CARE ZONING IN A PSYCHIATRIC INTENSIVE CARE UNIT: STRENGTHENING ONGOING CLINICAL RISK ASSESSMENT

Care zoning guides nurses in assessing clinical risk and planning care within a mental health context. Concerns about the varying quality of clinical risk assessment prompted a trial of the care zoning model in an eight-bed psychiatric intensive care unit within a regional mental health facility. The care zoning model assigns patients to one of 3 'zones' according to their clinical risk, encouraging nurses to document and implement targeted interventions required to manage those risks. The model was trialled for three months using a pre- and postimplementation staff survey, a pretrial file audit and a weekly file audit. Informal staff feedback was also sought via surveys and regular staff meetings.

This trial demonstrated improvement in the quality of mental state documentation, and clinical risk information was identified more accurately. There was limited improvement in the quality of care planning and the documentation of clinical interventions. Nurses' initial concerns over the introduction of the model shifted into overall acceptance and recognition of the benefits. Care zoning remains a highly applicable model for the psychiatric intensive care unit environment and is a useful tool in guiding nurses to carry out routine patient risk assessments.


RECENT ARTICLES ON ‘HEART HEALTH’ LOCATED VIA McMaster PLUS


Zhou, Q. et al. (2014) *Shengmai (a traditional Chinese herbal medicine) for heart failure*. *Cochrane database of systematic reviews*. Issue 4


INSIDE THIS ISSUE

Narrowing of neck artery linked to memory loss ................................... 2
New Audio Digest (Psychiatry) CDs .... 2
Recent articles ...................................... 2
LOCAL RESEARCH: Lessons to be learnt in managing the breech presentation at term................................. 3
LOCAL RESEARCH: Extent of smoking in mental health inpatient facility with smoke-free policy ..................... 3
LOCAL RESEARCH: Diet quality of Australian breast cancer survivors ...... 3
Heart disease haunted mummies too . 3
Hearttick: psychiatric & inflammatory implications of cerebrovascular disease ........................................ 3
Tamworth Library—change to hours .. 4
Developing a framework for providing psychosocial disability support through the NDIS ..................... 4
Insects to feed the world............... 4
Have you heard of? Al-Akhiwayni .................... 4
HNE Health Libraries - contact details .................................. 4
INCIDENCE OF INSULIN-TREATED DIABETES IN AUSTRALIA 2000-2011

This recent AJHW report presents the latest available national data on new cases of insulin-treated diabetes from Australia's National (insulin-treated) Diabetes Register. There were around 25,500 people in Australia who began using insulin to treat their diabetes in 2011—68% had type 2 diabetes, 12% had gestational diabetes, 4% had type 1 diabetes and 1% had other forms of diabetes requiring insulin. Diabetes type was unknown for another 15%. This rate has remained stable over the last decade, with between 10 and 12 new cases per 100,000 population per year.

RECENT ARTICLES

NB. Articles in dark blue or bold text have Australian content

Peterson, M. et al. (2014) Ultrasound for routine lumbar puncture. Academic emergency medicine. 21(2), 130-136


Davidson, C. et al. (2014) Prevalence of Asperger syndrome among patients of an Early Intervention in Psychosis team. Early intervention in psychiatry, 8(2), 138-146

Foy, A. & Tierney, A. (2014) Internal medicine in the bush: a clinical audit of a rural and remote outreach programme. Internal medicine journal, 44(4), 359-374


Swanson, S. et al. (2014) Strategies for integrated employment and mental health services. Psychiatric rehabilitation journal, published online April 7. doi:10.1037/prj0000049


NB. Articles listed in the newsletter aren't necessarily available FREE. We're just letting you know what's available!

If you’ve checked HNEH Libraries’ e-journals portal (found under ‘eJournals’ in the Quick Links box on our website) and can't find the article, contact your local HNEH Library for further assistance. (Contact details—p.4)

HNE Health Libraries will be able to supply most articles—but there may be charges.
LESSONS TO BE LEARNT IN MANAGING THE BREECH PRESENTATION AT TERM

The 2000 publication of the Term Breech Trial significantly impacted obstetric practice in Australia with a rapid increase in delivery of term breech singletons by caesarean section. More reassuring data from European centres who continued to offer vaginal breech deliveries to carefully selected women have led to a softening of international guidelines which now support an individualised approach to management. The application of this principle to an Australian population, particularly in the wake of such a major change in obstetric practice, has not previously been demonstrated.

