

Hunter New England Nursing & Midwifery (NMRC) Research Review



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Calling all Aspiring Clinician Researchers

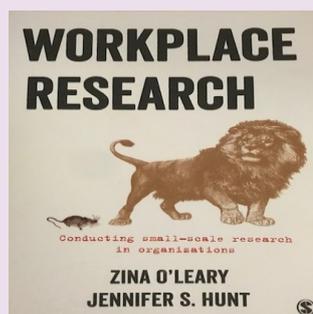
If you are interested in taking your clinical practice to the next level by integrating research into your everyday practice, you might like to consider joining the **HNELHD Aspiring Clinician Researchers' Network**. The network aims to provide peer support for clinicians interested in undertaking practice-based 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>)

Recommended Reading

A great place to start if you are interested in small scale research projects in your work place.

A well-structured, practical and easy to read book which has step by step guide to planning, conducting and delivering quality research projects.

"Workplace Research" by Zina O'Leary and Jennifer S. Hunt



Researcher in Profile

Each edition of the NMRC Research Review profiles a nurse or midwife clinician researcher working within the HNELHD. 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 we are pleased to feature Dr Elizabeth Kepreotes who is the CNC for the Children's Complex Pain Service at John Hunter Children's Hospital.

Dr Elizabeth Kepreotes



Elizabeth is a principle researcher with the Priority Research Centre GrowUpWell and a Conjoint Senior Lecturer with the School of Nursing and Midwifery of the University of Newcastle. She has worked clinically in the field of paediatric healthcare for the last 30 years. Eleven years ago, her interest in quality and safety saw her take up the position of Clinical Improvement Facilitator for children's health services in Newcastle. The clinical improvement process is inextricably linked with research, so her professional response was to seek further training in research. Elizabeth did this through a Master of Nursing - Advanced Practice (University of

Newcastle 2008); a Master of Medicine - Clinical Trial Research (University of Sydney 2013); and a PhD in Nursing (University of Newcastle 2014).

Between 2012 and 2015 Elizabeth led the first completed RCT into the effectiveness and safety of high-flow oxygen in a paediatric population. The results of the study were presented at the Thoracic Society of Australia and New Zealand where it won the paediatric award, and at the European Respiratory Society Congress in London last year. The study was published with a commissioned comment paper in The Lancet in February 2017.

As a result of the RCT, high-level evidence now exists as a starting point for clinical practice reform in paediatric oxygen therapy for Emergency Department and ward-based populations with bronchiolitis. This viral infection remains the most common cause for admission to hospital or Intensive Care for children under the age of 24 months in developed nations and still has a high mortality rate in developing nations.

Elizabeth's qualitative PhD, which utilised critical ethnography to examine the parental impacts of rare diseases of childhood, led her into her current role of working with children with complex, chronic pain. Her PhD was awarded the Faculty of Health and Medicine 2014 Research Higher Degree Excellence Award. It has since informed practice within the Children's Complex Pain Service where over a quarter of the children have rare health conditions.

Elizabeth’s research now centres on examining an outreach model of care whereby children and young people with chronic pain are managed by primary healthcare providers as close to home as possible with support from the tertiary team. The research is funded by the Agency for Clinical Innovation, NSW Health and uses national patient- and parent-reported outcome data to examine the different models of care delivery.

Currently, 25% of the children seen in the Children’s Complex Pain Service are Aboriginal, so the team are working with Indigenous researchers to design a national study of the experience of Indigenous children and young people living with chronic pain. The first step will be to analyse national patient- and parent-reported outcome data to understand the differences, if any, in the experience of Indigenous and non-Indigenous children and adults to estimate the current trajectory of chronic pain across the life-course.

Elizabeth’s research will always focus on tangible clinical improvements for children, young people, and their families, with a strong emphasis on giving them a voice and a means of informing positive changes in care.

Research Project in Profile

A Consumer Led Model of Peer Mentorship

Peer mentors are known to add value to the recovery journey of the consumer through the relationship of “true empathic Human beings” (Miyamoto & Sono 2012).

In 2015 the Cottage Rehabilitation Unit commenced an Essentials of Care Project aimed at providing current extended care mental health inpatient consumers with the opportunity to develop confidence and skills for their transition back to the community through peer mentorship roles.

Once a literature search was conducted, it became apparent that no peer mentor model for mental health inpatients currently existed and this would be an ideal opportunity for the team to develop their research skills by further developing this research project. The project is titled “A Consumer Led Model of Peer Mentorship”.

Kylie Key, CNC in Psychiatric Rehabilitation Services, is leading the project team. The aim of this research project is to develop a Consumer Centred Peer Mentor recovery model for people with serious mental illness in a long stay Mental Health Rehabilitation inpatient service. This model will improve consumer rehabilitation and recovery outcomes through values of self-determination, hope & optimism while supporting the development of a recovery orientated service approach to care.

