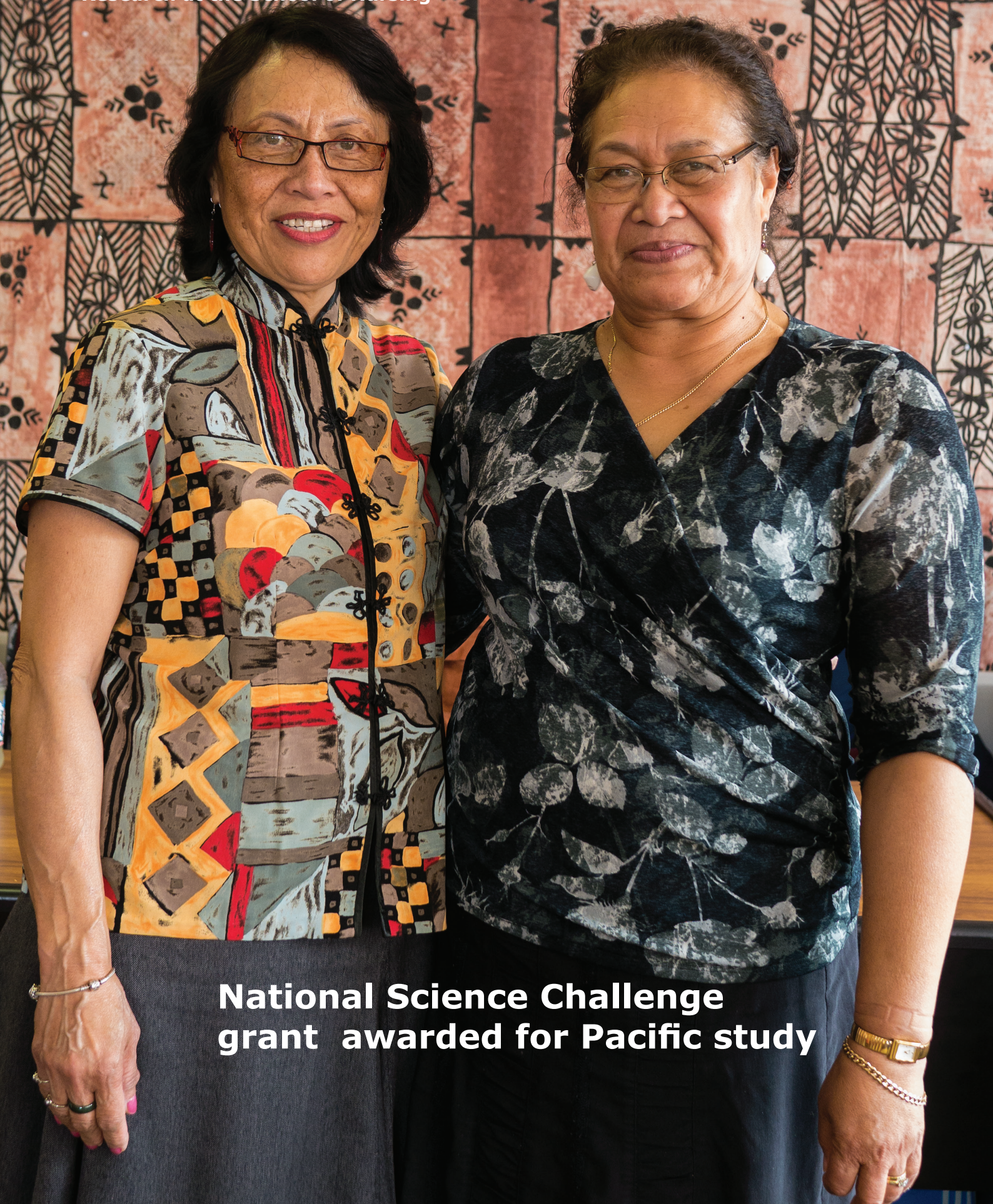


December 2016 | Issue 12

# Reason

Research at the School of Nursing



**National Science Challenge  
grant awarded for Pacific study**



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## Reason Magazine December 2016, Issue 12

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# News.

by Dr Lisa Williams,  
Reason Editor

Hello,

Usually **Merryn Gott**, in her role as Director of Research writes the column here.