The authors completed an eleven-year single-centre retrospective study comparing short-term neonatal and maternal morbidity for infants with a singleton breech presentation born after 37 weeks, according to planned mode of delivery.

31.7% of eligible women elected for planned vaginal breech delivery. The overall success rate in this group was 59%. Morbidity rates were low and compare favourably with similar international studies. However, there was a non-significant trend towards higher rates of short-term serious neonatal and maternal morbidity in the planned vaginal delivery group.

 Attempted vaginal delivery for breech presentation remains an option in carefully selected women under strict obstetric protocols.


OBSERVATION OF THE EXTENT OF SMOKING IN A MENTAL HEALTH INPATIENT FACILITY WITH A SMOKE-FREE POLICY

People with a mental illness experience a higher burden of smoking-related disease. Smoke-free policies in mental health facilities provide an opportunity to reduce smoking-related harms for patients and staff alike.

Cross-sectional studies of smoking (cigarette butt count and observed smoking) and nicotine dependence treatment (patient record audit) were undertaken over 9 consecutive weekdays in one mental health facility in Australia. Two thousand one hundred and thirty seven cigarette butts were collected and 142 occasions of people smoking were observed. Staff members were observed to enforce the policy on 66% of occasions. Use of NRT was recorded for 53% of patients who were smokers.

Implementation of the smoke-free policy was less than optimal and as a consequence ineffective in eliminating smoking and in optimising the provision of nicotine replacement therapy. Additional strategies to improve the provision of nicotine dependence treatment to patients and the monitoring of adherence are needed to ensure the intended benefits of smoke-free policies are realised.


DIET QUALITY OF AUSTRALIAN BREAST CANCER SURVIVORS: A CROSS-SECTIONAL ANALYSIS FROM THE AUSTRALIAN LONGITUDINAL STUDY ON WOMEN'S HEALTH

Evidence supports strong associations between healthful eating patterns and maintaining a healthy weight with favourable health outcomes for breast cancer survivors (BCS). This is the first study dedicated exclusively to describing the diet quality of Australian BCS. Participants included 281 BCS and 4069 healthy controls (HC) from the Australian Longitudinal Study on Women's Health mid-aged cohort completing Survey 3 in 2001.

Although no difference was found when comparisons were made with a (HC) group, there is considerable room for improvement in the diet quality of Australian BCS. Given research suggesting higher risk of chronic conditions such as obesity amongst BCS, and the recognition of optimising diet quality as a key factor in health promotion for all population groups, data from the present study suggest the need for research targeting the feasibility and impact of improving diet quality of Australian BCS.


HEART WEEK 2014

HEART DISEASE HAUNTED MUMMIES TOO

A recent report to the American College of Cardiology’s annual meeting in Washington, DC offers evidence that heart disease was as common in ancient times as it is today.

"Atherosclerosis is supposed to be a disease of modern civilization," said study author Dr. Adel Allam, a nuclear cardiologist and professor of cardiology at Al Azhar University in Cairo. "It's supposed to be explained by the fact that we're eating all the wrong foods, not exercising enough, becoming obese and having diabetes." So researchers did full-body CT scans of 4,000-year-old mummies - and discovered evidence of hardening of the arteries.

Allam's team scanned 76 naturally mummmified specimens, with different socioeconomic backgrounds, from around the world. Arterial disease was found in roughly 38%, with the time of death pegged at an average age of about 37. Comparisons to present day patients found no differences in terms of atherosclerosis incidence or severity.

Allam said this would suggest that "risk is not just about diet and obesity and not exercising. There must be other factors. Perhaps inflammation, or perhaps genetics. Or most likely, as is usually the case in science, there are multiple factors that work together to get things started and lead to disease."

