

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

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Research Networking Roadshow



Prof Maralyn Foureur and A/Prof Michelle Giles are conducting **District Research Workshops** throughout the HNELHD. These workshops provide opportunities to meet and network with nursing and midwifery clinicians and managers, to hear about their work and areas of clinical practice. It also provides a platform to share research experiences, explore the significance of research in providing care to patients, identifying the enablers and barriers to research in your setting and to understand how the NMRC can offer to support research engagement in your service.

The dates and locations have been scheduled, please visit [NMRC webportal](#) or contact our centre via email at HNELHD-NMRC@health.nsw.gov.au

for detailed information. Please register through My Health Learning to attend the workshops.

Researcher in Profile

Visiting Professor Dame Nicky Cullum

Nicky Cullum has a PhD in pharmacology from the University of Liverpool, UK and is a nurse. In 1995 she founded the world's first Centre for Evidence Based Nursing at the University of York and co-founded the Journal of Evidence Based Nursing. She was also a founding member of the Cochrane Collaboration and has been Coordinating Editor of Cochrane Wounds since 1995.

Nicky is a health services researcher who applies epidemiological approaches to studying nursing questions. She is currently Professor of Nursing and Head of the Division of Nursing, Midwifery and Social Work at the University of Manchester. Nicky was made a Dame in 2013 for services to wound care and nursing research.

She was sponsored by the HNE Nursing and Midwifery Research Centre as a keynote speaker at the 4th Australian Nursing and Midwifery Conference in May 2019. In her well received presentation, titled "Wounds are from venous, research is from Mars: the challenges of developing an evidence base for wound care", she explained how she has developed a research framework for tackling the uncertainties around wounds and their care, how we identify and prioritise

research questions, the challenges of research translation and how we might co-produce research with decision makers and patients to ensure the research we do is the research we need.

Nicky met with various staff of HNELHD and Central Coast LHD, to develop a collaborative relationship for future research projects.



Prof Dame Nicky Cullum

Nicky also presented at an NMRC seminar on "How do we do research that is useful and used?". At this seminar, she addressed common problems in health research and how we could overcome them. The seminar is available at the HNELHD Library site

<http://www.hnehealthlibraries.com.au/479>.

Nicky took advantage of our warm weather by going swimming and bushwalking. She was interested in our native animals and particularly keen to hear a kookaburra, which she found in the courtyard of JHH.

Research Workshop

Two NMRC researchers, Michelle Giles and Maralyn Foureur, recently travelled to Tamworth to present a Research Workshop to nursing and midwifery Clinical consultants, educators and managers from rural and remote HNE health services, and were delighted to be welcomed by 53 enthusiastic participants. The workshop used the 4D Appreciative Inquiry Framework (Discover, Dream, Design, Destiny) together with research-related emotional touch points, to engage participants in describing their current relationship with clinical research and to dream up and then begin to design how they would like to develop their future research activities. The workshop raised awareness of the support that all HNE nurses and midwives can obtain from connecting with the Centre when considering research, from raising clinical questions, to study design, applying for grants to support work release, to publication and dissemination of the results.

Michelle and Maralyn learnt a lot from the workshop that will inform the NMRC Centre Strategic Plan and the agenda for researcher skill development and support.

The Centre has an ongoing program of face to face workshops in rural health services to further develop research expertise, so look for a workshop near you.



Tamworth Workshop Group

Some of the feedback provided by the participants when asked ‘What did they value the most?’

- *“meeting the HNE Research team and having them welcome us to contact them and making research more accessible”*
- *“I found it great to discover what academic support there is for us to go on with new ideas”*

Nursing and Midwifery Successes

TRGS Success

The NMRC is excited to announce that Translational Research Grants Scheme funding has been awarded to the nurse led project titled: “Partnerships in Aged-Care Emergency services using Interactive Telehealth (PACE-IT) incorporating telehealth visual assessment, information sharing and decision making for people living in residential aged-care facilities (RACF)”.

This project will be led by Ms Carla Sunner, Clinical Nurse Specialist, Aged Care Service in Emergency Teams (ASET) and Assoc Prof Michelle Giles, NMRC. The project has been profiled in this Newsletter.

Finalist in HNE Excellence awards

Congratulations to Michelle Bolte and the multidisciplinary research team who were finalists in the HNE Excellence awards for Health Research and Innovation. Their project at Tamworth Rural Referral Hospital was titled “A Bundled Intervention to reduce surgical site infections post caesarean section”. The bundled intervention significantly reduced post CS wound infection rates.

