



**NZNO Mental Health Nurse
Section
Monthly news bulletin
Friday 28 February 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](#)

Draft Cannabis Legislation and Control Bill

NZNO is seeking informal feedback on the first draft Cannabis Legalisation and Control Bill. This is a first draft which the Government has published at this point to ensure that New Zealanders are informed about the direction being taken and the decisions that have been made to date. [Read more](#)

Residential Tenancies Amendment Bill

NZNO welcomes your feedback on this bill which makes a range of changes to make the Residential Tenancies Act 1986 fit for modern renting situations in New Zealand. NZNO is of the view that addressing the availability, affordability, quality, and security of rental housing is fundamental to improving population health and equity in Aotearoa New Zealand.

[Read more](#)

New Zealand

Unique Māori mental health approach recognised for award

Counties Manukau DHB are being applauded for a new approach in supporting whānau Māori affected by mental health, with their Wellness Support model announced as a finalist in the NZ Healthcare Awards. [Read more](#)

Poverty, loneliness behind high rates of suicide among elderly men

A focus on reducing death by suicide among young people is ageist and misleading, an expert in mental health among the elderly says. [Read more](#)

Model Of Care For Mental Health And Addiction

The model of care for all funded Mental Health and Addictions Services in Tairāwhiti will be based on a broad base of community knowledge, thanks to the huge response to hui (meetings) held late last year. [Read more](#)

Children and young people

What's driving the deterioration in youth mental health?

Ministry of Health figures show a growing number of our 15 to 24-year-olds are struggling with their mental health. [Read more](#)

Depression

Sitting still linked to increased risk of depression in adolescents

Too much time sitting still—sedentary behaviour—is linked to an increased risk of depressive symptoms in adolescents, finds a new UCL-led study. [Read more](#)

Handover

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

The benefits of consumer involvement in nursing handover on acute inpatient unit: Post-implementation views. Olasoji, M., Plummer, V., Shanti, M., Reed, F. and Cross, W. (2020), *Int J Mental Health Nurs.* doi:[10.1111/inm.12709](https://doi.org/10.1111/inm.12709)

The involvement of consumers in handover with nurses has been identified as reducing miscommunication between transitions in care and associated with reduction in adverse events in generalist nursing settings. The notion of having consumers present in nursing handover on acute mental health inpatient unit remains a relatively new concept. Central to recovery-focused mental health care is the consumer's active participation in the delivery of their care. The aim of this study was to explore the views of consumers with a mental illness about their experiences of being involved in nursing handover on acute mental health inpatient unit post-implementation of a new nursing handover involving consumers. Using an exploratory descriptive qualitative design, participants ($N = 10$) were recruited using purposive convenience sampling. Semi-structured interviews were undertaken, and the data were thematically analysed. Participants' principal diagnoses were schizophrenia ($n = 2$), schizoaffective disorder ($n = 3$), bipolar affective disorder ($n = 2$), borderline personality disorder ($n = 1$), and depression ($n = 2$). Three themes were generated from the interviews: (i) *Knowing who*, (ii) *Shared decision-making*, with subthemes: *my voice was heard* and *not just a meet and greet*, and (iii) *Having time and space*. The delivery of mental health care needs to put the consumer at the centre of such care regardless of the setting. In line with recovery-focused principles, the consumer's active involvement in the crucial activity of nursing handover on acute mental health inpatient unit is very important. The study has implications for ensuring consumer voices are heard in all aspects of their care delivery.

Head injury

Early intervention following traumatic brain injury reduces epilepsy risk

A research team led by a scientist at the University of California, Riverside, has found that brains treated with certain drugs within a few days of an injury have a dramatically reduced risk of developing epilepsy later in life. [Read more](#)

Maternal mental health

Two out of three young mothers have mental health problems, study shows

New research from McMaster Children's Hospital shows that two out of three young mothers have at least one mental health problem. [Read more](#)

Obsessive compulsive disorder

Distrust of past experience may underlie obsessive-compulsive symptoms

People with higher obsessive-compulsive symptoms may place less trust in their past experience, leading to increased uncertainty, indecisiveness, and exploratory behaviors, according to new research presented in *PLOS Computational Biology* by Isaac Fradkin of The Hebrew University of Jerusalem, Israel, and colleagues. [Read more](#)

Restraint / Seclusion

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

Nurses' perceptions of risks for occupational hazards in patient seclusion and restraint practices in psychiatric inpatient care: A focus group study.

Varpula, J., Välimäki, M., Lantta, T., Berg, J. and Lahti, M. (2020), *Int J Mental Health Nurs.*

doi:[10.1111/inm.12705](https://doi.org/10.1111/inm.12705)

Seclusion and restraint are regularly used to manage patient aggression events in psychiatric inpatient care, despite occupational safety concerns. There is currently a lack of information on how nurses perceive the use of patient seclusion and restraint as a risk for occupational safety. The aim of this study is to describe the risks for occupational hazards in patient seclusion and mechanical restraint practices as well as ideas for improvement identified by nurses. A qualitative descriptive design was adopted, using focus groups comprising nurses ($N = 32$) working in psychiatric inpatient care. The data were analysed using inductive content analysis, and the results were reported using the consolidated criteria for reporting qualitative studies (COREQ). Four themes of risk for occupational hazards were identified: patient-induced, staff-induced, organization-induced, and environment-induced risks. One significant finding was that nurses described that their actions can strongly contribute to occupational hazards during seclusion and mechanical restraint practices. The nurses gave various ideas for how occupational safety could be improved during seclusion and mechanical restraint events, ideas involving staff, the organization, and environmental enhancements.