But I'm penning this one because, to quote the Māori proverb, "the kumara doesn't talk about how sweet it is." And those who know Merryn know she would be the last person to blow her own horn about being named the New Zealand *NEXT Magazine* Woman of the Year in the Health and Science category. Therefore, it's my privilege to do so.

Merryn was singled out for her leadership in palliative care and her research "that has led to reducing suffering at the end of life. Louise Upton, Minister for Women, congratulated Merryn, noting that she had "great admiration" for her research in gerontology and palliative care, especially her "commitment to encouraging people to think about these difficult matters."

Merryn's news offers a convenient segue into this issue's theme: *News, news and more news*. Just

when we settled on the articles to be included, yet another staff member would win an award, receive a grant or be singled out in some other way.

Even as I'm writing this we've been given more good news: Professional Teaching Fellow **Debra Lampshire** has been honoured by the Ministry of Health with the 'Attitude Making a Difference Award'. At the awards ceremony Health Minister Jonathan Coleman said the awards are given to individuals who have "made a significant contribution to improving the lives of disabled people." Debra was further honoured with the top prize of the night, the Attitude ACC Supreme Award.

And yet even this is not the end of our 'newest news': **Joerg Kusmaul**, the PhD student profiled on p. 8, just learned that he will be receiving a \$3000 Selwyn Institute for Ageing and Spirituality Scholarship, the first to be offered.

Additional news you'll find in this edition of Reason begins with our cover story, which means good news for Pacific people. **Dr Ofa Dewes** will lead a National Science Challenge grant exploring the end of life needs of older Pacific adults and their aiga (family) carers. This topic has received little attention in New Zealand.

Certainly big news around here is that inaugural Head of School **Judy Kilpatrick** is retiring after 18 years. She offers her reflections on the School's early days. You can read about our incoming Head of School, **Professor Sandie McCarthy**, in the article on new staff.

And the list goes on, but I've run out of space – please have a read for yourself about just what SoN staff members have been up to, including 2016's prodigious publication list that spans the last four pages of the magazine. If you're reading this in print, check out the online version for live links to the articles.

Best wishes, **Lisa**

## Latest

### SHARE project earns Freemason's Foundation support



**Dr Rosemary Frey** has been awarded a \$225,655 Freemason's Foundation Grant to evaluate the Supportive Hospice and Aged Residential Care Exchange (SHARE)

intervention she piloted in 2015. The purpose of SHARE is to provide a means for systematically fostering knowledge exchange between hospice staff and clinical care staff in ARC facilities. By doing so, the goal is to improve palliative care delivery for older adults in residential care whose health needs are often complex.

Results from the SHARE pilot study indicated that the intervention was a success, especially in relation to advanced care planning documentation. Relationships between hospice and facility staff, and consequently

facility staff and patients, were key to the continued success of the project. Staff survey results indicated increased confidence in palliative care delivery and decreased depression, a factor in staff burnout.

The new study, undertaken in collaboration with Mercy Hospice and North Shore Hospice, who will be funding SHARE, will take place over 12 months. Twenty ARC facilities will trial SHARE. Other Faculty members involved in the project are **Dr Michal Boyd, Jackie Robinson, Professor Merryn Gott** and **Professor Martin Connolly**.



## What do Pacific people and their aiga (family) carers need at the end of life?



Principal Investigator, Dr Ofa Dewes (left) and Malia Hamani, General Manager of Treasuring Older Adults (TOA).

**Dr Ofa Dewes** has been awarded a \$450,000 'Ageing Well in Māori and Pacific Peoples National Science Challenge' (NSC) grant to explore the needs of Pacific older adults at the end of life. Among the disadvantaged dying, they experience high levels of unmet needs and poor access to palliative care services. Yet little is known about their preferences for care at the end of life or those of their aiga (family) carers.

Her two-year project, *Tāpinga 'a Maama\*: Pacific Life and Death in Advanced Age*, will address concerns raised by Pacific communities about the differences between the care and support preferred by Pacific older adults and their aiga at the end of life, and that provided by palliative care services. "Our goal is to present ethnic-specific and culturally-centred information that highlights the experiences and expectations of aiga carers and families," Ofa said.

Besides generating new knowledge, another goal is to identify approaches to palliative care services that healthcare providers can use "to address inequities in health and wellness for Pacific people," Ofa said. Other possible outcomes could centre on devising culturally-appropriate methods for discussing such critical

issues as Advance Care Planning or on building health professionals' cultural competency regarding Pacific protocols around death and dying.

