covered all aspects of medicines management: prescribing, dispensing, administration, monitoring, transitions in care and adherence. It considered evidence that adverse events occur, along with prevention strategies that have been tested.

## Prison populations

### [Children of incarcerated parents have more substance abuse, anxiety](#)

Children of incarcerated parents are six times more likely to develop a substance use disorder in adulthood and nearly twice as likely to have diagnosable anxiety compared to children whose parents were not incarcerated, according to new research.

## Rehabilitation

### [Treatment for sexual and domestic violence offenders does work](#)

A first-of-its-kind study has found that specialised psychological programmes for sexual and domestic violence offenders have led to major reductions in reoffending but best results are achieved with consistent input from a qualified psychologist.

## Schizophrenia

### [Study examines estrogen patch in women with schizophrenia](#)

A study in [JAMA Psychiatry](#) found that adjunctive estrogen patches may significantly improve positive and negative symptoms of schizophrenia in premenopausal women, particularly in women older than 38 years. The study included 200 premenopausal women with schizophrenia or schizoaffective disorder who were receiving antipsychotic medication. [Medscape \(free registration\)](#) (8/14)

## Self-harm

### [Rural youth in distress? Youth self-harm presentations to a rural hospital over 10 years](#)

Isobel Ferguson 1 , Stephanie Moor 2 , Chris Frampton 2 , Steve Withington 3 4  
+ Author Affiliations

**Journal of Primary Health Care** 11(2) 109-116 <https://doi.org/10.1071/HC19033>

Published: 18 July 2019

Introduction: Despite growing awareness of increasing rates of youth suicide and self-harm in New Zealand, there is still little known about self-harm among rural youth.

Aim: This study compared: (1) rates of youth self-harm presentations between a rural emergency department (ED) and nationally available rates; and (2) local and national youth suicide rates over the decade from January 2008 to December 2017.



## Smoking

*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*

### Sarret Seng, Janet K. Otachi & Chizimuzo T. C. Okoli (2019) **Reasons for Tobacco Use and Perceived Tobacco-Related Health Risks in an Inpatient Psychiatric Population**, Issues in Mental Health Nursing, DOI: [10.1080/01612840.2019.1630533](https://doi.org/10.1080/01612840.2019.1630533)

People with mental illness (MI) have a disproportionate tobacco-related disease burden and mortality. Tobacco-use rates in people with MI are nearly twice that of the general population. Reasons for tobacco-use in this population may be a result of diminished tobacco-related disease risk perceptions. The purpose of this study was to examine the reasons for tobacco-use and perceived tobacco-related health risks among psychiatric inpatients. A correlational design was employed to survey a convenient sample of 137 patients from a psychiatric facility in central Kentucky. Information obtained from participants included demographics, psychiatric diagnoses, tobacco-use and exposure history, medical illness history, reasons for tobacco-use, and tobacco-related illness risk perceptions. The primary reasons participants endorsed for tobacco-use were for stress reduction, followed by addiction, then boredom, psychiatric symptom control, social, and negative mood. In addition, about 72% of participants used tobacco to cope with MI symptoms and 52% to manage the side effects of their medications. Participants were most likely to endorse that tobacco-use caused lung disease (83.2%), heart disease (79.6%), cancer (77.4%), and premature mortality (79.6%) but were less likely to admit that it may cause addiction to other drugs (39.4%) or MI (23.4%). Given the high endorsement of tobacco-use for stress reduction and psychiatric symptom control, it is important for mental health nurses to properly educate consumers on tobacco addiction and evidence of its effects on mental health. Strategies to incorporate our study findings into routine mental health services may address the tobacco-use disparities experienced by people with MI.

## Suicide

### [Talking with young people about suicide](#)

The Mental Health Foundation (MHF) has released a new video series: [Connecting through Kōrero](#).

The videos are for adults who want to start a kōrero/conversation with taiohi/young people about suicide.

### [Suicide rates rise to highest-ever level](#)

Warning: This story deals with the topic of suicide.

The number of suicides in New Zealand has reached its highest ever level, with 685 people dying in the year to June 30.

### [PM: Suicide stats 'staggering,' Government moving as fast as it can](#)

Warning: This story deals with the topic of suicide.

Prime Minister Jacinda Ardern says the provisional suicide numbers are "staggering" but her government is moving as fast as it can to increase mental health services.

### [Taranaki health board says suicide prevention is 'everyone's business'](#)

"Suicide prevention is everyone's business."

This is the message from Wendy Langlands, service director of mental health and addictions at Taranaki District Health Board (TDHB), in the same week the nation's provisional suicide figures were released.

