



**NZNO Mental Health Nurse
Section
monthly news bulletin
Friday 28 June 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

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

- [Download the Forum Flyer](#) (PDF)
- [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

Support Workers (Pay Equity) Settlements Amendment Bill

NZNO invites your feedback on this Bill which aims to address historical inequalities and ensure support workers receive fair pay. The Bill seeks to do this by clearly defining the role of support workers, clarifying that mental health and addiction support workers are included. The bill would give effect to elements of the following settlement agreements:

- the Ministry of Social Development and Ministry for Vulnerable Children, Oranga Tamariki (Care and Support Workers Pay Equity) Settlement Agreement (see <https://www.msd.govt.nz/documents/what-we-can-do/providers/msd-and-mvcot-care-and-support-workers-pay-equity-settlement-agreement.pdf> and

<https://www.orangatamariki.govt.nz/assets/Uploads/News/2017/Care-and-Support-Workers-Pay-Equity-Settlement-Agreement-2.pdf>) and

- the Mental Health and Addiction Support Workers (Pay Equity) Settlement Agreement 2018 https://www.health.govt.nz/system/files/documents/pages/mental_health_and_addiction_support_workers_pay_equity_settlement_agreement_2018.pdf

New pay rates would be related to the qualification held by support workers. Employers would receive government funding to facilitate new pay rates and back payment of previously underpaid employees.

[Please view the Bill here:](#)

Please send feedback to policyanalysts@nzno.org.nz **by 18 July 2019**

Posted in: [Consultations](#)

Cultural competence, partnership & health equity: MCNZ review

The Medical Council is reviewing the existing statements on *Cultural Competence* and *Best practices when providing care to Māori patients and their whanau* (last reviewed in 2006). Both documents have been revised to reflect current guidance and to provide greater clarity on the required standards of cultural competence and provision of culturally-safe care.

The draft revised documents the council would like feedback on are:

Statement on cultural competence and the provision of culturally-safe care and

Achieving best health outcomes for Māori: a resource.

[Please feedback directly to the Medical Council via an online survey](#) by 10 July 2019.

New Zealand

[British mental health researcher Dawn Freshwater appointed as University of Auckland's first ...](#)

New Zealand Herald

She later completed a doctorate in **nursing** education and has written at least ... University of **Auckland** Chancellor Scott St John said Freshwater was ...

[Christchurch terror attack sparks rethink on mental health backup for emergency services](#)

A shelved scheme to have mental health workers attend crisis calls with emergency services could be back on in the wake of the Christchurch terror attacks.

[Healing words: Mental health terms turned into Te Reo](#)

[Te Reo Hāpai](#), a glossary of 200 mental health terms translated into Māori, was the brainchild of Keri Opai. Created two years ago, it's being used in kaupapa Māori mental health, addiction and disability sectors. Among the terms included is 'takiwātanga' for autism - which translates as 'his or her own time and space'.

[Gaming and gambling link: Call for warning label over video game 'loot boxes'](#)

Video games are putting children at risk of developing gambling addictions, experts say. A study published on Wednesday by UK researchers found a moderate to strong link between buying lucky dip "loot boxes" and problem gambling among teenagers

['My daughter's no criminal': Dunedin mum takes aim at 'shocking' mental health services](#)

The mother of a Dunedin woman with obsessive-compulsive disorder jailed for abusing her says her daughter is no criminal.

"This thing inside her has taken over," Patricia Cumming said.

[Canterbury 'under siege' as police attend 11 attempted suicide events a day](#)

Canterbury's mental health is "under siege" following a series of traumatic events, with an average of 11 attempted suicides a day last year.

[New online resources removing mental health barriers](#)

A new set of online resources is demystifying mental health treatment and options for young people and their families.

Mental health – general

[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.

