**NZNO Mental Health Nurse
Section
Monthly news bulletin
Friday 31 January 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 Disability Employment Action Plan

NZNO welcomes your feedback on a draft action plan specifically for disabled people and people with health conditions because they often face barriers to getting and staying in work. In particular, we would like feedback on whether the action plan includes the right actions to improve outcomes for disabled people and people with health conditions. **14 February 2020**

Options to reform the Burial and Cremation Act 1964 and related legislation

NZNO welcomes your feedback on a consultation that sets out a range of options for modernising the legislation relating to death, burial, cremation and funerals in New Zealand. This consultation will help inform the development of a modern, fit-for-purpose legislation for death, burial, cremation and funerals. **3 April 2020.**

New Zealand

Review likely after AWOL Wakari patient's river jump
Security procedures at Wakari Hospital will probably be reviewed again after a patient at the mental health facility was apprehended a fortnight ago following a police pursuit through Central Otago. Read more

Men make up almost half of all mental health related ambulance callouts
Demand for ambulance services is continuing to climb, particularly for people in a mental health crisis. Read more

Funding boost for mental health and addictions facilities
$45 million dollar funding boost for new Bay of Plenty mental health and addictions facilities welcomed by healthcare heads Read more

Greater support for people in mental health crisis
An increase in mental health related emergency ambulance responses is cause for great concern according to the Royal Australian and New Zealand College of Psychiatrists (RANZCP). Read more

Addiction / substance abuse
Whangarei meth users access NZ-first programme as police, clinicians join forces
The area with the country's highest meth use is seeing police and clinicians partner up to reduce demand for the drug. Read more

Alzheimers / Dementia
Getting to the 'art' of dementia: Researchers highlight benefits of art intervention
University of Canberra researchers have shown that art gallery programs can improve the wellbeing of people living with dementia—and they've backed it up by testing study participants' saliva. Read more

Autism / Aspergers
Grand Opening of Australasia's First Autism Resource Centre
Autism New Zealand is set to open Australasia's first Autism Resource Centre on the 20th of February 2020. The building, located in Petone, was originally constructed as a large warehouse. Eventually, the Autism Resource Centre will be a place for all people living with autism to access clinical diagnostic services, intervention and support. Read more

Study protocol: an investigation of the prevalence of autism among adults admitted to acute mental health wards: a cross-sectional pilot study. Tromans S, Yao GL, Kiani R, et al
BMJ Open 2019;9:e033169. doi: 10.1136/bmjopen-2019-033169
Introduction Autism spectrum disorders (ASDs) are associated with difficulties in social interaction, communication and restricted, repetitive behaviours. Much is known about their community prevalence among adults, data on adult inpatients within an acute mental health setting is lacking.
This pilot study aimed to estimate the prevalence of ASDs among adults admitted to acute mental health wards and to examine the association between ASDs and psychiatric and physical comorbidities within this group. Read more

Bipolar disorder
Involving family in bipolar care helps children and teens stay healthier, longer
In a UCLA-led study, children and adolescents with a high risk for developing bipolar disorder stayed healthier for longer periods when their family members participated in their psychotherapy sessions. Read more

Bipolar Disorder
Bipolar disorder is a mental disorder that causes unusual shifts in mood, energy, activity levels, concentration, and the ability to carry out day-to-day tasks. Bipolar disorder is typically diagnosed during late adolescence (teen years) or early adulthood. If you think you or a loved one has bipolar disorder, talking with a doctor or other licensed health care provider is the first step. Know the signs and symptoms. Read more

Bullying and abuse
'The B-word': Is enough being done to end New Zealand's culture of bullying?
As many as one in three New Zealanders report workplace bullying or harassment every year, while the proportion of Kiwi kids who experience bullying is greater than in almost all other developed countries. LEE KENNY reports. Read more

Bullying others increases the risk of developing mental health problems and vice versa
A new study at Columbia University Mailman School of Public Health suggests there is a two-way relationship between bullying perpetration and mental health problems among youth in the U.S. Researchers report that bullying perpetration increased the risk of developing internalizing problems, and having internalizing problems increased the probability of bullying others. While previous research has focused on the causes and consequences of bullying victimization, this is the first study to comprehensively explore the time sequence between bullying perpetration and mental health problems. The results are published online in the Journal of Adolescent Health. Read more

