**NZNO Mental Health Nurse
Section
Monthly news bulletin
Friday 29 November 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**

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. **Due 24 January 2020**

Proposed draft revision to Guidelines to the Mental Health (Compulsory Assessment and Treatment) Act 1992

The inquiry into Mental Health and Addictions He Ara Oranga identified the Mental Health Act (Compulsory Assessment and Treatment) Act 1992 as needing urgent revision. **Due December 13, 2019.**

Understanding digital literacy for health and disability providers in NZ

We are seeking feedback to inform the Ministry of Health on nurses' understanding of how the health and disability sector has incorporated digital tools and platforms. We would love to hear from you about what people already know and what they feel they lack. **Due 13 December 2019**

Proposed new approach to disposal authorisation for health information

NZNO welcomes your feedback on a new approach to disposal authorisation being tested by Archives New Zealand using health sector information. **Due 16 December 2019**

Proposed changes to paracetamol warning and advisory statements

Medsafe is seeking comments on proposed changes to current warning and advisory statements for paracetamol. **Due 24 January 2020**

New Zealand

Northland mum's struggles inspire study to raise Māori nurse numbers
Whangarei mental health nurse and nursing educator Phillipa (Pipi) Barton (Ngāti Hikairo/Te Rohe Pōtae) knows only too well the challenges Māori may face when entering the nursing profession. Read more

New framework for e-mental health services
The Ministry of Health has announced a new framework to better support New Zealand's rapidly expanding e-mental health services. **Read more**

Government: 12,000 more people to be trained in mental health, addiction issues
Up to 12,000 more people will be trained in mental health and addictions issues in the next four years after a "major boost" in Government support. **Read more**

Government opens New Zealand's first Suicide Prevention Office
New Zealand's first Suicide Prevention Office which aims to cut New Zealand's high suicide rate was officially opened on Wednesday by Prime Minister Jacinda Ardern and Health Minister David Clark. **Read more**

First ever NZ qual for peer support
Whitireia, in collaboration with Kites Trust, will offer the first national qualification in New Zealand for Peer Support. **Read more**

Addiction / substance abuse

Meth addicts face up to five month wait for rehab
Meth addicts desperate to detox face up to a five month wait for a bed in some rehabilitation centres.
The pressure on addiction services comes as new figures from the coroner show the annual number dying - at least in part - as a result of methamphetamine related toxicity has tripled over slightly less than five years from seven in 2015 to 21 in 2018. Read more

Alzheimers / Dementia

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

Receiving a diagnosis of young onset dementia: a scoping review of lived experiences,
Mary O'Malley, Janet Carter… et al (2019) *Aging & Mental Health*, DOI: 10.1080/13607863.2019.1673699

Objectives: Personal experiences of receiving a diagnosis of young onset dementia (YOD) are often overlooked in a complex assessment process requiring substantial investigation. A thematic synthesis of published until November 2018 qualitative studies was completed to understand the lived experiences of younger people. This informed a Delphi study to learn how diagnostic processes could be improved, identify the strengths and weaknesses of current approaches, and help educate professionals concerning key issues.

Reminiscence Therapy for Dementia, Rhoda Redulla (2019). Issues in Mental Health Nursing, DOI: 10.1080/01612840.2019.1654572
Reminiscence therapy has shown to be an effective treatment that supports people with dementia. The objective of this review article was to assess the effects of reminiscence therapy (RT) on people living with dementia. The authors searched for randomised, controlled trials in which RT was compared with no treatment or with a non-specific activity. The authors concluded that there is some evidence that RT can improve quality of life, cognition, communication and possibly mood in people with dementia in some circumstances, although all the benefits were small. Further research is needed to understand these differences and to find out who is likely to benefit most from what type of RT.

Anxiety

Eco-anxiety: How thinking about climate change-related environmental decline is affecting our mental health. Usher, K. , Durkin, J. and Bhullar, N. (2019), Int J Mental Health Nurs, 28: 1233-1234. doi:10.1111/inm.12673

You would be hard-pressed in 2019 not to be aware of the worldwide social movement and protests relating to climate change. In September this year, millions of school children and adults around the world took to the street demanding urgent action in response to escalating concerns relating to the environment. Furthermore, the United Nations Climate Summit in New York described climate change as the defining issue of our time and the Australian Medical Association recently declared climate change as a health emergency following the lead of many international medical bodies. Clearly, our climate is changing; we are experiencing weather events that are more frequent and intense, and last longer (Jackman *et al.* **2018**). As a result, all health professionals have an important role to play in this regard in the future. **Read more**

Care models

Youths to be treated in 'dark and oppressive' hospital for three more years
Young people are being placed in seclusion facilities described as dark, oppressive and bad for their mental health.