**"Another goal is to identify approaches to palliative care services that healthcare providers can use 'to address inequities in health and wellness for Pacific people' . . ."**

An integral part of the project is reporting back to the Pacific community. Ofa will make use of traditional academic pathways such as conferences and academic journals but also draw upon community-centred approaches. "We'll be holding fonos in Pacific communities to let people know what we've found – what they've told us – that needs to be improved."

In addition, she'll be seeking to use the research to stimulate and strengthen debate both at home and internationally about ageing well. "We need to remember that ageing well also must include dying well."

Another significant aspect of her dissemination strategy will be to use 'digital storytelling' to capture



Dr Mervina Cash-Kaeo

short videos in which aiga carers speak for themselves about their experiences providing care. Creating the digital stories will mark the third

collaboration between the School of Nursing and Faculty of Arts colleagues Associate Professor Shuchi Kothari and Dr Sarina Pearson who have produced the previous projects, 'Māori digital stories' and the film *Farewell: Haere Atu Ra*.

Two of Ofa's associate investigators, Malia Hamani and Dr Mervina Cash-Kaeo, lead health and social service agencies that include programmes for older adults in Pacific communities. Malia is General Manager of Treasuring Older Adults (TOA) in Auckland and Mervina is President/Chief Executive Officer of Alu Like, Inc. in Honolulu.

The other research team members (from the School of Nursing) include **Professor Merryn Gott, Dr Tess Moeke-Maxwell, and Dr Lisa Williams** and Dr Janine Wiles from the School of Population Health. "There is such a need for this research," Merryn said. "Good palliative care provision can vastly improve the quality of life of older people."

The 'Ageing Well in Māori and Pacific Peoples National Science Challenge' was set up in recognition of the special challenges and opportunities faced by Māori and Pacific peoples to age well. The 2016 contestable funding round specifically focused on research that investigated aspects of ageing relevant for them.

\* *Tāpinga 'a Maama* means from time to eternity.



## From brand new beginnings to a place in the top 40

Retiring Head of School Judy Kilpatrick offers insight on the School's early days and growth through the years



Head of School Judy Kilpatrick will retire in early 2017.

The School of Nursing's humble beginnings in 1999 offered no clue to its eventual present-day position as 32nd in the world according to the QS World University rankings.

"Margaret Horsburgh and I showed up on a sunny day in February to the Medical School and they had forgotten we were coming, Judy said. "We finally ended up in a temporary office near the Dean."

Yet less than six months later New Zealand's newest nursing school delivered its first post-graduate paper and in 2000 offered a Master's of Nursing degree as well as an undergraduate programme.

Quick to acknowledge Margaret's contributions, Judy cited her as instrumental to the School's early success. "We had different strengths, and in terms of curriculum development Margaret was amazing." Judy also credited stakeholder engagement "from day one" as key to getting the School off the ground.

She cited the involvement of Sir Peter Gluckman, then Dean of the Faculty of Medical and Health Sciences, nurse leaders, physicians and DHB CEOs as critical. "And the DHBs' planning offices who could see different and expanded roles for nurses than were currently available."

Though new legislation had been passed establishing the role of nurse practitioners, New Zealand's

healthcare sector did not yet know how best to use them. Judy and Margaret set out to change this.

"Nurses were going to assess, engage in diagnostic reasoning and prescribe," she said. "But at the time, nursing didn't have the expertise to teach these things, so it was fundamental, *essential* that our new school work collaboratively with the other schools in the Faculty."

Yet although Judy knows she can be regarded as a "nurse practitioner advocate", she stated that this was not the School's only priority. Developing nurse practitioner training was the means to the end. The goal was to establish a curriculum that would help all nurses achieve the "highest level of clinical skill within their scope or practice."

"What an amazing thing, to be given a clean slate," Judy said. "It offered us the opportunity to look at new ways of doing things not done before in nursing education – like the medical model with its joint and proportional appointments and keeping our lecturers closely connected to the clinical environment."

In terms of the undergraduate programme, the intent was always to limit enrolment and stress the sciences as well as the development of clinical skills. "In the first year of study, nurses

undertake the same courses as medical and pharmacy students. That had never been done before."

Amongst the "exciting developments" over the years have been the creation of conjoint degrees for nursing students and the establishment of the Bachelor of Nursing Honours programme. "This was about breaking down barriers – broadening the scope of nursing education without losing the essence of being a nurse."

