



**NZNO Mental Health Nurse
Section
monthly news bulletin
Friday 26 July 2019**

NZNO / section news

Mental Health Nurses Section Forum
Mental Health Nursing - Into the Future

Date: Monday 26 August 2019
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
Free for Students

Space is limited so your place will only be reserved when your registration has been paid.

- [Download the Forum Flyer](#) (PDF, 225KB)
- [Download the Forum Programme](#) (PDF, 231KB)

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

Alcohol Advertising and Promotion Code – regular review

NZNO invites your views on the Alcohol Advertising and Promotion Code that the advertising industry are required to follow. This feedback will inform possible changes to this Code.

For example, in your opinion, does the Code do enough to:

- protect children and young people and other vulnerable audiences and
- ensure alcohol advertisements and promotions are targeted at adults and convey that a high standard of social responsibility is required.

Please see the draft code here:

<https://www.asa.co.nz/codes/codes/advertising-standards-code/>

Please send feedback to Jill.Wilkinson@nzno.org.nz by 16 August, 2019.

Posted in: [Consultations](#)

New Zealand

[Workplace mental wellness boosted with GoodYarn](#)

Workplace mental wellness boosted with GoodYarn's strategic partnerships
The urban version of the iconic GoodYarn rural mental wellness programme will be expanded into more of New Zealand's workplaces with the announcement of two new strategic partners.

[Existing mental health providers will get more funding to increase access](#)

Another 1600 workers will be needed to fulfil a Government plan to increase access to mental health services.

[Design of 'groundbreaking' mental health and addiction services underway](#)

Transformation of mental health and addiction services for people with mild to moderate need takes an important step forward today, says Health Minister Dr David Clark.

Addiction / substance abuse

[Northland's methamphetamine demand reduction programme could go nationwide](#)

Northland's unique methamphetamine demand reduction programme, Te Ara Oranga, could be rolled out to other parts of the country following its success.

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

Darren Smyth, Marie Hutchinson & Adam Searby (2019) **Nursing Knowledge of Alcohol and Other Drugs (AOD) in a Regional Health District: An Exploratory Study, Issues in Mental Health Nursing**, DOI: [10.1080/01612840.2019.1630531](https://doi.org/10.1080/01612840.2019.1630531)

Nurses remain at the forefront of direct patient care due to the nature of their role; they are in a position to provide assessment, response and referral of individuals in healthcare settings with problematic alcohol and other drug (AOD) use. We aim to determine the AOD knowledge of nurses in a regional health district in Australia and the awareness of an AOD service operating in the clinical environment. We employed a cross-sectional online survey, with descriptive and correlational analysis performed to explore relations between knowledge and both assessment and referral practices for individuals with problematic AOD use. Results indicate good knowledge of the AOD service, with confidence to refer to the service associated with recent contact. Lower satisfaction levels with the AOD service were found in nurses who had no recent contact with the service. Awareness of the service was also positively associated with completion of the electronic AOD assessment. These results indicate that the presence of experienced AOD clinicians may increase familiarity with AOD services and increase screening. Given the link between familiarity and comfort with the AOD service and referral, establishing specialised AOD nursing positions remains an important strategy. We argue that the presence of specialised AOD nurses has a flow on effect in maintaining continuing screening and encouraging nurses to refer individuals with problematic AOD use for ongoing care and treatment.

Alzheimers / Dementia

[Dementia Prevention Research Clinic launches in Christchurch](#)

The Dementia Prevention Research Clinic will be officially opened in Christchurch today (26 July) – the third in a national network of clinics established by Brain Research New Zealand| Ran-gahau Roro Aotearoa (BRNZ).

Anxiety

Supporting someone when they're anxious starts with listening not 'fixing'

"You may know you are having a panic attack, but it doesn't help you. That doesn't help you get over it any more quickly.

Autism / Aspergers

Compensatory strategies to disguise autism spectrum disorder may delay diagnosis

The first scientific study of compensatory strategies -- techniques to camouflage autism -- finds that they have positive and negative outcomes, increasing social integration, but possibly also resulting in poor mental health for autistic people, and could be a barrier to diagnosis.