Children and young people
The Choice and Partnership Approach to community mental health and addictions services: a realist-informed scoping review protocol
Campbell LA, Clark SE, Ayn C*, et al. BMJ Open* 2019;**9:**e033247.
doi: 10.1136/bmjopen-2019-033247
Introduction Early identification and appropriate treatment of child and adolescent mental health disorders can often be hampered by patchwork services with poorly planned or unclear pathways. The Choice and Partnership Approach (CAPA) is an evidence-based transformational model of community (community-based or outpatient) mental health and addictions services for children and adolescents that aims to better match services to needs and to improve timely access to care. CAPA has been variably implemented across jurisdictions but has not been comprehensively evaluated for its impact on system and client outcomes. Our research question is, 'To what degree does CAPA work, for whom and under what circumstances?'. The purpose of this review is twofold: (1) to gain an understanding of the extent and outcomes of the implementation of CAPA in community mental health and addictions services; and (2) to identify the role of context as it influences the implementation of CAPA and resulting client and system outcomes. Read more

Technology use and the mental health of children and young people (UK)
This report explores the use of technology among children and young people. It looks at the wider impact of different types of screen use on the mental health of children and young people including issues around screen time, the impact of negative content, and the potential for bullying and addiction. It also explores how vulnerable groups such as those with mental health problems and very young children may be affected and discusses issues around safeguarding. Read more

Depression
Depression common during perimenopause but not regularly assessed by providers
Almost 40% of women experience symptoms of depression during perimenopause, yet it often goes undetected and untreated because many healthcare providers aren't screening for it and aren't prepared with treatment options. A new study analyzed screening practices by women's healthcare providers and their management of depression during perimenopause. Study results are published online in Menopause, the journal of The North American Menopause Society (NAMS). Read more

How five short intentions can help people recovering from depression stay on track
About one in six people in England report experiencing anxiety or depression in any given week, and depression is a major cause of disability worldwide. Read more

Older refugees more likely to suffer from depression even decades after immigration
Most research on the mental health of refugees focuses on the first few years after resettlement in the host country, but little is known about their long-term mental health.
 Read more

Exercise

The practicability and relevance of developing a yoga intervention for mental health consumers: A qualitative study. Snaith, N., Rasmussen, P., Schultz, T. and Proeve, M. (2020), Int J Mental Health Nurs. doi:10.1111/inm.12694

Abstract
The aim of the study was to understand the perspectives of mental health consumers, staff, and yoga teachers on the characteristics of a yoga-based intervention to be developed for consumers with a long-term mental health condition, in addition to anxiety and/or depression. Two focus groups were held with mental health consumers (n = 8), two focus groups with mental health staff (n = 13) from a metropolitan community mental health setting, and five one-on-one interviews with yoga teachers. Participants were asked about the feasibility and appropriateness of a range of yoga practice features to be tested as a newly developed yoga-based intervention. Thematic analysis was used to identify themes. Findings included the following consumer themes: Mental health understanding and experience of teachers and participants is important, Creating a safe space and Yoga practice elements. Staff themes included Mental health understanding and experience of teachers is important, Environmental design, and Yoga practice elements. Yoga teacher themes included Environmental design and Yoga practice elements. Mental health understanding and experience of the yoga teacher, and trauma-informed care were consistently emphasized by consumers and staff. Teachers focused less on specific mental health considerations, which may be reflective of a broader knowledge gap. Recommendations regarding yoga practice elements, including pre-information, regular and consistent practice, modifications, breathwork, mindfulness and guided practice, and environmental design features, were consistent with current trauma-informed yoga research. Findings will be used to guide the development of a yoga-based intervention for consumers with a long-term mental health condition, in addition to anxiety and/or depression

Head injury

Traumatic brain injuries and imprisonment linked, study suggests
A study of inmates at Christchurch women's prison has found nearly every woman interviewed had a history of multiple traumatic brain injuries. Read more

Culture gap exists in traumatic brain injury assessments for Māori inmates, expert says
Māori inmates who suffer from a traumatic brain injury need Māori-specific assessments, or will risk making the same poor decisions that led them to prison in the first place, according to a neuropsychologist. Read more

Health promotion

Cancer Screening Rates Low in People With Mental Illness
Results from a meta-analysis published in Lancet Psychiatry suggest that patients with psychiatric disorders are less likely to receive cancer screenings compared with the general population, a worrisome issue given the elevated mortality from cancer in people with mental illness. Underscreening trends were particularly pronounced in patients with schizophrenia. Read more

Loneliness

Staying connected helps mental health in elderly
Loneliness among elderly people can lead to a downward spiral where poor mental health is intertwined with isolation, according to research. Read more

Maternal mental health

Nurse warns of more post-natal depression after maternity centre closure

A nurse predicts more women will suffer from post-natal depression after the closure of a maternity centre in northern Southland.