### [Suicide grief: Healing after a loved one's suicide](#)

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

### [US expert's three suggestions to help cut the rising suicide toll](#)

Understanding suicide is the specialty of psychology professor Thomas Joiner. Sometime in the next few months, the Ministry of Health will release the new national Suicide Prevention Strategy. Understanding suicide is the specialty of Thomas Joiner, a psychology professor at Florida State University, whom I heard speaking in Orlando last month. He is concerned that the number of US deaths by suicide is rising, and speculates as to why.

## Therapies

### [Study to explore accessibility of talk therapy treatment for new mothers is underway](#)

Depression and anxiety during and after a pregnancy is the most common complication associated with having a child. Up to one in five women experience these issues during what's known as the perinatal period. Talk therapy is a proven and effective treatment method for women experiencing mild to severe symptoms, yet less than one in five women have access to this care.

## Trauma

### [Recipe to support post disaster recovery](#)

All Right?, the campaign that was established to support Cantabrians cope with the emotional impacts of the earthquakes, has launched a new online toolbox to help other communities set up similar initiatives.

## General articles and reports

*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*

Bocking, J. ... et al. (2019), **'It is meant to be heart rather than head'; International perspectives of teaching from lived experience in mental health nursing programs.** Int J Mental Health Nurs. doi:[10.1111/inm.12635](https://doi.org/10.1111/inm.12635)

Consumer participation is a clear expectation of contemporary mental health policy. Most activity has concentrated in direct service delivery, and academic roles for mental health consumers have been slow to establish. An international project was undertaken to implement and evaluate meaningful consumer involvement in mental health nursing education. A learning module was co-produced between 'Experts by Experience' (drawing on experience of mental distress and service use) and Mental Health Nurse Academics. This qualitative exploratory study aimed to capture how Experts by Experience perceive their contribution. Interviews were undertaken with Experts by Experience who delivered the learning module. Data were analysed thematically and subsequently interpreted with Critical Social Theory. Two main themes emerged from the findings: *'there wasn't a barrier'* described how personal narratives enhanced relationships between Experts by Experience and students; and *'made the human being visible'*, described their experiences of allowing students to see the person behind a diagnosis. These findings suggest Experts by Experience teaching is valuable and potentially a tool in redressing stigma. Addressing poor public perceptions could attract higher numbers of quality practitioners to mental health and meet identified workforce shortages. The findings presented here strengthen the evidence base for Expert by Experience roles in mental health professional education. These findings

can be considered in international curricula reviews and aid progress towards a more socio-political, humanistic focus in mental health nursing, congruent with rights-based reform agendas

## Online resources

### **Mental Health Awareness Week (23-29 September)**

Letting you know that materials for this years Mental Health Awareness Week (23-29 September) are now available to order and download.

The theme this year is:

***Explore your way to wellbeing***

***Whāia te ara hauora, whītiora***

Mental Health Awareness Week is an opportunity for you, your workplace, school, kura or community to explore the experiences, actions, relationships and surroundings that make you feel good and uplift your mental wellbeing!

[Website](#)

## Professional development / education

### **Selected presentations from the DANA D&A NP Symposium and Australasian Conference 2019**

DANA is thrilled to announce that many of the presenters from the DANA Inaugural D&A Nurse Practitioner Symposium held in Sydney on August 15th 2019 and the DANA Australasian Conference 2019 *'the Power of Connection'* held on August 16<sup>th</sup> 2019 have agreed to have their presentations made available on the DANA website.

#### **DANA Inaugural D&A Nurse Practitioner Symposium**

August 15<sup>th</sup> 2019

Ruari MacDonald: **Buvidal® – Modified Release Buprenorphine**

Karen Booth: **Nurse Clinics in Primary Health Care: Building on the Learnings of the Enhanced Nurse Clinic Project**

Antoinette Sedwell: **The ACI and Models of Care**

Leanne Boase: **The Changing Landscape – Nurse Practitioners in Australia**

Sian Pritchard: **The Geelong Experience- Private Practice Not for the Fainthearted**

Mary Fenech: **The Pathway to Full Scope**

#### **DANA Australasian Conference 2019 *'the Power of Connection'***

August 16<sup>th</sup> 2019

Adam Searby: State of the Workforce 2020 (presentation unavailable but updates will be posted regularly )

Mary Fenech: **Treatment of Chronic Hepatitis C in the Substance Use Population**

Margo Hickman: **Credentiailling Demystified**

Tonina Harvey and Kristie Mammen: **Integrating Clinical Care Standards into AOD Treatment**