Bullying and abuse

Teens 'mocked' by their parents are at greater risk for bullying, victimization

New evidence suggests that adolescent bullying and victimization may have origins in the home. Many bullies have parents who are hostile, punitive and rejecting. A unique longitudinal study provides a more complete understanding of how parents' belittling and critical interactions with adolescents thwart their ability to maintain positive relationships with peers. Derisive parenting precipitates a cycle of negative affect and anger between parents and adolescents, which ultimately leads to greater adolescent bullying and victimization

Children and young people

Use of evidence-based therapies for youth psychiatric treatment is slow to catch on

Researchers found that over a five-year period in Philadelphia, use of evidence-based therapies -- practices backed by scientific data showing that symptoms improve in response to treatment, such as cognitive behavioral therapy (CBT) -- increased only modestly, despite the city and researchers' substantial efforts to showcase the value of these approaches and to provide training to community clinicians.

Core components of teen mental health interventions ID'd

(HealthDay)—Three program components of interventions to promote mental health and prevent mental disorders and risk behaviors during adolescence have a significant effect on multiple outcomes, according to a review published online July 1 in Pediatrics.

Mental illness in children: Know the signs

Children can develop the same mental health conditions as adults, but their symptoms may be different. Know what to watch for and how you can help.

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

Granrud, MD, Anderzèn-Carlsson, A, Bisholt, B, Steffenak, AKM. **Public health nurses' perceptions of interprofessional collaboration related to adolescents' mental health problems in secondary schools: A phenomenographic study.** *J Clin Nurs*.2019; 28: 2899– 2910. <https://doi.org/10.1111/jocn.14881>

To describe the variation in public health nurses' perceptions of interprofessional collaboration related to adolescents' mental health problems in secondary schools in Norway.

Background

Mental health problems among adolescents account for a large portion of the global burden of disease and affect 10%–20% of adolescents worldwide. Public health nurses in school health services play an important role in disease prevention and promotion of physical and mental health. In order to serve adolescents with regard to mental health problems, public health nurses are dependent on collaboration with other professionals in schools.

Compassionate care

Strudwick G, Zhang T, Inglis F, *et al*

[Delivery of compassionate mental health care in a digital technology-driven age: protocol for a scoping review](#)

BMJ Open 2019;9:e027989. doi: 10.1136/bmjopen-2018-027989

Introduction As digital technologies become an integral part of mental health care delivery, concerns have risen regarding how this technology may detract from health professionals' ability to provide compassionate care. To maintain and improve the quality of care for people with mental illness, there is a need to understand how to effectively incorporate technologies into the delivery of compassionate mental health care. The objectives of this scoping review are to: (1) identify the digital technologies currently being used among patients and health professionals in the delivery of mental health care; (2) determine how these digital technologies are being used in the context of the delivery of compassionate care and (3) uncover the barriers to, and facilitators of, digital technology-driven delivery of compassionate mental health care.

Concussion and head injuries

[Study: Brain injury common in domestic violence](#)

Domestic violence survivors commonly suffer repeated blows to the head and strangulation, trauma that has lasting effects that should be widely recognized by advocates, health care providers, law enforcement and others who are in a position to help, according to the authors of a new study.

Williamson D, Frenette AJ, Burry LD, *et al*

[Pharmacological interventions for agitated behaviours in patients with traumatic brain injury: a systematic review](#)

BMJ Open 2019;9:e029604. doi: 10.1136/bmjopen-2019-029604

Objective The aim of this systematic review was to assess the efficacy and safety of pharmacological agents in the management of agitated behaviours following traumatic brain injury (TBI).

Methods We performed a search strategy in PubMed, OvidMEDLINE, Embase, CINAHL, PsycINFO, Cochrane Library, Google Scholar, Directory of Open Access Journals, LILACS, Web of Science and Prospero (up to 10 December 2018) for published and unpublished evidence on the risks and benefits of 9 prespecified medications classes used to control

agitated behaviours following TBI. We included all randomised controlled trials, quasi-experimental and observational studies examining the effects of medications administered to control agitated behaviours in TBI patients. Included studies were classified into three mutually exclusive categories: (1) agitated behaviour was the presenting symptom; (2) agitated behaviour was not the presenting symptom, but was measured as an outcome variable; and (3) safety of pharmacological interventions administered to control agitated behaviours was measured.

