



**NZNO Mental Health Nurse
Section
Monthly news bulletin
Friday 27 December 2019**

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](#)

Urban Development Bill

NZNO welcomes your feedback on the above Bill which aims to provide Kāinga Ora with powers to improve the social and economic performance of Aotearoa New Zealand's urban areas through complex development projects.

Please send feedback to Diana.Cookson@nzno.org.nz by 7 February 2020.

Protection for First Responders and Prison Officers Bill

NZNO welcomes your feedback on the above Bill which aims to create a new offence in the Crimes Act 1961 for intentionally injuring a first responder or prison officer. It. Please send feedback to sue.gasquoine@nzno.org.nz by February 5 2020.

Holidays (Bereavement Leave for Miscarriage) Amendment Bill (No 2)

NZNO welcomes your feedback on the above Bill which would make it clear that the unplanned end of a pregnancy by miscarriage or still-birth constitutes grounds for bereavement leave for the mother and her partner or spouse for up to 3 days.

Please send feedback to PolicyAnalysts@nzno.org.nz by 7th February 2020.

Crimes (Definition of Female Genital Mutilation) Amendment Bill

NZNO welcomes your feedback on the above cross-party members' Bill which would amend the Crimes Act to change the definition of "female genital mutilation" to ensure all forms of this practice are illegal and all women and girls are adequately protected. Please send feedback to sue.gasquoine@nzno.org.nz by 22 January 2020\

Consultation on Nursing Council's Proposed Policy on Publication and Naming of Nurses Subject to an order or Direction

NZNO welcomes your feedback on the above policy which has been drafted in response to requirements under the Health Practitioners Competence Assurance Act 2003.

You are welcome to make your own response to the Nursing Council survey, and/or send your comments to jill.wilkinson@nzno.org.nz to be included in a submission made on behalf of NZNO. Please send your feedback by 23 January 2020.

ANZSRC (Australia New Zealand Standard Research Classification) Review Steering Committee (including MBIE, Statistics NZ, the Australian Research Council and the Australian Bureau of Statistics)

NZNO seeks your feedback on this review which aims to ensure that the ANZSRC reflects current practice and is sufficiently robust to allow for long-term data analysis.

Please send feedback to Jinny.Willis@nzno.org.nz by 3 February 2020.

Proposal to change the funded brand of labetalol tablets

PHARMAC are proposing to change the funded brands of labetalol tablets, which are used in the treatment of hypertension in pregnancy

Please send feedback to jill.wilkinson@nzno.org.nz by 9th December 2019.

Sexual Violence Legislation Bill

NZNO welcomes your feedback on this Bill which aims to reduce the re-traumatisation of sexual violence victims during court proceedings through increasing the variety of ways complainants could give evidence in court. .

Please send to leanne.manson@nzno.org.nz by 24 January 2019.

New Zealand

Big rise in number of Asians seeking mental health help in Auckland

The number of Asians in Auckland seeking help for mental health in the last five years has risen dramatically with one district health board reporting an 82 percent increase in cases.

[Read more](#)

Care models

Ways of understanding nursing in psychiatric inpatient care – A phenomenographic study. Salberg, J, Bäckström, J, Röing, M, Öster, C. J Nurs

Manag. 2019; 27: 1826– 1834. <https://doi.org/10.1111/jonm.12882>

Aim

The aim was to describe the ways that nursing staff in psychiatric inpatient care understand nursing.

