

Reason

Research at the School of Nursing

October 2011 | Issue 2



New Chair in Gerontology
Professor Matthew Parsons



THE UNIVERSITY
OF AUCKLAND

FACULTY OF MEDICAL
AND HEALTH SCIENCES

School of Nursing

On our cover

The editorial team welcomes you to the second issue of REASON. In this issue we will update you on what researchers within the School of Nursing have been up to, including celebrating the recent professorial appointment of Matthew Parsons as Chair of Gerontology featured on our cover.

Several staff members secured funding for their research projects from a variety of funding sources since our last edition. Find out more about these projects in this edition and remember you can find a full list of our projects and publications on the website www.fmhs.auckland.ac.nz/son/research. We also highlight visitors to the School, including Professor Michael Perlin from New York Law School who spent three weeks in New Zealand speaking about social justice issues in mental health. Our postgraduate corner features recently completed research by our Master and PhD students and we celebrate the success of one of our summer students, Olivia Marti, whose project on the health effects of Tasers was highly commended by the Dean. Finally, we also bid farewell to Associate Professor Mary Finlayson who has taken up a professorial position in Darwin, Australia.

The editorial team would be pleased to hear from you should you have any comments regarding this issue of REASON. Electronic copies of REASON are available on our website and you can also sign up for future editions by emailing nursingresearch@auckland.ac.nz

We hope you enjoy reading this edition of REASON, Merryn Gott, Katey Thom, Simon Halpenny, Gary Bellamy, Anna King, Lara Baylis, Deborah Raphael, Susan Waterworth, Stephen Jacobs, Jacquie Kidd, Ann McKillop and Karen Hoare.



Professor Parsons, new Chair in Gerontology.



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Foreword

Welcome to the second edition of REASON. It's great to have this opportunity to bring you more news of our research activities in the School and celebrate some of our recent successes. We are pleased to announce Matthew Parson's appointment as Professor in Gerontology, a post which is held jointly between the University of Auckland and Waikato District Health Board. We very much value our links with service providers across New Zealand and a number of our staff hold joint clinical appointments.

Dr Kathy Peri recently joined the staff as a Senior Lecturer and was almost immediately featured in the New Zealand Herald following her success in securing Health Research Council funding for a project she is leading examining the effects of the Canterbury earthquake upon older people's health and wellbeing. At the other end of the age spectrum, we also bring you news of Terryann Clark's new \$1.5million grant to conduct a large survey of secondary school student's health and wellbeing. Last, but not least, Gary Bellamy, John Parsons and Kathy (again!) were successful in obtaining funding from the highly competitive University of Auckland Faculty Research Development Fund. These studies will inform larger programmes of work in the areas of palliative care and gerontology. We look forward to updating you with the findings from all these projects in future editions of REASON.

Our postgraduate students continue to make great progress. In this edition, we bring you news of Lara Baylis's PhD exploring health literacy of adolescents in the context of sexual health, as well as reflections from Karen Hoare who is nearing completion of her PhD by publication. We also update you on our key publications for 2011 on pages 13 and 14. As ever, if you would like more information about these, or anything else featured in REASON, please contact us. Thank you for sharing our news.

Professor Merryn Gott,
Director of Research

Writing a PhD by publication

The University of Auckland has recently introduced the opportunity for PhD candidates to write a 'thesis with publication'. This new option will allow candidates to submit a thesis comprising of a series of published research papers in which they are lead author, provided there is a contextual framework and concluding discussion supporting the papers. Candidates can include this material in the version in which it was published, or they can revise previously published material in order to update and refine information and provide links with other sections and chapters of the thesis. Karen Hoare shares her experiences of writing her PhD by publication entitled 'how do practice nurses use information in their work?'

I have always liked writing. When I was nine years old I won a prize at school for my book of poems. I still like poetry but I gave up writing my own poems quite a number of years ago. My first publication in a professional journal in 1991 brought me great pride - I loved seeing my name in print! Writing a thesis by publication is such a good idea, however it is not for the faint hearted. I currently have five manuscripts from my PhD thesis 'in press' and three 'under review.'



Writing a PhD by publication has been a profound experience and although I remain a strong advocate of the process, one needs certain attributes to be able to see it through. Steely grit and determination, plus the wise counsel of my supervisors, sustained me through the rejection of papers and negative reviews in the early stages. Articles spent many months with journals, reviewers requested changes and after changes were made, the editor would still reject the paper. Aiming to achieve publication in what I perceived to be high quality journals, was not always good for my confidence in the early days. The quality of the comments from peer reviewers used by these journals were very variable, some were quite rude, for example 'the conclusions are quite pretentious' was one reviewer's comment for the conclusions in the first paper in chapter one. That paper (without changing the conclusions) was subsequently accepted for publication in The International Journal of Person-Centered Medicine. Others reviewers (I feel) did not understand the concepts in the papers, for example, one peer reviewer for a high impact factor nursing journal, suggested that the article entitled 'Reflective thought in memos to demonstrate advanced nursing practice', was only 'one person's experience' and therefore of no merit (!) That paper is currently in press for Reflective Practice - an international multi-disciplinary journal.

On the positive side, two papers were accepted for publication on two consecutive days, one with no changes! My first piece of work for my supervisors was to produce a table of contents and I found writing this really valuable as it provided a structure to the thesis right from the start. The table of contents changed many times and my writing has definitely improved throughout the process. So I've written my first book; the next one will feature travel to exotic locations, history, glamour and romance. There will be no endnote or references and only rave reviews!



Welcoming back a familiar face

The School was pleased to welcome Dr Kathy Peri back recently and she has already made an impressive start with two successful funding applications to investigate the effects of the Canterbury earthquakes on older people.