The model is intended to help facilitate a unique and collaborative working relationship with peer mentor participants whilst building on the strengths of the consumer participants and increasing their self-

esteem and confidence.

We are fortunate to have consumers, nurses, social workers and occupation therapists on the project team with each team member bringing their own unique perspectives and ideas to the project. It is inspiring to see the consumers on the team involved in all aspects of the project, including; EOC presentations, development of consumer surveys and consumer education sessions and facilitation of the education sessions.

The biggest challenge is embedding the process in daily practice. A clinician commented “It is slow going but as trust develops the role of cottage peer mentorship is gradually being embraced by an increasing number of consumers and clinicians on the unit.”

Some of the comments made by the consumers who have been involved are “I want to develop my own personal skills and just have a chance to help people” and “it is the best thing to happen in mental health services in years!”

The project is currently underway with all educational resources fully developed and several consumers already participating in the peer mentor program.

For any further information please contact Kylie Key on kylie.key@hnehealth.nsw.gov.au.

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3rd Australian Nursing & Midwifery Conference



Hunter New England Health, in partnership with the University of Newcastle and University of New England, hosted the 3rd Australian Nursing and Midwifery Conference in September this year. The conference theme, **Collective Conversations**, provided the opportunity for 215 delegates from Australia, New Zealand, New Guinea, Saudi Arabia, Singapore, Hong Kong, Thailand and Qatar to share their achievements and challenges in Nursing and Midwifery.

Professor Maralyn Foureur and Professor Linda Shields presented new ideas and perspectives on midwifery and child health. Australian nurse Amanda McClelland, currently based in Geneva with the Red Cross, gave an inspirational account of her work in directing crises interventions during the Ebola epidemic and following natural disasters. Amanda's key message was the importance of nurses and midwives taking on leadership roles at all levels of health care.

The audience was moved by the compassionate presentation given by Nic Marchesi and Lucas Patchett, founders of Orange Sky Laundry. Their work, providing a free mobile laundry and shower service, helps restore dignity and hope to people experiencing homelessness. Nic and Lucas' key message to the audience was the power of simple conversations in

re-engaging some of the most disenfranchised people in our society.

Nurses and Midwives across Australia and many other countries, along with staff and students from HNELHD and our partnering universities presented their work in nursing and midwifery quality, research and education. This was a strong demonstration that commitment, innovation and creativity are in abundance across our profession and within the District.

This year the conference included for the first time a student breakfast session on entrepreneurship in nursing, hosted by both the University of Newcastle and University of New England.



Sally Milson-Hawke (DONM, JHH) presenting an inspiring summation at the end of the 2 day conference

Congratulations



Registered Nurse and part time PhD student, **Douglas Bellamy** is one of 36 people to be awarded a NSW Health PhD scholarship this year. His thesis examines how older people with cancer and their families living in rural communities are affected by the burden of treatment.

The objective of the research is to identify how to enhance the capacity people have to manage their treatment through appropriate use of resources, including their local networks.

"Older people and their caregivers are faced with the effort and coordination that it takes to manage the various aspects of cancer treatment," Douglas said. "This takes up quite a bit of time and energy, and more so for rural people who have the added challenges associated with living in the country. This study will work to provide practical approaches that can be used to help manage the work of cancer treatment."

Douglas encourages anyone who is thinking about, or undertaking, a PhD to consider The NSW Health PhD Scholarship Program. It's open to PhD candidates who work within, or closely with, NSW Local Health Districts and specialty health networks.

Douglas's supervisors are Prof Vicki Parker and Dr Jackie Lea (UNE), and Prof Brian Kelly (UoN).

Useful Resources

Have you seen the new Nursing and Midwifery Research web portal yet?

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

Other Resources

Research Innovation Portal has resources that support innovation and research and provides information on available research training opportunities across the LHD as well as statewide initiatives. For more information visit

<http://www.hnehealth.nsw.gov.au/working-together/Pages/Home.aspx>

Upcoming Events

Seminars:

Each year the NMRC hosts a number of research seminars. The aim of these 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 learn and network with other likeminded peers.

To access the 2018 Seminar Series visit <http://www.hnehealth.nsw.gov.au/working-together/Pages/NMRC--Research-Seminar-Series.aspx>

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 visit <http://www.hnehealth.nsw.gov.au/working-together/Pages/NMRC-Skills-Workshops.aspx>

Conferences:

Australian Consortium for Social & Political Research Inc.(ACSPRI) 2018 Summer Program
For more information visit the [ACSPRI website](#)

