NZNO Mental Health Nurses Section
Monthly News Bulletin
Friday 31 May 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.

https://www.nzno.org.nz/groups/colleges_sections/sections/mental_health_nurses

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

New Zealand's Seventh Periodic Report under the Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment – Draft Report

NZNO is seeking your views on New Zealand's compliance with the above United Nations Convention. New Zealand will report to the UN Committee Against Torture in 2019 on measures taken domestically to implement the Convention.

The Convention covers a broad range of topics, including issues related to the nursing workforce, for example solitary confinement and seclusion in mental health facilities, refugee and asylum seeker health. We welcome your feedback on whether New Zealand is taking effective measures to prevent torture and ill-treatment, and adequately addressing all occurrences where it might occur.
Please see the link of the draft report
Please send feedback to Jill.Wilkinson@nzno.org.nz **by 10 June, 2019.**

Enhanced Drug Impaired Driver Testing – Discussion Document

NZNO is seeking feedback on options to improve the drug-driver testing process including:
- the methods that could be used to screen and test for drugs;
- the circumstances in which a driver should be tested;
- what drugs should be tested for and
- how an offence for drug driving should be dealt with by police.

A new framework for drug-impaired driving should be considered in the context of the Government's overall objective of addressing the health needs of individuals who harm themselves by using drugs.

Please review this discussion below

Please send feedback to policyanalysts@nzno.org.nz by **21 June, 2019.**

New Zealand

Experts say mental health patients not to blame for a rise in violence in hospitals
Helen Garrick is the Chair of the Mental Health **Nurses** Section at the **New Zealand Nurses** Organisation. She is quick to point out her section is not ...

Māori voices 'missing' from Mental Health and Addictions Inquiry
A top Māori health researcher says a report on submissions to the long-awaited mental health inquiry was rewritten, renamed and cut down to half the length of the original report.

Abuse rife at mental health facility
An SDHB report updated in January by a director of **nursing** outlined ... The **New Zealand Nurses** Organisation has members working in ward 10A.

School mental health programme helps more than 1500 children in first year
An in-school mental health and wellbeing programme that has helped more than 1500 children should be rolled out beyond primary schools, a senior Canterbury health official says.

Two patients die at Auckland mental health unit, sparking independent external review
Two patients have died at a mental health unit this week, triggering an independent external review.

Emergency Departments inundated with mental health patients
Distressed mental health patients are waiting up to three days for assessments in New Zealand Emergency Departments (ED).

'Waiting with bated breath': mental health and addiction sector awaits Government response
The Government will respond on Wednesday to the Mental Health and Addiction Inquiry report, a sweeping document that includes 40 recommendations intended to transform the sector, including an ambitious target to drastically increase access to services.

Lifting the lid on discrimination in geriatric mental health
Following the finding that there are a lack of mental health services for older people, a survey has been launched to investigate discrimination in geriatric mental health.

Mental health – general

'It was a leap of faith but we knew it could work': the new roles in mental health care
The Guardian
The new role attracts people from nursing and therapy backgrounds but it is also appealing to people with lived experience, whose value in delivering ...

Teaching happiness to dementia caregivers reduces their depression, anxiety
Caring for family members with dementia -- which is on the rise in the US -- causes significant emotional and physical stress that increases caregivers' risk of depression, anxiety and death. A new method of coping with that stress by teaching people how to focus on positive emotions reduced their anxiety and depression after six weeks, reports a new national study. It also resulted in better self-reported physical health and positive attitudes toward caregiving.

Nursing students' experiences of mental health first aid training: A qualitative descriptive study
Hung, Maria S.Y. et al.
Collegian, Volume 0, Issue 0

Background
With the increasing prevalence of mental illnesses worldwide, nurses' competence and preparedness in addressing patients' mental health needs warrant particular attention. However, nurses who receive general nursing training may have inadequate knowledge and beliefs about mental health disorders. Although Mental Health First Aid (MHFA) training is considered relevant in improving participants' mental health literacy, the benefits of incorporating the training into general nursing education have not yet been clearly defined in the literature.

