



**NZNO Mental Health Nurse Section
Monthly News Bulletin
Friday 31 July 2020**

NZNO / Section news

Consultation

NZNO consults with members on a range of issues.
The full outline can be [found here](#)

Worksafe proposed changes to the Workplace Exposure Standards (WES) of 18 substances and the Biological Exposure Indices (BEI) of 4 substances

NZNO welcomes your feedback on proposed changes to the Workplace Exposure Standards (WES) of 18 substances and the Biological Exposure Indices (BEI) of 4 substances.

Proposed Guidelines for the Posthumous Use of Gametes, Reproductive Tissue and Stored Embryos

NZNO warmly invites your feedback on draft guidelines for the use of gametes and reproductive tissue from deceased people and already stored embryos from the now deceased. These guidelines are proposed to replace Guidelines for the Storage, Use, and Disposal of Sperm from a Deceased Man (released in 2000).

New Zealand

Nurses oppose bed cuts for older mental health patients

The **New Zealand Nurses** Organisation said in a draft submission the bed cuts were “extremely concerning”. The “older adult model of care” proposal ... [Read more](#)

\$25m boost to mental health services for tertiary students

A \$25 million mental health package for tertiary students is on the way in order to give them the support they need to manage [Covid-19](#) related stress. [Read more](#)

Coronavirus: Mental health admissions will spike post-lockdown – DHB

An increase in demand for mental health services is expected as people grapple with unemployment and the pressures of the post-coronavirus lockdown environment.
[Read more](#)

'Alarm bells ringing' over slow roll-out of new mental health services for NZ's 'missing middle'

New frontline mental health services for the missing middle – that was the \$455 million pitch. But more than a year after the flagship policy was announced, the Government has failed to meet its own targets. Oliver Lewis investigates. [Read more](#)

ACC paid mental health specialists \$41.9m to assess claimants, then hundreds lost cover

The number of ACC claimants being sent to mental health doctors has skyrocketed in the past five years, along with the number of injured who lost cover afterward. [Read more](#)

Mental health concerns lead Kiwi families to seek professional help - study

More than half of Kiwi families have experienced depression, anxiety or stress in recent months with one in five of those affected seeking professional help according to new research. [Read more](#)

He, she or they? A question could save a life, GP says

Simply asking patients about their preferred pronouns can save their lives, an Invercargill GP says. [Read more](#)

Mental health – general

Text messaging: The next gen of therapy in mental health

In the U.S., it is estimated that approximately [19 percent of all adults](#) have a diagnosable mental illness. Clinic-based services for mental health may fall short of meeting patient needs for many reasons including limited hours, difficulty accessing care and cost. In the first randomized controlled trial of its kind, a research team investigated the impact of a texting intervention as an add-on to a mental health treatment program versus one without texting. A text-messaging-based intervention can be a safe, clinically promising and feasible tool to augment care for people with serious mental illness, according to a new study published in Psychiatric Services. [Read more](#)

The World Must Change The Way Mental Health Challenges Are Addressed, UN Expert Says

A UN human rights expert has urged States, the civil society, psychiatric organisations, and the World Health Organisation to change the way we understand and respond to mental health challenges. [Read more](#)

UN Expert Calls For Global Ban On Practices Of So-called 'Conversion Therapy'

Practices known as “conversion therapy” inflict severe pain and suffering on lesbian, gay, bisexual, trans and gender-diverse (LGBT) persons, often resulting in long-lasting psychological and physical damage, a UN expert told the Human Rights Council while calling for a global ban. [Read more](#)

Addiction / substance abuse

Specialist mental health and addictions service for Wgton GPs

The Mental Health, Addictions and Intellectual Disability Service (MHAIDS) has launched a GP Liaison service to provide specialist mental health and addictions advice to general practices across the Hutt Valley, Wairarapa and Wellington regions. [Read more](#)

Government announces \$32m in funding for drug and alcohol addiction services

Services to help those with drug and alcohol addictions are set to get an extra \$32 million in funding over the next four years. [Read more](#)

Asian communities

Survey shows high anxiety and depression among Asian Kiwis

According to new research the Covid-19 pandemic and subsequent lockdown has been tough on the mental wellbeing of Asian New Zealanders. [Read more](#)

Concussion and head injuries

Concussion linked to heightened risk of dementia and Parkinson's disease

Concussion is linked to a heightened risk of subsequent hyperactivity disorder, dementia, and Parkinson's disease, as well as mood and anxiety disorders among women in particular, finds research published online in the journal Family Medicine and Community Health.

