



NZNO Mental Health Nurse Section Monthly News Bulletin Friday 29 March 2019

Mental Health Nursing - Into The future

Date of the Forum: 26th August 2019

Venue: Massey University, Wellington

Time: 8:30am - 4:30pm

Venue: Massey University, Wallace Street, Mount Cook, Wellington

Cost: \$80 for NZNO Members of Mental Health Nurses Section, \$100 for NZNO Members and Public

- [Download the Forum Flyer here \(PDF\)](#)
- [Download the Forum Programme Here \(PDF\)](#)
- [**Click here to Register**](#)
- For more information email Diana Geerling on diana.geerling@nzno.org.nz.

[Click here for accommodation options close to Massey University \(PDF, 1 Page, 309KB\)](#)

Research Project Assistance

My name is Kadin Vincent and I am a mental health nurse in Wellington. I am currently undertaking a research project paper through Massey University. This is my last paper required to complete my master's degree in nursing. For this I am conducting a study about graduate nurses' transition period to the mental health setting.

Issues with recruitment and retention are common in mental health nursing but there's limited information about new graduates' experiences. We want to retain new nurses and support them throughout their transition. To do so, we're investigating their experiences to get an understanding of the support they find most important throughout their first year. This will help to ensure we're meeting their needs as best as we can.

We're wanting individuals who are new to nursing and have completed their first year in a New Zealand mental health specialty within the past 24 months.

The study will involve an interview and participants will be given a koha for their time.

If you're interested in participating in this study, have any concerns with this study, or would like further information then please contact: Kadinvincent@gmail.com Or Supervisor:

Philip Ferris-Day - P.Ferris-day@massey.ac.nz

This project has been evaluated by peer review and judged to be low risk. Consequently it has not been reviewed by one of the University's Human Ethics Committees. The researcher(s) named in this document are responsible for the ethical conduct of this research. If you have any concerns about the conduct of this research that you want to raise with someone other than the researcher(s), please contact Professor Craig Johnson, Director (Research Ethics), email humanethics@massey.ac.nz

Consultation

NZNO regularly seeks members input on a range of documents up for consultation. The listing is regularly updated and can be found at http://www.nzno.org.nz/get_involved/consultation

Official Information Act (OIA)

The OIA allows people to request official information held by Ministers and specified government agencies. It contains rules for how such requests should be handled and provides a right to complain to the Ombudsman in certain situations.

NZNO seeks your feedback on how the OIA is working in practice to inform a decision by MoJ as to whether to progress a review of this legislation. Your feedback will help to inform a decision on whether to review the OIA or whether instead to keep the focus on practice improvements.

Please find links to more information at <https://consultations.justice.govt.nz/policy/access-to-official-information/> and

MoJ's privacy policy at:

https://consultations.justice.govt.nz/privacy_policy/

Please send feedback to leanne.manson@nzno.org.nz by 11 April 2019.

New Zealand

[Mental health is a crisis the Government knows how to fix](#)

Held To Account: Halfway through the Labour-led Government's term, *Stuff* examines some of its biggest promises to see if it's delivered.

ANALYSIS: To those trapped in the mental health system, the gaps are glaringly obvious.

[Resources to help with mental distress](#)

Director-General of Health Dr Ashley Bloomfield would like to make the public aware of a resource developed to assist those experiencing mental distress as a result of the incident in Christchurch.

[Schools ease NZ children's 'epidemic of anxiety'](#)

Schools are stepping up to ease an "epidemic of anxiety" among their students, smashing a taboo that teachers shouldn't be social workers.

Mental health – general

[Online therapies can improve mental health, and there are no barriers to accessing them](#)

In recent weeks, the [Medicare Benefits Schedule Review Tasforce's](#) Mental Health Reference Group published its [report and recommendations](#), part of a wide-ranging review of services subsidised by Medicare.

Addiction / substance abuse

Evidence review to inform development of the mental health and addiction quality improvement programme 'Learning from adverse events and consumer experience' project (1003 KB, pdf)

This evidence review is designed to inform the development of a mental health and addiction quality improvement project to improve learning from adverse events and consumer experience within the framework of the National Adverse Events Reporting Policy.