Michelle Bolte is a Clinical Nurse Consultant in Infection Prevention Service and this was her first research project. Other team members were Dr Blake Knapman, Dr Lilach Leibenson, Assoc Prof Michelle Giles, Ms Tracey Walker (CNE), Ms Rebecca Sharp (CME) and Ms Lurena Smith (CME), Dr Melissa Price-Purnell and Dr Stephanie Gorham.

A great effort.

Research Project in Profile

Partnerships in Aged-Care Emergency services using Interactive Telehealth (PACE-IT) incorporating telehealth visual assessment, information sharing and decision making for people living in residential aged-care facilities (RACF)

Transfer of residential aged-care facility (RACF) residents to Emergency Departments (ED) is common, risky and expensive. RACF residents who present to ED are more likely to be readmitted to hospital, have longer stays and face major risks related to hospital acquired complications. Aged Care Emergency (ACE) is a nurse led, protocol guided telephone ED outreach model that has been shown to be effective in reducing hospitalisation and length of hospital stay for RACF residents. It has had limited effect in reducing presentations to ED.

Nationally, 201,000 people live in residential aged care. Up to 44% of RACF resident transfers to ED are considered unnecessary. Despite nurse-led outreach services such as ACE and Aged Services Emergency Team (ASET) decreasing ED presentations, avoidable RACF transfers persist, due to inconsistent implementation of best practice protocols, and lack of RACF resources and relevant expert staff. Pilot work using this model identified a 25% reduction in ED presentations and hospital admissions.

The project is led by Ms Carla Sunner, Clinical Nurse Specialist, Aged Care Service in Emergency Teams (ASET) at John Hunter Hospital Emergency Department. During the implementation of the project the existing ACE/ASET models will be strengthened and augmented with a novel Telehealth video linked interactive visual assessment and follow up phone call. Telehealth has been shown to be acceptable to staff and families, and reduce the disruption and distress associated with unnecessary transfer to hospital for residents and carers.

If successful the project will

- reduce unnecessary RACF resident presentations to ED and hospital admissions
- strengthen partnerships and decision making between EDs and RACFs
- improve communication and increase the skill and confidence of RACF staff
- ensure care is delivered by the right person in the right place, and in a timely manner.

If shown to be effective, the intervention has the potential to improve the clinical care and quality of life of the frail elderly. It will provide high level evidence that will inform sustainable change and translation into practice across NSW. It will show how the change has been achieved and highlight success factors for scalability and sustainability. It will inform review of processes, the development of Policy and Guidelines that will integrate PACE-IT into existing service models.

Findings of this study will enhance knowledge and produce processes that will be sustained and spread through the stakeholder network established as part of the project.



(L-R) Ms Carla Sunner with Ms Jenny Rutherford (telehealth manager)

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.

Share your achievements in getting your research published

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

HNE NMRC Research Clinic/ Drop-in Centre at HMRI

Each Thursday (8:30am – 4:30pm) 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 Ms Michelle Wyborn on 02 4924 6720. If you are unable to attend in person we can make other arrangements (e.g. videoconference, Zoom or Scopia) for you to chat with us.

HNE Nursing and Midwifery Researcher Peer Support Group

HNE Nursing and Midwifery Researcher Peer Support Group was established by the NMRC to bring nurses and midwives together to share experiences, to learn with, and support each other while undertaking nursing and midwifery research within HNELHD and to develop a strong network of nursing and midwifery researchers within HNELHD.

There are a number of nurses and midwives who have completed research higher degrees (RHDs) or are working towards one or are interested in or currently leading clinically based research in their service within HNELHD.

Many of these nurses and midwives work in isolation, particularly in rural and remote areas, with a lack of information and personal support. After consulting with a number of these nurses and midwives the need for a peer support group was identified as a way of supporting their research journey.

HNE Nursing and Midwifery Researcher Peer Support Group was established by the NMRC and aims to: foster high-quality nursing and midwifery research within HNELHD; promote and support translation of research findings into clinical practice; facilitate the development and sustainability of a community of nurse/midwife researchers within HNELHD and partner universities; increase access to research resources for clinicians and increase awareness of and disseminate research conducted by HNELHD nurses and midwives.

The Peer Support Group meeting commenced in February this year and have been meeting every month for two hours at an agreed date and time, facilitated by the NMRC staff, face to face or via Scopia. Nurses and midwives who attended the meetings have provided positive feedback. If you are interested in attending the meeting please send your email to HNELHD-NMRC@health.nsw.gov.au