Depression

[Many patients with depression do not need a psychiatrist](#)

HealthDay)—Primary care doctors can detect and treat most cases of depression, according to a study published in the July/August issue of the *Annals of Family Medicine*.

Bowers HM, Williams SJ, Geraghty AWA, *et al*

[Helping people discontinue long-term antidepressants: views of health professionals in UK primary care](#)

BMJ Open 2019;**9**:e027837. doi: 10.1136/bmjopen-2018-027837

Objective The aims of this paper were to identify, characterise and explain clinician factors that shape decision-making around antidepressant discontinuation in UK primary care.

Design Four focus groups and three interviews were conducted and analysed using thematic analysis.

Adams, E. G. (2019). [Treatment of Depression in Integrated Care: Implementation of the Nurse Care Manager](#). *SAGE Open Nursing*. <https://doi.org/10.1177/2377960819861862>

The collaborative care model is an effective model for improving depression symptoms in patients in a primary care (PC) setting. An essential role in this model is the care manager (CM), and nurses have been effective in this role. However, there remains a question of how to best design, train, and implement this nurse CM role in PC. The purpose of this review is to provide readers with a critical description of what processes for training and implementation of a collaborative nurse CM role have been successful in the literature, specifically as it pertains to supporting patients with depression and chronic medical illnesses in an integrated PC setting. A literature review of PubMed, CINAHL, PsychINFO, Scopus, and the Cochrane Collaborative was conducted in October 2018. Successful nurse CM interventions have included regular patient follow-up, symptom check-in, treatment monitoring, goal setting, and education. Psychological support techniques such as Problem-Solving Therapy, behavioral activation, and motivational interviewing have been useful in supporting patient care-plan engagement and goal achievement. Nurse CM training should support the successful implementation of the designed role. Nurse CMs have an opportunity to significantly impact depressive outcomes of patients with depression and long-term health conditions. Further research is needed to explore the potential that this nursing role has as well as how to best operationalize this role.

Discharge planning

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

Xiao, S. , Tourangeau, A. , Widger, K. and Berta, W. (2019), **Discharge planning in mental healthcare settings: A review and concept analysis**. Int J Mental Health Nurs, 28: 816-832. doi:[10.1111/inm.12599](https://doi.org/10.1111/inm.12599)

To ensure a safe transition of mental health patients from hospital to community settings, greater attention is being given to discharge planning. However, assessing the quality of discharge planning has been challenging due to wide variations in its definition. To facilitate evaluation of discharge planning, its meaning in the mental health literature was systematically explored. This concept analysis is part of a larger study to develop an instrument to measure the quality of discharge planning processes in mental health care. Walker and Avant's (2011) concept analysis approach was adopted to provide a comprehensive definition of discharge planning. Electronic databases and grey literature were searched and analysed according to Grant and Booth's (2009) systematic search and review process. Literature published between 1900 and 2018 was reviewed. Forty-nine articles meeting the inclusion criteria were included in the analysis. Discharge planning is a complex, multifaceted concept with six defining attributes: comprehensive needs assessment; collaborative, patient-centered care; resource availability management; care and service coordination; discharge planner role; and a discharge plan. Discharge planning begins with the initial rapid assessment and symptom stabilization of a patient on admission, coincides with treatment planning, and is associated with hospital readmissions and continuity of care. The mental health literature was reviewed to analyse different interpretations of discharge planning. The conceptual definition provided can assist healthcare providers, organizational leaders, and policymakers to design and implement effective discharge planning policies and guidelines. Providing clarity regarding discharge planning also provides a critical foundation for developing an instrument.

