**NZNO Mental Health Nurse
Section
Monthly news bulletin
Friday 26 June 2020**

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**

NZNO / section news

During the Covid 19 lockdown, an amendment to the Mental Health Act was effected to assist the facilitation of assessments under the Act.

These changes as outlined below changed the meaning of mental health practitioner as well as changes to enable such practitioner to complete section 8 assessments in emergency and non-emergency situations, under Section 109, 110 and Sect 8.

In most DHBs designated registered nurses (usually DAOs) were already able to complete Section 8B assessments due to previous changes to the Act– however this has now widened. DHBS have their own systems and protocols in place as to who can carry out the assessment under these changes so please check with your local DAMHS or MH ADON for your particular area.

2AA Meaning of mental health practitioner during COVID-19 response
In this Act, unless the context otherwise requires,—
mental health practitioner means—
(a) a medical practitioner; or
(b) a nurse practitioner; or
(c) a registered nurse practising in mental health, where a registered nurse practising in mental health means a health practitioner who—
(a) is, or is deemed to be, registered with the Nursing Council of New Zealand continued by section 114(1)(a) of the Health Practitioners Competence Assurance Act 2003 as a practitioner of the profession of nursing and whose scope of practice includes the assessment of the presence of mental disorder as defined under this Act; and
(b) holds a current practising certificate

SPECIFIC CASES WHERE THIS IS IMMEDIATELY RELEVANT:

109A Modification to section 109 during COVID-19 response

In section 109(1)(b), (2), (3), (3A), and (4)(b), "medical practitioner" is modified to "mental health practitioner"   In plain English—an RN can now do a 109 Assessment, and this no longer requires a physician.

<u>These changes are in effect until October 2021.</u>

Consultation
NZNO consults with members on a range of issues.
The full outline can be **found here**

New Zealand
Pharmacists in 'ideal position' to help mental health patients
The Pharmaceutical Society of New Zealand says community pharmacists are in an "ideal position" to help improve physical health outcomes for mental health patients. Read more

'Quake brain' could give insight into future effects of COVID crisis - Otago Uni
'Quake brain' is a real phenomenon that impairs people's memory even years after the shaking stops, a world-leading study from the University of Otago, Christchurch has shown. Read more

St John Launches Online Mental Health First Aid Course
With the mental health of New Zealanders top of mind as the country grapples with the impact of COVID-19, help to address the matter is now more accessible. Read more

Proposal to close longstanding community mental health facility Nikau House raises concerns
A health board proposal to close the well-used community facility Nikau House could reduce access to critical mental health services, those familiar with the service say. Read more

COVID-19 Has Exacerbated Historical Neglect Of Dignified Mental Health Care: UN Expert
The COVID-19 pandemic has exposed decades of neglect and underinvestment in mental health care, an independent UN expert said today, calling for the ultimate elimination of closed psychiatric institutions where the impact has been more severe. Read more

Mental health services struggling to keep up with demand
The Mental Health Foundation says targeted funding towards kaupapa Māori services will alleviate growing demand for services, and help change the culture of the mental health sector. Read more

Mental health – general
Roots of Mental Illness
Researchers are beginning to untangle the common biology that links supposedly distinct psychiatric conditions Read more

Community support
Personal-recovery-oriented community mental healthcare: qualitative evaluation of a developmental project
Beckers T, Jaeqx - van Tienen L, Willems R, et al
BMJ Open 2020;10:e035709. doi: 10.1136/bmjopen-2019-035709
Objectives Mental healthcare is commonly aimed at reducing symptoms in individual service users. When only symptomatic recovery is addressed, not all service users experience sufficient recovery, and when care is aimed only at individuals (instead of the neighbourhood), not all people in need of mental healthcare are reached. This study evaluated a project that aimed to improve mental healthcare in a neighbourhood, by

improving healthcare providers' outreach to the residents living in the neighbourhood, by improving collaboration among healthcare providers and focussing on the residents' personal recovery. This project was carried out by several public health services. It aimed to change the goal of mental healthcare provided in the neighbourhood from symptom reduction to personal recovery. Read more

Covid-19
Mental health services inspected generally got it right over 'lockdown' - Ombudsman
The Chief Ombudsman says his inspections of mental health facilities during the lockdown shows a good balance is possible between protecting people from COVID 19 and preserving human rights. Read more

COVID-19 Worsens Obsessive-Compulsive Disorder—but Therapy Offers Coping Skills
The pandemic has heightened OCD phobias such as fear of germs. Yet some patients say experience with anxiety, and treatment for it, gives them an advantage Read more

