**NZNO Mental Health Nurse
Section
Monthly news bulletin
Friday 25 October 2019**

Consultation

Consultation on exploitation of temporary migrant workers
At issue is how to address the exploitation of temporary migrant workers (including international students) in NZ workplaces and make them less vulnerable to exploitation.
Read more

New Zealand

New nurses join MHAIDS specialist training programme

The Mental Health, Addictions and Intellectual Disability Service (MHAIDS) has welcomed 13 new nurses to its specialist training programme.
The New Entry to Specialist Practice (NESP) programme equips and supports graduate and registered nurses to specialise in mental health, addictions and intellectual disability.
Read more

Anna Elders: Equipping nurses with better tools to support mental health: 1
Anna Elders shares how she first learned about a powerful form of talk therapy called Cognitive Behavioural Therapy (CBT). Elders ...**Read more**

Asian communities

Lack of policy over increasing suicide rates for Asians
A new report shows the number of suicides in the Asian population is growing, but no specific policies exist to try to reduce it. **Read more**

Depression

15-Item Geriatric Depression Scale Effective at Identifying Depression in the Elderly
The 15-item geriatric depression scale (GDS-15) demonstrated high discriminating ability between depressive and nondepressive states in a cohort of community-dwelling elderly individuals, according to study data published in the Journal of Affective Disorders.
Read more

NZ researchers back promising new therapy for depression
A treatment for clinical depression that uses magnetic energy to target parts of brain isn't being used enough in New Zealand, researchers say. **Read more**

Preventing depression in the community by voluntary sector providers (PERSUADE): intervention development and protocol for a parallel randomised controlled feasibility trial. Kenning C, Blakemore A, Bower P *, et al BMJ
Open* 2019;**9:**e023791. doi: 10.1136/bmjopen-2018-023791

Introduction Depression is now the most common illness worldwide affecting more than 300 million people. Studies modelling the impact of depression interventions have shown that the burden of depression cannot be minimised by more than 35% with existing treatments. There is a need to develop better preventative interventions. The overall aim of this programme of work is to develop interventions to reduce depression symptom scores and prevent development of depression in people with subthreshold depression. The objectives are to adapt a low intensity community-based depression prevention intervention, establish the acceptability and uptake of this model and conduct a parallel randomised controlled feasibility trial to inform a full-scale trial. **Read more**

Family violence

Thinking differently: Re-framing family violence responsiveness in the mental health and addictions health care context. Short, J. , Cram, F. , Roguski, M. , Smith, R. and Koziol-McLain, J. (2019), *Int J Mental Health Nurs*, 28: 1209-1219. doi:10.1111/inm.12641 Aotearoa New Zealand's high rates of intimate partner violence (IPV) and child abuse and neglect point to a clear need to develop and resource equitable mental health and addiction practices that are responsive both to people experiencing and using violence, and to their families. Current responses to IPV in mental health and addiction settings in Aotearoa New Zealand require a critical re-framing, from an individualistic autonomy and empowerment framework that constrains practitioners' practice, to an understanding IPV as a form of social entrapment. Using a composite story constructed from 28 in-depth New Zealand family violence death reviews, we highlight current problematic practice and discuss alternative responses that could create safer lives for people and families. Re-framing IPV as a form of social entrapment acknowledges it as a complex social problem that requires collective steps to secure people's safety and well-being. Importantly, a social entrapment framework encompasses interpersonal and structural forms of violence, such as the historical and intergenerational trauma of colonization and links to ongoing structural inequities for Māori (the indigenous people of Aotearoa) in Aotearoa New Zealand. **Read more**

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*. 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

Relapse More Likely With Antipsychotic Switch in Schizophrenia, Bipolar Disorder, or MDD

Patients with schizophrenia, bipolar disorder, or major depressive disorder who switched antipsychotics were more likely to have a relapse and within a shorter amount of time than patients who did not switch, according to results presented at Psych Congress 2019, held October 3 to 6 in San Diego, California. Patients who switched also had an increased likelihood of healthcare utilization and diagnosis of extrapyramidal symptoms. **Read more**