Documentation

Myklebust, KK, Bjørkly, S. [Development and reliability testing of the Scale for the Evaluation of Staff-Patient Interactions in Progress Notes \(SESPI\): An assessment instrument of mental health nursing documentation](https://doi.org/10.1002/nop2.254). Nursing Open. 2019; 6: 790– 798. <https://doi.org/10.1002/nop2.254>

To develop and test the reliability of the Scale for the Evaluation of Staff-Patient Interactions in Progress Notes (SESPI). Therapeutic nurse–patient interactions are fundamental in mental health nursing. However, little is known about how these interactions are recorded in nursing documentation and there is no instrument available for collecting this type of information for quantitative analysis

Emergency care

[Problem of psychiatric patient ED boarding](#)

July 2019 Vol. 14 No. 7

American Nurse Today

Leaders can advocate for changes to reduce ED boarding and crowding.

IN SEPTEMBER 2012, in Update 2 to the Comprehensive Accreditation Manual for Hospitals, The Joint Commission published revisions to Leadership (LD) Standard LD.04.03.11 (the patient flow standard). The revision, which went into effect January 1, 2014, is primarily directed toward a hospital's record of boarding psychiatric patients. The Joint Commission defines boarding as holding patients in the emergency department (ED) or other temporary location after the decision to admit or transfer has been made, and recommends that, in the interest of patient safety and care quality, boarding time shouldn't exceed 4 hours.

Gambling

[Pacific youth underage gambling with family and friends a 'social' activity - study](#)

Gambling is as common as tobacco use among some Pacific youth, research shows.

[A report released on Monday](#) by Auckland University of Technology (AUT) and the Ministry of Health looked at gambling behaviours and risk factors for Pacific youth.

Maternal mental health

[Waikato University survey to further help understand postnatal depression](#)

Immigrants are nearly twice as likely to get postnatal depression than New Zealand-born parents and a Waikato University student wants to know how to get those rates down.

Lever Taylor B, Billings J, Morant N, *et al*

[Experiences of how services supporting women with perinatal mental health difficulties work with their families: a qualitative study in England](#)

BMJ Open 2019;**9**:e030208. doi: 10.1136/bmjopen-2019-030208

Objectives Partners and wider family members play a vital role in relation to women's perinatal mental health. Clinical guidelines in the UK and internationally recommend that services supporting women with perinatal mental health difficulties involve and support their families too. However, little is known about family members' needs and experiences, or whether they feel included by mental health services. This study set out to explore this.

Nutrition

[Can a junk food diet increase your risk of depression?](#)

Depression and diet may be related. Several studies have found that people who ate a poor-quality diet — one that was high in processed meat, chocolates, sweet desserts, fried food, refined cereals and high-fat dairy products — were more likely to report symptoms of depression. The good news is that the people who ate a diet rich in fruits, vegetables and fish were less likely to report being depressed.

Peer support

[Exploring the Value of Peer Support for Mental Health](#)

Peer support — when individuals who have experienced mental illness and recovery help others — has become increasingly popular. Dr Nicola Davies explores the scientific evidence behind peer support, as well as the personal experiences of peer counselors and psychotherapists.

Primary health care

[Doing things better so you feel better](#) (Travis Medical Centre/Pegasus PHO)

Reducing the progression of mental illness, thus improving a person's future health, community participation and socioeconomic outcomes by considering what can be done differently within the context of the service delivered in a general practice surgery.

Psychosis

[Cognitive Behavioral Therapy for Psychosis: Predictors of Disengagement](#)

Cognitive behavioral therapy (CBT) for psychosis has a high disengagement rate, and certain factors related to behavior, substance misuse, problems with occupation and activities, and the complexity of problems may predict disengagement, according to a study published in British Journal of Clinical Psychology.

Self-harm

[Youth admissions to hospital for self-harm: What is the data telling us and how can this inform quality improvement projects in the future?](#) (Christchurch Primary Health Organisation)

Canterbury has an increasing number of young people seeking assistance for mental health concerns, and the complexity and level of acuity of presentations is of concern. Christchurch Primary Health Organisation (CPHO) provides a range of mental health services to its general practices in Christchurch. According to recent data provided by the Ministry of Health, CPHO has a high rate of young people enrolled at its six-member general practices who are admitted to hospital after self-harming.

Suicide

Saatchi, B, Taghavi Larijani, T. [Risk for suicide nursing diagnosis and its related risk factors, in psychiatric settings: A descriptive study](#). *Nursing Open*. 2019; 00: 1– 8. <https://doi.org/10.1002/nop2.342>

Open. 2019; 00: 1– 8. <https://doi.org/10.1002/nop2.342>

Aim

To assess the frequency of *risk for suicide* nursing diagnosis and its related risk factors, in the nursing care provided in psychiatric settings.