Depression
Depression viewed differently when thought to be biological
People who believe more strongly that depression is biologically caused also tend to think it is more severe and long lasting, compared to those who see less of a role for biological causes, a new Rutgers study finds. Read more

Eating disorders
Potential breakthrough for eating disorder sufferers - Auckland Uni
Anorexia and other eating disorders may be linked to a nervous system experiencing inflammation caused by stress, according to an international review co-authored by a University of Auckland researcher. Read more

Emergency care
This program sends a social worker on 911 calls about mental health
A pilot program in Dallas found a better way of helping people who call 911 for mental health emergencies than simply putting them in jail or dropping them off at the ER. Read more

Foetal Alchohol Syndrome
Otago expert fears increase in fetal alcohol disorder following lockdown
A University of Otago researcher fears the soaring rates of alcohol purchases during lockdown may result in more babies being born with Fetal Alcohol Spectrum Disorder (FASD) next year. Read more

Forensic Mental Health
The value of nurse mentoring relationships: Lessons learnt from a work-based resilience enhancement programme for nurses working in the forensic setting.
Davey, Z., Jackson, D. and Henshall, C. (2020),
Int J Mental Health Nurs. doi:10.1111/inm.12739
This study aimed to evaluate a mentoring programme embedded in a work-based personal resilience enhancement intervention for forensic nurses. This qualitative study formed part of a wider mixed-methods study that aimed to implement and evaluate the intervention. Twenty-four semistructured interviews were carried out with forensic nurse mentees and senior nurse mentors; these explored their experiences of the mentoring programme and any benefits and challenges involved in constructing and maintaining a mentor–mentee relationship. Qualitative data were analysed thematically using the Framework Method. Four

key themes relating to the initiation and maintenance of mentor–mentee relationships were identified: finding time and space to arrange mentoring sessions; building rapport and developing the relationship; setting expectations of the mentoring relationship and the commitment required; and the impact of the mentoring relationship for both mentees and mentors. Study findings highlight the benefits of senior nurses mentoring junior staff and provide evidence to support the integration of mentoring programmes within wider work-based resilience enhancement interventions. Effective mentoring can lead to the expansion of professional networks, career development opportunities, increased confidence and competence at problem-solving, and higher levels of resilience, well-being, and self-confidence. Read more

Gambling
Pasifika problem gambling highlighted in new music
New Zealand's Pasifika population is twice as likely as Pākehā to experience harm from gambling. Read more

Be part of the world's first treatment app for gambling
A new mobile app named Manaaki is described by Gayl Humphrey, the study lead from the National Institute for Health Innovation (NIHI) at the University of Auckland, as "a support package in your pocket" for people seeking help with gambling harm. Read more

Loneliness
Impact of children's loneliness today could manifest in depression for years to come
A rapid review into the mental health impacts of loneliness on children and young people concludes that there could be a spike in demand for mental health services in the years to come. Read more

Maori / Pasifika
No hea koe? Finding the answer could help Maori health - Auckland University
A study hoping to make a positive difference for MÄori health in Aoteoroa will focus on those who might not have whakapapa knowledge and identity. Read more

Mental health and addiction services 'moving backwards when it comes to Māori' - commissioner
Mental health and addiction services have got worse for Māori since work began to overhaul the system nearly two years ago and serious gaps remain for young mums and those in forensic units, according to a new report from the mental health commissioner, Kevin Allan.
Read more

Le Va launches new Pasifika Suicide Prevention Community Fund
As a longstanding advocate for Pasifika, Le Va is honoured to once again be selected by the Ministry of Health Suicide Prevention Commissioning Office to administer part of a $3.1 million community fund which supports communities to create innovative solutions to prevent suicide. Read more

Proposals Sought For New Pasifika Mental Health And Addiction Services
A call for proposals from Pasifika-led organisations in a process that could see up to $4 million in funding provided for new Pasifika primary mental health and addiction services over the next few months was announced today by the Ministry of Health. Read more

Maternal mental health

RANZCOG calls for funding for maternal mental health

Dedicated funding must be made available for maternal mental health and it is imperative women have access to specialist mental health services, according to the Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG). [Read more](#)

Patient safety

Violence Prevention Climate in General Adult Inpatient Mental Health Units: Validation study of the VPC-14.