The Honours programme is conducted jointly with DHBs – Waikato, Counties Manukau, Bay of Plenty and Auckland are currently on board. "We take the brightest students involved in the DHBs' leadership programmes – which run conjointly with our Honours – and they get a protected, accelerated start. These are our future joint-appointment type professors and future nurse leaders. Already we're seeing a significant conversion rate to PhDs by these students."

When asked about the legacy she hoped to leave, Judy focused instead on the staff's achievements. "You don't leave a legacy at all. It's the staff who make things possible. The success of the School, our commitment to staying connected with our medical colleagues, other professional colleagues and our health leaders – to have maintained that is testimony to staff. Everything I love about our School, it's down to the staff."

Finally, as concrete proof of the School's success, Judy only need look as far as the book shelf in her office. Since 2000, she has saved a copy of the University of Auckland's yearly calendars. Thick as phone books, amongst their contents are the list of every school or department, their personnel and courses offered.

Over the years Judy has taken pleasure in leafing through them because in the inaugural year the School took up a mere four lines. Now, it spans two pages.

"I can't believe I was so lucky. From day one it was a totally engrossing adventure. There were highs, lows, ups, downs, tears, laughs. It has just been amazing."



## School of Nursing welcomes new staff



### Sandie McCarthy named Head of School

An expert in acute cancer nursing care, **Professor Alexandra 'Sandie' McCarthy** from the Queensland University of Technology, will be joining the School in April as the new Head of the School.

The Faculty of Medical and Health Sciences conducted an international search, said Professor John Fraser, Dean of the Faculty, "and we are delighted to announce Professor Sandie McCarthy as our second Head of School of Nursing."

Sandie is a Registered Nurse specialising in cancer care and holds a PhD from Queensland University of Technology; a Bachelor of Nursing from the University of Southern Queensland; and a Masters of Nursing from Flinders University of South Australia.

"As one of the few credentialed cancer nurses in Australia, she is recognized for her extensive practical experience in acute cancer care, which informs her profile in cancer research and education," Professor Fraser said.

Sandie has held a joint appointment between QUT and Princess Alexandra Hospital since 2008, culminating in her appointment as Chair of Cancer Nursing from 2013 in Australia.

Earlier this year she was appointed as Co-Director for the Women's Wellness After Cancer Programme at Menzies Health Institute, Queensland.

She previously held a three-year term as Postgraduate Course Co-ordinator at QUT, followed by six months as Acting Director of Academic Programmes, which was concurrent with her joint appointment.

In these roles, she led postgraduate course design, development and accreditation (including a Nurse Practitioner program) through university and registering body processes and managed course implementation.

She was also Cancer Care Subject Area Coordinator at QUT from 2008-2014, responsible for the design and delivery of the oncology stream of the Master of Nursing.

Her research programme was firmly focused on clinical research and optimising cancer patient outcomes, and she actively maintains her clinical expertise in oncology nursing through regular participation in clinical workshops and conferences.

Sandie's research interests centred on:

- Assessment, prevention and management of the side effects of chemotherapy, particularly in women.

- Collaborative interventions in geriatric oncology to maximise older cancer patients' outcomes.

- Working alongside the Alliance for Vascular Access Teaching and Research (AVATAR), to explore the intravenous aspects of the cancer programme.



### Melody Smith focuses on children's environments

**A/P Melody Smith** researches environments and children's health and wellbeing. Her particular focus is on neighbourhoods and physical activity. Aspirations for neighbourhoods where social and physical well-being are priorities, where children can be independently mobile and where people can move safely by walking and cycling, are key drivers for her research. Most of this work involves the integration of objective measurement of behaviours and outcomes (eg, accelerometry, inclinometry, GPS, and GIS), as well as person-centred methods (participatory planning and online mapping).

Melody leads the HRC-funded Neighbourhoods for Active Kids study, an investigation of objectively assessed environments and child-reported neighbourhood perceptions in relation to active travel, independent mobility, physical activity, and body size.

Melody's research has her working with specialists from the Universities of Auckland, Massey, Oxford, Aalto, Melbourne and University College London. Her research portfolio spans transport engineering interventions for improving physical activity and safety for residents (Te Ara Mua – Future Streets), understanding longitudinal associations between environments and body size and



activity in Pacific youth (Pacific Islands Families Study), and understanding environmental constraints and enablers for participation in children and young people with disabilities. In November the Health Research Council awarded her a prestigious Sir Charles Hercus Fellowship.



