

HNE Nursing & Midwifery Research Centre (NMRC) Research Matters for Nurses and Midwives

Issue 1: March 2019

Research Networking Roadshow



Over the next few months Maralyn Foureur and Michelle Giles will be travelling throughout the Hunter New England Local Health District to meet with nursing and midwifery clinicians – to hear about you and your area of clinical practice. HNE is unique in NSW as having metropolitan, regional, rural and remote health services within the one district. We are planning a series of 10 networking meetings across the LHD so there is sure to be one located near you. This provides us with an important opportunity to explore how research evidence can be translated into practice in a wide range of settings.

Our aim is to provide an opportunity for you to meet with Nursing and Midwifery Research Centre staff – for us to develop an understanding of your goals and explore how we can assist you to achieve those goals.

Researcher in Profile

Introducing NMRC's newest staff member, Professor Maralyn Foureur

Maralyn Foureur (RN, RM, BA, Grad Dip Clin. Epidem., PhD) is the newly appointed Professor of Nursing and Midwifery Research at Hunter New England Health and the University of Newcastle: a joint Clinical Chair. For the past 12 years Maralyn has been Professor of Midwifery at the Centre for Nursing and Midwifery Research in the Faculty of Health, University of Technology Sydney.



Prof Maralyn Foureur

Maralyn is an experienced clinician, academic and researcher with over 30 years engagement in health services research, and is experienced in a diverse range of quantitative and qualitative research methods. Maralyn has developed an outstanding research track record and has been successful in attracting funding for 12 competitively funded research grants such as NHMRC and ARC, totalling over \$5 million, and has over 150 peer reviewed publications as well as books, book

chapters and commissioned research reports.

She has wide experience as Chief Investigator on health service focussed research conducted in NSW, as well as nationally and internationally, across multiple sites and with a range of inter-professional teams. Her experience includes all stages of study design, ethical approval, recruitment, conduct/data collection, statistical analysis, interpretation and dissemination of the findings. She has particular expertise in clinical trial design. She has worked on executive teams to implement and/or scale up transferable evidence of benefit in a range of healthcare settings.

Maralyn is an experienced research supervisor having supervised more than 40 nursing, midwifery and health services students to successful completion of projects leading to Doctoral, Masters and Bachelor-honours research degrees. She therefore has well developed skills in developing research capability and capacity in health service researchers.

She has a strong commitment to 'Closing the Gap' and actively engaging with Aboriginal and Torres Strait Islander peoples in the design, conduct, analysis, interpretation and dissemination

of research findings that endeavour to enhance the health and wellbeing of First Nations People.

On a personal note, Maralyn is a great cook with a fondness for baking bread and cookies—she is the proud owner of a new Ukulele which she is learning to play with Newcastle’s Ukestra group – concerts coming up – you can find her walking along the coast from Bar Beach to Honeysuckle and back to Bar Beach every Saturday morning with a group of enthusiastic walkers who have ‘tramped’ most of the famous walks in New Zealand, Tasmania, Italy and Spain. Maralyn has two grown up children and 5 mischievous grandchildren.

Maralyn is very keen to meet nurses and midwives across the HNE LHD to explore research ideas and questions and to explore ways to translate evidence into practice. If you are seeking any kind of research support please contact Maralyn at the HNE NMRC by email or mobile telephone number as shown below.

Contact Researcher

Prof Maralyn Foureur

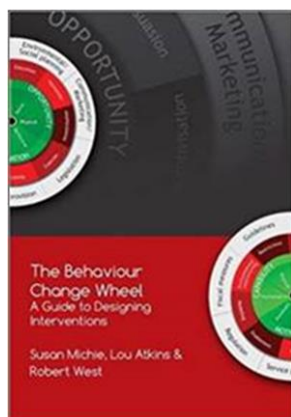
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Let Us Know

About publications, journal articles or books authored by HNE Health nurses and midwives. In the year 2018, 43 published journal articles have been identified as being authored by the HNE Health nurses and midwives. We would like to recognise the work of nurses and midwives in the future series of our newsletter. If you or a nurse or midwife you know have published your work, please let us know via our email HNELHD-NMRC@hnehealth.nsw.gov.au

Recommended Reading



The Behaviour Change Wheel: A Guide to Designing Interventions by Susan Michie, Lou Atkins and Robert West book is a practical guide to designing and evaluating behaviour change interventions and policies. It is based on the Behaviour Change Wheel, a synthesis of 19 behaviour change frameworks that draw on a wide range of disciplines and approaches. The guide is for policy makers, practitioners, intervention designers and researchers and introduces a systematic, theory-based method, key concepts and practical tasks.

CONGRATULATIONS



Accolades for outstanding achievements in her field are due to CNC for the Children’s Complex Pain Service at John Hunter Children’s Hospital, Dr Elizabeth Kepreotes.