Helena Morton, an enrolled nurse who spent 15 years working at the Lumsden Maternity Centre, said she had helped six women in the northern Southland community establish breast feeding since the Lumsden Maternity Centre became a maternal and child hub in April 2019. Read more

Nurse-patient relationships

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

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.

Part and Parcel: A Qualitative Interview Study Examining the Experience of Client Rudeness by Mental Health Workers, Isabelle Harrison, Ceri T. Trevethan, Flawia Pasciak & Amy Irwin (2020) Issues in Mental Health Nursing, 41:2, 122-131, DOI: 10.1080/01612840.2019.1644567

Considerable research has demonstrated that workplace rudeness can have a variety of negative consequences. However, although research has examined the impact of patient aggression, no research has examined patient or client rudeness towards those who work in mental health roles. The present study investigated the nature of client rudeness, how mental health workers respond and the coping strategies used. Eighteen participants from a range of mental health roles and experience levels participated in semi-structured interviews based on their experience of client rudeness. Thematic analysis revealed that participants experienced a variety of client behaviours they classified as rude, the majority of which were verbal. Reasons for rudeness included the client's personal history, mood, and mental health, and as such rudeness was conceptualised as simply a part of the job. Client rudeness was found to have both negative and positive outcomes on a range of areas including work and client relationships. Participants identified supervisors and colleagues as key sources of support for coping with rudeness. These findings suggest that rudeness is "part and parcel" of a mental health practitioner's role. Supervisor support and further training are recommended to help practitioners deal with rudeness in practice.

Nutrition

The Dietary Advice You Give Patients May Do Little to Improve Mental Health
You've likely heard that an unhealthy diet can aggravate mood disorders. But, according to new research, common beliefs about the resounding health effects of certain foods may be just that — beliefs. Read more

Police and crisis management

The '1X' attempted suicide callout police are getting 67 times a day
Police are responding to suicide attempts and threats 67 times a day but new cadets enter the force with just eight hours of mental health training.
Read more

What it's like to have the police turn up in the midst of your mental health crisis
In her hour of need, when she needed help the most, Janine Mullin was put in a police cell. Twice.
The New Plymouth woman had called a support line looking for help and when the person on the other end of the phone became concerned for her safety, they called the police. Read more

Psychosis

Can pot bring on psychosis in young users? It may be happening, experts say
(HealthDay)—The idea of marijuana causing a psychotic breakdown sounds like something out of the camp film classic "Reefer Madness," but many experts argue it's not that far-fetched. Read more

Resilience

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

The implementation and evaluation of a resilience enhancement programme for nurses working in the forensic setting. Henshall, C., Davey, Z. and Jackson, D. (2020), Int J Mental Health Nurs. doi:10.1111/inm.12689

This study aimed to implement and evaluate a work-based personal resilience enhancement intervention for forensic nurses. A mixed methods design consisting of surveys, interviews, and a case study approach, whereby the experiences of a group of nurses were studied in relation to their experiences of an intervention programme to enhance personal resilience, was utilized. Nurses working on forensic inpatient wards were invited to participate. Senior nurses were recruited as mentors. Data were collected via pre- and post-programme surveys to evaluate nurses' levels of resilience. Post-programme interviews were undertaken with nurses and mentors to explore their experiences of the programme. Descriptive statistics of survey data examined changes in nurses' resilience levels pre- and post-intervention. Free-text survey data and interview data were analysed thematically. The SQUIRE 2.0 checklist was adhered to. Twenty-nine nurses participated. Levels of personal resilience (M = 4.12, SD = 0.60) were significantly higher post-programme than pre-programme (M = 3.42, SD = 0.70), (t49 = 3.80, P = 0.000, 95% CI = 0.32, 1.07). Nurses felt the programme had a marked impact on their personal resilience, self-awareness, confidence, and professional relationships. The benefits of the programme demonstrate the advantages of providing a nurturing environment for nurses to consolidate their resilience levels.