Kathy has recently returned to the School as a Senior Lecturer, after working for three and a half years as the Director of Nursing at Princess Margaret Hospital within Christchurch District Health Board. Kathy appreciated the broad population health focus of this hospital which incorporated an Older Person's Health Specialist Service consisting of inpatient and community services to meet the needs of older people.

Earlier this year Kathy graduated from the University of Auckland with her PhD. Her research entitled 'PILS: Promoting Independent Living Study', investigated the impact of individualised physical activity programmes in rest homes. The findings showed that older residents "enjoyed goal setting and the programme gave many a new found sense of purpose." Kathy says one of the significant outcomes of the work she completed for her PhD was her new found research interest in organisational culture. She has since been integrating this within her academic and clinical career.

Kathy's role at the School of Nursing involves lecturing activities at an undergraduate and postgraduate level on topics related to aged care. She is also involved with many research studies. Due to her extensive experience in residential care, she has been invited to work on a large cross-faculty "international healthcare robotics project", jointly funded by New Zealand's Ministry for Science and Innovation and Korea's Ministry of Knowledge. The long term goal of the project is to develop an affordable healthcare robot for use in aged communities. Key roles of these robots include falls detection and calling for help, prevention of wandering, reminders for medication, vital signs assessment, and entertainment and socialisation.

In addition to her role within the School, Kathy is employed as a Nurse Advisor for Ryman Healthcare. This position involves implementing a new resident centred model of care across the 24 facilities throughout New Zealand.

Assessing the effect of the Canterbury earthquakes on older people

Kathy has recently been awarded funding for two projects exploring the impact of the Canterbury earthquakes on the health of older people. Since the magnitude 7.1 quake hit Canterbury on September 4th, the district has experienced over 7000 aftershocks, including the devastating 6.3 magnitude quake in February 2011 that led to 181 fatalities.

One of Kathy's projects on the impact of the earthquakes on older people is part of a joint initiative between The Health Research Council and The Canterbury Medical Research Foundation who have invested in five projects based in Christchurch and Dunedin to research the impact of the earthquakes. These five major research projects will investigate the effects of the earthquakes on the health of the locals, and will be led by five different researchers. The projects will gather data on how people affected by the earthquakes have coped, and aim to use this information to help agencies, governments and communities plan for future natural disasters.

Kathy has also been awarded funding from the University of Auckland Faculty Research Development Fund for her project focussed on community dwelling for frail older people in Canterbury post the September 2010 earthquake. Kathy's project will make an important contribution to the recovery efforts in Canterbury by exploring how this population have coped through this period.



Summer student wins award

We are delighted to report Olivia Marti won an award for her 2010 summer studentship project entitled 'Taser use and its effects: Appraising the evidence'. Olivia's project was highly commended by a panel of judges who assessed a total of 149 projects.

Under the supervision of Dr Katey Thom and Anthony O'Brien, Olivia systematically reviewed all the available empirical studies on the extent of Taser use, as well as its potential health effects for both the general and mental health population. She found that although most studies reported few medical complications, they also confirmed that the extent of use is far higher in those experiencing a mental health emergencies. A disappointing finding was that there remain few studies that consider the health effects of Taser use on the mental health population.

An unexpected finding of the study, however, surrounded the conflict of interests associated with the authorship of many studies reviewed. Olivia's review revealed 48% of the articles had authors affiliated with Taser International Inc. and this, at times, included financial interests in the company which were not stipulated in the publications.

Olivia is currently near completion of her nursing degree and hopes to consider research opportunities in the future. She described how doing the studentship gave her the opportunity to expand on her interest of mental health and consider the implications of the research for her clinical practice:

"It has highlighted the awareness I need to have as a health professional of the wider aspects of society which can impact on people's health; something I often missed when only dealing with 'sick' patients in a clinical setting. It has also highlighted the need and specific skills for critiquing literature thoroughly before taking the findings as evidence. This is especially significant within my practice where evidence based practice is paramount"

Supporting staff to write research proposals

In March this year, nine members of staff were given the opportunity to take part in the second writing retreat organised by the School of Nursing. Whilst the focus was primarily upon those submitting research proposals to funding bodies, it gave others the opportunity to concentrate on their publications. Nestled amongst native forest on top of the Taupiri Ranges, The Hillside Resort in the Huntly township provided a great location from which to focus upon the task at hand. The 2 ½ day event, interspersed with discussion groups and workshops, enabled staff to take time away from the department and prioritise their writing.

Numerous publications from the very first writing retreat on the Waiheke island resort have now been published or are in press helping to contribute to the ongoing success of the department ahead of Performance Based Research Funding submission this year. We can already report on a number of accomplishments as a direct result of the second retreat including a Hood Fellowship and three University of Auckland Faculty Research Development Fund grants, as well as a number of publications in academic journals.

The next event is due to place in November this year at Matakana, North of Auckland. We are already looking forward to updating you on our achievements at Matakana in the first edition of REASON in 2012.



Writing retreat attendees: (from left to right) Kate Prebble, Anna King, Jacquie Kidd, Susan Waterworth, Katey Thom, Gary Bellamy, Merryn Gott, Karen Hoare, John Parsons.

Balancing human rights with risk management

The School has continued to showcase the research being undertaken by staff members and graduate students to the wider public through lunchtime seminars. In this issue we highlight Dr Kate Prebble's seminar that she gave in April 2011.

