



NZNO Mental Health Nurses Section Monthly News Bulletin Friday 24 April 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](#)

New Zealand

On the Job

As the first Pacifica person to become a mental health nurse practitioner, Makoni Havea is determined to make a difference for her community. [Read more](#)

Asian communities

Asian language resources

How's your health?

Welcome to "How's your health"? Here you can answer questions to help you find out more about your health.

Available in English, Chinese and Korean

About Asian Family Services

Asian Family Services (AFS) provides professional, confidential, nationwide face-to-face or telephone support to Asians living in New Zealand.

These services are offered in English, Mandarin, Cantonese, Korean, Vietnamese, Japanese, Thai and Hindi. An interpreter can be arranged for other languages.

Based in Auckland, AFS has 15 staff, including Chinese, Korean, Indian, Vietnamese and Thai. [Read more](#)

Children and young people

Lockdown bringing little emotional harm to most children - psychologist

A clinical psychologist says most children will not suffer long-term emotional harm as a result of the Covid 19 lockdown and she's warning parents not to panic. [Read more](#)

Genetics linked to childhood emotional, social and psychiatric problems

Emotional, social and psychiatric problems in children and adolescents have been linked to higher levels of genetic vulnerability for adult depression.

[Read more](#)

Childhood ADHD Linked to Psychiatric and Somatic Disorders, Large Financial Costs

Childhood attention-deficit/hyperactivity disorder (ADHD) has long-term associations with both psychiatric and somatic disorders, resulting in large financial costs, according to a study published in *The Journal of Child Psychology and Psychiatry*. Individuals with ADHD commonly experience an increased risk for a variety of behavioral, psychiatric, and somatic health issues, which poses significant clinical and public health problems. [Read more here](#)

Longitudinal Youth in Transition Study (LYITS): protocol for a multicentre prospective cohort study of youth transitioning out of child and adolescent mental health services at age 18

Cleverley K, Bennett KJ, Brennenstuhl S, et al

BMJ Open 2020;10:e035744. doi: 10.1136/bmjopen-2019-035744

Introduction Transition between health services is widely recognised as a problematic hurdle. Yet, the factors necessary for successful transition out of child and adolescent mental health services (CAMHS) as youth reach the service boundary at age 18 are poorly understood. Further, fragmentation and variability among the services provided by mental health organisations serve to exacerbate mental illness and create unnecessary challenges for youth and their families. The primary aim of the Longitudinal Youth in Transition Study (LYITS) is to describe and model changes in psychiatric symptoms, functioning and health service utilisation at the transition out of CAMHS at age 18 and to identify key elements of the transition process that are amendable to interventions aimed at ensuring continuity of care. [Read more](#)

Unwanted effects of treatments for depression in children and adolescents: a mapping of systematic reviews

Eidet LM, Dahlgren A, Elvsåshagen M

BMJ Open 2020;10:e034532. doi: 10.1136/bmjopen-2019-034532

Objectives To describe the results of a mapping review exploring the coverage of unwanted treatment effects in systematic reviews of the effects of various treatments for moderate to severe depression in children and adolescents. [Read more](#)

Covid-19

Sir John Kirwan launches mental health app free for all Kiwis

All Blacks legend Sir John Kirwan is stepping up to support all Kiwis during the COVID-19 pandemic with a leading-edge mental wellbeing app which will be available for free for the duration of the crisis. [Read more](#)

Calls and txts to mental health line almost doubles

Calls and texts to the government's free national mental health helpline have risen sharply since the start of alert level 4. [Read more](#)

How to protect your mental health in the time of coronavirus

From social isolation to working on the front line, the mental health challenges of the pandemic are wide reaching. We ask experts how to protect ourselves. [Read more](#)

The COVID-19 pandemic and mental health impacts.

Usher, K., Durkin, J. and Bhullar, N. (2020),
Int J Mental Health Nurs. doi:[10.1111/inm.12726](https://doi.org/10.1111/inm.12726)

The newly identified novel coronavirus, COVID-19, was first reported in Wuhan, China, in late 2019. The COVID-19 virus is now known to belong to the same family as SARS and Middle East respiratory syndrome coronavirus (MERS-CoV), which are zoonotic infections thought to have originated from snakes, bats, and pangolins at the Wuhan wet markets (Ji et al. [2020](#)). The virus has rapidly spread across the globe leading to many infected people and multiple deaths (Wang et al. [2020](#)); especially of the elderly and vulnerable (Centers for Disease Control and Prevention [2020](#)). While efforts to control and limit the spread of the pandemic in the community are quite straight forward to follow, it seems that prejudice and fear have jeopardized the response efforts (Ren et al. [2020](#)). In fact, the COVID-19 pandemic has already unleashed panic, as evidenced by the empty toilet paper shelves in stores, resulted in accusations against people of Asian races (Malta et al. [2020](#)), and impacted people's decisions to seek help when early symptoms arise (Ren et al. [2020](#)). In this editorial, we discuss the issues related to the occurrence of fear, panic, and discrimination, analyse the causes of these phenomena, and identify practical solutions for addressing mental health issues related to this pandemic for both public and healthcare professionals.

