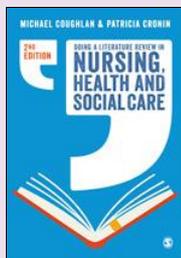


HNE Nursing & Midwifery Research Centre (NMRC) Research Matters for Nurses and Midwives

December 2020

Recommended Reading



Doing a Literature Review in Nursing, Health and Social Care by Michael Coughlan and Patricia Cronin is a clear, concise and practical book that guides readers undertaking a literature review.

Publication

The NMRC PACE-IT project was featured in the Office for Health and Medical Research Newsletter "Video call consultations for aged care residents aim to avoid unnecessary trips to emergency". [NSW Health & Medical Research | Home](#)

Nursing and Midwifery Research Centre (NMRC)



Gate Cottage
James Fletcher Campus
72 Watt Street
Newcastle NSW 2300
Telephone: +61 2 4924 6720

Researcher in Profile



Antony Mullen

Antony Mullen (RN, BN, MN (CP), CMHN, FACMHN) is a Clinical Nurse Consultant within Hunter New England Mental Health and has specialised in acute adult mental health spanning the last 25 years.

Antony has had a long time interest in research and has conducted a series of practice based research projects that have culminated in a number of peer review publications. A particular research interest is promoting consumer engagement and recovery within mental health nursing practice. The most recent publication was an exploratory qualitative study across Hunter New England Mental Health that explored the views of consumers, nurses and managers about involving consumers in the nursing handover process (Bedside Handover). It identified potential benefits for involving consumers, as well as the logistical challenges around implementation.

This study was supported by the HNE NMRC with Professor Vicki Parker providing invaluable expertise in the study design and data analysis. That project motivated Antony to increase his research knowledge and skills. This year he has enrolled in a PhD with the School of Nursing and Midwifery at the University of Newcastle. The focus for his PhD is on a model of care increasingly being utilised within acute inpatient mental health units, called Safewards. It is a nurse led model that includes a suite of ten interventions aimed at increasing the level of safety within these environments. The model also provides a framework to facilitate positive therapeutic relationships between consumers and staff. Specifically, Antony is interested in exploring the consumer perspectives of the Safewards model and is currently undertaking an integrative literature review.

Contact Researcher

Antony Mullen

Clinical Nurse Consultant | Hunter
New England Mental Health
Service

Conjoint Lecturer | University of
Newcastle

Tel: 02 4033 5068

Antony.Mullen@health.nsw.gov.au



Health
Hunter New England
Local Health District

Research Project in Profile

Lactation project – BESTI (Breastfeeding Education and Standardising Timely Intervention) project for Child and Family Health Nursing Service

The health and economic benefits of breastfeeding for mothers, infants, and the broader community are well established, however breastfeeding rates remain suboptimal in Australia. Breastfeeding provides optimal nutrition for infants, as well as protection from pathogens through a number of mechanisms. Short maternity hospital stays have shifted the responsibility of breastfeeding support to health professionals who provide ongoing care. BESTI is a project enabling the Child and Family Health Nursing Service (CFHNS) to offer lactation support to women in the community and provide clinical consultation with lactation consultants. The aim of the project is to increase lactation support to women in the community by:

- Standardising breastfeeding advice and support provided to all mothers
- Developing a referral pathway/model of care to ensure evidence based breastfeeding advice and support is provided by CFHNS. Specialised support and advice is provided to those most at risk of ceasing to breastfeed
- Trialling the provision of specialist lactation services by establishing a telehealth breastfeeding service within CFHNS

This project supports the NSW Health's 'First 2000 Days' framework and aims to support women to exclusively breastfeed for 6 months to align with its recommendations. The project will assess the feasibility, acceptability and potential efficacy of a multilevel approach to providing breastfeeding support, combining both universal and targeted strategies.