Kate's seminar was entitled 'The care manager's dilemma: Balancing human rights with risk management under the Intellectual Disability (Compulsory Care and Rehabilitation) Act 2003'. This Act enables courts to order compulsory care and rehabilitation for people with intellectual disability who have been charged with, or convicted of, an imprisonable offence. Kate's presentation detailed her research into this new statutory role that gives care managers the legal responsibility to implement and review the compulsory care (including risk management) and rehabilitation of individuals with intellectual disabilities under the Act. The potential for the Act to conflict with the philosophies of freedom, choice and normalisation that traditionally characterise the intellectual disability service sector highlighted by Kate made for an thoroughly interesting session.

We are eager to hear from any interested parties should they be keen to present at the lunchtime seminars or join our distribution list for advertisements of upcoming seminars. You can also visit our website for upcoming seminars and all inquires should be directed to the School at nursingresearch@auckland.ac.nz.

Staff success with Faculty funding

Kathy Peri, Gary Bellamy and John Parsons were all successful in receiving funding from the annual University of Auckland Faculty Research Development Fund this year.

Dr John Parsons is a Senior Lecturer at the School of Nursing. He is also a qualified physiotherapist and has extensive experience in the area of gerontological research, and currently collaborates with a number of researchers internationally. He also provides consultancy services in community health development and research to the Victorian State Government, as well as the Department of Health in the United Kingdom.

John has recently received funding from two University of Auckland funds. He will use the Faculty Research Development Fund to develop and test the effectiveness of an evidence based multi-sensory exercise programme among older people with depression. Using a randomised controlled trial design the combined home and group based programme will be compared to a frequency matched sham programme to explore the impact of the programme on physiological measures related to falls risk. In addition, the safety and adherence to the programme will be determined. The results of the study will inform the development of a Health Research Council application for the funding of a larger trial.

For his second project, John, alongside his co-investigators Drs Davies, Roxburgh, Zhang, was awarded Cross Faculty Funding for a project that seeks to evaluate the effectiveness of hydrotherapy treatment as a means to increase locomotor function in individuals with late onset hereditary spastic paraparesis. The overall goal of the project is to increase locomotor ability of individuals with late onset hereditary spastic paraparesis and to understand how hydrotherapy may increase locomotor function. The project will also facilitate exciting new collaborations between The Faculty of Medical and Health Sciences, The Faculty of Engineering and The Faculty of Science at The University of Auckland allowing for the merging of expertise in the evaluation of the effectiveness of treatment therapies.



Dr Gary Bellamy is a Research Fellow in the School of Nursing. He also leads the research and public engagement sub-group of the National Advance Care Planning Co-operative. Gary's research interests include palliative and end of life care, sensitive research topics and older people.

Gary will use the Faculty Research Development Fund to explore consumers' understandings of, and preferences for, Advance Care Planning. The project involves interviews and focus groups with people who have previously been under-represented in Advance Care Planning research. The research will explore how consumers understand Advance Care Planning, what experience they might have had with it, and what involvement they may like to have with it now or in the future. This project has been developed in collaboration with Auckland District Health Board, and the findings from this research will inform Advance Care Planning activities within Auckland District Health Board and nationally. The findings from this study will also provide preliminary data to inform a large-scale national survey of public attitudes of Advance Care Planning.

Gary is also currently leading two other projects, one on developing Advance Care Planning for people with intellectual disabilities, and the other looking at the care of sexual minorities in aged residential care facilities.

You can read more about Kathy's Faculty funded project on page four of this addition of REASON.



Talking about social justice in mental health

The Centre for Mental Health Research welcomed Professor Michael Perlin to New Zealand over three weeks in May this year. Supported by The Ralph and Eve Seelye Charitable Trust Fund, Michael gave three public seminars in Auckland, Dunedin and Wellington, hosted a two-day symposium and even had time to visit Australia to help launch a newly formed research centre.

Michael is a Professor of Law at New York Law School and an internationally recognised expert on mental health disability law. He has devoted his career to championing legal rights for people with mental disabilities. His book entitled *The Hidden Prejudice: Mental Disability on Trial* represents an amalgamation of his prolific writing career, in which he has authored 20 books and close to 200 academic publications on all aspects of disability law. Across his works, Professor Perlin has attempted to educate society about a form of discrimination he has coined 'sanism' that affects the application of mental health and disability law.

Apart from his academic work, Professor Perlin has also continued to work directly on mental disability cases as Director of the Division of Mental Health Advocacy in the New Jersey Department of the Public Advocate and advises mental health professionals, advocates, activists, lawyers, and governments. He has circled the globe providing mental disability training workshops in Hungary, Estonia, Latvia, Poland, Bulgaria, and Uruguay.

During his visit downunder, Michael focussed his talks on his recent work at the Justice Action Center, where he has been working with advocates from Japan, Australia and the Pacific Rim to create a Disability Rights Tribunal in the Asia and Pacific region. Michael's visit drew interest from several professional organisations, mental health advocacy groups and other organisations such as the Human Rights Commission and The Australian and New Zealand Association of Psychiatry, Psychology and the Law. Since his visit, the Centre for Mental Health Research, in collaboration with colleagues from the Faculty of Law at the University of Auckland, have been generating support for the

development of a Disability Rights Tribunal in the Asia and Pacific region nationally. As of yet, New Zealand has provided structured support to this exciting initiative.

Professor Michael Perlin also helped the Centre for Mental Health Research host a two-day symposium that involved researchers from around the country presenting their projects on social justice issues in mental health. Three keynotes were given by Gareth Edwards, Director of Positive Thinking Ltd, Professor Sunny Collings from The University of Otago and Associate Professor Kate Diesfeld from The University of Waikato. The topics of presentations covered the following themes:

- Mental health law
- Intellectual disability and the criminal justice system
- A spotlight on humanity
- Social vulnerability and our mental health services
- Mental health and 'criminality'.