Downloadable attachments

Anxiety

Binge drinking in adolescence may increase risk for anxiety later in life

A growing body of evidence supports the idea that alcohol exposure early in life has lasting effects on the brain and increases the risk of psychological problems in adulthood. Now, researchers at the University of Illinois at Chicago have found that adolescent binge drinking, even if discontinued, increases the risk for anxiety later in life due to abnormal epigenetic programming. The findings of the study, which was conducted in animals, was published in the journal *Biological Psychiatry*.

Autism / Aspergers

No link between vaccinations and autism, major study finds

Scientists have again debunked the myth of a possible link between vaccinations and autism in children.

Virtual reality a promising tool for reducing fears and phobia in autism

In a new pilot study, autistic adults showed real-life, functional improvement after a combination treatment approach that included graded exposure to fear and anxiety-producing experiences in a virtual reality environment. The design and preliminary results of this novel approach are published in *Autism in Adulthood*.

Care models

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

Barr, L. , Wynaden, D. and Heslop, K. (2019), **Promoting positive and safe care in forensic mental health inpatient settings: Evaluating critical factors that assist nurses to reduce the use of restrictive practices.** *Int J Mental Health Nurs.*
doi:10.1111/inm.12588

Reducing and eliminating the use of restrictive practices, such as seclusion and restraint, is a national priority for Australia's mental health services. Whilst legislation, organization and practice changes have all contributed to a reduction in these practices, forensic mental health services continue to report high rates. This paper details the findings of research that examined the experiences of nurses working in the inpatient forensic mental health setting. The research aimed to (i) document the experiences of nurses working in the forensic mental health setting, (ii) articulate their perceived unique skill set to manage challenging patient behaviours, and (iii) determine how their experiences and skill set can inform practice changes to reduce the use of restrictive practices. Thirty-two nurses were recruited from one Australian forensic mental health service. Data were collected using semi-structured interviews and analysed using inductive content analysis. Four categories were identified that influenced practice experiences: (i) working in a challenging but interesting environment, (ii) specialty expertise, (iii) exposure to aggression and resilience as a protective factor, and (iv) the importance of effective teamwork and leadership. Forensic mental health care is complex, highly specialized, and often delivered in an unpredictable environment. Whilst

high rates of restrictive practices may be linked to the unique characteristics of forensic patients, training, teamwork, and leadership are critical factors influencing their use in this setting. Nurses working in this area need to be educated and supported to work confidently and safely with this high-risk patient cohort.

Children and young people

[Using improv theatre makes it easier for kids to talk about mental health](#)

Hopping onto an imaginary bus and asking for a ride while acting out different emotions sounds like a lot of fun.

Concussion and head injuries

[Kids' concussion recovery like snakes and ladders game](#)

During the first 24 hours, home and leisure activities may be undertaken as long as they are only for five minutes at a time, and stopped if symptoms increase. The guidelines give pathways for three categories of concussions: for those who are symptom free within 48 hours of the injury, those who are symptom free or much decreased within one to four weeks, and those who have the symptoms for more than four weeks.

[Mental health symptoms common after mild brain injury](#)

(HealthDay)—Approximately one in five individuals may develop mental health symptoms up to six months after mild traumatic brain injury (mTBI), according to a study recently published in JAMA Psychiatry.

Depression

[Spotting Depression in Older Adults](#)

Depression in older adults is a serious and under-recognized problem. Its symptoms tend to be somewhat different than in younger people, and often get attributed to normal aging.

[Step-by-Step: a new WHO digital mental health intervention for depression](#)

Kenneth Carswell¹, Melissa Harper-Shehadeh¹, Sarah Watts¹, Edith van't Hof¹, Jinane Abi Ramia², Eva Heim³, Andreas Wenger⁴, Mark van Ommeren¹

¹Department of Mental Health and Substance Abuse, World Health Organization, Geneva, Switzerland; ²National Mental Health Program (NMHP), Ministry of Public Health, Lebanon; ³Department of Psychology, University of Zurich, Zurich, Switzerland; ⁴Swiss Research Institute for Public Health and Addiction, Zurich, Switzerland

Abstract: The World Health Organization is developing a range of interventions, including technology supported interventions, to help address the mental health treatment gap, particularly in low and middle-income countries. One of these, Step-by-Step, is a guided, technology supported, intervention for depression. It provides psychoeducation and training in behavioural activation through an illustrated narrative with additional therapeutic techniques such as stress management (slow breathing), identifying strengths, positive self-talk, increasing social support and relapse prevention. Step-by-Step has been designed so that it can be adapted for use in settings with different cultural contexts and resource availability and to be meaningful in communities affected by adversity. This paper describes the process of developing Step-by-Step and highlights particular design features aimed at increasing feasibility of implementation in a wide variety of settings.