Police and crisis management

On the frontline: policing and mental health (King's Fund Podcast)

What role do the police play in responding to people in mental health crisis? Helen McKenna talks to Chief Constable Mark Collins, National Police Chief's Council Lead for Mental Health, Sarah Hughes, Chief Executive of the Centre for Mental Health and Marsha McAdam, an expert by experience and Co-Chair of the Greater Manchester Personality Disorder Strategy Group. **Read more**

Primary health care

Primary care use aids patients with diabetes and coexisting psych disorders

(HealthDay)—For patients with mental health (MH) or substance use (SU) disorders with newly diagnosed diabetes, primary care engagement may offer moderate health benefits, according to a study published online Sept. 25 in JAMA Network Open. **Read more**

A new approach to complex needs Primary Care Psychological Medicine First year evaluation

Nick O'Shea (2019). Centre for Mental Health, London

A psychological treatment service working in GP surgeries in Nottingham offers hope to people other services can't help and has already saved more money than its staffing costs in its first year, according to research published today by Centre for Mental Health with the NHS Confederation Mental Health Network. **Read more**

Refugee/immigrant mental health

Refugees Face Increased Risk for Non-Affective Psychosis

Compared with native populations and non-refugee migrants in a host country, refugees have a particular risk of developing non-affective psychosis, according to study results published in JAMA Psychiatry. **Read more**

Schizophrenia

Comparing Pros, Cons of Antipsychotics for Multi-Episode Schizophrenia

For adults with acute symptoms of schizophrenia, newer and older antipsychotics that are available in Europe or the United States reduced overall symptoms and resulted in lower all-cause discontinuation rates compared with placebo; however, there were large differences in adverse events between treatments, according to study results published in Lancet. **Read more**

Suicide

***Risk for suicide* nursing diagnosis and its related risk factors, in psychiatric settings: A descriptive study**. Saatchi, B, Taghavi Larijani, T. *Nursing Open.* 2019; 6: 1438– 1445. https://doi.org/10.1002/nop2.342

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

Wellbeing

Six Tips for Workplace Mindfulness
We've all felt overwhelmed during a hectic workday, particularly in our age of constant connectivity. In fact, 40% of workers report their job is "very" or "extremely" stressful. During moments when we must contend with high demand and tight deadlines, quality can be sacrificed in the name of efficiency, creating a lose-lose situation for businesses and employees. Active mindfulness may just be the solution to work-related anxieties and higher quality output that many are seeking. **Read more**

General articles and reports

Ways of understanding nursing in psychiatric in-patient care – A phenomenographic study. Salberg, J. , Bäckström, J. , Röing, M. and Öster, C. (2019), *J Nurs Manag.* Accepted Author Manuscript. doi:10.1111/jonm.12882
The aim was to describe the ways that nursing staff in psychiatric in-patient care understand nursing.
Nursing in psychiatric care is marginalised 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

Professional development / education

The NZ Early Intervention in Psychosis Training Forum 2019
18-19 November 2019, Auckland
The NZEIPS invite you to join us in Tamaki Makaurau for the 2019 Biannual NZEIPS Training Forum: Perspectives on Early Intervention in Aotearoa.
This year's exciting event comprises of two days of conference, bookended by two interesting and highly relevant workshops.
 Pre-Conference Workshop
Dr Craig Macneil, EPPIC, CBT for Psychosis.
17 November, Clinical Education Centre, Auckland Hospital.
Post Conference Workshop
Wiremu Niania and Allister Bush, Tātaihono: transcultural workshop.
20 November, Whatua Kaimarie Marae, Manawanui.
Read the latest update and download the registration form

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

Where to find SNIPS

 Twitter - @snipsinfo

 Facebook – Snips Info

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

SNIPS
Stop4th Nursing Information Provision Service
Providing information to nurses and allied health professionals