### Aileen Collier prioritises palliative care safety

Aileen will be joining the School of Nursing and Te Arai: Palliative care and end of life research group as Senior Lecturer in February 2016. She was previously Senior Lecturer in the discipline of Palliative and Supportive Services, Flinders University, South Australia. Aileen has worked in a diverse range of clinical palliative care settings in Scotland and Lao PDR as well as Australia.

She is passionate about helping to prepare nurses and other health care professionals to deliver high quality care. Her research program is focused on safety and quality of palliative care and sits at the interface of social science and clinical disciplines. Aileen's research reflects a commitment to her practical work, with moral and pragmatic questions always being anchored to clinical 'realities'. Her PhD was winner of the 2013 International Institute of Qualitative Methods award.

## Nursing librarian's excellence recognised with Faculty award



Lorraine Nielsen has been working with the School of Nursing since its beginning.

Lorraine Nielsen, subject librarian for Nursing, has been awarded a Faculty of Medical and Health Sciences Professional Staff Award for 2016. She received the Ian Houston Award for Sustained Excellence in Job Performance at a ceremony in November. A \$2500 grant accompanies the prize, which Lorraine plans to use for the purpose of travel for professional development.

A requirement for the award includes the 'continuous outstanding effort by an individual or team in the performance of duties over multiple years in support of the faculty's mission', criteria Lorraine certainly meets. She started at the University of Auckland in November 1988 as a sole charge librarian at the Central Nursing Library at Green Lane Hospital. She moved to the Faculty's Philson Library in 1989 as a reference librarian. She has been involved with the School of Nursing from its beginning and, barring maternity leave, has supported the School ever since.

Professor Merryn Gott, supported by several staff, nominated Lorraine for the award. Quotes from Merryn's submission make evident Lorraine's value:

*"Basically she has been supporting an evidence based approach to clinical practice by teaching search skills and reference management since forever."*

Associate Professor Andrew Jull

*"I can think of no other individual who has achieved so much and who continues to provide such a high level of commitment and collaboration"*.

Professor Matthew Parsons regarding Lorraine's contribution to the Nurse Honours programme

*"No job is ever too much or too hard for Lorraine, she works tirelessly to meet demands and always with a smile on her face."*

Management Director, Post-Graduate Taught Courses  
Lesley Doughty

*"Lorraine has exemplified partnership towards supporting students with their academic study, in particular to accessing journal articles and resources."*

Professional Teaching Fellow,  
Reena Patel

*"Lorraine can always be relied upon to provide support as and when needed; one of my first questions for any new postgraduate student is 'have you met Lorraine yet?'"*  
Merryn Gott





Back row: Susan Waterworth, Dr Tony O'Brien, Dr Julia Slark. Front row: Dr Kate Prebble, Jackie Robinson, Dr Kim Ward

## SoN researchers evaluate 'Court of New Beginnings'

The Lifewise Trust, which works with New Zealand's homeless, has commissioned **Dr Katey Thom** and **Stella Black (Ngāi Tūhoe)**, and Dr Alice Mills, Senior Lecturer in Criminology to evaluate a specialist therapeutic court that operates in Auckland District Court. They will conduct a process, impact and cost-benefit analysis of Te Kooti o Timatanga Hou (TKTH).

*'The purpose is to provide homeless offenders with the opportunity to address their behaviour and lifestyle . . .'*

Te Kooti o Timatanga Hou, which translates as the 'Court of New Beginnings', responds to recidivist, low-level public offending by homeless people in central Auckland. People who enter the court must have some degree of impaired decision making capacity due to mental illness, intellectual disability, neuro-disability and/or alcohol or other drug issues.

The court provides a mechanism for co-ordinated service delivery by multiple Government and Non-Government agencies. It orchestrates the creation of a rehabilitation plan for each TKTH participant monitored at monthly court sittings by a dedicated judge and team of legal, health and social care professionals.

The purpose is to provide homeless offenders with the opportunity to address their behaviour and lifestyle, put things right with any victims of their offending and the community and settle into suitable accommodation. The goal, as elaborated in the TKTH charter, is to connect them to appropriate social and health supports/services and help them re-engage in positive, pro-social activities.

