



Te Ao Māramatanga

New Zealand College of Mental Health Nurses

## TE KARERE

### Brief Issue October 2022

#### Brief note from the Editor

*Kia ora koutou*

It seems life is just getting busier and busier in our sectors and with the College Conference looming getting reports and other articles in for a full newsletter just hasn't been one that has had to have priority amid all else for many of the team.

Therefore, we will hold over the Newsletter hoping for a Bumper issue in December offering you here a brief instead.

Before I lead you onto a couple of key features to note I would like to firstly acknowledge College Member Deborah Cracknell who has put her hand up to assist me with the Newsletter. Deborah will assist at this early stage and as I head into the retirement phase of my life, she will hopefully be very keen to take over the editorial role. As this is just a brief issue, we will just mention and welcome Deborah here and in the December, issue offer you a full introduction to Deborah and her mahi. I am however thrilled to have Deborah on board with her energy, passion, and progressive ideas.

*Ngā mihi nui*

*Dr. Chris Taua*

### College Conference

The date is close, and we are sure you have all seen your emails inviting you to attend. If you haven't then pop onto the [College Website](#) to read more and register.

7th International Conference Te Ao Māramatanga  
- New Zealand College of Mental Health Nurses Inc.

SAVE THE DATE: 4th November 2022 (and/or 3rd November is optional)

It's time to start getting ready to take time out for a day to link into our online conference to hear from a range of key speakers about:

**Urungi Pae tawhiti - Nau mai ki Rangīātea. Navigating the future. Welcome to Rangīātea.**

## Interesting and important article

We would like to alert you to an article by College Members Sione Vaka, Helen Hamer and Anau Mesui-Henry. The full article is available on the College website or through the Journal links and is called "The effectiveness of Ūloa as a model supporting Tongan people experiencing mental distress". Sione provides a brief here:

*This article is based on a larger research project, which investigates the effectiveness of a culturally appropriate model, namely ūloa, when working with Tongan people. Ūloa is a communal method of fishing in Tonga, which includes all members of the community. This paper reports on findings related to the increased awareness of ūloa model within the mental health services and to raise awareness of how to work with Pacific people and adjust the health service to suit the needs of this population to test its effectiveness. These findings continue to support that the conventional biomedical approach employed in the mental health services overlooks elements of Tongan constructions of mental illness and the intersections between Tongan and biopsychosocial themes.*

## Participants wanted for important research:

Centre for Postgraduate Nursing Studies University of Otago, Christchurch [Lynere.wilson@otago.ac.nz](mailto:Lynere.wilson@otago.ac.nz)

We are seeking volunteer nurses to complete an online survey on fostering resilience and adaptability in registered nurses. This survey is part of a larger study of frontline workers (nurses) being conducted by researchers at the University of Wollongong, the University of New South Wales and the University of Otago, Christchurch.

The purpose of this study is to understand the role of resilience and adaptability in helping nurses to cope with the aftermath of COVID 19, and the formal (organisational) and informal (community) supports that help them to be resilient and adaptable in these circumstances.

The aim of the project is twofold: ◦ 1) to generate knowledge that supports frontline professionals and their organisations; ◦ 2) expand our understanding of the formal and informal resources that support resilience and adaptability for frontline workers during times of crisis.

Participation is completely voluntary. Results from the study will be used to develop long-term strategies for health workplaces on how to best foster the necessary resilience and adaptivity to ensure nurses feel confident to carry out their work and maintain career satisfaction.

Research into the social nature of resilience and adaptability is fundamental to addressing real-world challenges such as nurse well-being, career retention, burn-out, and emotion management. If you would like to participate, please click on this link

[https://otago.au1.qualtrics.com/jfe/form/SV\\_bJausUL42o65LrU](https://otago.au1.qualtrics.com/jfe/form/SV_bJausUL42o65LrU)

Further information can be found on the College website at

<https://nzcmhn.org.nz/wp-content/uploads/2022/09/Dr-Lynere-Wilson.pdf>

## Member Profile

Each issue we are keen to profile nurse members who work within mental health, disability, or the addictions sectors so please if you have an interesting role to tell us about think about sending in your profile or encourage colleagues to do the same. Next month we will meet Deborah Cracknell.

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## College Journal: International Journal of Mental Health Nursing

Do not forget that by being a member of Te Ao Māramatanga you have free access to the Journal. The College strongly encourage nurses in practice, academics, and researchers to consider writing and submitting articles for publication to the journal. You can access the Journal and the Wiley site through your membership page once you have [signed in](#).



## Scholarships

On your members site you will find details about the following scholarships available to mental health, addictions, and disability nurses. The **Rita McEwan** fund provides financial support for the role development of Mental Health Nurse Practitioners in New Zealand. In 2020, the fund was extended to include Addiction and Disability Nurse Practitioners. The **Te Ao Māramatanga Research scholarship fund** is to assist members to undertake viable research of value to mental health, addiction, and disability nursing. You can access further detail [here \(https://www.nzcmhn.org.nz/Members-Area/Scholarships\)](https://www.nzcmhn.org.nz/Members-Area/Scholarships)

## Call for articles

**We want your stories, summaries of research studies and other interesting information to add to this newsletter.**

If you have items of interest, research summaries, stories from practice we want to hear about them.

Please send any details, summaries to the editor at [christaua56@gmail.com](mailto:christaua56@gmail.com) with 'NZCMHN Newsletter' in the subject line. Feel free to send any queries also.

***Cut-off date for our end of year Bumper Issue is 25 November 2022***

***Thank you for taking time to read this edition of Te Karera.***