Dickens, G.L., Tabvuma, T., Hadfield, K. and Hallett, N. (2020),
Int J Mental Health Nurs. doi:[10.1111/inm.12750](#)

Ward social climate is an important contributor to patient outcomes in inpatient mental health services. Best understood as the general 'vibe' or 'atmosphere' on the unit, social climate has been subject to a significant research aimed at its quantification. One aspect of social climate, the violence prevention climate, describes the extent to which the ward is perceived as safe and protective against the occurrence of aggression by both the patients and the staff. The violence prevention climate scale (VPC-14), developed in a UK forensic setting, was used in this study in a test of its validity in an Australian general mental health setting. The VPC-14 was administered across eleven wards of one metropolitan Local Health District in Sydney, NSW. N = 213 valid responses from nursing staff and patients were returned (response rates 23.4 and 24.3%, respectively). The VPC-14 demonstrated good internal reliability, and convergent validity was evidenced through moderate correlations with the WAS's anger and aggression subscale and the GMI total score. Concurrent validity was demonstrated by expected staff–patient differences in VPC-14 rating and by correlations between incidents of conflict and containment on wards and the VPC-14 ratings of staff and patients from those wards. Rasch analysis suggested that future tool development should focus on identifying ways to discriminate between ratings at the high end of the scale. The VPC-14 supplies valid and useful information about the violence prevention climate in general adult mental health wards. [Read more](#)

Police and crisis management

Calling the cops on someone with mental illness can go terribly wrong. Here's a better idea.

What if we sent mental health experts instead of police? [Read more](#)

Psychosis

Young people with early psychosis may not require antipsychotic medications to recover

Researchers have found that some young people with early stage first episode psychosis (FEP) can experience reduced symptoms and improve functioning without antipsychotic medication when they are provided with psychological interventions and comprehensive case management.
[Read more](#)

Social Cognition Training for People With a Psychotic Disorder: A Network Meta-analysis,
Saskia A Nijman, Wim Veling, Elisabeth C D van der Stouwe, Gerdina H M Pijnenborg,
Schizophrenia Bulletin, , sbaa023, https://doi.org/10.1093/schbul/sbaa023

Deficits in social cognition are common in people with psychotic disorders and negatively impact functioning. Social Cognition Training (SCT) has been found to improve social cognition and functioning, but it is unknown which interventions are most effective, how characteristics of treatments and participants moderate efficacy, and whether improvements are durable. This meta-analysis included 46 randomized studies. SCTs were categorized according to their focus (targeted/broad-based) and inclusion of cognitive remediation therapy (CRT). Network meta-analysis was conducted, using both direct (original) and indirect (inferred from the network of comparisons) evidence. All SCT types were compared to treatment as usual (TAU; the chosen reference group). Moderators of outcome were investigated with meta-regression and long-term efficacy with multivariate meta-analysis. Compared to TAU, emotion perception was improved by targeted SCT without CRT (d = 0.68) and broad-based SCT without CRT (d = 0.46). Individual treatments worked better for emotion perception. All treatments significantly improved social perception (active control, d = 0.98, targeted SCT with and without CRT, d = 1.38 and d = 1.36, broad-based SCT with and without CRT, d = 1.45 and d = 1.35). Only broad-based SCT (d = 0.42) improved ToM. Broad-based SCT (d = 0.82 without and d = 0.41 with CRT) improved functioning; group treatments worked significantly better. Male gender was negatively related to effects on social functioning and psychiatric symptoms. At follow-up, a moderate effect on social functioning (d = 0.66) was found. No effect was found on attribution, social cognition (miscellaneous), and psychiatric symptoms. While targeted SCT is the most effective for emotion perception and social perception, broad-based SCT produces the best overall outcomes. CRT did not enhance SCT effects. Read more

Rehabilitation
Facilitating Recovery of Daily Functioning in People With a Severe Mental Illness Who Need Longer-Term Intensive Psychiatric Services: Results From a Cluster Randomized Controlled Trial on Cognitive Adaptation Training Delivered by Nurses,
Annemarie P M Stiekema, … et al
Schizophrenia Bulletin, , sbz135, https://doi.org/10.1093/schbul/sbz135
Background
Feasible and effective interventions to improve daily functioning in people with a severe mental illness (SMI), such as schizophrenia, in need of longer-term rehabilitation are scarce.
Aims
We assessed the effectiveness of Cognitive Adaptation Training (CAT), a compensatory intervention to improve daily functioning, modified into a nursing intervention. Read more

Schizophrenia
AVATAR Therapy for Distressing Voices: A Comprehensive Account of Therapeutic Targets,
Thomas Ward, Mar Rus-Calafell, Zeyana Ramadhan, Olga Soumelidou, Miriam Fornells-Ambrojo, Philippa Garety, Tom K J Craig,
Schizophrenia Bulletin, , sbaa061, https://doi.org/10.1093/schbul/sbaa061
AVATAR therapy represents an effective new way of working with distressing voices based on face-to-face dialogue between the person and a digital representation (avatar) of their persecutory voice. To date, there has been no complete account of AVATAR therapy delivery. This article presents, for the first time, the full range of therapeutic targets along with information on acceptability and potential side effects. Interest in the approach is growing rapidly and this report acts as a necessary touchstone for future development.
Read more