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

Legrand, G, Guiguet-Auclair, C, Viennet, H, et al**. Nurses' practices in the preparation and administration of intramuscular injections in mental health: A cross-sectional study**. *J Clin Nurs*. 2019; 00: 000– 000. https://doi.org/10.1111/jocn.14909
Intramuscular injections (IMIs) remain a frequent practice in mental health. Few studies have examined the issue of nurses' practices concerning IMI in this domain, and none considered specifically hygiene. Finally, no study appears to have looked at emergency situations and their possible influence on practices. The principal objective of our study was to assess the practices associated with IMI in mental health, especially the hygiene-related practices. The secondary objectives were as follows: 1) to assess the practices for the preparation and administration of IMI in mental health for criteria other than hygiene and 2) to determine whether professional experience and emergency situations influence these practices.

Addiction / substance abuse
Groundbreaking Northland methamphetamine pilot gets $4 million in Budget
A groundbreaking pilot helping methamphetamine addicts has secured funding for another four years - giving clinicians hope it might yet go nationwide.

Alzheimers / Dementia
A look into life with dementia: 49 people tell their stories for Alzheimers NZ
Neighbours chat to his partner for half an hour, but with him they say hello and keep walking. That's the experience of a Kiwi man with dementia - one of 49 people to share their stories in research for Alzheimers New Zealand.

LIVED EXPERIENCE OF DEMENTIA
This is our story

A qualitative research report on living with dementia
This is the story of living with dementia in New Zealand.
This report tells the story of the diverse lives and experiences of 49 New Zealanders living with dementia and explores what it means to them to live well with dementia.

Alzheimers NZ commissioned this report with Litmus to share these experiences – with other people living with dementia, for those supporting people with dementia, and with decision-makers.

Autism / Aspergers
First Australasian Autism Resource Centre to be launched

Autism New Zealand empowers people living with Autism Spectrum Disorder (ASD), their families and professionals who support them, to lead satisfying and fulfilling lives. For families and whanau, the experience of having a child diagnosed with ASD can be a time of confusion, grief and challenges. Navigating the complex and seemingly impenetrable system can compound this grief and confusion and create barriers to the early intervention that will support these children in accessing their full potential.

Bipolar disorder
Novel new therapies for bipolar disorder under investigation
Finding a way to help people with treatment-resistant bipolar disorder has earned University of Otago researcher Professor Richard Porter a Health Research Council grant to undertake a feasibility study into the use of novel treatments.

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Staps, C. , Crowe, M. and Lacey, C. (2019), Effective care for Māori with bipolar disorder: A qualitative study. Int J Mental Health Nurs, 28: 776-783. doi:10.1111/inm.12582
Māori have high rates of bipolar disorder (BD) and mental health service use. Despite the high prevalence and the impact on functioning and whānau (family), there is limited research on treatment interventions for Māori with bipolar disorder and indeed on Māori and indigenous mental health generally. A qualitative study combining individual interviews and focus groups was conducted with the aim to explore mental health clinicians' and Māori mental health workers' perspectives of effective treatment for Māori with BD. Sixteen participants took part in either individual interviews, focus groups or both. The study found the importance of a Māori worldview; tikanga Māori (rituals); understanding the whānau context, whakawhanaugatanga (connection), the powhiri (introduction) process, and whakarongo (listening) were key to working effectively with Māori who had BD. Both the interviews and focus groups identified similar concepts. The concept of whakawhanaungatanga (connection) captures the themes from the individual interviews and focus groups. The participants in this study identified the person and their culture rather than the psychiatric diagnosis as crucial to providing effective care to Māori with BD. Without a foundation in whakawhanaungatanga, engagement, diagnosis, treatment adherence, and the process of recovery are unlikely to be as effective for Māori with BD. It was evident from the findings that it was the person not the diagnosis that was central to therapeutic engagement.

