**NZNO Mental Health Nurse
Section
Monthly news bulletin
Friday 27 March 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

Police, WFA And CCDHB Team Up To Provide A Better Response To Mental Health Distress

From today (Tuesday 17 March), a new inter-agency team led by Wellington District Police in partnership with Wellington Free Ambulance (WFA) and Capital and Coast District Health Board (CCDHB) will respond to emergency mental health calls in Wellington city. Read more

UC leads research into support for health workers post 15 March attacks

The University of Canterbury (UC) is leading research into the psychological wellbeing and support of health workers who were among the first responders after the mosque attacks on 15 March 2019. Read more

From nurse to mental health watchdog: Hayden Wano

Hayden Wano is the chair of the Mental Health and Wellbeing Commission - established last year as part of the government's response to the comprehensive mental health inquiry. Read more

Mental health – general

People with severe mental illness live shorter lives—but the solution isn't simple

People with severe mental illness, such as psychosis or bipolar disorder, live on average 15-20 years less than the average person—which is one of the key health inequalities people face in the UK and worldwide. But although programmes and initiatives have been created that aim to help people with severe mental illnesses take control of their health, these targeted interventions often fall short. Read more

Mental capacity: How is it assessed?

What do doctors, lawyers and their clients need to know about judging whether people have the mental capacity to make decisions? Read more

New training program can help patients get full benefit of digital mental health tools
Digital technologies, especially smartphone apps, have great promise for increasing access to care for patients with serious mental illness such as schizophrenia. A new training program, called DOORS, can help patients get the full benefit of innovative digital mental health tools, reports a study in the March issue of Journal of Psychiatric Practice. The journal is published in the Lippincott portfolio by Wolters Kluwer. [Read more](#)

Children and young people
More mental health care utilization reduces odds of suicide among youths, study finds
A multistate study of Medicaid enrollees led by researchers at The Ohio State University Wexner Medical Center found that suicide risk was highest among youth with epilepsy, depression, schizophrenia, substance use and bipolar disorder. In addition, the odds of suicide decreased among those who had more mental health visits within the 30 days before the date of suicide. [Read more](#)

Climate change
Hotter temperatures linked to bad mental health
Hot days increase the probability that an average adult in the U.S. will report bad mental health, according to a study published on March 25, 2020 in the open-access journal PLOS ONE by Mengyao Li of the University of Georgia, and colleagues. Moreover, people are willing to pay several dollars to avoid each additional hot day in terms of its impact on self-reported mental health. [Read more](#)

Covid-19
Maintaining mental health and mindfulness during the COVID-19 pandemic
Experts offer advice on handling 'heightened anxiety,' stress
[Read more](#)

Depression
Passive smoking tied to adolescent depression symptoms
(Reuters Health) - Regular exposure to secondhand smoke is more common among nonsmoking teens with depression symptoms, according to a survey across 22 low- and middle-income countries. [Read more](#)

LGBTQ communities
Researchers pinpoint social factors that can improve health for LGBT people
Individuals in the LGBT community face stressors that have dire consequences on their health. Researchers from Michigan State University are the first to pinpoint social factors that can reduce these stressors and improve health for LGBT people. [Read more](#)

Personality disorders
Borderline Personality Disorder Common in Chronic Pain Patients
NATIONAL HARBOR, Maryland — A significant proportion of patients who suffer from chronic pain also have features of borderline [personality disorder](#) (BPD), new research shows. [Read more](#)

Refugee/immigrant mental health
The importance of seeing a psychologist who understands your cultural background
In 20 years of seeing psychologists, I'd never spoken to one from a non-English speaking background. [Read more](#)

Restraint / Seclusion

Psychiatric nursing managers' attitudes towards containment methods in psychiatric inpatient care.

Aims

This research was conducted to examine psychiatric nursing managers' attitudes towards containment methods.

Background

Nursing management is regarded as a key issue in the reduction of coercion and containment. However, there has been little research on managers' attitudes towards containment methods. **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

Nurses' and consumers' shared experiences of seclusion and restraint: A qualitative literature review.

Seclusion and restraint are coercive practices associated with physical and psychological harm. International bodies have called for an end to these practices. However, these practices continue to be used. Elimination programmes have had some success in reducing the rates of these practices. Understanding coercive practices through the perspectives of involved individuals may facilitate a complete cessation of seclusion and restraint from the practice. Therefore, this qualitative review explored how nurses and consumers experienced seclusion and restraint events in mental health care. Five databases were searched. The search strategy resulted in the inclusion of fourteen qualitative papers. A thematic analysis was used to synthesize the findings. Six themes emerged under three main categories; shared experiences: disruption in care, disruption in the therapeutic relationship and shared negative impacts; nurses' experiences: Absence of less coercive alternatives; and consumers' experiences: overpowered, humiliated and punished. Considering these experiences during planning for seclusion and restraint prevention might facilitate more effective implementation of seclusion and restraint elimination programmes. Our findings suggested that consumers should receive recovery-oriented, trauma-informed and consumer-centred care; while nurses should be better supported through personal, professional and organizational developmental strategies. Further research should focus on investigating shared interventions among consumers and nurses and exploring carers' experiences with coercive practices.