[Read more](#)

Depression

Analysis indicates the value of a simple screening test for depression

An analysis published in Psychotherapy and Psychosomatics indicates the value of the Patient Health Questionnaire-9 for screening depression. Screening for major depression with the Patient Health Questionnaire-9 (PHQ-9) can be done using a cut off or the PHQ-9 diagnostic algorithm. Many primary studies publish results for only one approach, and previous meta-analyses of the algorithm approach included only a subset of primary studies that collected data and could have published results. [Read more](#)

Exercise

Can Exercise Prevent Depression? Here's What the Science Says

Ask anyone who's ever felt better after a workout, and they'll tell you that exercise and mental health are related. Science backs up that gut feeling. Many studies have found that physical activity is linked to [a lower risk of developing depression](#), and better outcomes for people who have it. [Read more](#)

Family violence

Family violence and COVID-19: Increased vulnerability and reduced options for support.

Usher, K., Bhullar, N., Durkin, J., Gyamfi, N. and Jackson, D. (2020),

Int J Mental Health Nurs. Accepted Author Manuscript. doi:[10.1111/inm.12735](https://doi.org/10.1111/inm.12735)

Family violence refers to threatening or other violent behaviour within families that may be physical, sexual, psychological, or economic, and can include child abuse and intimate partner violence (Peterman et al. 2020, van Gelder et al. 2020). Family violence during pandemics is associated with a range of factors including economic stress, disaster-related instability, increased exposure to exploitative relationships, and reduced options for support (Peterman et al. 2020). Due to the social isolation measures implemented across the globe to help reduce the spread of COVID-19, people living in volatile situations of family violence are restricted to their homes. Social isolation exacerbates personal and collective vulnerabilities while limiting accessible and familiar support options (van Gelder et al. 2020). In many countries, including Australia, we have already seen an increase in demand for domestic violence services and reports of increased risk for children not attending schools (Duncan, 2020); a pattern similar to previous episodes of social isolation associated with epidemics and pandemics (Boddy, Young & O'Leary 2020). [Read more](#)

Grief

Effectiveness and feasibility of internet-based and mobile-based interventions for individuals experiencing bereavement: a systematic review protocol

Luppa M, Löbner M, Pabst A, et al

BMJ Open 2020;10:e036034. doi: 10.1136/bmjopen-2019-036034

Introduction Internet-based and mobile-based interventions (IMIs) provide an innovative and efficient self-management tool for mental health problems. This systematic review aims to summarise and critically evaluate studies addressing the effectiveness and feasibility of IMIs for normal and complicated grief in bereaved adults. [Read more](#)

Learning/intellectual disabilities

Short-term PsychoEducation for Carers To Reduce Over Medication of people with intellectual disabilities (SPECTROM): study protocol

Deb S, Limbu B, Crawford M, et al

BMJ Open 2020;10:e037912. doi: 10.1136/bmjopen-2020-037912

Introduction Psychotropic medications that are primarily licenced for the treatment of psychiatric disorders are used widely (32%–85%) among people with intellectual disabilities (ID) often for the management of problem (challenging) behaviour in the absence of a psychiatric disorder. Care staff play a pivotal role in the prescribing process. Currently, no staff training programme exists to address the issue of overprescribing of psychotropic medication in people with ID, thus highlighting an urgent need for developing a psychoeducational programme (PEP) specifically designed to address this issue. We propose to develop a PEP for care staff using the methodology described in the UK Medical Research Council guide for complex interventions. [Read more](#)

Maori / Pasifika

Dr Diana and Mark Kopua: Maori mental health

What would mental health care look like if it took te ao Māori as its foundation? [Read more](#)

Personality 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

Borderline personality disorder in a community setting: service users' experiences of the therapeutic relationship with mental health nurses.

Romeu-Labayen, M., Rigol Cuadra, M.A., Galbany-Estragués, P., Blanco Corbal, S., Giralt Palou, R.M. and Tort-Nasarre, G. (2020),

Int J Mental Health Nurs. doi:[10.1111/inm.12720](https://doi.org/10.1111/inm.12720)

People with borderline personality disorder (BPD) suffer from severe symptoms and crises that put their lives at risk. BPD's symptoms make it difficult for nurses to establish good therapeutic relationships with people who suffer from it, thus hindering their recovery and contributing to stigma. We explored the experiences of people with BPD who were under the care of mental health nurses at a community mental health centre and who reported a reduction in distress. Our goal was to identify the actions and psychotherapeutic factors of the therapeutic relationship that people with BPD considered to be useful in their recovery. Our qualitative approach made it possible for us to learn about individual experiences and meanings and describe the perception of participants. Our sample included 12 participants. Data consisted of qualitative interviews with all participants and nursing records for six of the participants. We conducted an inductive thematic content analysis, resulting in a hierarchical system of subthemes and themes. We found that participants considered the following psychotherapeutic actions to be useful in recovery: learning about the disorder, building trust, and being empowered through validation.