Kt Harvey: **Substance Use in Pregnancy and Parenting**

Laura Johnston and Emma Grace: **Sublocade® – Buprenorphine Modified Release Injection**

Robyn Rewell: **The Other 27 Days**

Ravina Raidu: **Clinical Supervision Helping Reduce Vicarious Trauma for Drug & Alcohol Nurses**

Samuel Brookfield: **'Dangerous Territory' A Nurse-Led Ethnography of Methamphetamine Users Accessing Recovery Services in Queensland**

Andrew Taylor: **Musings of an ITLO: Experiences and Learnings from Working with Involuntary D&A Treatment**

Krista Siegfried: **Building Australia's Research and Treatment Capacity for Methamphetamine and Emerging Drugs of Concern**

Glenn Taylor: **Nursing & Midwifery Health Program Victoria**

Samar Zakaria: **Extraordinary and Compassionate Nurses Within the Alcohol and Other Drug Health Field**

Jo Lunn and Antoinette Sedwell: **Accounting for Cognitive Impairment in AOD Treatment, it Truly is a No-Brainer Part 1**

Jo Lunn and Antoinette Sedwell: **Accounting for Cognitive Impairment in AOD Treatment, it Truly is a No-Brainer Part 2**

Tony Trimmingham: **Working with Families from the FDS Model in Harm Reduction Strategy**

Tracey Greenberg: **Brief Interventions in Smoking Cessation**

## **Health, safety and wellbeing**

### **Coping with nurse fatigue**

Sara Carbery looks at an important aspect of nurses' health and safety.

**[Read more >>](#)**

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Ghosh, M. , Twigg, D. , Kutzer, Y. , Towell-Barnard, A. , De Jong, G. and Dodds, M. (2019), **The validity and utility of violence risk assessment tools to predict patient violence in acute care settings: An integrative literature review**. Int J Mental Health Nurs.

doi:[10.1111/inm.12645](https://doi.org/10.1111/inm.12645)

To examine risk assessment tools to predict patient violence in acute care settings. An integrative review of the literature. Five electronic databases – CINAHL Plus, MEDLINE, OVID, PsycINFO, and Web of Science were searched between 2000 and 2018. The reference list of articles was also inspected manually. The PICOS framework was used to refine the inclusion and exclusion of the literature, and the PRISMA statement guided the search strategy to systematically present findings. Forty-one studies were retained for review. Three studies developed or tested tools to measure patient violence in general acute care settings, and two described the primary and secondary development of tools in emergency departments. The remaining studies reported on risk assessment tools that were developed or tested in psychiatric inpatient settings. In total, 16 violence risk assessment tools were identified. Thirteen of them were developed to assess the risk of violence in psychiatric patients. Two of them were found to be accurate and reliable to predict violence in acute psychiatric facilities and have practical utility for general acute care settings. Two assessment tools were developed and administered in general acute care, and one was developed to predict patient violence in emergency departments. There is no single, user-friendly, standardized evidence-based tool available for predicting violence in general acute care hospitals. Some were found to be accurate in assessing violence in psychiatric inpatients and have potential for use in general acute care, require further testing to assess their validity and reliability.

Havaei, F, MacPhee, M, Lee, SE. **The effect of violence prevention strategies on perceptions of workplace safety: A study of medical-surgical and mental health nurses.** J Adv Nurs. 2019; 75: 1657– 1666. <https://doi.org/10.1111/jan.13950>

#### Aims

To explore associations between specific violence prevention strategies and nurses' perceptions of workplace safety in medical-surgical and mental health settings.

#### Background

Workplace violence is on the rise globally. Nurses have the highest risk of violence due to the nature of their work. Violence rates are particularly high among USA and Canadian nurses. Although multiple violence prevention strategies are currently in place in public healthcare organizations in British Columbia, Canada, it is unknown whether these approaches are associated with nurses' perceptions of workplace safety.

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: [DianaG@nzno.org.nz](mailto:DianaG@nzno.org.nz)

**To learn more about the NZNO Mental Health Nurse section go to:**  
[http://www.nzno.org.nz/groups/colleges\\_sections/sections/mental\\_health\\_nurses](http://www.nzno.org.nz/groups/colleges_sections/sections/mental_health_nurses)

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**Linda Stopforth, BA, Dip Bus; NZLSC, RLIANZA**

PO Box 315 WELLINGTON 6140

PH: 04-383-6931 or 021-107-2455

email: [stop4th@xtra.co.nz](mailto:stop4th@xtra.co.nz)



**SNIPS**

**Stop4th Nursing Information Provision Service**

Providing information to nurses and allied health professionals