[Read more](#)

Repeated head impacts associated with later-life depression symptoms, worse cognitive function

In the largest study of its kind, an association has been found in living patients exposed to repetitive head impacts and difficulties with cognitive functioning and depression years or decades later. [Read more](#)

Covid-19

\$200k Covid-19 support for mental health and addictions charities

\$200,000 in funding has been allocated to 16 charities and community groups, to help support people living with mental health and addictions challenges who have been impacted by COVID-19. [Read more](#)

Protecting and Promoting Mental Wellbeing: Beyond Covid-19

“This current paper focuses on the effects on individuals and their mental wellbeing. It was informed by extensive and iterative conversations with a diverse group of experts and practitioners who have contributed to the final report.” Source: Kōi Tū: The Centre for Informed Futures. [Read more](#)

Free webinar: eMental Health and the pandemic

2 September 2020

12.30-1.30pm

eMental Health tools have become a key component of the health response to the COVID-19 pandemic. As more people experience digitally enabled mental health care, how do we build on this rapid transformation and what will be the lasting impact of this pandemic for the critically important mental health sector?

See the [Health Informatics New Zealand website](#) for more information on this webinar and to register

The COVID-19 Global Pandemic: Implications for People With Schizophrenia and Related Disorders,

Nicole Kozloff, Benoit H Mulsant, Vicky Stergiopoulos, Aristotle N Voineskos
Schizophrenia Bulletin, Volume 46, Issue 4, July 2020, Pages 752–757, <https://doi.org/10.1093/schbul/sbaa051>

The coronavirus disease-19 (COVID-19) global pandemic has already had an unprecedented impact on populations around the world, and is anticipated to have a disproportionate burden on people with schizophrenia and related disorders. We discuss the implications of the COVID-19 global pandemic with respect to: (1) increased risk of infection and poor outcomes among people with schizophrenia, (2) anticipated adverse mental health consequences for people with schizophrenia, (3) considerations for mental health service delivery in inpatient and outpatient settings, and (4) potential impact on clinical research in schizophrenia. Recommendations emphasize rapid implementation of measures to both decrease the risk of COVID-19 transmission and maintain continuity of clinical care and research to preserve safety of both people with schizophrenia and the public. [Read more](#)

Depression

Perinatal depression not only affects the mother but has a lasting impact on offspring

Depression in mothers during and after pregnancy increased the odds of depression in offspring during adolescence and adulthood by 70%, according to a new study by researchers at The University of Texas Health Science Center at Houston (UTHealth).

[Read more](#)

Early life stress is associated with youth-onset depression for some types of stress but not others

Examining the association between eight different types of early life stress (ELS) and youth-onset depression, a study reports that individuals exposed to ELS were more likely to develop a major depressive disorder (MDD) in childhood or adolescence than individuals who had not been exposed to ELS. [Read more](#)

Perspectives of Patients and Clinicians: Relevant Treatment Outcomes in Depression

When evaluating treatment outcomes among patients with depression, the focus of research should go beyond symptom resolution by incorporating both patients' and clinicians' perspectives in the development of measurable endpoints. A qualitative study published in BJPsych Open collected data from focus group interviews in order to stimulate the exchange of views and experiences between patients. [Read more](#)

Loneliness

The psychology of loneliness: why it matters and what we can do

This report looks at how psychological approaches can help tackle loneliness. It is focused on older people but has lessons for all adults. It gathers the current research and evidence available to us about what we can learn from psychology, as well as making policy recommendations for how this learning can be applied and help the millions of lonely people across the UK. [Read more](#)

Nutrition

Research shows probiotics can help combat anxiety and depression

Previous research has tied mental health issues and developmental disorders to gut health. Now, a team of British scientists has shown that foods that broaden the profile of helpful bacteria in the gut, which are collectively known as probiotics, can help ease anxiety and depression. [Read more](#)

Patient safety

Safewards: Changes in conflict, containment, and violence prevention climate during implementation.