[Preventing infection in behavioral health settings](#)

Schweon, Steven J. MPH, MSN, RN, CIC, FSHEA, FAPIC
Nursing 2019: [July 2019 - Volume 49 - Issue 7 - p 15–17](#)

APPROXIMATELY ONE IN five adults in the US lives with a mental illness.¹ Further, between 20% and 25% of the country's homeless population has some form of mental illness.² Untreated mental illness can put patients at a higher risk for infection due to risky behaviors, functional impairment, immunodeficiency, and comorbidities.³ Persons with a mental illness may be dual diagnosed, which means having a mental illness coupled with alcohol or drug abuse.⁴ Those with a triple diagnosis have a mental illness, substance abuse disorder, and HIV infection.⁵

Patients with a mental illness may be found in various healthcare settings, including acute care hospitals, freestanding psychiatric hospitals, substance abuse centers, outpatient practices, homeless shelters, long-term care facilities, and correctional institutions. This article discusses challenges and nursing interventions associated with infection prevention in patients with behavioral health issues.

Addiction / substance abuse

[Drinking cultures of Rainbow New Zealanders](#)

1 MAY 2019

[Jeffery Adams](#), [Lanuola Asiasiga](#), [Stephen Neville](#)
[Health Promotion Agency \(New Zealand\)](#)

There is growing interest in how drinking cultures may be shifted to reduce alcohol-related harm. In New Zealand, there is a lack of research on alcohol use and other aspects of drinking culture in Rainbow New Zealanders (ie, people with diverse sexual orientations other than heterosexual, diverse gender identities and experience, and diversity of sex characteristics), although international research shows that sexual minority populations have higher rates of heavy alcohol use and alcohol-related problems, compared with heterosexual populations.

This qualitative research project investigated social, cultural and political influences on alcohol consumption among Rainbow New Zealanders. The project had a particular focus on how practices common in everyday culture and community norms and expectations impact on drinking. Twenty-four focus groups involving 131 participants were undertaken across six cities to obtain views about drinking within Rainbow communities.

Alzheimers / Dementia

[Grassroots group giving young Kiwis with dementia an alternative to rest home care](#)

Faced with few options, young Kiwis with dementia are having to seek respite care at aged-care facilities.

While the vast majority of those with some form of dementia in New Zealand are over the age of 65, there are currently an estimated 5600 people under the age of 65.

Autism / Aspergers

[Helping our 'invisible girls' be all that they can be](#)

She is 8 years old. Standing in front of the blackboard she neatly wipes a smudge of chalk dust from her hand and looks at the list of spelling words.

Having quickly memorised the list, she returns to her seat.

She has spelled every word correctly, but the problem is they aren't the words the teacher had read out.

[Te Tau Titoki: A framework for supporting people on the autism spectrum](#)

Supporting the wellbeing of autistic people and their whānau.

Who is it for?

The framework is intended to be used as part of any environment which supports the wellbeing of autistic people or their whānau.

Autistic people may also find it beneficial as they seek highly skilled professionals and advocate for quality services.

Bipolar disorder

[Better care needed for people displaying first symptoms of bipolar disorder](#)

Better care and more research into treatments for people experiencing a first manic episode are urgently needed, according to researchers at the NIHR Maudsley Biomedical Research Centre.

[Bipolar treatment: Are bipolar I and bipolar II treated differently?](#)

Treatment for bipolar disorder, formerly called manic-depression, generally involves medications and forms of psychotherapy — whether you have bipolar I or bipolar II. Bipolar II disorder is not a milder form of bipolar I disorder, but a separate diagnosis.