Findings demonstrated that resilience enhancement programmes can increase nurses' levels of resilience and confidence and improve inter-professional relationships. Our findings are important for clinicians, nurse managers, and policymakers considering strategies for improving the workplace environment for nurses. The long-term impact of resilience programmes may improve nurse retention and recruitment.

Workplace resilience and emotional labour of Australian mental health nurses: Results of a national survey. Delgado, C., Roche, M., Fethney, J. and Foster, K. (2020), Int J Mental Health Nurs, 29: 35-46. doi:10.1111/inm.12598

Emotional labour is a form of adversity faced by mental health nurses in the context of their workplace interactions. Frequent exposure to emotional adversity can negatively impact mental health nurses' biopsychosocial well-being, workplace relationships, and performance. Workplace resilience is a dynamic interactive process within and between the person and their environment that promotes positive adaptation to adverse events and restores well-being. Workplace resilience could be a protective process that helps mental health nurses positively adapt to workplace emotional adversity. This study aimed to investigate Australian mental health nurses' workplace resilience and emotional labour and explore the relationship between them. A national cross-sectional online survey comprising the Resilience at Work and Emotional Labour scales was completed by registered nurses (n = 482) working in a mental health role or setting across Australia. There was a strong negative relationship between resilience and the emotional labour strategy of surface acting. A positive association between resilience, frequency of emotional labour, and clinical supervision was also found.

These findings point to a potential link between mental health nurses' skills of cognitive reframing, and emotional and behavioural regulation needed to effectively manage their emotions and remain therapeutic in interpersonal interactions. Clinical supervision may be a key strategy in supporting mental health nurses' resilience. Further investigation of workplace individuals' internal and external resources, and organizational resources, supports, and strategies that can promote and strengthen mental health nurses' well-being is needed.

Schizophrenia

Long-term antipsychotic treatment safe in schizophrenia

People with schizophrenia who took antipsychotics had a 26% cumulative death rate at 20 years' follow-up, compared with a 46% cumulative death rate among those who didn't take antipsychotics, researchers reported in the journal World Psychiatry. The findings also showed similar odds of hospitalizations for heart disease and other physical conditions between both groups. Read more

Psychosocial treatments for relapse prevention in schizophrenia: study protocol for a systematic review and network meta-analysis of randomised evidence.
Bighelli I, Rodolico A, Pitschel-Walz G, *et al*
BMJ Open 2020;**10:**e035073. doi: 10.1136/bmjopen-2019-035073

Introduction There is evidence that different psychosocial interventions could reduce the risk of relapse in schizophrenia, but a comprehensive evidence based on their relative efficacy is lacking. We will conduct a network meta-analysis (NMA), integrating direct and indirect comparisons from randomised controlled trials (RCTs) to rank psychosocial treatments for relapse prevention in schizophrenia according to their efficacy, acceptability and tolerability. Read more

Suicide
Steroids, suicide and stigma: The dangers of doping
Reporter JO MCKENZIE-MCLEAN lost her brother to suicide after he went 'cold turkey' off anabolic steroids. She revisits his story 20 years after his death. [Read more](#)

Minimum wage hikes tied to drop in suicide rates
(Reuters Health) - People with no more than a high school education may be less likely to die by suicide when minimum wages rise, a U.S. study suggests. [Read more](#)

Trauma
Psychedelics could help treat trauma-related disorders
Clinical trials suggest treatment that involves psychedelics can be more effective than psychotherapy alone.
More than three million people in the United States are diagnosed each year with post-traumatic stress disorder, whose symptoms include nightmares or unwanted memories of trauma, heightened reactions, anxieties, and depression--and can last months, or even years. [Read more](#)

Wellbeing
5 Responses Guaranteed to Shut Down Nurse Bullying as Soon as You See it
Even if you're not part of the 85 percent of nurses who've been abused by a fellow nurse, you're still probably aware that bullying among healthcare workers is a pervasive problem. Perhaps you've heard that 1 in 3 nurses has considered quitting a job due to bullying — or you've seen it at your own workplace. [Read more](#)

5 ways to revitalize after a tough shift
We've all had those tough shifts where you walk out both mentally and physically exhausted. This is not uncommon for healthcare professionals and here are some tips to help you invigorate your energy and mind. [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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