



**NZNO Mental Health Nurse
Section
Monthly News Bulletin
Friday 27 September 2019**

NZNO / Section news

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

Proposal that will enable podiatrists to prescribe medicines to their patients

NZNO seeks your feedback on a proposal that will enable appropriately trained podiatrists to prescribe from a list of medicines relevant to their clinical practice. This is known as Designated Prescribing.

Link to the Consultation document :

Please send feedback to Jill.Wilkinson@nzno.org.nz by 14 October 2019.

Well Child Tamariki Ora (WCTO) review

NZNO invites your feedback on the MoH's review of the WCTO programme. The aim of the review is to ensure the programme is able to help improve the health and overall wellbeing of tamariki. We welcome your views on what you think is currently working, what may not be working or any improvements.

Please see the engagement form:

Please send feedback to policyanalysts@nzno.org.nz by 24 October 2019.

New Zealand

Porirua Pacific Mental Health Nurse Wins Award of Honour

Ms Kupa is a **New Zealand**-trained registered **nurse** of Tokelau, Cook Island and Tuvalu descent. She has worked mostly in Wellington at Capital Coast DHB

Read more here

Budget investment secures access to mental health services for 170,000 kiwis

The Government is making a start on rolling out its free mental healthcare package by signing contracts that will ensure 170,000 New Zealanders continue to receive mental health support at their local medical centre and is kicking off the process to deliver front line services in new areas by the start of 2020.

Read more here

Government announces first stages of plan to restart Mental Health Commission, with five-person team appointed

A five-person team has been appointed by the Government to help re-establish and jump-start a mental health and wellbeing commission.

[Read more here](#)

A day in the life of a mental health helpline

Like most articles about mental health, this story has a list of helpline numbers at the end. But who actually picks up when you make that call or text? Adam Dudding reports.

[Read more here](#)

Free, online mental health tool Just a Thought launched

Free mental health support is now coming to Kiwis over the internet, in a bid to get people help faster.

[Read more here](#)

Anxiety

Low-cost therapy for anxiety sufferers

Centre for Psychology staff at the Auckland campus are offering anxiety sufferers low-cost group therapy programmes in the Albany Village next month.

Senior clinical psychologist Dr Kirsty Furness, who will be leading the programmes, says it is aimed at those who don't have access to other public and private mental health services.

[Read more here](#)

Under pressure: how young people cope with anxiety

Anxiety is not new, so why is there such a focus on it now and how can we help our young people to cope with it?

[Dr Valerie Sotardi](#) from the University of Canterbury (UC)'s [College of Education, Health & Human Development](#) researches assessment-related anxiety in first-year students. The educational psychologist recently developed online resources to help young people access practical coping strategies, and resources to upskill teachers, too.

[Read more here](#)

Children and young people

New online mental health therapy tool readily available for Waikato students

A new online mental health therapy tool, which makes effective mental health support easily accessible, is being promoted on campus this week.

[Read more here](#)

Climate change

How climate change affects your mental health

"For all that's ever been said about climate change, we haven't heard nearly enough about the psychological impacts of living in a warming world," says science writer Britt Wray. In this quick talk, she explores how climate change is threatening our well-being -- mental, social and spiritual -- and offers a starting point for what we can do about it.

[Read more here](#)

Exercise

Anxiety and depression: Why doctors are prescribing gardening rather than drugs

Spending time in outdoors, taking time out of the everyday to surround yourself with greenery and living things can be one of life's great joys—and recent research also suggest it's good for your body and your brain.

[Read more here](#)

Foetal Alcohol Syndrome

Fears spur mum to register son with police

Foetal alcohol spectrum disorder has been in the spotlight, but what are its day-to-day effects on families, and what changes could be made to how they are supported? [Otago Daily Times](#) reporter Elena McPhee spoke to an expert from the University of Otago and two parents who have struggled to get a diagnosis for their children.