HEARTSICK: PSYCHIATRIC & INFLAMMATORY IMPLICATIONS OF CEREBROMICROVASCULAR DISEASE

Cerebromicrovascular disease (CMVD) strikes 87% of the population older than 65 years and is linked to an increased risk of ischemic stroke, depression, cognitive impairment and Alzheimer’s disease. Despite the wealth of knowledge on the consequences to the body stemming from poor vascular health, little focus has been placed on the consequences to the brain.

The review presents the preclinical and clinical evidence that supports the role of CMVD in behavioral dysfunction, argues for a clinical need for better recognition of the vascular depression phenotype, and calls for a more integrative translational approach to CMVD.


HEARTSICK: PSYCHIATRIC & INFLAMMATORY IMPLICATIONS OF CEREBROMICROVASCULAR DISEASE

Cerebromicrovascular disease (CMVD) strikes 87% of the population older than 65 years and is linked to an increased risk of ischemic stroke, depression, cognitive impairment and Alzheimer’s disease. Despite the wealth of knowledge on the consequences to the body stemming from poor vascular health, little focus has been placed on the consequences to the brain.

The review presents the preclinical and clinical evidence that supports the role of CMVD in behavioral dysfunction, argues for a clinical need for better recognition of the vascular depression phenotype, and calls for a more integrative translational approach to CMVD.


Currently not available via HNEH Libraries access—contact the Mater Library for assistance
INSECTS TO FEED THE WORLD

Historically, insects have been eaten by people from many different cultures as part of their normal diet. This tradition has actively continued in several continents. In the western world eating insects is not commonly accepted. With the current world population growth rate, western people may have to get used to insects as protein source. The use of a diverse range of edible insects would be a step to alleviate the potential shortage of meat as protein source.

The Journal of insects as food and feed is the first scientific journal with a multidisciplinary approach on the use of insects as feed and food ingredients. The journal will cover edible insects from harvesting in the wild through to industrial scale. At the end of the edible insect food or feed chain, marketing issues, consumer acceptance, regulation and legislation pose new research challenges. Microbial safety, toxicity due to chemical contaminants, and allergies are important issues in safety of insects as food and feed.

The first volume will be published in 2015. It will contain articles derived from the joint United Nations Food & Agriculture Organization (FAO)/ Wageningen University, The Netherlands (WUR) global conference ‘Insects to feed the world’ – to be held 14th–17th May, 2014.

Read more in the FAO report - Edible insects: future prospects for food and feed security.

HAVE YOU HEARD OF? AL-AKHAVAYNI

Researchers from the Shiraz University of Medical Sciences in Iran have recently been publishing up a storm on the topic of Abū Bakr Rābi’ ibn Ahmad Alkhawānī Bukhārī (also known as Al-Akhawayni).

Al-Akhawayni (?–983 AD) was a Persian physician who lived in the Near East during the “Islamic Golden Age” (9th–12th century AD) – an era where medical knowledge blossomed in the Islamic world. During his lifetime, Al-Akhawayni was famous for his expertise in medicine, including disorders that would be considered neurological today.

The following articles investigate the contents of his only surviving book – the oldest existing treatise on medicine in new Persian - Ḥidayat al-Mutawallim fī al-Tibb (Students’ Handbook of Medicine, or Scholar’s Guide to Medicine – depending on your translation). The Hidayat is a relatively short and simplified digest of medicine, providing a glimpse of the high level of medical education during the Samanid period (819–999).

Al-Akhawayni gathered and categorised available knowledge on diverse topics such as: pulse examination, contraception and fever curves. He was the first to describe sleep paralysis and to suggest pragmatic rather than supernatural treatment. He used psychiatric methodology in his work, and his descriptions of meningitis (Lisarghos in Hidayat), mania, psychosis (Malikhulia), dementia (Ghotrāb), etc., are close to current concepts.

SOURCES:


Not available via CIAP—contact HNEH Libraries to locate a copy

Yaromohammadi, H. et al. (2014) Al-Akhwayini Bukhari (?–983 AD). Journal of neurology, 266(3), 643-645 Follow this link and then click ‘Look inside’ – you can read most of the article.