Dickens, G.L., Tabvuma, T., Frost, S.A. and (2020),
Int J Mental Health Nurs. doi:[10.1111/inm.12762](https://doi.org/10.1111/inm.12762)

Since its development, there has been growing utilization of the Safewards package of interventions to reduce conflict and containment in acute mental health wards. The current study used the opportunity of an implementation of Safewards across one large metropolitan local health district in New South Wales Australia to evaluate change. Specific aims of the study were to measure, for the first time in Australia, changes in shift-level reports of conflict and containment associated with Safewards introduction, and to measure any association with change in the violence prevention climate using a tool validated for use in the current study setting. Eight of eleven wards opted-in to participating in Safewards. Implementation was conducted over a period of 24 weeks (4-week preparation, 16-week implementation, and 4-week outcome phases). Conflict and containment were measured using the Patient–Staff Conflict Checklist Shift Report and violence prevention climate using the VPC-14. From 63.2% response rate, the mean (SD) reported conflict and containment incidents per shift fell from 3.96 (6.25) and 6.81 (5.78) to 2.94 (4.22) and 5.82 (4.62), respectively. Controlling for other variables, this represented reductions of 23.0 and 12.0%, respectively. Violence prevention climate ratings did not change. Safewards was associated with significant improvements in all incidents of conflict and containment, including the most severe and restrictive types, and this was largely unaffected by outcomes measure response rate, shift or weekday/weekend reporting, or number of ward beds. Safewards is increasingly justified as one of very few interventions of choice in adult, acute mental health services and should be widely utilized. [Read more](#)

Personality disorders

Childhood Sleep Problems Linked to Psychosis, Borderline Personality Disorder in Adolescence

Frequent night awakening and less regular sleep routines during childhood are associated with the onset of psychosis and borderline personality disorder (BPD) during adolescence, according to study results published in JAMA Psychiatry. Psychosis and BPD have previously been linked to persistent nightmares in childhood, and these findings highlight the importance of confronting sleep disturbances at young ages. [Read more](#)

Psychosis

Faulty brain processing of new information underlies psychotic delusions, finds new research

Problems in how the brain recognizes and processes novel information lie at the root of psychosis, researchers from the University of Cambridge and King's College London have found. Their discovery that defective brain signals in patients with psychosis could be altered with medication paves the way for new treatments for the disease. [Read more](#)

Restraint / Seclusion

Hawke's Bay District Health Board leads the way towards zero seclusion

Hawke's Bay District Health Board (DHB) is making great progress working toward eliminating seclusion. [Read more](#)

Schizophrenia

Hallucinations in Older Adults: A Practical Review,

Johanna C Badcock, ... et al

Schizophrenia Bulletin, , sbaa073, <https://doi.org/10.1093/schbul/sbaa073>

Older adults experience hallucinations in a variety of social, physical, and mental health contexts. Not everyone is open about these experiences, as hallucinations are surrounded with stigma. Hence, hallucinatory experiences in older individuals are often under-recognized. They are also commonly misunderstood by service providers, suggesting that there is significant scope for improvement in the training and practice of professionals working with this age group. The aim of the present article is to increase knowledge about hallucinations in older adults and provide a practical resource for the health and aged-care workforce. Specifically, we provide a concise narrative review and critique of (1) workforce competency and training issues, (2) assessment tools, and (3) current treatments and management guidelines. We conclude with a brief summary including suggestions for service and training providers and future research. [Read more](#)

A White Matter Connection of Schizophrenia and Alzheimer's Disease,

Peter Kochunov, ... et al

Schizophrenia Bulletin, , sbaa078, <https://doi.org/10.1093/schbul/sbaa078>

Schizophrenia (SZ) is a severe psychiatric illness associated with an elevated risk for developing Alzheimer's disease (AD). Both SZ and AD have white matter abnormalities and cognitive deficits as core disease features. We hypothesized that aging in SZ patients may be associated with the development of cerebral white matter deficit patterns similar to those observed in AD. We identified and replicated aging-related increases in the similarity between white matter deficit patterns in patients with SZ and AD. The white matter "regional vulnerability index" (RVI) for AD was significantly higher in SZ patients compared with healthy controls in both the independent discovery (Cohen's $d = 0.44$, $P = 1 \cdot 10^{-5}$, $N = 173$ patients/230 control) and replication (Cohen's $d = 0.78$, $P = 9 \cdot 10^{-7}$, $N = 122$ patients/64 controls) samples. The degree of overlap with the AD deficit pattern was significantly correlated with age in patients ($r = .21$ and $.29$, $P < .01$ in discovery and replication cohorts, respectively) but not in controls. Elevated RVI-AD was significantly associated with cognitive