Schizophrenia

Dysbalanced Resting-State Functional Connectivity Within the Praxis Network Is Linked to Gesture Deficits in Schizophrenia.

Florian Wüthrich, ... et al. *Schizophrenia Bulletin*, , sbaa008, <https://doi.org/10.1093/schbul/sbaa008>

Patients with schizophrenia frequently present deficits in gesture production and interpretation, greatly affecting their communication skills. As these gesture deficits can be found early in the course of illness and as they can predict later outcomes, exploring their neural basis may lead to a better understanding of schizophrenia. While gesturing has been reported to rely on a left lateralized network of brain regions, termed praxis network, in healthy subjects and lesioned patients, studies in patients with schizophrenia are sparse. It is currently unclear whether within-network connectivity at rest is linked to gesture deficit. Here, we compared the functional connectivity between regions of the praxis network at rest between 46 patients and 44 healthy controls [Read more](#)

Social conditions

Study shows the impact of green space on violent crime

Properly designed and maintained outdoor green space has the potential to reduce violent crime and gun violence, to make communities safer and keep residents healthier, a new study suggests. Conversely, green space that is poorly designed and inadequately maintained can help crime take root and spread. [Read more](#)

Suicide

Kainga Ora adopts suicide prevention programme

The MATES in Construction suicide prevention programme will be delivered at KÄ• inga Ora building sites to help prevent deaths in the construction industry.

The mental health education and support initiative first launched in New Zealand in October, but has been available for 11 years in Australia, where construction industry suicides have fallen by eight percent. [Read more](#)

Trauma

Study investigating whether earthquake trauma causes brain changes

People who experienced Canterbury's earthquakes may have brain changes similar to those who were close to the [World Trade Center during the September 11 terror attack](#), researchers believe. [Read more](#)

General articles and reports

What's behind the rise of the hoarding disorder?

Clinical hoarding affects up to 6 percent of the world population, twice as many as OCD, yet it is a largely misunderstood disorder. [Read more](#)

Ngai Māori Insights For A Kaupapa Māori Primary (Community) Mental Health And Addictions Service Model: The analysis

Expanding access to and choice of primary mental health and addiction services for whānau with mild to moderate need is a flagship initiative for the government and the cornerstone of the Wellbeing Budget 2019.

The Ministry of Health carried out a series of hui Māori-a-motu from September through to November 2019 to gather information on the design and development of a Kaupapa Māori primary mental health and addiction service model with Māori in the sector. [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

'There needs to be a balance': Mental health nurses' perspectives on medication education in university and clinical practice. Goodwin, J., Kilty, C., Harman, M. and Horgan, A. (2020), 'Int J Mental Health Nurs. doi:[10.1111/inm.12657](#)

Working with medication is an important role of the mental health nurse. However, little research has focused on staff nurses' perspectives on where the responsibility lies for preparing student nurses for safe, competent medication management. This study investigated mental health nurses' perspectives on medication education. An interpretive descriptive approach was used. Two focus groups were conducted, and data were analysed using inductive content analysis. It was found that participants embraced a medical approach to service user care, with less positive attitudes demonstrated towards psychosocial approaches. There were also tensions expressed between clinical practice and the university, with uncertainty voiced about whose responsibility it was to educate students about medication management. It is important that both environments complement each other in order to enhance the student nurse educational experience. While mental health nurses should be educated in this area to practice in a safe and competent manner, it is also key that a holistic approach to care is considered.

Clarity, confidence and complexity: Learning from mental health nurses' experiences of events involving physiological deterioration of consumers in acute inpatient mental health settings. Brunero, S, Everett, B, Ramjan, LM, et al. *J Clin Nurs*. 2020; 00: 1– 13. <https://doi.org/10.1111/jocn.15126>

Aims and objective

To capture the experiences of nurses in relation to the acutely physiologically deteriorating consumer.

Background

Improving the physical health care of consumers with mental illness has been widely adopted as a priority for mental health nursing. Much of the effort thus far has focused on routine screening, prevention and treatment of common comorbidities including cardiovascular disease, diabetes mellitus and cancer. There has been less focus on the acutely physiologically deteriorating consumer in the mental health setting. Further study is

warranted since this issue poses a set of highly complex challenges for nurses within the inpatient setting.

Wounds in mental health care: The archetype of a ‘wicked problem of many hands’ that needs to be addressed?, Ray Samuriwo & Ben Hannigan (2019) International Journal of Mental Health, DOI: [10.1080/00207411.2019.1706702](https://doi.org/10.1080/00207411.2019.1706702)

Aim: This paper explores wound care for people living with mental health difficulties from a nursing perspective and considers what can be done to improve it.

Objective: To analyze policy and practice relating to wound care for people experiencing mental ill health using the ideas of ‘wicked problems’ and ‘problems of many hands’

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: DianaG@nzno.org.nz

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