Outcome measures will include:

- CFHNS knowledge and confidence in supporting mothers to breastfeed
- Mother and nurse acceptability of the service assessed via SMS survey using validated measures
- Assessment of breastfeeding status via medical records

This service improvement initiative has been driven by CFHNS as a method to improve reach and satisfaction amongst their clients. Trish Minett is a lactation consultant and the clinical lead for the project, supported by Sinead Redman, Nurse Manager CFHNS.



Sinead Redman

Contact Researcher

Sinead Redman

Nurse Manager/Service Manager
Child and Family Health Nursing
Services
Children, Young People and Families
Level 1 Harker Building Longworth
Avenue Wallsend
Ph: 02 4924 6169 / 0409 3100 15
Sinead.Redman@health.nsw.gov.au



Trish Minett



Upcoming events

HNELHD \$5,000 Scholarship to Undertake Honours in Nursing or Midwifery

Are you interested in further study, a career as a nurse or midwife clinical researcher, or simply interested in how research can improve clinical practice?

The HNE Nursing and Midwifery Research Centre (NMRC) is offering a scholarship of \$5,000 to support a nurse or midwife currently employed in HNELHD to undertake Honours through either the University of Newcastle, School of Nursing and Midwifery or the University of New England School of Health. The successful applicant must be willing to undertake a project aligned to the Local Health District's current projects and will be supervised and supported by staff and resources within the NMRC, together with support available through their University.

Honours projects are usually small research projects that will be completed in one year of full time or two years part time study. To be eligible applicants must meet the University requirement.

For information, please contact

Dr Michelle Giles, Nursing and Midwifery Research Centre HNELHD. Phone 49246702 or e-mail michelle.giles@health.nsw.gov.au.

Research Internship program – interested in building your research capacity?

A research internship program will be run in 2021, presenting a great opportunity for nurses and midwives to develop their research ideas and be supported throughout the research process by a mentor. The program will have limited numbers so don't wait too long to notify us of your interest in participating. Interns will need to be supported by their managers to participate in order to dedicate a minimum of 1 day per fortnight to the program to participate in face to face workshops, research activities and mentoring.

An information flyer will be circulated soon so watch this space.

5th Australian Nursing and Midwifery Conference

The 5th Australian Nursing and Midwifery Conference 2021 will be held on 6 -7 May 2021 at Newcastle Exhibition & Convention Centre (NEX), Newcastle, NSW, Australia. Registration is open now. Please visit the website for more information [Australian Nursing and Midwifery Conference](https://www.nursingmidwiferyconference.com.au).

SAVE THE DATE: 6 & 7 May 2021

5th Australian Nursing and Midwifery Conference

Riding the Waves of Change, Forging the Future:
Nursing and Midwifery practice, research and education

Newcastle Exhibition & Convention Centre, Newcastle, NSW
www.nursingmidwiferyconference.com.au
Contact: jas@eastcoastconferences.com.au

Hosted by

NSW GOVERNMENT | Health Central Coast Local Health District

NSW GOVERNMENT | Health Hunter New England Local Health District

NSW GOVERNMENT | Health Mid North Coast Local Health District

THE UNIVERSITY OF NEWCASTLE

Meet one of our NMRC team



Rachael Petherbridge (RN/RM BNursing (Hons), Grad Dip Mid, MNursing Science) is our newest team member. Rachael began her career in paediatrics and after completing her Graduate Diploma in Midwifery, she remained in this speciality for 14 years. Rachael has completed remote work placements with Indigenous Health services in the Northern Territory. She also has experience working as a Clinical Midwifery Educator. Rachael is a Conjoint Lecturer at The University of Newcastle affiliated with the Joint Medical Program. She is committed to women's health and has an interest in clinical research.

Rachael has been seconded to the NMRC as a Project Coordinator on the pilot study: "Tracking surgical site infection post caesarean section through post hospital discharge surveillance". This pilot project is a feasibility study to test an innovative app called 'HealthTracker' which aims to provide reliable surveillance of surgical site infections (SSI) for women giving birth via caesarean section. This tool will assist in improving SSI reporting post caesarean section. The study will provide valuable information related to women most at risk of developing SSIs post caesarean section.