Exercise

[Aerobic exercise eases depression, even in chronically ill](#)

(Reuters Health) - People with chronic health problems who suffer from depression may find their mood improve when they do aerobic exercise, a research review suggests.

Foetal Alcohol Syndrome

[An inconvenient truth: The commonly misunderstood disorder filling our prisons](#)

Tamaki's fingers glide over the keys of the piano, filling a once silent room with melodies never heard before.

His painted nails dance up and down as he closes his eyes and enters another world. Swaying gently back and forth, he plays by instinct with no sheet music and no knowledge of what a chord

Gambling

[Gambling is not a harmless pastime - Hapai Te Hauora](#)

We are only now beginning to understand the extent to which children are exposed to harmful advertising including alcohol, tobacco and fast food. Recent studies have shown that children are exposed to alcohol marketing on average 4.5 times a day. For Māori and Pacific Children this number is five and three times higher, respectively, than that of NZ European children. Unsurprisingly, it is through sports that exposure to alcohol advertising remains high and Hāpai Te Hauora has similar concerns around gambling marketing.

Mindfulness/meditation

[Mindfulness found to improve mental health of students](#)

Mental health among university students could be improved by introducing mindfulness training. These are the findings from the first UK study to measure the efficacy of mindfulness based cognitive therapy (MBCT) on students.

Nurse-patient relationships

[Conceptualising nurse-patient therapeutic engagement on acute mental health wards: An integrative review](#)

[International Journal of Nursing Studies](#)

Volume 93, May 2019, Pages 106-118

The review aimed to 1) explore the constituents of nurse-patient therapeutic engagement on acute mental health wards; 2) map factors that influence engagement to the Theoretical Domains Framework and 3) integrate results into a conceptual model of engagement to inform the development of interventions to improve engagement.

Nutrition

[Study links unhealthy diet to mental illness in California adults](#)

A study has found that poor mental health is linked with poor diet quality—regardless of personal characteristics such as gender age, education, age, marital status and income level

Obesity

[Program aids weight loss in patients with mental illness](#)

(HealthDay)—A behavioral weight loss intervention is effective among overweight and obese individuals with serious mental illness (SMI), regardless of their diabetes status, according to a study published online Feb. 14 in *Diabetes Care*.

Peer support

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

Debyser, B. , Berben, K. , Beeckman, D. , Deproost, E. , Hecke, A. and Verhaeghe, S. (2019), **The transition from patient to mental health peer worker: A grounded theory approach**. *Int J Mental Health Nurs*, 28: 560-571. doi:[10.1111/inm.12561](https://doi.org/10.1111/inm.12561)

Peer workers are increasingly being engaged in contemporary mental healthcare. To become a peer worker, patients must evolve from having a patient identity to a peer worker identity. This study aims to understand how mental health peer workers experience their transition and how it affects their view of themselves and their direct working context. A grounded theory approach was used. Seventeen mental health peer workers in Belgium were recruited through theoretical sampling. Semi-structured interviews were conducted and analysed according to the constant comparative method. The results indicate that novice peer workers experience peer work as an opportunity to liberate themselves from the process of mental suffering and realise an acceptable form of personal self-maintenance. As peer workers become more experienced, they are confronted with external factors that influence their self-maintenance and personal development. Experiencing clarity in their duties and responsibilities, equality, and transparency in the workplace reinforce their experience of self-maintenance and positively influence their self-development. Experiencing a lack of clarity in their duties and responsibilities, inequality, and lack of openness discourage peer workers' self-development process. These experiences challenge their personal motivations to become peer workers, which are usually linked to building a meaningful life for themselves. The insights can encourage organisations to build up a supportive environment collaboratively with peer workers and ensure that peer workers can exert their authentically unique role in mental healthcare.

Prison populations

[How to treat depression in prison -- and why it matters](#)

The first randomized study of its kind reveals effective treatment for prisoners suffering from mental illness.