Katey, Stella and Alice's research will look at the strengths and weaknesses of the court processes, the impact of the court on those who have participated and the services that support the court. They will also evaluate whether the court represents an effective use of resources.

## PBRF grants for 2017 announced

**Dr Kate Prebble** will undertake a historical inquiry to describe events and influences contributing to the development of Māori services at Auckland Regional Forensic Psychiatric Services (ARFPS), and in particular, at Te Pāpākāinga o Tāne Whakapiripiri. **Susan Waterworth** will explore with community dwelling older adults the approaches they use to enhance their psychological wellbeing (flourishing).

Using a retrospective cohort design, **Dr Tony O'Brien** will explore the patterns of use and clinical and social outcomes of Compulsory Treatment Orders (CTOs) in New Zealand. **Dr Julia Slark** will engage the rehabilitation

team of a large, comprehensive stroke service in the co-design of a unit-wide series of evidence-based interventions aimed at maximizing the engagement of patients and their family/whānau in rehabilitation after stroke.

**Dr Kim Ward** will conduct a feasibility study examining the effect of partner inclusion on patient outcomes during clinic visits by people with obstructive sleep apnea. **Jackie Robinson** will explore health service use in the Auckland District Health Board during individuals' last year of life and identify potential inequities in access to specialist palliative care by age, gender, ethnicity, and diagnosis.

## Low dose aspirin trial on target

**A/P Andrew Jull's** trial investigating the effect of low dose aspirin (150 mg) on healing rates for venous leg ulcers (VLU) continues to meet its recruitment targets, and final data collection will be completed by March 2017. Two other recent trials running in Australia and the UK have struggled to recruit participants, but the NZ trial has recruited 240 participants, easily making it the largest trial.

The next largest trial recruited 51 participants in Spain, while the UK

and Australian trials have recruited fewer than 40 participants each.

Recruitment in the other trials has likely been influenced by the dose used (300 mg), which increases risks for the elderly who are also more likely to have VLUs. A low dose aspirin is safer for older people. The NZ trial is funded by the Health Research Council of New Zealand.





## Auckland District Health Board awards A+ grants for two palliative care projects



*VOICES study surveys end of life experiences of Auckland Hospital patients*

**Professor Merryn Gott** and Dr Andrew Old, Chief of Strategy, Participation & Improvement for the Auckland District Health Board (ADHB) have been awarded an Auckland Academic Health Alliance A+ research grant. They will use the \$49,000 award to gather information about the end of life period of people who die in Auckland City Hospital over the next two years.

The next-of-kin of the deceased will be mailed a copy of the Views of Informal Carers (VOICES) questionnaire and will also be given an opportunity to complete it online. The Te Ārai Palliative Care and End of Life research group adapted VOICES, which was first developed in the UK, for the New Zealand context.

"Research indicates that people are receiving sub-optimum end of life care," Merryn said. "This means both the dying individual and the family or whānau are suffering. Yet no research has systematically surveyed the end of life experiences of New Zealanders."

The study will also examine the feasibility of rolling out VOICES as part of routine practice in ADHB and other DHBs around the country. "The Ministry of Health has acknowledged it is critical we gain a much better understanding of how palliative care needs to develop," Merryn said.

"Inequities exist in terms of access to specialist palliative care – by cultural group, age and type of disease – and so hopefully VOICES will help fill the gap in knowledge about what needs to happen."

*How do people use healthcare services in the last year of life?*

**Jackie Robinson** will use her A+ Trust Small Project research grant to learn more about the ways in which people use healthcare services in the last year of life. An A+ Summer Studentship Grant covered the first phase of the project that involves scrutinising case notes of groups of patients based on age, ethnicity, diagnosis and whether or not they were known to hospice.

The second phase, made possible by the A+ grant, involves using additional data to explore service use in the last year of life and the implications on service demand. Jackie will link ADHB death data to hospice data, interRAI data and the national health collections. "Using national collections and local databases will give us a chance to increase our knowledge of how much people use ADHB services in the last year of life," Jackie said.

"The population-based data will inform the development and innovation of local services across the continuum of care. And by including non-ADHB patients we can better understand how ADHB palliative care services are used by residents outside the ADHB area."