Bullying and abuse

[Bullying in NZ workplaces: How bad is it?](#)

Women are more likely than men to have experienced discrimination, harassment, or bullying at work

Depression

Karyotaki E, Furukawa TA, Efthimiou O, *et al*

[Guided or self-guided internet-based cognitive-behavioural therapy \(iCBT\) for depression? Study protocol of an individual participant data network meta-analysis](#)

BMJ Open 2019;**9**:e026820. doi: 10.1136/bmjopen-2018-026820

Introduction Although guided forms of internet-based cognitive-behavioural therapy (iCBT) result in a substantial reduction in depression, it seems that the most scalable way to deliver iCBT is without guidance. However, direct evidence on the comparison between guided and self-guided iCBT is scarce. Moreover, it is unclear which types of patients may benefit more from each of these two forms of iCBT. Network meta-analysis (NMA) using individual participant data (IPD) offers a way to assess the relative efficacy of multiple (>2) interventions. Moreover, it maximises our power to detect patient-level characteristics (covariates) that have an important effect on the efficacy of interventions. This protocol describes the procedures of an IPD-NMA, which aims at examining the relative efficacy of guided compared with self-guided iCBT and at identifying predictors and moderators of treatment outcome.

Eating disorders

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

Zugai, J. S., Stein-Parbury, J. and Roche, M. (2019), **Dynamics of nurses' authority in the inpatient care of adolescent consumers with anorexia nervosa: A qualitative study of nursing perspectives**. *Int J Mental Health Nurs*. doi:[10.1111/inm.12595](#)

Nurses caring for adolescent consumers with anorexia nervosa in the inpatient setting are challenged in a unique way, in that they are caring for people with whom they do not have a mutually held concept of well-being. Their efforts to ensure weight gain are frequently against the wishes of the consumer. This dissonance results in challenging interactions, where nursing care and authority may be undermined. This study investigated the dynamics of nurses' authority within this context. Interviews with nurses (n = 10) were conducted and analysed through thematic analysis. Nurses reported that consumers, compelled by the psychopathology of anorexia nervosa, often sought to challenge or undermine their authority. Some nurses experienced the opposition and conflict as demoralizing, whereas others were able to maintain confidence in the therapeutic merit of their care. Younger, inexperienced nurses in this study were particularly vulnerable to interactions that mitigated their authority, due to their tendency to engage in friend-like relationships. Nurses caring for adolescents with anorexia nervosa should be prepared to be confronted by interactions that overtly and surreptitiously undermine their capacity to exercise professional authority. It is important that nurses recognize the importance of maintaining their authority, and how it can be threatened in subtle and unexpected ways.

Exercise

[Vigorous Exercise Reduces Depression in Women With Chronic Illness](#)

Women with chronic illness who engaged in vigorous physical activity had less severe [depression](#), according to the results of a study published in the *Journal of Affective Disorders*, but health-related quality of life (HRQoL) explained much of the variance in depression symptoms.

Foetal Alcohol Syndrome

[The women out to dispel myths about fetal alcohol spectrum disorder](#)

There is a growing call for sufferers of fetal alcohol spectrum disorder to be recognised and supported.

[FASD: Essential Strategies - A resource for frontline professionals](#)

This resource equips frontline health professionals to recognise and respond appropriately and compassionately to people with Fetal Alcohol Spectrum Disorder (FASD) and other neurodevelopmental impairments.

GLBTQ communities

[Study of sexual orientation and mental health](#)

Gay, lesbian and bisexual New Zealanders are on average more than twice as likely to experience depression, anxiety and suicidal thoughts as heterosexuals, new research shows.

Obsessive compulsive disorder

Pozza A, Ferretti F, Coluccia A

Perceived physical health in obsessive-compulsive disorder: a protocol for a systematic review and meta-analysis

BMJ Open 2019;**9**:e026261. doi: 10.1136/bmjopen-2018-026261

Introduction Obsessive-compulsive disorder (OCD) is a mental health condition associated with severe impairment in a variety of quality of life domains, an increased physical health burden, and a higher risk of general medical conditions and mortality compared with the general population. While there is a large amount of literature on psychological quality of life, a systematic review of perceived physical health in OCD is lacking. A quantitative summary might suggest that policy makers also focus the evaluation on perceived physical health and develop new strategies also aimed at this outcome. The current paper presents a protocol for the first systematic review and meta-analysis aimed at summarising perceived physical health in OCD by specifically examining perceived physical health status, bodily pain and role limitations due to physical problems in patients with OCD compared with controls. The review will also investigate potential demographic and clinical moderators of perceived physical health status (age, gender, OCD severity, publication date, methodological quality).

