

# Credentialing News



**Te Ao Māramatanga**  
New Zealand College of Mental Health Nurses Inc

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**Te manu kai miro, nōna te ngahere;  
te manu kai, mātauranga, nōna te ao.**

The bird that eats the miro berries, theirs is the forest; the bird that consumes knowledge, the world is theirs.

Welcome to this edition of Credentialing News! Please feel free to distribute, as there are many useful resources, and it might encourage your colleagues to consider credentialing in the future too. Also, feel free to let us know about resources you come across in your mahi, that we can share with others.

## Professional Development

NZ online cognitive behavioural therapy course for obsessive compulsive disorder A free online cognitive behavioural therapy (CBT) course has been released for people with obsessive compulsive disorder (OCD). The course is offered by Just a Thought, a New Zealand organisation that provides a range of resources for mental health conditions. The course has been adapted for New Zealand from an Australian course. The Australian course has been evaluated in a randomised controlled trial and showed good efficacy. Online therapy courses for OCD may support patients while they wait access to secondary care. The course can either be completed by the patient or through prescription by a clinician. Adherence rates are higher when a clinician prescribes the course and incorporates it into their follow-up consultations, so taking a look at it yourself so you can recommend and support its use with service users, is a useful professional development activity. <https://www.justathought.co.nz/ocd>

## Resources

The Mental Health Foundation of New Zealand has created a booklet which can be completed by someone who has experienced concerns for their safety in the past. This booklet covers warning signs, action plans and selfcare through tough times. This could be a useful resource for your professional kete.

<https://mentalhealth.org.nz/resources/resource/ko-wai-ahau-who-am-i>

## New Research

A recent study conducted in Australia collected qualitative information from community nurses about sleep health practices and how they could be improved. The majority of nurses advocated for increased sleep-related education tailored to their profession. Other important factors needed for improving sleep health provision were standardized patient treatment/referral pathways, increased interprofessional collaboration, and sufficient time for patient consults. This study also explores the ways that community nurses could help improve patient sleep health.

[Improving sleep health management in primary care: A potential role for community nurses? - Basheti - Journal of Advanced Nursing - Wiley Online Library](#)