Chief Ombudsman Peter Boshier made the comment in his report on the child, adolescent and family (CAF) mental health inpatient unit at Princess Margaret Hospital following an unannounced inspection last November. **Read more**

Children and young people

Lack of psychologists leads to 12-month waiting list for Taranaki children to be assessed
Taranaki children are having to wait more than a year to be assessed for behavioural or intellectual disorders because of a lack of psychologists and ongoing strikes. **Read more**

Universal approaches to improving children and young people's mental health and wellbeing: short descriptions of interventions identified from the synthesis of systematic reviews (UK)
This report, and associated documents, summarises the evidence for the effectiveness of universal approaches to improving children and young people's mental health and wellbeing. The documents are intended for strategic and operational leads, working on children and young people's mental health. **Read more**

Education

Thoughts about Teaching Psychiatric-Mental Health Nursing, Sandra P. Thomas (2019) Issues in Mental Health Nursing, 40:11, 931, DOI: 10.1080/01612840.2019.1653729
A perennial topic in the literature of psychiatric-mental health nursing is the inability to recruit sufficient numbers of undergraduate students to our specialty. Various reasons are proposed, such as the fascination of young nurses with the technological wizardry of the critical care units (as opposed to our talking therapies) and the societal stigma accorded to persons with mental illness (and to those who care for them). It occurred to me that perhaps the teaching of psychiatric-mental health nurses could become more inspirational. I have heard students bemoaning "death by PowerPoint" in classes where teachers mainly reiterate information provided in assigned readings in their textbooks. Therefore, I will offer few thoughts, gleaned from timeless advice about pedagogy offered by William James (1899/2010James, W. (1899/2010). Talks to teachers on psychology; and to students on some of life's ideals. Memphis, TN: General Books.[Crossref] , [Google Scholar]).

[Read more](#)

Head injury

Prevalence and characteristics of neuropsychiatric symptoms, quality of life and psychotropics in people with acquired brain injury in long-term care. Kohnen, R, Lavrijsen, J, Smals, O, Gerritsen, D, Koopmans, R. *J Adv Nurs.* 2019; 75: 3715– 3725. https://doi.org/10.1111/jan.14156
Establishing the prevalence of neuropsychiatric symptoms (NPS), quality of life and psychotropic drug use in people aged ≤65 years with acquired brain injury in nursing homes.
[Read more](#)

GLBTQ communities

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

The mental health needs and concerns of older people who identify as LGBTQ+: A narrative review of the international evidence. McCann, E, Brown, MJ. *J Adv Nurs.* 2019; 75: 3390– 3403. https://doi.org/10.1111/jan.14193
To synthesize the best available evidence on the experiences and perceptions of older people who identify as LGBTQ + regarding their mental health needs and concerns.

Learning/intellectual disabilities

Experiences of psychotropic medication use and decision-making for adults with intellectual disability: a multistakeholder qualitative study in the UK.
Sheehan R, Hassiotis A, Strydom A*, et al*
BMJ Open 2019;**9:**e032861. doi: 10.1136/bmjopen-2019-032861

Objectives Understanding patient and carer perspectives is essential to improving the quality of medication prescribing. This study aimed to explore experiences of psychotropic medication use among people with intellectual disability (ID) and their carers, with a focus on how medication decisions are made. [Read more](#)

Loneliness

I spent five years speaking with people in nursing homes. This is what I learnt about loneliness
Gurney, aged 90, tells me he wants to join a youth club or go roller-skating. He's witty, with a solid sense of humour.
He's also sick of life in a nursing home, even though it's not a bad place. **[Read more](#)**

Maori / Pasifika

Suicide rates for Māori men have doubled since 2016
Dr Keri Lawson Te Aho of Otago University who specialises in suicide says colonisation dating back to the 1700's has been a major contributor to suicide rates among Māori. This comes as the latest Ministry of Health figures show that suicide within Māori men has doubled those of non-Māori men since 2016. [Read more](#)

Maternal mental health

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

Public health nurses' perinatal mental health training needs: A cross sectional survey. Noonan, M, Galvin, R, Jomeen, J, Doody, O. *J Adv Nurs*. 2019; 75: 2535– 2547. https://doi.org/10.1111/jan.14013
To examine public health nurses' education, training, and professional support needs in perinatal mental health.
Background
Public health nurses have a key role in supporting maternal mental health including screening, support, referral, and decreasing stigmatization.