Primary health care

Metabolic screening in primary care for patients with schizophrenia or schizoaffective disorder and taking antipsychotic medication

Rawiri Keenan ... et al

Journal of Primary Health Care

Volume 12 Number 1 2020 : pp. 29-34

INTRODUCTION: Life expectancy in patients with schizophrenia is 15–20 years less than the general population. A dominant cause of morbidity and mortality in these patients is cardiovascular disease. Adverse consequences of modifiable cardiovascular risk factors can be reduced by regular monitoring of metabolic outcomes and intervention if required.

AIM: To evaluate the metabolic screening in primary care for patients with schizoaffective disorders managed in primary care. To show the usefulness of combining simple practice audits in evaluating such areas of clinical practice. [Read more](#)

Rehabilitation

Identifying return to work trajectories among employees on sick leave due to mental health problems using latent class transition analysis

Spronken M, Brouwers EPM, Vermunt JK, et al

BMJ Open 2020;10:e032016. doi: 10.1136/bmjopen-2019-032016

Objectives To develop effective return to work (RTW) interventions for employees on sick leave due to mental health problems (MHPs), a better understanding of individual variation in the RTW process is needed. We investigated which RTW trajectories can be identified among employees with MHPs in terms of RTW duration and relapse occurrence during the RTW process. Additionally, we examined how different RTW trajectories can be described in terms of personal and work characteristics. [Read more](#)

Resilience

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Nurse resilience: A concept analysis.

Cooper, A.L., Brown, J.A., Rees, C.S. and Leslie, G.D. (2020),

Int J Mental Health Nurs. doi:[10.1111/inm.12721](https://doi.org/10.1111/inm.12721)

Nurse resilience is attracting increasing attention in research and practice. Possession of a high level of resilience is cited as being crucial for nurses to succeed professionally and manage workplace stressors. There is no agreed definition of nurse resilience. A concept analysis was undertaken to examine nurse resilience using a priori selected analysis framework. This concept analysis aims to systematically analyse resilience as it relates to nurses and establish a working definition of nurse resilience. Sixty-nine papers met the search criteria for inclusion. Key attributes of nurse resilience were social support, self-efficacy, work–life balance/self-care, humour, optimism, and being realistic. Resilience enables nurses to positively adapt to stressors and adversity. It is a complex and dynamic process which varies over time and context and embodies both individual attributes and external resources. Sustaining nurse resilience requires action and engagement from both individuals and organizations.

Schizophrenia

Nathan Filer: schizophrenia

Saying what schizophrenia doesn't mean is a lot easier than saying what it does mean, says former psychiatric nurse and writer [Nathan Filer](#).

[Read more](#)

Suicide

New Zealand Maori Council Rolls Out Suicide Prevention And Mental Health Resources

New Zealand Maori Council rolls out suicide prevention and mental health resources, for whanau, small business and more. [Read more](#)

Simulation for suicide prevention training

A unique approach to large group training. [Read more](#)

The article below not freely available but may be sourced from databases available via the NZNO library or those of a DHB or educational institution

Identify and Support Youths Who Struggle with Living—Nurses' Suicide Prevention in Psychiatric Outpatient Care,

P. Omerov, Å. Kneck, L. Karlsson, A. Cronqvist & J. Bullington (2020) To

Issues in Mental Health Nursing, DOI: [10.1080/01612840.2019.1705946](https://doi.org/10.1080/01612840.2019.1705946)

Nurses working in psychiatric care daily encounter youths who are struggling with living. Despite this, nurses' suicide-prevention work is seldom addressed in research or in recommendations for care. The overall aim of this paper is to discuss how nurses, with their caring science perspective, may contribute to suicide prevention. The paper presents how nurses in psychiatric outpatient care may identify and support suicidal youths, according to experts in suicide prevention. The interviews with six experts in suicide prevention resulted in three themes: *Engagement necessary but demanding*, *Acknowledgement of warnings signs* and *Supportive relationship*. The respondents elaborated on how suicide-risk can be assessed. A good rapport with the youths was stressed and the recommended act of care included: to listen openheartedly without interrupting *as well as* to listen after risk- and protective factors to emphasize or to penetrate. To ask about suicidality *as well as* to let the person elaborate on what's important for him or her. To endure in the patients' suffering *as well as* steering the conversations toward hope. The paper also presents warning signs that need to be noticed according to the experts and the literature consensus. Our findings suggest that communication in suicide-prevention is an "art and act" that cannot be reduced to a method or simple guidelines. We argue that the recommended acts of care demand sensitivity and skills and that nurses as well as the domain of caring science may contribute to this competence.

Trauma

Large numbers of NZ military personnel suffer post-traumatic stress - research

The first wide-ranging survey of New Zealand military personnel shows many suffer symptoms of post-traumatic stress (PTS) though greater length of service, psychological flexibility (resilience) and quality sleep may be protective factors. [Read more](#)

Journal contents

HealthTimes March Issue

Feature: Mental Health

Mental health nursing: Is it for you?

Nurses must take care of their mental health during stress of COVID-19

Supporting transgender and gender diverse children to thrive

ANMF urges recruitment of unemployed nurses to fight COVID-19 pandemic

[Read more](#)

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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