The symposium turned out to be a great success and the Centre for Mental Health Research hopes to continue building a virtual support network for researchers working in this area. Another Mental Health and Social Justice Symposium is set for 2013 and it is also hoped that an edited book showcasing some of the fantastic presentations given at the event will be published by members of the Centre for Mental Health Research in the near future.



Te Pou
o Te Whakaaro Nui

cmhr
CENTRE FOR MENTAL HEALTH RESEARCH

The Centre for Mental Health Research would like to acknowledge the support of The School of Nursing, The Ralph and Eve Seelye Charitable Trust Fund and Te Pou, The National Centre of Mental Health Research, Information and Workforce Development for their support to host Professor Perlin and the Mental Health and Social Justice Symposium 2011.

Building relationships with Monash University

While Professor Michael Perlin was in New Zealand he jumped across the ditch to help launch Professor McSherry's Centre for the Advancement of Law and Mental Health at Monash University. Dr Katey Thom accompanied Michael to this launch and extended her stay to work with colleagues at this newly formed Centre.

Funded by a PJ Smith Freemasons Travelling Fellowship, Katey was hosted by Elizabeth Richardson who worked with her on a book chapter focused on the operation of problem-solving courts in Australia and New Zealand. Problem-solving courts approach offending in innovative ways by focusing their efforts on addressing defendants "problems" in a therapeutic way. They bring together various social, psychological and health agencies to help the defendant find solutions to their problems. Katey also observed several problem solving courts 'in action' during the trip. In particular, she observed a mental health court and community justice centre in Melbourne central, as well as a drug court in Dandenong. After the observations, Katey was able to talk with the magistrates who ran each court and some of the other professionals involved. This trip was invaluable for the Centre for Mental Health Research's future plans to collaborate with the Centre for the Advancement of Law and Mental Health on a comparative project to look at the operation of these courts within New Zealand and Australia.

New chair in Gerontology



Professor Matthew Parsons has recently been appointed to a new role as Chair of Gerontology, which is a joint appointment between the University of Auckland and Waikato District Health Board. The role amalgamates the strengths of these two organisations by using research to improve service delivery for older people. Matthew says:

“the focus will be on translational research with a strong focus on implementation and putting research into practice”

The Waikato region has the largest and most rurally dispersed District Health Board, with half the population living in rural areas, and half living in urban areas explains Matthew. This makes research and practices carried out in the Waikato region transferable to other District Health Boards in New Zealand because of this urban/rural mix.

Matthew holds a PhD and Masters in Gerontology from The University of London and a BSc (Hons) in Psychology and Human Biology from London's Kings College. He is a trained nurse and has held various positions in the Faculty of Medical and Health Sciences at the University of Auckland since 2000.

In our first issue of REASON we showcased his established Applied Ageing Research Group at the School, which provides research and consultancy services for organisations who provide care and support to older or disabled people living in the community or institutional settings. The group has been involved in numerous national strategy development groups, including the Health of Older Person Strategy and the Specialist Health Services for Older People framework.

The School congratulates Matthew on his new appointment and look forward to publishing the results of his new projects in future issues of REASON.

Evaluating 'START'

One of the projects Matthew is currently involved in is an evaluation of the Supported Transfer and Accelerated Rehabilitation Team (START). This initiative began in October last year and provides rehabilitation of older people within their homes. START is a collaborative programme involving teams of nurses, physiotherapies and occupational therapists delivering intensive services up to four times a day, seven days a week, for six weeks. The programme aims to reduce the pressure on hospitals through avoiding admission, promoting earlier discharge and preventing re-admission.

The evaluation Matthew is conducting is in the form a randomised controlled trial, and aims to measure the impact of START on length of hospital stay, subsequent hospitalisations, institutionalisation, and cost. Initial results are positive, indicating that START is reducing the likelihood of needing to be admitted to residential care. It is hoped that START will soon be able to be accessed directly from primary care.

Since the Canterbury earthquake in February 2011, Matthew has also been working with the Canterbury District Health Board to replicate START in their region. With a significant bed shortage in this region, START has the potential to help significantly in meeting the needs of older people in this community. This project is funded by the Health Research Council.

Matthew also continues to be involved in many other research projects, looking at areas such as enhancing primary care services in rural locations; inpatient models of care; and the role of health care assistants and other support workers in creating generic rehabilitation workers.



The Youth '12 National Wellbeing Survey of Secondary School Students

The Adolescent Health Research Group led by Dr Terryann Clark will be undertaking the third in a series of national youth surveys. The Youth '12 Survey is a large-scale survey investigating the health and wellbeing of secondary school students throughout New Zealand.

The previous surveys in 2001 and 2007 have provided information about young people in New Zealand to inform policy and plan programmes and deliver services. The new survey, which will be conducted during terms 1-3 next year, will update this information and, by comparison with the previous data, will indicate trends in a wide range of areas affecting the wellbeing and success of our young people. The funding for this project was led by the Ministry of Youth Development and partnered with the Ministry of Social Development, Ministry of Health, Ministry of Education, Families Commission, Alcohol Advisory Council, Ministry of Justice, and Department of Labour.

Reports from the previous surveys on various groups of students (Maori; Pacific; Chinese, Indian and other Asian), and on special topics (truanting, students' experience of violence, suicide behaviours, alcohol use) are available from the survey website www.youth2000.ac.nz

Terryann is Senior Lecturer at the School of Nursing and a part-time clinician working in the community with young people. She is also a founding member and current chair of the Adolescent Health Research Group, which is a multidisciplinary group that was established with the aim of improving the health and well-being of New Zealand's young people. Terryann's research interests include youth health (including healthy youth development and resilience), indigenous and Maori health, mental health, and sexual health.

For more information contact the Youth '12 project manager Sue Grant at s.grant@auckland.ac.nz.