measures in both SZ and AD. Disease and cognitive specificities were also tested in patients with mild cognitive impairment and showed intermediate overlap. SZ and AD have diverse etiologies and clinical courses; our findings suggest that white matter deficits may represent a key intersecting point for these 2 otherwise distinct diseases. Identifying mechanisms underlying this white matter deficit pattern may yield preventative and treatment targets for cognitive deficits in both SZ and AD patients. [Read more](#)

The article below is not freely available but may be sourced via the NZNO library or a DHB or educational institution

Modelling of self-management in schizophrenia: The role of neurocognition, self-efficacy, and motivation.

Zhou, C. and Li, Z. (2020),

J Clin Nurs. Accepted Author Manuscript. doi:[10.1111/jocn.15407](https://doi.org/10.1111/jocn.15407)

Aims and objectives

This study aimed to address the interrelationships among neurocognition, self-efficacy, motivation, and self-management in individuals with schizophrenia.

Background

Self-management performance of individuals with schizophrenia is relatively poor. The effect of neurocognitive impairment on self-management in schizophrenia remains inconsistent, which may be attributed to the neglect of possible mediating factors. Little attention has been given to the role of motivation and self-efficacy for linking neurocognition to self-management.

Social media

Frequent social media use can impact mental health of LGBTQ youth

Frequent social media use can impact depressive symptoms over time for LGBTQ youth, according to research from a Washington State University communication professor.

[Read more](#)

Trauma

Otago researchers find link between rape and breathing problems

Rape and sexual trauma may have long-lasting consequences for physical health as well as mental health, University of Otago researchers have found. [Read more](#)

Wellbeing

Good mental health is associated with longer life, shows study

We have known for decades that mental health plays an important role in one's quality of life, but a study released this week suggests it is also an important factor in one's quantity of life. [Read more](#)

Walking along blue spaces such as beaches or lakes benefits mental health

Short, frequent walks in blue spaces—areas that prominently feature water, such as beaches, lakes, rivers or fountains—may have a positive effect on people's well-being and mood, according to a new study led by the Barcelona Institute for Global Health (ISGlobal), a center supported by the "la Caixa" Foundation. [Read more](#)

What is the evidence for the impact of gardens and gardening on health and well-being: a scoping review and evidence-based logic model to guide healthcare strategy decision making on the use of gardening approaches as a social prescription

Howarth M, Brett A, Hardman M, et al

BMJ Open 2020;10:e036923. doi: 10.1136/bmjopen-2020-036923

Objective

To systematically identify and describe studies that have evaluated the impact of gardens and gardening on health and well-being. A secondary objective was to use this evidence to build evidence-based logic models to guide health strategy decision making about gardens and gardening as a non-medical, social prescription. [Read more](#)

General articles and reports

Mental health and primary care networks: understanding the opportunities

The establishment of primary care networks (PCNs) is one of the most important reforms to primary care in England in recent years. This report, published jointly by The King's Fund and the Centre for Mental Health, explores the opportunities the emergence of these new networks creates for improving the support and treatment provided to people with mental health needs in primary care, and describes why such improvement is badly needed.

[Read more](#)

Nurses' Attitudes and Perceptions towards Hand Hygiene in Mental Health and Medical Inpatient Settings: Comparative, Cross-Sectional Study,

Geoffrey L. Dickens, Charlotte Goko & Emina Ryan (2020)

Issues in Mental Health Nursing, DOI: [10.1080/01612840.2020.1757796](https://doi.org/10.1080/01612840.2020.1757796)

Poor hand hygiene is a major contributor to hospital acquired infection. In this study, a comparison of the related attitudes of psychiatric and non-psychiatric nurses was made using a cross-sectional survey design. N = 79 nurses who work in psychiatric or non-psychiatric hospital wards completed questionnaires regarding intended compliance with hand-washing protocols and potential cognitive predictors of compliance. Perceived ease of compliance and behavioural norms, and working in a non-psychiatric ward, predicted superlative intended compliance. Working in psychiatry did not in itself predict outgroup membership suggesting that psychiatric ward-related factors, rather than psychiatric nurse-related factors are most relevant in determining between-group differences. Consideration of factors unique to psychiatry wards during service design could improve compliance.