[Read more here](#)

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

Outcomes and needs of health and education professionals following fetal alcohol spectrum disorder-specific training. Reid, N. , White, C. , Hawkins, E. , Crawford, A. , Liu, W. and Shanley, D. (2019), *J Paediatr Child Health*. doi:[10.1111/jpc.14608](#)

Understanding professionals' views and needs can help advance service provision and improve future training opportunities. Therefore, the current study examined the experiences of Australian and New Zealand professionals who have attended fetal alcohol spectrum disorder (FASD)-specific training and the impact of this training on their current practices.

Maternal mental health

The Hidden Half : Bringing postnatal mental illness out of hiding

Our research shows that around half of new mothers' mental health problems don't get picked up by a health professional. This "hidden half" struggle on alone, often afraid to reach out for help or unaware that it is available.

[Read more here](#)

Primary health care

Mental health specialist video consultations for patients with depression or anxiety disorders in primary care: protocol for a randomised controlled feasibility trial

Tönnies J, Hartmann M, Wensing M, *et al*
BMJ Open 2019;**9**:e030003. doi: 10.1136/bmjopen-2019-030003

Introduction Most people suffering from depression and anxiety disorders are entirely treated in primary care. Due to growing challenges in ageing societies, for example, patients' immobility and multimorbidity, the transition to specialised care becomes increasingly difficult. Although the co-location of general practitioners and mental health specialists improves the access to psychosocial care, integrated in-person approaches are not practical for rural and single-doctor practices with limited personnel and financial resources. Treating primary care patients via internet-based video consultations by remotely located mental health specialists bears the potential to overcome structural barriers and provide low-threshold care. The aim of this randomised controlled feasibility trial is to investigate the feasibility of implementing of mental health specialist video consultations in primary care practices.

[Read more here](#)

Self-harm

It's not only teenage girls, and it's rarely attention-seeking: debunking the myths around self-injury

Non-suicidal self-injury is the deliberate damage of body tissue [without conscious suicidal intent](#). It's more specific than self-harm, a broader term that can also include suicide attempts.

[Read more here](#)

Smoking

Rates of retention of persons with a mental health disorder in outpatient smoking cessation and reduction trials, and associated factors: protocol for a systematic review and meta-analysis

Metse AP, Stockings E, Bailey J, *et al*

BMJ Open 2019;**9**:e030646. doi: 10.1136/bmjopen-2019-030646

Introduction Smoking among persons with a mental health disorder is associated with inequitable health, social and economic burden. Randomised controlled trials (RCTs) are considered the gold standard design for the assessment of healthcare intervention efficacy/effectiveness. However, many RCTs of smoking interventions for persons with a mental health disorder lack rigour due to low participant retention. No systematic review has pooled retention rates in randomised trials of smoking interventions for persons with a mental health disorder or explored associated factors. The aims of the systematic review will therefore be to: (1) summarise overall rates of participant retention in smoking cessation and reduction trials involving persons with a mental health disorder (including for experimental and control groups separately) and (2) determine if retention rates vary according to participant, environmental, researcher and study factors.

[Read more here](#)

Implementing Tobacco Cessation Treatment for Individuals with Serious Mental Illness: A Quick Guide for Program Directors and Clinicians

Tobacco use is widespread among individuals with serious mental illness (SMI), and the high prevalence of tobacco-related mortality among them is well-documented. Research shows that individuals with SMI who smoke are as interested in quitting as those without SMI, and can do so without jeopardizing their mental health recovery. There is a critical need to engage mental health program directors and clinicians in efforts to increase access to evidence-based tobacco treatment for these individuals.

SAMHSA's recently released **Implementing Tobacco Cessation Treatment for Individuals with Serious Mental Illness: A Quick Guide for Program Directors and Clinicians** guide can help clinicians implement a tobacco cessation program for individuals with SMI.

[Read more here](#)

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Smoking-related violence in a mental health setting following the implementation of a comprehensive smoke-free policy: A content analysis of incident reports.