Prestigious Hood Fellowship awarded

Professor Merryn Gott was awarded a Hood Fellowship, funded by the Lion Foundation, for 2011 to enable her to further her international research collaborations in the UK and Australia.

The Hood Fellowship Fund was established by The University of Auckland Foundation in 2004 in recognition of Dr John Hood's Vice Chancellorship at The University of Auckland and fellowships are awarded to academics in the University who have 'demonstrated outstanding contributions to their discipline'.

Merryn will spend time at the University of Sheffield, where she holds an Honorary Chair in the School of Nursing and Midwifery, working with colleagues to bring together findings from studies she is leading in New Zealand and the United Kingdom exploring means of optimizing palliative care management in hospitals. The studies, funded by the Health Research Council (New Zealand) and the National Institute of Health Research (United Kingdom), have been designed to enable comparative analyses. A key focus of these analyses will be comparing both the proportion, and relative costs, of potentially avoidable hospitalizations experienced by patients with palliative care needs. Merryn will also take the opportunity to present her research to other institutions around the United Kingdom, including Oxford, Nottingham, and Lancaster Universities. She will then travel to Australia to undertake further dissemination activities and develop new research collaborations.



Farewell to Mary Finlayson

The School bid farewell to Associate Professor Mary Finlayson who has taken up a professorial position at Charles Darwin University in Australia.

During her time at the School, Mary was instrumental in building research capability, advising and supervising Masters and PhD students, and teaching in the postgraduate programme. In our last addition of REASON we highlighted Mary's successful directorship of the STAR initiative which invested \$2.7 million into nursing and allied health disciplines to enhance research capability. STAR is a collaborative effort led by The University of Auckland and involves five New Zealand universities. Several researchers within the School were amongst those to receive new and emerging research grants as well as PhD scholarships.

In her new position Mary is the Director of the University's Research Centre for Health and Wellbeing. The Centre works with organisational and community partners with a focus on interdisciplinary and cross cultural aspects of health and health determinants. The Research Centre has a particular interest in research of relevance to the Northern Territory of Australia and South-East Asia.

Mary will be sorely missed by her colleagues in the School, but we wish her well in her new position in Darwin.

Educational research in the School

Over the past decade a number of our Lecturers have undertaken research studies that focus on the teaching and learning of our students both in the undergraduate and post graduate programmes.

The focus of the studies are to develop and evaluate educational innovations, in the curriculum, in teaching and in student learning processes.

Specific studies undertaken have included:

- Evaluating e-learning amongst both post and undergraduate students
- Evaluating outcomes of reflection in the undergraduate programme
- A Faculty tracking project of the Bachelor of Nursing graduates. This study links with an e-cohort study following graduates for 3 years in collaboration with Massey University, Auckland University of Technology and Queensland University.
- Information literacy development in the Bachelor of Nursing in collaboration with librarians.
- Changes in attitude towards older people of nursing students after an older person's health programme.
- A population health project working with community agencies.
- Outcomes for students and the agencies.

Current studies include:

- Palliative care development and evaluation through the Bachelor of Nursing programme. This study has attracted a \$10,000 Faculty grant.
- Communication skill development in an undergraduate programme – an evaluation of outcomes.
- An educational development and research committee has been formed to lead these innovative developments and support teaching strategies within the School.



STAR close up: Lara Baylis

Lara Baylis was amongst those in the School to receive a PhD scholarship through the STAR initiative. In this issue of REASON we explore her project focused on 'the health literacy of adolescents in the context of sexual health'.

The health status of New Zealand adolescents, especially in the area of sexual health, is an area of concern. A major step in enabling good protective sexual health behaviour among adolescents is through increasing levels of health literacy, defined as an individuals' capacity to obtain, process and understand health information and services to make appropriate health decisions. Little is known, however, about the health literacy of adolescents or how to assess this. A mixed methods study will explore adolescents' health literacy in terms of their understanding of sexual health, how and where they access sexual health information and barriers to this. The first stage of the study was qualitative and involved conducting focus groups at four Auckland Secondary schools with 71 students aged 16 years and older. At each school, of varying decile levels and ethnic makeup, two focus groups were conducted, one with males and one with females. For the second stage of the research, a questionnaire is currently being developed to be used as a tool to measure the health literacy of adolescents in the area of sexual health. The questionnaire will be administered to a diverse range of Auckland Secondary school students aged 16 years and older.

Results from the focus groups indicate that adolescents primarily understand sexual health to be related to sexual intercourse and its implications, with some mention of emotional and mental aspects. The most commonly mentioned sources of information were the Internet and their friends. Adolescents appear to be aware that the information they obtain is not necessarily reliable, but they are not always aware of how to assess the quality of this information. One of the biggest barriers to gaining information was a lack of confidence. The second stage of the research will further explore these areas and gain information from a larger group of adolescents.

Postgraduate corner

The School of Nursing offers an array of postgraduate research opportunities, including options for Nursing Honours dissertations, Master of Nursing by research portfolio or thesis and PhD study. In this issue of REASON we highlight the PhD and Masters students who have recently completed their research.

Close Up: Sarah Hunter

Dr Sarah Hunter has recently completed her PhD which explored the emotional and interpersonal aspects of fertility damage and premature menopause from cancer treatments. Her background is in cancer nursing and palliative care and from her clinical practice with people with early cancer diagnoses, she found a question that needed answering so enrolled as a PhD student.

For her research Sarah conducted a qualitative study into the impact of fertility damage and/or premature menopause caused by cancer treatments. Sarah concluded that, despite the suggestion that the participants were objectively cancer-free, physically well and functioning normally, many continued to suffer considerably in the aftermath of cancer and its treatment. This is an important consideration for health professionals involved in the care of women during and after cancer treatment.

