

Hunter New England Nursing & Midwifery (NMRC) Research Review

Issue 1: September 2017

Research Update

Welcome to the first edition of the HNE Nursing & Midwifery Research Review. The HNE Nursing & Midwifery Research Review will be disseminated quarterly across the LHD and will also be made available on the NMRC web portal.

The purpose of the review is to highlight research that is being led by nurses and midwives across the LHD. The newsletter also provides a platform to recognise clinician researchers, and to celebrate their research milestones and achievements.

Within each edition of the newsletter the NMRC will publish information about upcoming research funding opportunities as well as research skills seminars and workshops available to support clinicians undertaking practice-based research.

We hope you find the Review informative and invite you to make suggestions for improvement or inclusions by contacting the Centre on:
HNELHD-NMRC@hnehealth.nsw.gov.au

HNE Nursing & Midwifery Research Centre (NMRC)

Who are we?

The NMRC is a District wide service that primarily works to support Nursing & Midwifery practice-based research within the LHD. The Centre is located in Gate Cottage at James Fletcher Campus, Watt Street Newcastle. The Centre is led by Michelle Giles, CNC Research and Knowledge Management and Professor Vicki Parker who holds a joint appointment between HNE and the University of New England.

Michelle, Vicki and the Centre's support staff work to enable nurses and midwives to undertake research that is designed to improve patient and service outcomes. In undertaking this work, the Centre aims to build research capacity and capability within the disciplines and across the District.

In order to achieve this, the Centre works closely with its key partners, the University of Newcastle, the University of New England, Hunter Medical Research Institute (HMRI) and HNELHD Research Support Development Office (HNELHD-RSDO). To view the Strategic Plan for Nursing & Midwifery research in HNELHD go to:

<http://www.hnehealth.nsw.gov.au/working-together/Pages/Nursing-and-Midwifery-Research-Centre.aspx>

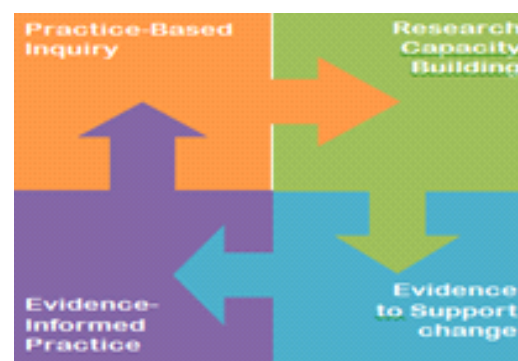
How can we help?

The team at the Centre can offer support at a range of levels. From consultation, brainstorming ideas to project design, and assisting with identifying funding opportunities to support and resource your research. If you would like to talk to staff about a research project or about conducting education sessions to support research skill development, feel free to contact the Centre at:

HNELHD-NMRC@hnehealth.nsw.gov.au

NMRC's Mission

Is to enable, normalise and promote Nursing & Midwifery research that arises from clinical practice and responds to individual, families and communities needs commensurate with the priorities of the LHD and NSW Health.



Want to know more?

Visit the NMRC web portal @

<http://www.hnehealth.nsw.gov.au/working-together/Pages/Nursing-and-Midwifery-Research-Centre.aspx>



Researcher in Profile

Within each edition of NMRC Research Review we will profile a clinician researcher working within the LHD. If you or one of your peers is undertaking practice-based research we would welcome you contacting us so that we can profile their work. In this edition of Nursing & Midwifery Research Review we are pleased to feature Ms. Ginger Chu, Renal CNC/ Clinical Research Fellow HNELHD.

Ginger Chu



Ginger has worked in Nephrology for over 13 years and is a dedicated and passionate Nurse Consultant who constantly strives to improve health outcomes for renal patients. She is a strong advocate of evidence-based care and has been recognised nationally and internationally for her work in driving evidence into practice.

We congratulate Ginger on her most recent achievement of being awarded a HNE Clinical Research Fellowship (CRF). The HNELHD Clinical Research Fellowship will enable Ginger to continue her clinical practice whilst undertaking her PhD. Ginger has a long history of driving clinical improvement projects that have been instrumental in driving evidence into care. These projects

have predominately been in the area of haemo and peritoneal dialysis.

In 2013, Ginger undertook a quality improvement project titled: *“Improving catheter-related blood stream infection in haemodialysis patients using a practice development framework”*. In this project she demonstrated more than a 50% reduction in catheter related infections by introducing evidence based guidelines.

Another project undertaken by Ginger, compared the efficacy of 2% chlorhexidine aqueous solution to 10% povidone-iodine in reducing peritoneal dialysis exit site infection rate.

In 2015 Ginger undertook a randomized controlled trial (RCT) to compare the efficacy of low to high dose heparin for the maintenance of catheter patency in dialysis patients.

Each of Ginger’s studies has resulted in significant changes to local policy and practice, and has been instrumental in encouraging similar work being undertaken nationally and internationally.

Ginger’s most recent project, and the project for which she has been awarded the HNE CRF will explore **“Sleep Apnoea in Haemodialysis”**. Sleep apnoea is a significant problem for patients undergoing haemodialysis, with reports of up to 80% of patients suffering apnoea and its associated consequence of cardiovascular event that result in premature death.

Ginger says her study;

“aims to identify a better dialysis model to improve symptoms of sleep apnoea and thereby improve patients’ survival rates and quality of life”.

We wish Ginger well as she embarks on her doctoral studies and look forward to profiling her study in later editions of Nursing & Midwifery Research Review. If you would like to know more about Ginger’s studies, please contact Ginger.

