

# June Newsletter Australia and New Zealand Chapter IFNA



**Newsletter Number 31: June 2023**

## Australian and New Zealand Chapter News

This newsletter has a focus on the experience and burden of depression on the family.

Dr Amanda Cole is the Director of Undergraduate Nursing Studies in the School of Nursing and Midwifery at Edith Cowan University. Amanda has worked as a Registered Nurse for 20 years. She has experience in a variety of clinical settings and with a specialty in the area of mental health, well-being and family research. Amanda graduated in 2022 with a PhD. The title of her PhD was Narratives of “living well”: Exploring the experiences of family members living with a family member with depression.

<https://www.ecu.edu.au/schools/nursing-and-midwifery/our-staff/profiles/directors/mrs-amanda-cole-heath>



## The impact of depression

By Dr Amanda Cole

Depression has a significant impact on the national and global burden of disease and affects approximately 300 million people worldwide. Given the high prevalence of depression, there is an increasing number of families and family members living with the condition, leading to considerable psychosocial impact on individual and family wellbeing.

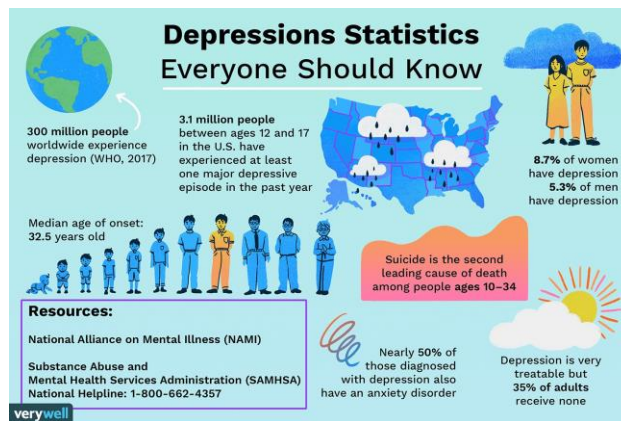
Amanda's PhD explored the family member experience of "living well", when living with a family member with depression. Given the high prevalence of depression in the global community, there is an increasing number of families assuming the role of caregivers to family members with chronic mental health conditions. A narrative inquiry was completed with eight family members with an adult member diagnosed with depression, or undiagnosed, but meeting criteria for major depressive disorder. The findings show a circuitous experience of "living well", which included, 'times of uncertainty, distress, change, adaptation, perseverance, endurance, hope and healing'. Mental health and comprehensively trained nurses are best situated in clinical practice, to adopt an integrated way of examining and promoting individual and family strengths in times of health and illness when supporting families, living well, when living with a family member with depression.

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*Amanda's PhD explored the family member experience of "living well", when living with a family member with depression.*

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In 2022 Amanda was awarded a "kickstarter grant" (Adapting the Family Management Styles Framework for families living with an adult with depression) to further develop the findings from her PhD. In this study, Amanda is working with colleagues and consumers to explore the adaptation of the Family Management Styles Framework (Knafl et al. 2012) with the goal of developing an intervention to support families living with an adult with depression.



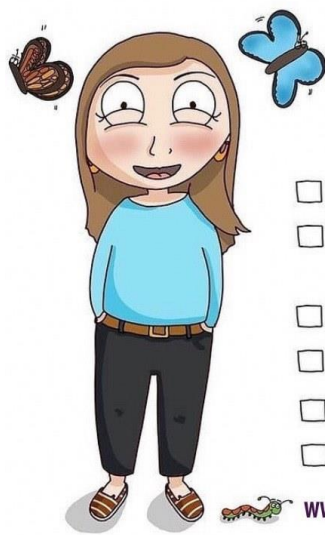
Resources for managing depression.

<https://www.beyondblue.org.au/>

<https://www.healthdirect.gov.au/stress>

<https://greatergood.berkeley.edu/topic/mindfulness/definition>

# DEPRESSION - DAILY SELF-CARE



- GOTTEN OUT OF BED
- HAD SOMETHING TO EAT  
(INCLUDING SOME FRUIT & VEGE)
- TAKEN A SHOWER
- HAD ENOUGH WATER
- GOTTEN DRESSED
- Talked to someone

[www.PrivateCounselingGA.com](http://www.PrivateCounselingGA.com)

# Depression Quiz

Can you answer **YES** to **5 or more?** of these items?

- Can't laugh or enjoy yourself?  Yes  No
- Feel sad more days than not for several weeks in a row?  Yes  No
- Feel worthless or have low self-esteem?  Yes  No
- Feel hopeless about ever feeling better?  Yes  No
- Cry much more easily and more frequently than usual?  Yes  No

- Sleep is disrupted with early waking or restlessness?  Yes  No
- Have a hard time falling asleep?  Yes  No
- Sleep either much more or much less than usual?  Yes  No

- Seem more sensitive to criticism than is usual?  Yes  No
- Feel excessively guilty?  Yes  No
- Think about suicide or wishing your life would end?  Yes  No
- Eat more or eat less than usual?  Yes  No

- Have **DECREASED INTEREST** in favorite people or activities?  Yes  No
- Have **DECREASED ENERGY** or motivation?  Yes  No

- Find it difficult to concentrate and solve problems?  Yes  No
- Feel irritable with everyone and everything in your life?  Yes  No

If you checked **5 or more** items on this quiz, please contact your doctor for help with depression.

If you feel suicidal, please call the **NATIONAL SUICIDE PREVENTION LIFELINE** at **1-800-273-8255**.



1 - Great TED talk

## REASONS why YOU should Become a Member of IFNA

Currently fees for Chapter members NEW IFNA Member - **\$75.00 (USD)** is **40%** off the usual membership fee for a limited time.

<https://protect-au.mimecast.com/s/iUQDC81ZPoh67nkRqInSSZq?domain=internationalfamilynursing.org/> (*about:blank*)

Benefits of joining IFNA

To interact with a global community of nurse scholars and practitioners who care about the health and healing of families.

Develop international friends and mentors.

To attend webinars about family nursing theory, practice, and research

**Don't forget to connect** with the main International Family Nursing Association and join to access extensive family nursing resources. <https://internationalfamilynursing.org/> (*about:blank*)

## Family Nursing Conference in Dublin

<https://internationalfamilynursing.org/ifnc16/>

There is still **time to link into the virtual conference** and see the posters, and plenary presentations.

**SAVE THE DATE**

16<sup>th</sup> International Family Nursing Conference

**Global Innovations in Family Nursing:  
Advancing Family Health**



Dublin City University  
Dublin, Ireland



HaPenny Bridge  
Dublin, Ireland



**International Family  
Nursing Association**

Pre-Conference Workshops  
Tuesday, June 20, 2023

Conference  
Wednesday, June 21, 2023 – Friday, June 23, 2023

Dublin City University, Glasnevin Campus | Dublin, Ireland

**#IFNC16**

2024 travel to Denmark for the Nordic Family Health Conference

**SAVE THE DATE**

TUESDAY MAY 21 - THURSDAY MAY 23, 2024

**NORDIC CONFERENCE IN FAMILY HEALTH AND CARE:**  
Health and wellbeing in future interdisciplinary work  
with families.

📍 University of Southern Denmark, Odense




contactface@sdu.dk

SDU



Next meeting Wednesday • June 7th , 1100-1200 AEST

**Microsoft Teams meeting**

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Written by Dr Elisabeth Coyne and Dr Amanda Cole