Suicide

Suicide prevention services experience spike in demand
A Taranaki refuge focused on suicide prevention has seen a 400 per cent surge in demand as the community continues to deal with fallout from the coronavirus crisis. 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

The impact of suicide prevention education programmes for nursing students: A systematic review.
Ferguson, M., Reis, J., Rabbetts, L., McCracken, T., Loughhead, M., Rhodes, K., Wepa, D. and Procter, N. (2020),
Int J Mental Health Nurs. doi:10.1111/inm.12753
The purpose of this systematic review was to locate and synthesize peer-reviewed evidence regarding the effectiveness of providing suicide prevention education to nursing students. Systematic searches were conducted in seven databases (EMBASE, EmCare, Joanna Briggs, MEDLINE, PsycINFO, Scopus, and Web of Science). Results were screened in duplicate at two stages: title and abstract, and full text. Critical appraisal and data extraction were also completed in duplicate. Initial database searching yielded 303 results. Following the addition of seven records from relevant reference lists, and the removal of duplicates, a total of 118 results were included for screening. Eight articles were deemed eligible for inclusion in this review; most (n = 5) were quantitative. While all were conducted within university settings, half were stand-alone education sessions, while the remaining were integrated with existing programmes/courses. The types of education programmes varied considerably across studies, with only three being established, evidence-based programmes. The studies explore a range of outcomes, which have been narratively categorized as enhanced skills, abilities, and self-confidence; development of positive attitudes and beliefs; acquisition of knowledge; and programme experience and evaluation. While there is a small body of evidence indicating that suicide prevention education programmes contribute to improvements in skills, abilities, self-confidence, and attitudes among nursing students, the variability in educational interventions and outcomes, coupled with short-term evaluation time frames, makes it difficult to fully understand the impact of this important suicide prevention strategy.

Trauma

Indigenous people take the lead in healing the trauma of the Stolen Generations
The forced removals of children from their families have brought trauma to generations of Indigenous communities.
But there's now hope a groundswell of Indigenous-led healing programs, which are culturally sensitive and acknowledge how history has shaped collective identity, will help these communities on their healing journey. Read more

Transition

Validation of the Transition Readiness and Appropriateness Measure (TRAM) for the Managing the Link and Strengthening Transition from Child to Adult Mental Healthcare in Europe (MILESTONE) study
Santosh P, Singh J, Adams L The MILESTONE Consortium*, et al*
BMJ Open 2020;**10:**e033324. doi: 10.1136/bmjopen-2019-033324

Objective Young people moving from child and adolescent mental health services (CAMHS) to adult mental health services (AMHS) are faced with significant challenges. To improve this state of affairs, there needs to be a recognition of the problem and initiatives and an urgent requirement for appropriate tools for measuring readiness and outcomes at the transfer boundary (16–18 years of age in Europe). The objective of this study was to develop and validate the Transition Readiness and Appropriateness Measure (TRAM) for assessing a young person's readiness for transition, and their outcomes at the transfer boundary. Read more

General articles and reports

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.
Dickens, G.L., Ion, R., Waters, C. et al.
BMC Nurs 18, 16 (2019). https://doi.org/10.1186/s12912-019-0339-x

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. Read more

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

Mental health of animal hoarders: a study of consecutive cases in New South Wales.
Snowdon John, Halliday Graeme, Elliott Rosemary, Hunt Glenn E., Coleman Steve (2019)
Australian Health Review 44, 480-484.
Objective The aim of this study was to review animal hoarding cases referred to the Royal Society for the Prevention of Cruelty to Animals (RSPCA) in New South Wales (NSW) to examine mental health factors that influence the development of animal hoarding and to consider strategies for dealing with such cases.

Psychometric properties of the Five-item World Health Organization Well-being Index used in mental health services: Protocol for a systematic review.
Lara-Cabrera, M.L., Bjørkly, S., De Las Cuevas, C., Andre Pedersen, S. and Mundal, I.P. (2020),
J Adv Nurs. Accepted Author Manuscript. doi:10.1111/jan.14445

To synthesise evidence of the psychometric properties of the Five-item World Health Organization Well-being Index in mental health settings and critically appraise the methodologies of the included studies.

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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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