Psychosis

[Exacerbation of Psychosis During the Perimenstrual Phase of the Menstrual Cycle: Systematic Review and Meta-analysis](#)

[Thomas J Reilly](#) [Vanessa C Sagnay de la Bastida](#) [Dan W Joyce](#) [Alexis E Cullen](#) [Philip McGuire](#)

Schizophrenia Bulletin, sbz030, <https://doi.org/10.1093/schbul/sbz030>

Psychotic disorders can be exacerbated by the hormonal changes associated with childbirth, but the extent to which exacerbations occur with the menstrual cycle is unclear. We addressed this issue by conducting a systematic review. Embase, Medline, and PsychINFO databases were searched for studies that measured exacerbations of psychotic disorders in relation to the menstrual cycle. We extracted exacerbation measure, definition of menstrual cycle phase, and measurement of menstrual cycle phase. Standard incidence ratios were calculated for the perimenstrual phase based on the observed admissions during this phase

divided by the expected number of admissions if the menstrual cycle had no effect. Random effects models were used to examine pooled rates of psychiatric admission in the perimenstrual phase. Nineteen studies, comprising 1193 participants were eligible for inclusion. Eleven studies examined psychiatric admission rates, 5 examined symptoms scores, 2 examined self-reported exacerbation, and 1 examined both admission rates and symptom scores. A random effects model demonstrated the rate of admissions during the perimenstrual phase was 1.48 times higher than expected (95% CI: 1.31–1.67), with no significant heterogeneity detected. Four of six symptom score studies reported perimenstrual worsening, but lack of consistency in timepoints precluded meta-analysis. Two studies examining self-reported menstrual exacerbations reported prevalences ranging from 20% to 32.4%. Psychiatric admission rates are significantly higher than expected during the perimenstrual phase. There is some evidence that a worsening of psychotic symptoms also occurs during this phase, but further research with more precise measurement of the menstrual cycle and symptomatology is required.

Rural support

[Supporting farming families during times of stress - research](#)

It is well documented that farmers have high suicide rates and levels of depression, and there is a connection between the economy, financial stress and mental illness within farming communities.

Schizophrenia

Dominic Oliver, Thomas J Reilly, Ottone Baccaredda Boy, Natalia Petros, Cathy Davies, Stefan Borgwardt, Philip McGuire, Paolo Fusar-Poli,

[What Causes the Onset of Psychosis in Individuals at Clinical High Risk? A Meta-analysis of Risk and Protective Factors.](#) Schizophrenia Bulletin, , sbz039,

Twenty percent of individuals at clinical high risk for psychosis (CHR-P) develop the disorder within 2 years. Extensive research has explored the factors that differentiate those who develop psychosis and those who do not, but the results are conflicting.

The current systematic review and meta-analysis comprehensively addresses the consistency and magnitude of evidence for non-purely genetic risk and protective factors associated with the risk of developing psychosis in CHR-P individuals. Random effects meta-analyses, standardized mean difference (SMD) and odds ratio (OR) were used, in combination with an established stratification of evidence that assesses the association of each factor and the onset of psychotic disorders (from class I, convincing evidence to class IV weak evidence), while controlling for several types of biases.

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

Getinet Ayano (2019) **Co-occurring medical and substance use disorders in patients with schizophrenia: a systematic review**, International Journal of Mental Health,48:1, 62-76, DOI: [10.1080/00207411.2019.1581047](https://doi.org/10.1080/00207411.2019.1581047)

Comorbid medical and substance use disorders are common in people with schizophrenia. The aim of this systematic review was to summarize evidences on co-occurring medical and substance use disorders (SUDs) in patients with schizophrenia. A Preferred Reporting Items

for Systematic Reviews and Meta-Analyses (PRISMA) review was conducted. Medline, CinAHL, Embase, PsycINFO, and the Cochrane Library were searched to August 31, 2016 without restriction by publication status. Publications were screened according to predefined inclusion criteria.