The effectiveness of chemical restraint in managing acute agitation and aggression: A systematic review of randomized controlled trials.

One approach to manage people with behaviours of concern including agitated or aggressive behaviours in health care settings is through the use of fast-acting medication, called chemical restraint. Such management often needs to be delivered in crisis situations to patients who are at risk of harm to themselves or others. This paper summarizes the available evidence on the effectiveness and safety of chemical restraint from 21 randomized controlled trials (RCTs) involving 3788 patients. The RCTs were of moderate to high quality and were conducted in pre-hospital, hospital emergency department, or ward settings. Drugs used in chemical restraint included olanzapine, haloperidol, droperidol, risperidol,

flunitrazepam, midazolam, promethazine, ziprasidone, sodium valproate, or lorazepam. There was limited comparability between studies in drug choice, combination, dose, method of administration (oral, intramuscular, or intravenous drip), or timing of repeat administrations. There were 31 outcome measures, which were inconsistently reported. They included subjective measures of behaviours, direct measures of treatment effect (time to calm; time to sleep), indirect measures of agitation (staff or patient injuries, duration of agitative or aggressive episodes, subsequent violent episodes), and adverse events. The most common were time to calm and adverse events. There was little clarity about the superiority of any chemical method of managing behaviours of concern exhibited by patients in Emergency Departments or acute mental health settings. Not only is more targeted research essential, but best practice recommendations for such situations requires integrating expert input into the current evidence base.

Schizophrenia

Study finds promising biomarker for diagnosis of schizophrenia and treatment response

Around four in a thousand people worldwide suffer from schizophrenia, according to scientific estimates. The disease affects people from all walks of life, including Vincent van Gogh, the painter Agnes Martin, mathematician John Nash and Eduard Einstein, a son of the great physicist. The disease touches men and women equally. Read more

Smoking

Guidance

Health matters: smoking and mental health

This edition of Health Matters focuses on smoking among the population of people living with a broad range of mental health conditions, ranging from low mood and common conditions such as depression and anxiety, to more severe conditions such as schizophrenia and bipolar disorder. Read more

Suicide

Association between suicide reporting in the media and suicide: systematic review and meta-analysis

BMJ 2020; 368 doi: https://doi.org/10.1136/bmj.m575 (Published 18 March 2020)
Objective To examine the association between reporting on suicides, especially deaths of celebrities by suicide, and subsequent suicides in the general population. **Read more**

General articles and reports

How 14 nurses refresh at the end of a hard day

Question: How do you de-stress and revitalize yourself at the end of a hard day?
Trish Celano, RN. Senior Vice President, Associate Chief Clinical Officer and Chief Nursing Executive at AdventHealth (Altamonte Springs, Fla.): I used to always take calls on my drive home from work. I found that when I got home, I was terrible at making the transition back into family life. My husband and kids would often say, 'Hey, you're not at work anymore.' Read more

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Educating the Educators: Determining the Uniqueness of Psychiatric Nursing Practice to Inform Psychiatric Nurse Education,
Jan Marie Graham, Candice Waddell, Katherine Pachkowski & Heather Friesen (2020) Issues in Mental Health Nursing, DOI: 10.1080/01612840.2019.1678081

A study regarding the role and uniqueness of psychiatric nursing was conducted with 94 participants from Manitoba, Canada. The primary theme of comprehensive knowledge of mental health, mental illness, and addictions was foundational for the application of the sub-themes of therapeutic relationship, holistic approach, recovery orientation, stigma reduction, and advocacy for change. Values, beliefs, and attitudes towards people with mental illness and addictions need to be instilled in psychiatric nursing students throughout their educational program to provide high quality, compassionate, and safe care. Implications for incorporation of the theme and sub-themes into psychiatric nursing curriculum are described in the paper.

The Effect of Standardized Patient Simulation Prior to Mental Health Rotation on Nursing Students' Anxiety and Communication Skills,
Elif Ok, Fatma Yasemin Kutlu & Elif Ates (2020)
Issues in Mental Health Nursing, 41:3, 251-255, DOI: 10.1080/01612840.2019.1642427
Mental health clinical practices may be a source of anxiety for nursing students. Anxiety may have a negative impact not only on learning but also on therapeutic relationships with patients. This study was conducted with a semiexperimental pretest-posttest control group design. The sample of the study consisted of nursing students from two different universities (N = 85). After theoretical lectures for the intervention and control groups, the intervention group participated in a standardized patient simulation. After this, the intervention group had decreased anxiety and improved communication skills. In conclusion, prior to mental health clinical practices, standardized patient simulation may help nursing students gain experience.

Journal contents

Psychiatry Research Review
Issue 49
Researchers from France report a notable reduction in suicide attempts associated with the use of brief contact interventions
Read more

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