[Read more](#)

Time Together as an arena for mental health nursing – staff experiences of introducing and participating in a nursing intervention in psychiatric inpatient care.

Molin, J., Hällgren Graneheim, U., Ringnér, A. and Lindgren, B.-M. (2020),

Int J Mental Health Nurs. doi:[10.1111/inm.12759](https://doi.org/10.1111/inm.12759)

A lack of meaningful activities for people with mental ill health admitted to psychiatric inpatient care has been related to feelings of boredom and 'doing nothing' and is not in line with recovery-oriented care. Staff in psychiatric inpatient care report having limited time, ambiguous responsibilities, and insufficient support that counteracts their ideals of good nursing care and puts them at risk for high levels of stress and stress of conscience. Research highlights a need for interactions between patients and staff, but few nursing interventions with such a focus are described in the literature. This qualitative study aimed to illuminate staff experiences of introducing and participating in the nursing intervention Time Together, via qualitative content analysis of 17 individual semi-structured interviews with nursing staff in psychiatric inpatient care. The results show that these staff members experienced Time Together as an arena for mental health nursing. They prepared for the introduction of the intervention by laying a framework for success. Although the actual implementation led to them feeling burdened, they found that Time Together fostered relationships between patients and staff. For successful implementation, mental health nurses need to advocate the intervention. As Time Together constitutes an arena for mental health nursing, play and conversations based on reciprocity and equality can contribute to patients' recovery. [Read more](#)

The Schwartz Centre Rounds: Supporting mental health workers with the emotional impact of their work.

Allen, D., Spencer, G., McEwan, K., Catarino, F., Evans, R., Crooks, S. and Gilbert, P. (2020),
Int J Mental Health Nurs. doi:[10.1111/inm.12729](https://doi.org/10.1111/inm.12729)

In healthcare settings, there is an emotional cost to caring which can result in compassion fatigue, burnout, secondary trauma, and compromised patient care. Innovative workplace interventions such as the Schwartz Rounds offer a group reflective practice forum for clinical and non-clinical professionals to reflect on the emotional aspects of working in health care. Whilst the Rounds are established in *medical health* practice, this study presents an evaluation of the Rounds offered to *mental health* services. The Rounds were piloted amongst 150 mental health professionals for 6 months and evaluated using a mixed-methods approach with standardized evaluation forms completed after each Round and a focus group ($n = 9$) at one-month follow-up. This paper also offers a unique six-year follow-up of the evaluation of the Rounds. Rounds were rated as helpful, insightful, and relevant, and at six years follow-up, Rounds were still rated as valuable and viewed as embedded. Focus groups indicated that Rounds were valued because of the opportunity to express emotions (in particular negative emotions towards patients that conflict with the professional care-role), share experiences, and feel validated and supported by colleagues. The findings indicate that Schwartz Rounds offer a positive application in mental healthcare settings. The study supports the use of interventions which provide an ongoing forum in which to discuss emotions, develop emotional literacy, provide peer support and set an intention for becoming a more compassionate organization in which to 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

Improving Service User Involvement in Mental Health Nursing Education: Suggestions from Those with Lived Experience,

Aine Horgan ... et al (2020)

Issues in Mental Health Nursing, DOI: [10.1080/01612840.2020.1780529](https://doi.org/10.1080/01612840.2020.1780529)

Service user involvement in mental health nursing education is increasing and a developing evidence base is demonstrating more positive attitudes towards people labelled with a mental illness. To date, most research on this approach has focussed on the perspectives of nursing students, with very limited research drawing on the expertise and opinions of service users. The aim of this study was to explore potential improvements in mental health nursing education, and ways service user involvement can be enhanced as defined by service users themselves. An international qualitative research project was undertaken involving focus groups with service users ($n = 50$) from Australia and five European countries. The research was coproduced between Experts by Experience (service users) and mental health nurse academics. Data were analysed thematically. Findings reflected two broad themes: (1) improvements to content, including: further emphasis on developing emotional intelligence, understanding mental distress and broader context of care; (2) Improvements to service user involvement, including: support, format, and teaching and learning techniques. These findings provide direction for maximising the benefits of service user involvement and show the value of the expertise of service users.

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

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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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