Spaducci, G. , McNeill, A. , Hubbard, K. , Stewart, D. , Yates, M. and Robson, D. (2019),

Int J Mental Health Nurs. doi:[10.1111/inm.12659](https://doi.org/10.1111/inm.12659)

Smoke-free policies in mental health settings are important to protect health but are often impeded by staff concerns that physical violence may increase. We aimed to address the literature gap about the frequency, nature, and management of physical violence in relation to smoking. We compared the antecedents and containment of smoking-related incidents of physical violence over a two-year period, (12 months when an indoor-only smoke-free policy was in place, followed by 12 months after a new comprehensive smoke-free policy was introduced) using incident reports completed by staff in a large mental health organization in London, UK. Sixty-one smoking-related incidents occurred during the indoor-only smoke-free policy period; 32 smoking-related incidents occurred during the comprehensive smoke-free policy. We identified four antecedent categories for physical violence: i) patient request to smoke denied by staff; ii) during a supervised smoking break; iii) staff response to a patient breach of the smoke-free policy iv) asking for, trading or stealing smoking materials. The antecedent pattern changed across the two policy periods, with fewer incidents of denying a patient's request to smoke and a greater number of incidents involving staff responding to

breaches occurring after the introduction of the comprehensive smoke-free policy. The prohibition of smoking breaks removed this source of violence. Timeout and PRN medication were the most common containment interventions. Understanding the context of smoking-related violence may inform clinical guidelines about its prevention and management.

Suicide

NZ suicide prevention chatbot launches on Facebook Messenger

Mental health initiative Live For Tomorrow today launches EmpathyBot, a free global chatbot on Facebook Messenger that gives people practical skills to start conversations about suicide.

The launch of EmpathyBot coincides with World Suicide Prevention Day, September 10.

[Read more here](#)

Therapies

Music for the mind

At the start of music therapy week, how music is helping people with dementia, anxiety and with stroke recovery. It's a growing style of treatment here and around the world, with international research showing music can unlock areas of the brain other medical procedures have yet to reach.

[Read more here](#)

Trauma

Trauma informed approaches

This short resource developed by Te Rau Ora, Le Va, Werry Workforce Whāraurau and Te Pou aims to raise awareness of what trauma is, the effects of trauma, and how to develop trauma informed approaches within our workforce and organisations.

[Read more here](#)

Wellbeing

GPs to move 'towards wellness' as Marlborough looks to tackle mental health

A new model of primary health care that puts wellbeing at its centre could soon come to Marlborough.

The Ministry of Health last week released a request for proposals from health boards and organisations for funding in primary health and addiction services.

[Read more here](#)

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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; 28: 3310– 3317. <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.

Workforce

Staffing a challenge in meeting mental health demands - doctor

Finding and training staff to deliver mental health services at general practices and kaupapa Māori will be a significant challenge, a doctor working in the field says.

[Read more here](#)

General articles and reports

Authentic engagement: A conceptual model for welcoming diverse and challenging consumer and survivor views in mental health research, policy, and practice. Daya, I. , Hamilton, B. and Roper, C. (2019), Int J Mental Health Nurs. doi:[10.1111/inm.12653](https://doi.org/10.1111/inm.12653)

As involvement of consumers/survivors in planning, delivery, and evaluation of services has increased, expectations of authentic and effective engagement, versus tokenism, have also risen. Different factors contribute to, or detract from, authentic engagement. Writing from mental health consumer/survivor and nursing positioning, respectively, we aim to redress the common problem of including only a narrow range of views and voices. This paper introduces a conceptual model that supports leaders in research, clinical, service, and policy roles to understand the necessity of engaging with a broader spectrum of consumer/survivor views and voices. The model draws on published consumer/survivor materials, making explicit diverse experiences of treatment and care and identifying the subsequent rich consumer/survivor advocacy agendas. We propose that strong co-production is made possible by recognizing and welcoming consumer/survivor activist, facilitator, transformer, and humanizer contributions. The conceptual model forms the basis for a proposed qualitative validation project.

[Read more here](#)

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

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