Sarah currently works as Lead Clinical Research Associate with the Paediatric Haematology/Oncology research Unit at Starship Children's Hospital. In this role, Sarah hopes to both contribute to, and learn from, the very active research environment both in the unit and the wider children's cancer research arena.

The School celebrated with two staff members who have recently handed in PhD theses, these included:

Helen Hamer,

Mental health service users as citizens in a recovery paradigm: the implications for mental health.

Supervisors: Mary Finlayson and Helen Warren.

Barbara Daly,

Management of diabetes by primary health care nurses.

Supervisors: Bruce Arroll, Nicolette Sheridan and Tim Kenealy.

In addition we also had the following Masters students complete their theses:

Leanne Rhodes, Research Portfolio,

Palliative care for people with severe COPD : An audit of care.

Supervisor: Dianne Marshall.

Michelle Eccleston, Thesis,

A prospective observation study of nasal high flow in a cardiothoracic and vascular intensive care and high dependency unit.

Supervisors: Reena Patel and Robyn Dixon.

David Garland, Thesis,

Exploring the factors associated with reduction in patient pain in relation to a Sub-Tenon's anaesthetic eye block for cataract surgery.

Supervisor: Matthew Parsons.

Rosalie Charman, Research Portfolio,

Feeding heart babies: Investigating the feeding and nutrition needs of infants with single ventricle defects and the impact of a Home Monitoring Program.

Supervisor: Robyn Dixon.

Antony Berry, Dissertation,

Is there a need for forensic mental health nurse practitioner in the prison system?

Supervisor: Brian McKenna.

Yonhee Seo, Thesis,

Exploration of the effect of haemodialysis modality on blood pressure in patients with end stage kidney disease.

Supervisor: Robyn Dixon.

Close Up: Rosalie Charman

Rosalie has recently completed her Masters portfolio investigating the impact of a program of increased home monitoring for high risk infants with single ventricle anatomy on their feeding and growth. She has worked in paediatric cardiology at Starship Children's Hospital for over ten years, and was inspired to begin her Masters degree while working as a Nurse Specialist for the service.

Rosalie's research included a retrospective audit comparing growth and practices related to feeding before and after the program was introduced. She found that the program had positively impacted on both feeding and growth, but identified areas where inconsistencies in practice remain. Rosalie hopes that her research contributes towards further improving practice and outcomes for this complex and fragile population.

Post graduate study emphasised to her the importance of evidence as the foundation for practice, particularly the value of evaluation. It has enabled her to develop skills in research and gain a deeper understanding of the socio-political issues which impact on health and healthcare which will now be integrated into her practice.

New publications 2011

Researchers within the School of Nursing have been busy writing up publications in 2011. We have included a selection of our newest publications below. Please remember to check out our website for staff member's profiles listing all their projects and publications. You can find us online at www.fmhs.auckland.ac.nz/son/research

Aburn G & Gott M. (In press). Education given to parents of children newly diagnosed with Acute Lymphoblastic Leukaemia: A narrative review. *Journal of Pediatric Oncology Nursing*.

Bellamy G., Gott M & Frey R. (In press). It's my pleasure?: The views of palliative care patients about being asked to participate in research. *Progress in Palliative Care*.

Bellamy G., Gott M & Hinchliff S. (2011). Controversies and contentions: A gay man conducting research with women regarding their understandings of sexuality, sex and sexual problems. *Culture, Health and Sexuality*, 13 (6): 699-712.

Bellamy G., Gott M., Hinchliff S & Nicolson P. (2011). Contemporary women's understandings of female sexuality: Findings from an in-depth interview study. *Sexual and Relationship*, 26(1): 84-95.

Brereton L., Gardiner C., Gott M., Barnes S & Ingleton C. (In press). Exploring health professionals views regarding the optimum physical environment for palliative and end of life care in the acute hospital setting: A qualitative study. *BMJ Supportive and Palliative Care*.

Currie V & Jull A. (In press). Clinical trials in New Zealand – an update. *New Zealand Medical Journal*.

Denny S.J., Grant S., Utter J., Robinson E.M., Fleming T.M., Milfont T.L., Crengle S., Clark T., Ameratunga S.N., Dixon R., et al. (2011). Health and well-being of young people who attend secondary school in Aotearoa, New Zealand: What has changed from 2001 to 2007? *Journal of Paediatrics and Child Health*, 47(4): 191-7.

Frey R, Gott M, Banfield R, Campbell T. (2011). What questionnaires exist to measure perceived competence of generalists in palliative care provision? A critical literature review. *BMJ Supportive & Palliative Care*, 1: 19-32.

Frey R., Gott M & Banfield R. (In press). What indicators are measured by tools designed to address palliative care competence amongst 'generalist' palliative care providers? A critical literature review. *Progress in Palliative Care*.

Gardiner C., Gott M & Ingleton C. (In press). Factors supporting good partnership working between generalist and specialist palliative care services: a systematic review. *British Journal of General Practice*.

Gardiner C., Ingleton C., Gott M & Tyan T. (In press). Exploring the transition from curative care to palliative care: A systematic review of the literature. *BMJ Supportive & Palliative Care*.

Gardiner C., Gott M., Ingleton C., Hughes P., Winslow M & Bennett M. (In press). Attitudes of healthcare professionals to opioid prescribing in end of life care: A qualitative focus group study. *Journal of Pain and Symptom Management*.

Gardiner C., Cobb M., Gott M & Ingleton C. (2011). Barriers to palliative care provision for older people in acute hospitals. *Age and Ageing*, 40: 233-238.