Elizabeth has been awarded three prestigious travel grants in 2018 to further paediatric complex pain research and clinical care:

- The Australian College of Nursing International Scholarship to travel to London and Boston to further research direction and collaborations in paediatric neuropathic pain.
- The NSW Health Judith Meppem International Scholarship to travel to Canada in May 2019 to meet with clinicians and researchers working in the field of Indigenous Paediatric Pain in Vancouver, Halifax, and Toronto.
- The Gordon Kerridge Award to travel to Switzerland in June 2019 to present a paper and to review international best practice ahead of a service redesign study for complex paediatric orthopaedic surgery requiring pain management and rehabilitation.

We look forward to hearing the outcomes of these awards and how they enable Elizabeth to continue her leadership in research and service redesign in paediatric pain management.

Research Project in Profile

A Bundled Intervention to reduce surgical site infections post caesarean section

Tamworth Rural Referral Hospital

Post-operative Caesarean section infection (CSI) is associated with substantial morbidity, cost, and extended length of stay and can lead to significant physical and emotional burden for mothers.

At Tamworth Rural Referral Hospital (TRRH) from 1/12/16 -1/4/17 the surgical site infection (SSI) rate for women post caesarean section was 5%. This information prompted a review of infection cases through an evidence based infection prevention lens, identifying a number of opportunities for infection prevention practice improvement. In addition, this review identified the risk factors that place mothers at higher risk of SSI post CS. An enthusiastic multi-disciplinary team was formed consisting of Michelle Bolte (Infection Prevention Service CNC), Dr Lilach Leibenson (Director of Obstetrics), Dr Melissa Price-Purnell, Dr Stephanie Gorham, Dr Blake Knapman, Tracey Walker (theatre Nurse Educator), Rebecca Sharp (Maternity Educator) and Lurena Smith (Maternity Educator), and Dr Michelle Giles (Manager NMRC).

An extensive literature review informed the development and implementation of a 5 element care bundle aimed at reducing surgical site infections in women post CS.



(L-R – Dr Melissa Price-Purnell, Dr Lilach Leibenson, Michelle Bolte and Tracey Walker)

Bundle Elements:

1. Antenatal clinical risk assessment,
2. Pre-operative hygiene,
3. Chlorhexidine with alcohol surgical site skin preparation,
4. Surgical antibiotic prophylaxis 60-30 minutes before knife to skin,
5. Negative pressure wound therapy dressing.

A pre post controlled intervention study saw the implementation of the bundle in December 2017 and SSI rates in the 12 months period pre intervention were compared with SSI rates 12 months post intervention.

Practice compliance with the elements of the bundle has been maintained over a 12 month period, currently ranging from 90-100% compliance. SSI rates have been reduced significantly from 5% in the pre intervention phase to 1.5%, ($p=0.007$) in the post intervention phase.

Results were particularly noteworthy in women at higher risk of SSI where rates reduced from 14.7% (pre) to 3% (post).

The team is thrilled that this study had such a beneficial and important outcome. They acknowledge that conducting this study has greatly enhanced their research skills and knowledge of implementation processes.

Have you seen the Nursing and Midwifery Research Centre webportal?

The [NMRC webportal](#) has resources that support research and provide information on available research training opportunities, upcoming research seminars, skills workshops and conferences to support research capacity and capability amongst the disciplines of Nursing and Midwifery within HNELHD, and research grant and scholarship opportunities.

HNE NMRC Research Clinic/ Drop-in Centre at HMRI

Each Thursday (8.30 am-4.30 pm) research staff from NMRC are available for consultations on research matters (large and small) at the Hunter Medical Research Institute (HMRI). The Research Clinic is located on Level 4 in the Newcastle Innovations Office opposite the Caves Lecture Theatre. Drop-in for a chat and coffee or make an appointment by contacting Michelle Wyborn on 02 4924 6720. If you are unable to attend in person we can make other arrangements (videoconference e.g. Zoom, Scopia) for you to chat with us.

Win \$500 for the HNELHD Nursing and Midwifery Research Centre Banner

We are seeking images to include in the HNE NMRC banner. The banner highlights the vision and research activities of the Centre.

Selection criteria:

The submitted images need to

- Be submitted by nurses and midwives working within HNELHD
- Meet the vision and activities of the HNELHD/NMRC
- Represent the future nursing and midwifery research
- Be original high resolution images

Patients cannot be photographed without consent (if a patient is included in the image, a media consent form must be signed and the patient must be made aware what the photo will be used for). The winning images will belong to the NMRC.

Closing date: 8/4/2019

Prize: A total of **\$500** to attend a conference or professional development opportunity

Submission: HNELHD-NMRC@hnehealth.nsw.gov.au

Enquiries: Se Ok Ohr, 49246724 or 0434070284; seok.ohr@hnehealth.nsw.gov.au

For more information visit <http://www.hnehealth.nsw.gov.au/working-together/Pages/NMRC-Upcoming-Events.aspx>

The next big event in the HNE Nursing and Midwifery calendar is the biennial Nursing and Midwifery conference

For more information click [4th Australian Nursing and Midwifery Conference](#)