Background

Nursing in psychiatric care is marginalized with ambiguous role definitions and imperceptible activities. Nurse managers' capabilities to establish a direction and shared vision are crucial to motivate nursing staff to take part in practice development. However, before establishing a shared vision it is important to identify the different ways nursing can be understood. [Read more](#)

Depression

'I mean what is depression?' A qualitative exploration of UK general practitioners' perceptions of distinctions between emotional distress and depressive disorder

Geraghty AWA, Santer M, Beavis C, *et al*

BMJ Open 2019;9:e032644. doi: 10.1136/bmjopen-2019-032644

Objective Detection of depression is a key part of primary mental healthcare. However, determining whether depressive disorder is or is not present in primary care patients is complex. The aim of this qualitative study was to explore general practitioners' (GPs) perceptions of distinctions between emotional distress and depressive disorder [Read more](#)

Learning/intellectual disabilities

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

Nurses' attitudes, beliefs, and emotions toward caring for adults with intellectual disabilities: An integrative review.

Desroches, M. Nurs Forum. 2019; 0: 1– 12. <https://doi.org/10.1111/nuf.12418>

Background

Negative health-care provider attitudes are a contributing factor to the myriad health disparities faced by people with intellectual disabilities (ID). Nursing comprises the nation's largest health-care profession, yet no integrative review on this topic is found.

Purpose

To organize findings of studies exploring nurses' attitudes, beliefs, and emotions about caring for adults with ID, to identify areas for future research, and to discuss recommendations for nursing practice.

Phobias

Balloons and clowns no fun for phobics

Phobias can leave their victims frozen with fear or running for the hills.

And for some sufferers, one person's fun is a phobic's worst nightmare. [Read more](#)

Resilience

Resilience and associative stigma among mental health professionals in a tertiary psychiatric hospital: a cross-sectional study in Singapore

Chang S, Picco L, Abdin E, *et al*

BMJ Open 2019;**9**:e033762. doi: 10.1136/bmjopen-2019-033762

Objectives The mental health profession exposes healthcare workers to unique stressors such as associative stigma (stigmatisation that is extended from the stigmatised patients to psychiatric professionals and is based on affiliation with an individual with mental illness). Enhancing resilience, or the ability to 'bounce back' from adversity, is found to be useful in reducing occupational stress and its negative effects. In view of the high burnout rates reported among mental health professionals, this study aimed to examine resilience in this group of professionals and to explore the association between resilience and associative stigma. [Read more](#)

Sexual abuse

Majority of childhood sex-abuse survivors achieve complete mental health

Most research on child sexual-abuse survivors focuses on negative consequences such as depression and suicide. A new study instead examines factors associated with resilience and flourishing among adult survivors. [Read more](#)

Suicide

Four-Item Screening Tool Rapidly and Effectively Identifies Suicide Risk in Youths Visiting the ED

Positive results on the Ask Suicide-Screening Questions (ASQ) may be helpful for identifying youths admitted to the emergency department (ED) who are at risk for [suicidal behaviors](#). study results published in JAMA Network Open suggest.¹ [Read more](#)

The article below not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution

PROTECT: Relational safety based suicide prevention training frameworks. Kar Ray, M. et al (2019), *Int J Mental Health Nurs.* doi:[10.1111/inm.12685](https://doi.org/10.1111/inm.12685)

Preventing suicide is a global priority, and staff training is a core prevention strategy. However, frontline pressures make translating training into better care and better outcomes difficult. The aim of the paper was to highlight challenges in suicide risk assessment and management and introduce training frameworks to assist with mindful practice so professionals can strike a balance between risk and recovery. We combined the scientific literature with contemporary practice from two successful initiatives from Cambridgeshire, UK: 333 – a recovery-oriented model of inpatient/community crisis care and PROMISE – a programme to reduce coercion in care by enhancing patient experience. The resulting PROTECT (PROactive deTECTion) frameworks operationalize ongoing practice of relational safety in these programmes. PROTECT is a combination of novel concepts and adaptations of well-established therapeutic approaches. It has four training frameworks: AWARE for reflection on clinical decisions; DESPAIR for assessment; ASPIRE for management; and NOTES for documentation. PROTECT aims to improve self-awareness of mental shortcuts and risk-taking thresholds and increase rigour through time-efficient cross-checks. The training frameworks should support a relational approach to self-harm/suicide risk detection, mitigation, and documentation, making care safer and person-centred. The goal is to enthuse practitioners with recovery-oriented practice that draws on the strengths of the person in distress and their natural circle of support. It will provide the confidence to engage in participatory approaches to seek out unique individualized solutions to the overwhelming psychological pain of suicidal distress. Future collaborative research with people with lived and carer experience is needed for fine-tuning.