Contact Researcher

Ginger Chu

Renal CNC/Clinical Research Fellow
Nursing and Midwifery/HNELHD
Conjoint Senior Lecturer/PhD Candidate
School of Nursing and Midwifery (UON)
Ginger.Chu@hnehealth.nsw.gov.au

The HNE Clinical Research Fellowships are an initiative of the LHD to support Clinicians interested in combining their research aspirations with their clinical roles and responsibilities. If you are interested in undertaking formal research training and gaining a research higher degree, or if you are an early–mid career researcher with a PhD and would like to extend your research into the post-doc phase you might be interested in applying for a HNE LHD CRF.

If you would like to know more about the HNE Clinical Research Fellowship visit:
<http://www.hnehealth.nsw.gov.au/working-together/Pages/Clinical-Research-Fellowship-Scheme-2016.aspx>

Project in Profile

No CAUTI: Preventing Catheter-Associated Urinary Tract Infection using a Bundled Catheter Care Approach



Wendy Watts, CNC Urology

In 2016, the CAUTI Research Team including members from HNELHD, CCLHD, UON and UNE, gained a Translational Research Grant Scheme (TRGS) from the NSW Ministry of Health to implement a CAUTI (Catheter-Associated Urinary Tract Infection) prevention program.

The project, led by Wendy Watts and Michelle Giles is being conducted in four hospitals (Tamworth, Maitland, Gosford and Wyong) across two Health Districts (HNELHD and Central Coast LHD). The “No CAUTI” project started as a small scale practice-based project when Wendy identified the issue of inappropriate urinary catheter use and high rates of CAUTI at John Hunter Hospital. The project has now, with the support of the NSW TRGS, evolved into a large-scale multi-site intervention study.

The No CAUTI “journey” demonstrates how nurses and midwives can significantly impact patient outcomes through research. After initially identifying a clinical practice problem, Wendy sought help from researchers at the NMRC to develop a study

She submitted her project for funding through a HNE Innovation Support Scholarship and after successfully securing funding she and the research team set about undertaking a pilot study at the JHH.

The improved outcomes realised through this small study were reduced catheter use, reduced duration of catheterisation and reduced catheter associated urinary tract infection (CAUTI).

The results from the pilot were instrumental in supporting the research team’s bid for the highly competitive TRGS funding.

The project is currently underway with compliance and implementation phases being conducted across the four study sites. If you would like further information about the project please contact Wendy. The published study protocol manuscript can be found @ <https://bmchealthservres.biomedcentral.com/articles/10.1186/s12913-017-2268-2>

Do you have an idea for a clinical practice research project?

If so contact the NMRC and we can help you brainstorm your ideas.

Contact the NMRC @ HNELHD-NMRC@hnehealth.nsw.gov.au for advice and support.

Congratulations

In each issue of HNE Nursing & Midwifery Review we will recognise the remarkable achievements of our HNELHD clinician nurse and midwife researchers. Please let us know if you or any of your peers have achieved a research milestone so we can celebrate these achievements.



Se Ok Ohr, CNC Renal

Se Ok has recently been awarded her PhD through UON. Se Ok has worked hard juggling full time work whilst undertaking her doctoral studies. We celebrate Se Ok’s amazing achievement and wish her well as she now embarks on her post-doctoral journey.

It is pleasing to have another nurse in the LHD who has acquired research skills and is willing to share these with her peers.

Se Ok’s thesis was titled: *“An Examination of how Overseas Qualified nurses Work Together in the Australian Context”*

Through her study Se Ok identified the ways in which Australian Qualified nurses and Overseas Qualified nurses come together highlighting the difficulties associated with language and the development of trust and respect over time. She identified the need for systematic support for international nurses as they transition into the Australian workforce. For further information email Se OK at: Seok.Ohr@hnehealth.nsw.gov.au

Calling all Aspiring Clinician Researchers

If you are interested in taking your clinical practice to the next level by integrating research into your everyday practice, you might like to consider joining the **HNELHD Aspiring Clinician Researchers' Network**. The network aims to provide peer support for clinicians interested in undertaking practice-based research, and for those currently or planning to undertake a research higher degree. (<http://www.hnehealth.nsw.gov.au/working-together/Pages/NMRC-Contact-Us.aspx>)

Upcoming Events

Seminars:

Each year the NMRC hosts a research seminar series. The aim of the seminars is to promote, support and profile research being undertaken by nurses and midwives across the District and to provide an opportunity for clinicians interested in research to network with their peers. The upcoming seminar for October will feature nurse researchers from HNE Population Health.

Date	Time	Venue	Topic
11th October 2017	2:00pm – 3:30pm	Caves Lecture Theatre, HMRI Building, JHH Campus	Action Research <i>IN</i> action: Profiling the Research of HNE Population Health Nurses'

Workshops:

Each year the NMRC provides a number of research skills workshops for clinician nurses and midwives wanting to improve their research skills. The aim of the skills workshops is to support research capacity and capability amongst the disciplines of Nursing and Midwifery within HNELHD.

To access the 2018 Research Skills Development Workshops program <http://www.hnehealth.nsw.gov.au/working-together/Pages/NMRC-Skills-Workshops.aspx>

External Research Skills Courses:

The Australian Consortium for Social and Political Research Incorporated (ACSPRI) Spring Program 2017 <https://www.acspri.org.au/spring-program-2017>

Conferences:

3rd Australian Nursing and Midwifery Conference



3rd Australian Nursing and Midwifery Conference The theme for this year's conference: Collective Conversations: education, quality and research in nursing and midwifery practice - See more at <http://www.nursingmidwiferyconference.com.au/>

Innovation & Research in Medicine and Healthcare Showcase

Monday 25 - Friday 29 September 2017 at the University of Newcastle Sydney campus, 55 Elizabeth St, Sydney