Geekie J., Randal P., Lampshire D & Read J. (2011). Experiencing psychosis: Personal and professional perspectives. UK: Routledge.

Green E., Gardiner C., Gott M & Ingleton C. (2011). Exploring the extent of communication surrounding transitions to palliative care in heart failure: The perspectives of healthcare professionals. *Journal of Palliative*, 272(2): 107-116.

Gott M., Seymour J., Ingleton C., Gardiner C & Bellamy, G. (In press). 'That's part of everybody's job': The perspectives of health care staff in England and New Zealand on the meaning and remit of palliative care. *Palliative Medicine*.

Gott M., Ward S., Gardiner C & Cobb M. (In press). A narrative literature review of the evidence regarding the economic impact of avoidable hospitalizations amongst palliative care patients in the UK. *Progress in Palliative Care*.

Gott M., Ingleton C., Bennett M & Gardiner C. (2011). Transitions to palliative care in acute hospitals in England. *BMJ*, 342: d1773.

Gorton D., Dixon R., Maddison R., Mhurchu C.N & Jull A. (2011). Weight loss interventions delivered via mobile phone: Acceptability in an ethnically diverse population. *Journal of Human Nutrition and Dietetics*. doi:10.1111/j.1365-277X.2011.01163.x

Hoare K.J., Fishman T.G., Francis K & Mills J. (In press). A practice development initiative to improve the health of pregnant women and infants in New Zealand. *International Journal of Person-Centered Medicine*.

Hoare K., Mill J & Francis K. (In press). The role of government policy in supporting nurse-led care in general practice in the United Kingdom, New Zealand and Australia: An adapted realist review. *Journal of Advanced Nursing*.

Hoare K.J., Mills J & Francis K. (In press). Reflective thought in memos to demonstrate advanced nursing practice in New Zealand. *Reflective Practice*.

Hoare K.J., Buetow S., Francis K & Mills J. (In press). Using an emic and etic ethnographic technique in a grounded theory study of information use by practice nurses in New Zealand. *Journal of Research in Nursing*.

Hoare K.J., Mills J & Francis K. (In press). Dancing with data: An example of acquiring theoretical sensitivity in a grounded theory study. *International Journal of Nursing Practice*.

Honey M.L.L., Connor K., Veltman M., Bodily D & Diener S. (In press). Teaching with Second Life: Haemorrhage management as an example of a process for developing simulations for Multi-User Virtual Environments (MUEs). *Clinical Simulation in Nursing*. doi: 10.1016/j.ecns.2010.07.003.

Honey M & Westbrooke L. (In press). Nursing Informatics New Zealand (NINZ). In R. Carr, A. Pistacchi & L. McKay, (Eds), HINZ: The first ten years 2000-2010 (pp.5-12). Auckland: Health Informatics New Zealand.

Hovenga E.J.S., Honey M., Westbrooke L & Carr R. (2011). Pacific rim perspectives. In V. K. Saba & K. A. McCormick (Eds.) *Essentials of nursing informatics* (5th ed., pp. 717-736). New York: McGraw-Hill.

Jull A., Lawes C.M.M., Eyles H., Maddison R., Gorton D., Arcus K., Chee N., Taylor B & Mann J. (2011). Clinical guidelines for weight management in New Zealand adults, children and young people. *Journal of Primary Health Care*, 3(1): 66-71.

Lim A.G., Doherty I & Honey M.L.L. (2011). Creating teaching objects: A case study of delivering recorded narrations in nursing education, *Computers, Informatics, Nursing CIN*, 29(6 Suppl): TC114-119. doi: 10.1097/NCN.0b013e3182285bca.

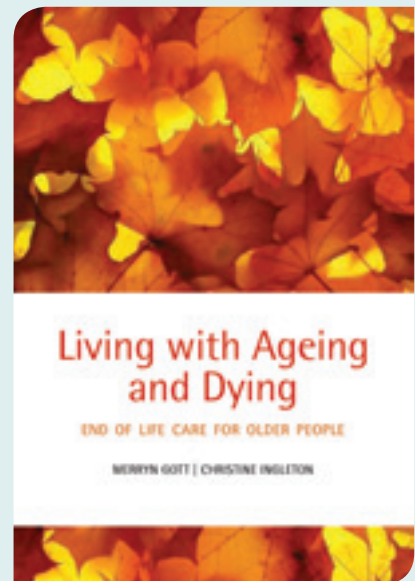
Addressing the challenges posed by new models of palliative care

Professor Merryn Gott and Professor Christine Ingleton launched their latest book at the European Association of Palliative Care Conference in Lisbon in May this year. Published by Oxford University Press, the book brings together chapters from academics and clinicians to address the challenges posed by the need to develop new models of palliative care for ageing populations internationally.

The book provides a synergy between the currently disparate literature of gerontology and palliative care and brings together a wide range of leading international experts to contribute to discussions regarding priority areas in relation to ageing and end of life care. Many of the academics and clinicians who had contributed chapters were present at the conference and were able to celebrate the end product over a glass of wine!

Merryn also led a symposium at the 9th Asia/Oceania Regional Congress of Gerontology & Geriatrics in Melbourne where contributors from New Zealand, Australia, the UK, and Belgium were able to discuss their priorities for future practice and service development.

For more information about the book, please contact Merryn at m.gott@auckland.ac.nz or go to the Oxford University Press website.



Lim A.G., Doherty I & Honey M.L.L. Creating teaching objects: A Case Study of Delivering Recorded Narrations in Nursing Education, Computers, Informatics, Nursing CIN, 29(2): 115-120. doi:10.1097/NCN.0b013e3181f9dc2f.