Self-harm

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Murphy, C. , Keogh, B. and Doyle, L. (2019), '**There is no progression in prevention' – The experiences of mental health nurses working with repeated self-harm.** Int J Mental Health Nurs. doi:[10.1111/inm.12626](https://doi.org/10.1111/inm.12626)

Caring for people who self-harm is an everyday experience for mental health nurses and an important part of their role. How mental health nurses respond to and support those who self-harm can have a significant impact on the outcomes for service users and their intentions to seek help in the future. Repeated self-harm can be a particularly challenging phenomenon as it is often misunderstood and can have a negative impact on the therapeutic relationship. This qualitative descriptive study aims to explore how mental health nurses understand and work with repeated self-harm. Nine nurses working in a range of mental health settings within one service participated in semi-structured interviews which were analysed thematically. Findings are presented in two themes exploring participants' perceptions and understanding of repeated self-harm, and the process of learning to work with repeated self-harm, and are reported in accordance with the consolidated criteria for reporting qualitative research guidelines (COREQ). Participants reported that nursing practice relating to repeated self-harm remains largely focused on maintenance of safety and prevention of self-harm despite the identification that this often does not work. It was accepted that there is sometimes a lack of understanding about the function of self-harm; however, participants reported understanding increased following specific education about self-harm. Participants also identified the potential for more empowering and recovery-orientated responses, including the utilization of harm reduction approaches, to the care of those who repeatedly self-harm

Stigma

[Mental health stigma reduction campaign increased use of services, study finds](#)

An unprecedented social marketing campaign in California intended to reduce stigma about mental health issues appears to have encouraged more people to seek care for their symptoms of mental distress, according to a new RAND Corporation study.

Suicide

[Professor Tony Dowell: Poverty and mental health intertwined](#)

Otago University Professor of Primary Healthcare, Tony Dowell, talks about research in the U.S which pointed to a drop in male suicides when there was an increase in the minimum wage. He has researched at length the links between poverty and mental health and explains why income affects men more than women.

Trauma

[Engaging with Complexity: Providing effective trauma-informed care for women](#)

“Engaging with complexity offers public services a brief guide to the principles of trauma informed care and how to put it into practice. Looking at the concept of trauma (including causes, impact and prevalence), the report explores the model of trauma-informed care, and UK organisations currently employing such approaches.” *Source: Centre for Mental Health (UK)*

Wellbeing

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Alenezi, A. , McAndrew, S. and Fallon, P. (2019), **Burning out physical and emotional fatigue: Evaluating the effects of a programme aimed at reducing burnout among mental health nurses.** Int J Mental Health Nurs. doi:[10.1111/inm.12608](#)

Burnout is a common problem among mental health nurses. High levels of burnout result in job dissatisfaction, rapid turnover of staff, physical and psychological discomfort, and a reduction in the quality of patient care. While there is an abundance of research relating to burnout per se, research regarding the impact of burnout prevention programmes is lacking. This study aimed to measure the effects of a burnout prevention programme on mental health nurses working in Saudi Arabia (SA). A quasi-experimental design was used to test the effectiveness of a two-day burnout prevention workshop. The sample consisted of an intervention group ($n = 154$) and a control group ($n = 142$). Data collected using the Maslach Burnout Inventory (MBI) measured the effects of the workshop at 1-, 3-, and 6-month intervals after completion of the programme. Data were analysed using the latest version of SPSS. Means, standard deviations, frequencies, and percentages were used to describe the sample and levels of burnout. A t -test, ANOVA, multiple linear regression, and chi-squared were used to measure the effect of the workshop before and at the three time points after exposure. Findings indicate the programme was effective with a significant reduction being reported 1 month after the intervention. However, although not returning to baseline scores, burnout scores had increased at 6 months. In conclusion, while the overall efficacy of the burnout reduction programme is evident, mental health nurses would benefit from having opportunity to use some of the strategies on a regular basis.