Bullying and Abuse

Vickie Howard (2019) **Recognising Narcissistic Abuse and the Implications for Mental Health Nursing Practice,** Issues in Mental Health
Nursing, DOI: 10.1080/01612840.2019.1590485

Emotional and psychological abuse are components of what are now more commonly accepted as aspects of domestic violence in addition to physical assault. Narcissistic abuse formulations of domestic violence are lesser known concepts and not recognised in UK health care in general, nor commonly in UK mental health services and by default mental health nursing. The effects on the individual who has experienced narcissistic abuse can be fatal or extremely debilitating, long lasting and individual recovery can be a complex process. This article will argue that the language and formulation of narcissistic abuse should be at the forefront of the multidisciplinary teams', and in particular mental health nurses' knowledge in order that victims can be directly supported or signposted to support to enable timely interventions and in-depth understanding.

Caregiving
Carers desperately need some care, new report shows
New Zealand's respite care system is in crisis and needs urgent attention, says a new report from the New Zealand Carers Alliance.

Care models

Andrea E. Thomson, Fran Racher & Karen Clements (2019) **Person-Centered Psychiatric Nursing Interventions in Acute Care Settings**, Issues in Mental Health
Nursing, DOI: 10.1080/01612840.2019.1585495

The knowledge base and understanding regarding psychiatric nursing interventions in acute care settings has been limited. The purpose of this hermeneutic phenomenological study was to explore psychiatric nurses' experiences in providing nursing interventions to adult clients in acute care settings. Six expert psychiatric nurses were recruited through purposive, snowball sampling and participated in key informant interviews. Analysis of the data revealed the central theme of person-centered care (PCC), which involved developing and delivering PCC plans; determining goals; fostering empathy, support, and hope; listening in one-to-one interactions; providing person-centered teaching; and enhancing coping strategies.

Decision making
Yumi Aoki, Takehiko Furuno, Koichiro Watanabe & Mami Kayama (2019) **Psychiatric outpatients' experiences with shared decision-making: a qualitative descriptive study**, Journal of Communication in Healthcare, DOI: 10.1080/17538068.2019.1612212
Shared decision-making (SDM) has increasingly been advocated as a key element of patient-centered psychiatric care, as a means to enhance the patient–therapist relationship and improve outcomes. However, little is known about patients' experiences during the SDM process. The aim was to explore patients' experiences of an SDM program developed for psychiatric outpatients who faced new treatment decisions.

Exercise

Exercise: Psych patients' new primary prescription

A new study advocates for exercise as the primary method of treatment and intervention, rather than psychotropic medications, within inpatient psychiatric facilities.

Teen team sports participation benefits adult mental health

(HealthDay)—Among individuals exposed to adverse childhood experiences (ACEs), team sports participation in adolescence is associated with better adult mental health, according to a study published online May 28 in JAMA Pediatrics.

LGBT communities

Increasing cultural competence with LGBTQ patients

Margolies, Liz, LCSW; Brown, Carlton G., PhD, RN, AOCN, NEA-BC, FAAN
Nursing2019: June 2019 - Volume 49 - Issue 6 - p 34–40
Abstract: Many nurses practicing today lack basic education
about LGBTQ (lesbian, gay, bisexual, transgender, queer) patient care. How can they better prepare to care for this population? This article provides insight on LGBTQ people, their health risks and disparities, and how nurses can work with LGBTQ patients to improve outcomes.

Learning/intellectual disabilities

Medical cannabis a potential treatment for intellectually disabled children

Murdoch Children's Research Institute is running a pilot study to investigate using medicinal cannabis instead of conventional medication when treating severe behaviour problems in intellectually disabled children

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Loneliness

How to fight loneliness in the workplace

Loneliness is often seen as a 'private emotion' but its impact on productivity and morale makes it a business challenge

Maori / Pasifika

Suicide prevention and mental health

NZ Maori Council releases its recommendations into suicide prevention and mental health: Its time the Government got on with it ….

Nurse-patient relationships

Harris, B. and Panozzo, G. (2019), **Barriers to recovery-focused care within therapeutic relationships in nursing: Attitudes and perceptions**. Int J Mental Health Nurs. doi:10.1111/inm.12611There are numerous barriers to the therapeutic relationship between nurses and persons with schizophrenia, such as time constraints, communication issues and the requirements of practice policies. The main point of this paper is that the nature of these barriers is such that the nurse may not conceptualize these as barriers or be aware of how his or her responses to these can further entrench existing barriers to relationship or create new ones. If the nurse is not aware of how he or she responds to time pressure, frustration or lack of clarity of practice policy and address this, there is a risk that the patient may perceive the nurse's actions as lacking in care, presence or involvement. As consumers increasingly embrace recovery approaches to mental health that prioritize therapeutic activities within the context of collaborative relationship, psychiatric nurses, with a long tradition of therapeutic relationship, can rise to meet them. It is suggested here that this can only occur if nurses are fully aware of barriers to relationship, their responses to these and the impact of these on relationship with patients. Suggestions for educational and empirical work to further raise awareness and promote understanding of this process are provided.