Patient safety

Speaking up about patient safety in psychiatric hospitals – a cross-sectional survey study among healthcare staff. Schwappach, D. L. and Niederhauser, A. (2019), Int J Mental Health Nurs, 28: 1363-1373. doi:10.1111/inm.12664
Speaking up is an important communication strategy to prevent patient harm. The aim of this study was to examine speak up-related behaviour and climate for the first time in psychiatric hospitals. A cross-sectional survey was conducted among healthcare workers (HCWs) in six psychiatric hospitals with nine sites in Switzerland. Measures assessed speak up-related behaviour with 11 items organized in three scales (the frequency of perceived safety concerns, the frequency of withholding voice, and the frequency of speaking up). Speak up-related climate was assessed by 11 items organized in 3 subscales (psychological safety for speaking up, encouraging environment for speaking up, and resignation). Statistical analyses included descriptive statistics, reliability, correlations and multiple regression analysis, confirmatory factor analysis, and analysis of variance for comparing mean scores between professional groups. A total of 817 questionnaires were completed (response rate: 23%). In different items, 45%–65% of HCWs reported perceived safety concerns at least once during the past four weeks. Withholding voice was reported by 13–25% of HCWs, and speaking up was reported by 53%–72% of HCWs. Systematic differences in scores were found between professional groups (nurses, doctors, psychologists) and hierarchical groups (lower vs higher status). The vignette showed that hierarchical level and perceived risk of harm for the patient were significant predictors for the self-reported likelihood to speak up. Situations triggering safety concerns occur frequently in psychiatric hospitals. Speaking up and voicing concerns should be further promoted as an important safety measure. Read more

Pharmacy / prescribing

Cannabis is not an effective treatment for mental health conditions, conclude experts
A team in Australia has reviewed available evidence over a period of almost 30 years to investigate the effectiveness and safety of medicinal cannabinoids in the treatment of mental health disorders. Read more

Psychosis

Youth with psychosis spectrum disorders have distinct brain region alterations
Psychotic spectrum (PS) disorders are characterized by abnormalities in beliefs, perceptions, and behavior, but how these disorders manifest themselves in earlier development stages is largely unknown. Read more

Rehabilitation

Recovery-Oriented Reflective Practice Groups: Conceptual Framework and Group Structure, Sebastian Gabrielsson & Git-Marie E. Looi (2019) Issues in Mental Health Nursing, DOI: 10.1080/01612840.2019.1644568

The recovery-oriented reflective practice group (RORPG) is a staff-directed intervention aimed at achieving the recovery-focused transformation of mental health settings. This discussion paper aims to outline and reflect on the conceptual framework and group structure of recovery-oriented reflective practice groups. RORPGs build on conceptualizations of reflective practice, personal recovery, mental health nursing as a relational and reflective practice, and abductive reasoning. Dewey's phases of reflection, together with an understanding of nursing practice as a dynamic process of care, provide a structure for group sessions in which abductive reasoning can be considered a core activity. This paper outlines a sound theoretical foundation and suggests that RORPGs might prove useful for providing a space for learning in practice, informed by both theoretical and practical knowledge. Read more

Schizophrenia

Randomised controlled trial of gradual antipsychotic reduction and discontinuation in people with schizophrenia and related disorders: the RADAR trial (Research into Antipsychotic Discontinuation and Reduction). Moncrieff J, Lewis G, Freemantle N*, et al BMJ Open* 2019;**9:**e030912. doi: 10.1136/bmjopen-2019-030912