General articles and reports

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An Integrative Literature Review of Psychiatric Rapid Response Teams and Their Implementation for De-escalating Behavioral Crises in Nonpsychiatric Hospital Settings

Choi, Kristen R., PhD, MS, RN; Omery, Anna K., DNSc, RN, NEA-BC; Watkins, Anne Marie, DNP, MSHCA, RN, CENP

JONA: The Journal of Nursing Administration: [June 2019 - Volume 49 - Issue 6 - p 297–302](#)

OBJECTIVE To synthesize articles exploring the implementation of psychiatric rapid response teams (RRTs) for behavioral crises in hospital settings.

BACKGROUND Psychiatric/behavioral crises in nonpsychiatric hospital settings can lead to restraint use, staff injuries, and poor patient outcomes. Psychiatric RRTs may provide a solution, but they are a new, understudied intervention, and their implementation varies across institutions.

Online resources

[WOWS presentations now available to download!](#)

DANA is delighted to bring you access to selected WOWS12 presentations. Click the title to download:

- **Failure to Decline: Older Australians and Alcohol** *Dr Sarah Callinan
Epidemiologist, Centre for alcohol policy research, Latrobe University*
 - **Queensland Drug and Alcohol Court (QDAC) Always a Work in Progress**
Siobhán Delgado, Senior Social Worker with Queensland Drug and Alcohol court (QDAC)
 - **Painful Ageing: Opioids, Benzodiazepines and Other Drugs in Older People**
Professor Brian Draper, Professor (Conjoint) School of Psychiatry, University of NSW, Sydney
 - **Leading Change Through Collaboration** *Dr Tyler Okimoto, Associate Professor in Management, The University of Queensland*
 - **Mindset – Obstacle or Opportunity?** *Jane Stanfield – Health Service Improvement Coach*
- Fetal Alcohol Spectrum Disorder in Adults** *Dr Haydn Till, Senior Neuropsychologist, Women's and Childs Health Services, Gold Coast Health*

Journal contents

Welcome to [Issue 3 of Addiction Medicine Research Review](#).

Are use of sports supplements associated with exercise addiction and body dysmorphic disorder? A European study reported in this issue surveyed respondents in fitness settings to explore this and related questions.

Other highlights include:

- What are the benefits of in-hospital training in addiction medicine?
- A monthly buprenorphine depot injection for opioid use disorder.
- Cytisine vs varenicline for smoking cessation.

[Psychiatry Research Review](#)

Issue 46

Are long-acting injectable antipsychotics effective for the treatment of bipolar and schizoaffective disorders? This month's publication includes a systematic review which tackles this question.

Other highlights include:

- Rates of psychosis in ADHD patients treated with methylphenidate or amphetamine.
- Severe stress reactions increase rates of cardiovascular disease.
- Do internalising and externalising symptoms predict suicidal behaviour?

Professional development / education

30 October - 1 November / Auckland

[Australasian Mental Health Outcomes and Information Conference](#)

This conference is a space to create new connections, share learnings and talk about how we break down enduring barriers to using and sharing information to make a positive difference in mental health and addiction recovery journeys.

Health, safety and wellbeing

[Time and Space. Enabling defusing activities leaflet](#)

Making time for nursing teams to defuse after challenging or difficult situations can support their psychological wellbeing and enhance their self care and management. It can also help to sustain a workforce and reinforce teamwork while providing a perfect opportunity to share success and positive experiences. This leaflet, developed by the RCN Nursing in Justice and Forensic Health Care Forum, aims to provide tips and activities to help nurses facilitate and benefit from defusing sessions. This leaflet has been sponsored by Liverpool Victoria.

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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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



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