Doyle, M. F., Shakeshaft, A. , Guthrie, J. , Snijder, M. and Butler, T. (2019), **[A systematic review of evaluations of prison-based alcohol and other drug use behavioural treatment for men](#)**. *Australian and New Zealand Journal of Public Health*. doi:[10.1111/1753-6405.12884](https://doi.org/10.1111/1753-6405.12884)

Objective: A history of alcohol and other drug (AoD) use is common among men entering prison and often linked to the crime for which they are imprisoned. This is the first systematic review of prison-based, behavioural AoD treatment programs for more than a decade and the first that reviews the methodological quality of evaluations. This review aims to create an understanding of the quality of research in this field and identify the most effective AoD use treatment for men in prison.

Psychosis

[Daily cannabis and skunk users run higher psychosis risk](#)

LONDON, (Reuters) - People who use cannabis every day run a significantly higher risk of developing the serious mental illness psychosis, especially if they use more potent forms of the drug, such as skunk, scientists said.

Refugee/immigrant mental health

[Community-based mental health and wellbeing support for refugees](#)

An Evidence Check rapid review brokered by the Sax Institute for the NSW Ministry of Health

30 NOV 2018

[Shameran Slewa-Younan](#), [Ilse Blignault](#), [Andre M. N. Renzaho](#), [Marianne Doherty](#)
[Sax Institute](#)

Addressing refugees' mental health needs is challenging for countries offering resettlement. Targeted community based psychosocial support, which acknowledges the heterogeneous cultural, religious and linguistic needs of refugee populations is needed.

This Evidence Check was commissioned by the NSW Ministry of Health to provide a summary of evidence from Australia and other countries related to the effectiveness and appropriateness of community-based psychosocial support services and programs for refugees and asylum seekers.

This report will contribute to informing program design, the process for commissioning services and broader mental health policy.

Schizophrenia

[Potential Applications of Digital Technology in Assessment, Treatment, and Self-help for Hallucinations](#)

Neil Thomas Josef J Bless Ben Alderson-Day Imogen H Bell Matteo Cella Tom Craig Philippe Delespaul Kenneth HugdahlJulien Laloyaux Frank Larøi ... [Show more](#)
Schizophrenia Bulletin, Volume 45, Issue Supplement_1, January 2019, Pages S32–S42, <https://doi.org/10.1093/schbul/sby103>

The field of digital mental health is rapidly expanding with digital tools being used in assessment, intervention, and supporting self-help. The application of digital mental health to hallucinations is, however, at a very early stage. This report from a working group of the International Consortium on Hallucinations Research considers particular synergies between the phenomenon of hallucinations and digital tools that are being developed. Highlighted uses include monitoring and managing intermittently occurring hallucinations in daily life; therapeutic applications of audio and video media including virtual and augmented reality; targeting verbal aspects of hallucinations; and using avatars to represent hallucinatory voices. Although there is a well-established Internet-based peer support network, digital resources for hallucinations have yet to be implemented in routine practice. Implementation may benefit from identifying how to market resources to the broad range of populations who experience hallucinations and identifying sustainable funding models. It is envisaged that digital tools will contribute to improved self-management and service provision for people experiencing hallucinations.

Self-harm

[Massey University Research Study](#)

In New Zealand, research indicates up to 50% of adolescents have engaged in self-injury before the end of high school.

Stress

[How to Help Your Team with Burnout When You're Burned Out Yourself](#)

by Rebecca Knight

Tackle the problem as a group.

[5 Ways to Leave Your Work Stress at Work](#)

by Sabina Nawaz

Create a ritual to help you transition from office to home.

Trauma

[Children develop PTSD when they ruminate over their trauma](#)

A new study shows that children are more likely to suffer PTSD if they think their reaction to a traumatic event is not 'normal'. While most children recover well after a traumatic event, some go on to develop PTSD that may stay with them for months, years, or even into adulthood. The research reveals that children begin down this route when they have trouble processing their trauma and perceive their symptoms as a sign that something is seriously wrong.

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

Isobel, S, Goodyear, M, Furness, T, Foster, K. **Preventing intergenerational trauma transmission: A critical interpretive synthesis.** *J Clin*

Nurs. 2019; 28: 1100– 1113. <https://doi.org/10.1111/jocn.14735>

To synthesise and critically interpret literature of relevance to intervening in intergenerational transmission of relational trauma within parent–infant relationships.

Background

Intergenerational trauma is a discrete process and form of psychological trauma transmitted within families and communities. Intergenerational trauma can be transmitted through attachment relationships where the parent has experienced relational trauma and have significant impacts upon individuals across the lifespan, including predisposition to further trauma.

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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