Design

This is a descriptive study.

Methods

The samples were the documented nursing reports. These reports were evaluated and analysed in terms of using the NANDA-I *risk for suicide* nursing diagnosis and the risk factors related to this diagnosis.

Results

From the 1,440 reports that were reviewed, 10 nursing diagnoses and 478 risk factors, were identified. Based on the results of this study, *risk for suicide* is used at a very low level in psychiatric settings, while, considerable number of suicide's risk factors are still existing in these settings.

General articles and reports

[Rick Doblin: The future of psychedelic-assisted psychotherapy](#)

Could psychedelics help us heal from trauma and mental illnesses? Researcher Rick Doblin has spent the past three decades investigating this question, and the results are promising. In this fascinating dive into the science of psychedelics, he explains how drugs like LSD, psilocybin and MDMA affect your brain -- and shows how, when paired with psychotherapy, they could change the way we treat PTSD, depression, substance abuse and more.

[Mental health nurses' attitudes, experience, and knowledge regarding routine physical healthcare: systematic, integrative review of studies involving 7,549 nurses working in mental health settings](#)

Geoffrey L. Dickens ... et al

BMC Nursing 2019;18:16

<https://doi.org/10.1186/s12912-019-0339-x>

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There has been a recent growth in research addressing mental health nurses' routine physical healthcare knowledge and attitudes. We aimed to systematically review the empirical evidence about i) mental health nurses' knowledge, attitudes, and experiences of physical healthcare for mental health patients, and ii) the effectiveness of any interventions to improve these aspects of their work.

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

Olasoji, M. , Cross, W. , Reed, F. , Wang, W. , Jacob, S. and Plummer, V. (2019), **Mental health nurses' attitudes towards consumer involvement in nursing handover pre and post an educational implementation**. Int J Mental Health Nurs. doi:[10.1111/inm.12631](https://doi.org/10.1111/inm.12631)
Involving mental health consumers in nursing handover is a recent introduction to practise in acute mental health units. However, implementation must recognize that mental health care is complex and the approach needs to include recovery-focused philosophies of practice. Evidence shows that nurses and other health professionals consider poor handover practices may be the source of adverse events; however, the views of mental health nurses about involving consumers in nursing handover have not been previously reported. The aim of this study was to identify nurses' attitudes towards consumer involvement in handover and to measure the effect of a training programme upon these attitudes. A single-group pre-post-test intervention study was undertaken. The study was conducted on the adult acute mental health inpatient unit of a major metropolitan hospital in Victoria, Australia, 2016–2017. Questionnaires were developed to capture the views of the nurses about proposed changes in the afternoon nursing handover process. A questionnaire was administered before and after the training intervention, an innovative, multi-media education handover package. We found that training had a significant influence on mental health nurses' attitudes towards involving consumers in the handover. Therapeutic engagement improved following training and miscommunication reduced when all players are informed and have the opportunity to engage with the information. This study has demonstrated that well-planned education can influence nurses' attitudes about involving consumers in the nursing handover processes.

Ministry of Health

[Suicide Facts: 2016 data \(provisional\)](#)

This page provides high level suicide information for 2016.

This 2016 data is provisional. In New Zealand, a death is only officially classified as suicide by the coroner on completion of the coroner's inquiry. Only those deaths determined as 'intentionally self-inflicted' after the inquiry will receive a final verdict of suicide. At the time of data extraction (28 March 2019), there were 26 deaths registered in 2016 that were still subject to coroners' findings and where the cause of death had not yet been determined. Although these deaths are not included in the following data, some may later be classified as suicide.

Health, safety and wellbeing

[How nurses can recover after difficult shifts: 6 ideas](#)

Nursing careers can cause stress and anxiety, especially after long or difficult shifts.

DailyNurse.com offers these six strategies for recharging after a stressful day:

1. Debrief with colleagues to review what went well and what didn't. Sharing your struggles can also help you bond with others on the team.

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

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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