Introduction Antipsychotic medication is effective in reducing acute symptoms of psychosis, but it has a range of potentially serious and debilitating adverse effects and is often disliked by patients. It is therefore essential it is only used when benefits outweigh harms. Although multiple trials conducted with people with schizophrenia indicate an increased risk of relapse in the short-term following abrupt antipsychotic discontinuation, there is little evidence about the long-term outcome of a gradual process of reduction and discontinuation on social functioning, relapse and other outcomes. Read more

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

A randomized controlled trial to evaluate the efficacy of metacognitive training for people with schizophrenia applied by mental health nurses: Study protocol. de Pinho, LMG, Sequeira, CAdaC, Sampaio, FMC, Rocha, NB, Ferre-Grau, C. *J Adv Nurs*. 2019; 00: 1– 8. https://doi.org/10.1111/jan.14240

To evaluate the efficacy of the Portuguese version of the metacognitive training (MCT) programme for schizophrenia and its effects on psychotic symptoms, insight into the disorder and functionality.

Self-harm

6 Facts About Self-Harm that Every Nurse and APP Should Know
It's hard to imagine wanting to intentionally cut or burn yourself, given the severe pain such injuries can cause. But intentional self-harm is actually surprisingly common among American teens: About one in five adolescents say they've harmed themselves to ease emotional distress, according to a 2014 review of studies on self-harm. Read more

Suicide

Will a new suicide plan bring down the numbers?
The new boss of the Suicide Prevention Office has a big job ahead of her: turning around New Zealand's alarming suicide rate. **Read more**

Mental health program helps teens recognise and support peers at risk
A novel mental health program improves teenagers' ability to recognise and support friends who might be at risk of suicide, according to new research. **Read more**

Abortion does not increase a woman's risk of attempting suicide
Policies based on the notion that undergoing an abortion causes or increases women's risk of suicide attempts are misinformed, according to the results of a 17-year-long observational study including more than half a million 18 to 36-year-old Danish women who had a first, first-trimester abortion, published in The Lancet Psychiatry journal. The study is the first to compare the risk of women attempting suicide before and after an abortion. Read more

Suicides reduced by 17 per cent in new collaborative prevention programme
A new suicide prevention programme which includes swift access to specialist care and 12 months of telephone follow-ups has shown to reduce deaths by 17 per cent. Read more

Policy addressing suicidality in children and young people: an international scoping review. Gilmour L, Maxwell M, Duncan E
BMJ Open 2019;**9:**e030699. doi: 10.1136/bmjopen-2019-030699
Objective To map key policy documents worldwide and establish how they address the treatment and care needs of children and young people (CYP) who are suicidal. **Read more**

Examining risk factors for self-harm and suicide in LGBTQ+ young people: a systematic review protocol Williams AJ, Arcelus J, Townsend E*, et al. BMJ Open* 2019;**9:**e031541. doi: 10.1136/bmjopen-2019-031541
Introduction Young people who identify as Lesbian, Gay, Bisexual, Transgender, Queer or Questioning (LGBTQ+) are at increased risk for self-harm, suicide ideation and behaviours. However, there has yet to be a comprehensive understanding of what risk factors influence these behaviours within LGBTQ+ young people as a whole. The purpose of this systematic review is to examine risk factors associated with self-harm, suicidal ideation and behaviour in LGBTQ+) young people. Read more

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

Care Pathways in a Suicide Crisis Assessment Nurse (SCAN) service. Raymond, C, Myers, S, Daly, R, Murray, D, Lyne, J. *Int J Nurs Pract*. 2019;e12798. https://doi.org/10.1111/ijn.12798
Aim
The Suicide Crisis Assessment Nurse service has been developed as a Primary Care suicide intervention over the last decade. The current study aimed to describe the demographic details of users of this nurse led service, and to evaluate subsequent care pathways following this intervention.
Methods
This study was conducted using a retrospective file review with a cross-sectional observational design investigating demographic details of service users and care pathways in a Suicide Crisis Assessment Nurse service within a defined catchment area of Ireland between June 2015 and May 2017.

Therapies

In the long run, drugs and talk therapy hold same value for people with depression
Spending an hour in talk therapy with a trained counselor costs much more, and takes more time, than swallowing an inexpensive antidepressant pill. But for people with a new diagnosis of major depression, the costs and benefits of the two approaches end up being equal after five years, a new study shows. **Read more**

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. 2019; 00: 1– 9. 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.

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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

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