King A., Parsons M & Robinson E. (2011). A restorative home care intervention in New Zealand: Perceptions of paid caregivers. Health and Social Care in the Community. DOI: 10.1111/j.1365-2524.2011.01020.x

King A., Parsons M., Robinson E & Jorgensen D. (In press). A restorative home care intervention in New Zealand: A cluster randomised controlled trial. Health and Social Care in the Community.

Maddison R., Foley L., Ni Mhurchu C., Jiang Y., Jull A., Prapavessis H., Hohepa M & Rodgers A. (2011). Can active video games improve children's weight and body composition? A randomised, controlled trial. American Journal Clinical Nutrition. doi: 10.3945/ajcn.110.009142.

Miskelly P., Neal P & Green A. (2011). Communities of practice: Supporting innovation to improve public health nurse and school community relationships. Kai Tiaki Nursing Research, 2(1): 21-26.

Ni Mhurchu C., Eyles H., Dixon R., Matoe L., Teevale T. & Meagher-Lundberg P. (2011). Economic incentives to promote healthy eating: A mixed methods study exploring acceptability and key factors for success. Health Promotion International. doi:10.1093/heapro/

O'Brien A.J., McKenna B.G., Thom K., Diesfeld K & Simpson AIF. (2011). Use of Tasers on people with mental illness. A New Zealand database study. International Journal of Law and Psychiatry, 34(1): 39-43.

Parke R., McGuinness S., Dixon R & Jull A. (In press). Protocol for a randomised controlled trial of high flow nasal oxygen therapy compared to standard care in patients following cardiac surgery. The HOT-AS study. International Journal of Nursing Studies.

Prebble K., Kidd J., O'Brien A., Carlyle D., McKenna B., Crowe M., Deering D & Gooder C. (2011). Implementing and maintaining nurse-led healthy living programs in forensic inpatient settings: An illustrative case study. Journal of the American Psychiatric Nurses Association, 17(2): 127-138.

Prebble, K. & Fortune, G. (In press). Suitable girls': Recruitment of British women for New Zealand mental hospital nursing post-World War II. In A. MacArtney, & C. Coleborne (Eds.), Migration,

ethnicity and mental health: International perspectives 1840-2010. Routledge.

Richards N., Warren L & Gott M. (In press). The challenge of creating alternative images of ageing: Lessons from a project with older women. Journal of Aging Studies.

Ryan A., Gardiner C., Ingleton I., Gott, M & Bellamy G. (In press). Barriers and Facilitators to the Receipt of Palliative Care for People with Dementia: The views of medical and nursing staff. Palliative Medicine.

Shih L & Honey M. (2011). The impact of dialysis on rurally based Maori and their whanau/families, Nursing Praxis in New Zealand, 27(2): 4-15.

Shulruf B., Hattie J. & Dixon R. (2011). Intertwinement of individualist and collectivist attributes and response sets. Journal of Social, Evolutionary and Cultural Psychology, 5(1): 51-65.

Thom K.A & Finlayson M. (In press). "They're not really doing 'normal' psychiatry": The socio-legal shaping of psychiatric expertise in insanity trials. Psychiatry, Psychology and the Law.

Thom K.A., Finlayson M & McKenna B. (2011). Insanity, methamphetamine and psychiatric expertise in the courtroom. Journal of Law and Medicine, 18(4): 749-758.

Thom K.A., Edwards G., Nakarada-Kordic I., McKenna B., O'Brien A & Nairn R. (In press). Suicide online: Portrayal of website-related suicide by the New Zealand media. New Media and Society. doi: 10.1177/1461444811406521: 1-18.

Thom K.A., McKenna B., O'Brien A., Edwards G., Nairn R & Nakarada-Kordic I. (In press). Reporting of suicide by the New Zealand media. Crisis.

Waterworth S., Gott M., Raphael D & Barnes S. (2011). Older people with heart failure and General Practitioners: Temporal reference frameworks and implications for practice. Health and Social Care in the Community, 19: 412-419. doi: 10.1111/j.1365-2524.2010.00984.x

Westbrooke L & Honey M. (In press). International connections. In R. Carr, A. Pistacchi & L. McKay, (Eds), HINZ: The first ten years 2000-2010 (pp.5-12). Auckland: Health Informatics New Zealand.

Wilson F., Gott M & Ingleton C. (In press). Perceived risks around choice and decision-making at end of life: A literature review. Palliative Medicine.

Head of School comments

The School continued to have further successes since our last edition of REASON. We hope you have enjoyed catching up with our recent research activities and we look forward to bringing you the third edition in 2012.

In issue two of REASON we were keen to showcase the various achievements of staff members. We were particularly excited this year to celebrate the appointment of Professor Matthew Parsons in his role as the Chair of Gerontology. Dr Kathy Peri was also welcomed back into the School and has been extremely successful with her current projects that will assist Christchurch in their recovery efforts. We were also delighted to see Professor Merryn Gott receive the prestigious Hood Fellowship.

As evidenced in this newsletter, there were also a number of successful funding applications allowing staff to undertake a variety of important research projects, indicating that the support infrastructure we have put in place for staff, including writing retreats and writing groups, is having some positive effects. We encourage you to have a look at our full list of projects and publications on our website at www.fmhs.auckland.ac.nz/son/research.

Overall the REASON magazine again illustrates that The School is well placed for the upcoming Performance Based Research Funding submissions at the end of this year.

I look forward to commenting on issue three of REASON.



Associate professor Judy Kilpatrick.

We are on the move!

The School is due to relocate into its new home in November. Over the last few years, the Faculty of Medical and Health Sciences campus in Grafton has been undergoing major transformations and the School will be located in a brand new building site.



Our contact details will still remain the same:
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We look forward to welcoming you to our new home should you come and visit the School.



THE UNIVERSITY
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School of Nursing