Wellbeing

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

Improving physical health outcomes for people with severe mental illness: A proof-of-concept study of nurse practitioner candidate practice. Furness, T., Giandinoto, J.-A., Wordie-Thompson, E., Woolley, S., Dempster, V. and Foster, K. (2019), *Int J Mental Health Nurs.* doi:[10.1111/inm.12680](https://doi.org/10.1111/inm.12680)

People with severe mental illness have significantly reduced life expectancy and higher risk of cardiovascular diseases than the general population. There is a critical need for quality physical health care to improve consumers' health outcomes. There is minimal knowledge, however, on the impact of mental health nurse practitioner candidate (NPC) practices on consumers' health outcomes. The aim of this proof-of-concept study was to describe the impacts of NPC practices on the quality of physical healthcare provision and physical health outcomes (cardiovascular and cardiometabolic) of consumers in community mental health service settings. Using a mixed methods design, quantitative data were collected for 12 months prior to (Period 1), and 12 months during (Period 2), the candidacy period. Qualitative interviews were conducted with a purposive sample of $n = 10$ consumers to explore their perspectives on physical healthcare provision by the NPCs. During the 12-month candidacy period, the number of metabolic monitoring assessments rose from $n = 55$ in Period 1 to $n = 146$ in Period 2 ($P < 0.01$, $\chi^2 = 41.20$). Advanced practices provided by NPCs included taking an extensive holistic history and clinical examination, ordering diagnostic pathology, and clinical simulation of physical health medication prescription (under medical supervision). Analysis of consumer interviews resulted in two themes: (i) positive and helpful NPC health care and (ii) improvements in physical and mental health. The findings add new knowledge on specialist mental health nurse practitioner candidate roles and demonstrate the benefits these roles can have in reducing the significant morbidity and mortality of mental health consumers.

Workforce

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

Undergraduate students' perspectives on pursuing a career in mental health nursing following practicum experience. Slemon, A, Jenkins, E, Bungay, V, Brown, H. J Clin Nurs. 2020; 29: 163– 171. <https://doi.org/10.1111/jocn.15074>

Aims and objectives

The purpose of this study was to explore how undergraduate students perceive and make decisions regarding mental health nursing as a career following completion of an inpatient mental health practicum.

Background

Among nursing students, mental health is consistently perceived as the least desirable nursing career path. However, evidence to explain why this is the case remains limited, with a lack of research exploring students' experiences of mental health settings and how these experiences influence their perceptions of a mental health nursing career. This knowledge gap limits strategies to support nurses' selection of mental health nursing as a career path, contributing to a global shortage of mental health nurses.

General articles and reports

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

Wounds in mental health care: The archetype of a 'wicked problem of many hands' that needs to be addressed?, Ray Samuriwo & Ben Hannigan (2019) International Journal of Mental Health, DOI: [10.1080/00207411.2019.1706702](https://doi.org/10.1080/00207411.2019.1706702)

Aim: This paper explores wound care for people living with mental health difficulties from a nursing perspective and considers what can be done to improve it.

Objective: To analyze policy and practice relating to wound care for people experiencing mental ill health using the ideas of 'wicked problems' and 'problems of many hands'

Journal contents

Addiction Medicine

Research Review

Issue 4

Does cannabis use impair driving performance resulting in motor vehicle accidents? We discuss a prospective Canadian study investigating the impact of substance use on accidents.

[Read more](#)

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

To learn more about the NZNO Mental Health Nurse section go to:
http://www.nzno.org.nz/groups/colleges_sections/sections/mental_health_nurses

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