Obsessive compulsive disorder

Obsessive-compulsive disorder research needs more focus on patients, new study asserts

For people living with obsessive-compulsive disorder (OCD), scientific research into their condition is not an abstract concept; it can have profound real-life implications.

Primary health care

Mental health workers for GP clinics - but where will they come from?

Mental health workers will be put in GP clinics as part of a service to treat 325,000 Kiwis every year - but there are warnings the current workforce could need to nearly triple.

Schizophrenia

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

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. Qualitative analysis was undertaken for this systematic review. Twenty-six materials published from 1990 to 2015 were included in a qualitative analysis. From a total of 202 articles identified, 26 articles were eligible for systemic review. The evidence shows that 18.5 to 90% of people with schizophrenia develop any SUDs at some point in their lives including nicotine and 18.5% to 61.5% excluding nicotine. Nicotine use disorders are particularly common in people with schizophrenia, with a lifetime prevalence of roughly 58–90% followed by alcohol, khat, and cannabis use disorders, respectively. In addition, up to 80% of people with schizophrenia have recognizable medical disorders of which approximately up to 50% remain undetected and medical problems may explain or exacerbate their condition in about 20% of people with schizophrenia. This systematic review indicates that comorbid medical disorders and SUD are common in people with schizophrenia. Routine screening and integrated management of medical and substance use disorders is implicated in persons with schizophrenia.

Self-harm

Netsafe finds 6 per cent of teens digitally self-harmed in the past year
A new report suggests six per cent of **New Zealand** teens have anonymously posted mean or negative content online about themselves in the past ...

Emergency department nurses have negative attitudes towards patients who self-harm
SELF-harm is a major public health challenge, but **nursing** staff often ... who self-harm, which appears in theInternational **Journal** of Mental Health.

Suicide

Site Safe publishes first-ever report on suicide in New Zealand's construction industry
Research finds that workplace pressures were a factor for nearly one third of suicide cases in construction industry[i]

General articles and reports

Bachmann, L, Michaelsen, R, Vatne, S. **Professional vulnerability in mental healthcare contexts: A focus group study of milieu-therapists' experiences**. Nursing Open. 2019; 00: 1– 12. https://doi.org/10.1002/nop2.292
Aims and objectives
To gain insight into how the workplace influences milieu-therapists' vulnerability in the mental healthcare context.

Background
Mental health services have experienced substantial changes. Reduced institutional treatment capacity is replacing the development of locally based treatment. Changes in external conditions in mental health services have influenced the working conditions of nurses and milieu-therapists.

Journal contents
Psychiatry Research Review
Issue 45
highlights include:

• Polypharmacy in a hospitalised psychiatric population.
• Childhood abuse and psychotic experiences in adulthood.
• A nurse-led intervention for post-traumatic stress disorder.

Health, safety and wellbeing
Workplace violence: Don't risk it, de-escalate it
May 2019 Vol. 14 No. 5
WHETHER you're a certified nursing assistant, licensed practical nurse, registered nurse, or nurse practitioner, you'll likely deal with patients who are feeling pain, have lost their independence, or are experiencing stress and anxiety—and they will sometimes lose control of their emotions. These angry and upset patients or family members can test your compassion, communication skills, and patience. They even may resort to violence.

Mindfulness to promote nurses' well-being
Penque, Sue
Nursing Management. 50(5):38-44, May 2019.
Find out how one hospital introduced a mindfulness-based stress reduction program to increase work satisfaction and decrease burnout.

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 Nurses Section go to:

http://www.nzno.org.nz/groups/colleges_sections/sections/mental_health_nurses

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