*Jackie is a Palliative Care Nurse Practitioner at Auckland City Hospital, a Professional Teaching Fellow and PhD student in the School of Nursing.*

## Kim Ward graduates as staff's newest PhD recipient



*Son Toby shares his mum's excitement over earning her doctorate.*

School of Nursing Lecturer **Kim Ward** received her PhD during the University's Spring graduation ceremony. In her research, Kim used a grounded theory approach to investigate how people live with CPAP treatment for sleep apnoea. Her focus was on patients' experience.

Her study showed that participants managed CPAP through a process of internal bargaining and balancing and communication with significant others. New findings from this research illustrate the importance of including bed-partners or significant others when prescribing CPAP for sleep apnoea. **Professor Merryn Gott** and **Dr Karen Hoare** supervised her PhD.

## Poster earns top spot at Informatics conference

**Dr Michelle Honey** and her co-researchers earned the best poster prize at the 13th International Congress in Nursing Informatics held in Geneva in June. Their poster was titled, *Social Media and Population Health Virtual Exchange for Senior Nursing Students: An International Collaboration*. Among the aims of their study was to evaluate if a virtual (online) exchange helps prepare student nurses for a professional career in a global environment.



## Is there a correlation between working conditions and nursing care quality in residential aged care?

New Zealand's nursing work force is ageing. Of the country's approximately 45,000 nurses, 57 percent are 45 years old or older, which has specific ramifications for the residential aged care (RAC) sector.

Nurses and healthcare assistants in RAC facilities are exposed to strenuous physical demands and mental stress in part due to working with highly dependent and terminally ill people. As a result, they may experience musculoskeletal disorders, cardiovascular disease and psychological illnesses such as depression and anxiety.

Working in residential aged care facilities is also associated with infections and as a place for accidents such as falls that can cause injuries. Together, these factors – an older work force and the particular stresses found in RAC – contribute to higher labour absenteeism. Current current

*"Joerg expects to develop a theory of how occupational health and safety quality indicators affect nursing care quality in RAC facilities."*

research indicates a correlation between high rates of sick leave and poor nursing care quality.

However, a gap exists in the research regarding RAC nurses and health care assistants' experience of on-the-job stress and strain, which **Joerg Kussmaul** is seeking to address. His aim is two-fold; he wants to "provide a better understanding of the factors necessary for health and safety and optimal working conditions in RAC facilities" and "to demonstrate whether there is a correlation between these conditions and nursing care quality".

Joerg's interest in the topic stems from the perception he received, when working as a quality auditor in Germany, that RAC facilities with high-level health and safety standards often offered excellent nursing care. The new Health and Safety at Work Act 2015, which



*Phd student Joerg Kussmaul is investigating the gap in current research about residential aged care nursing assistants on-the-job stress. Dr Kathy Peri and Dr Michal Boyd are his supervisors.*

came into effect in April this year in New Zealand is boosting this research topic and interest of the participation of RAC facilities.

### A mixed methods study

Joerg's mixed-method approach consists of four phases to be carried out within RAC facilities around Auckland. In phase one, nurses and healthcare assistants will complete a questionnaire about the mental stress factors they encounter in their workplace.

In phase two, Joerg will collect technical measurements: room air temperature, humidity, noise level and lighting conditions. "There's a wide selection of possible physical measurements to choose from," he said, "but these are ones that affect nurses and healthcare assistants directly as they go about their day-to-day duties".

Joerg will outfit nurses and healthcare assistants with pedometers to measure their daily mileage while at work. He'll also observe nursing activities such as lifting, holding, carrying, pushing, and pulling and measure them with the Key Indicator Method Manual Handling Operations assessment instrument that identifies high-risk physical operations in the workplace.

In phase three he will implement a card inquiry activity to focus

on key stress and strain factors related to individual wellbeing in the work place and on the working conditions as perceived by the nurses and healthcare assistants. The participants will be asked to write individual exposed stress and strain factors as well as personal stress relief strategies on cards. Afterwards, the nurses and healthcare assistants will use glue dots to classify and prioritise the stressors.

In the fourth phase, Joerg will incorporate centralised InterRAI (International Resident Assessment Instrument) datasets to measure nursing care quality. The InterRAI data centres on the nursing care quality indicators of physical activities promotion, activities of daily living, social relationship, pain, pressure ulcers, urinary incontinence and bowel conditions.

### Outcomes

Among the outcomes of his research, Joerg expects to develop a theory of how occupational health and safety quality indicators affect nursing care quality in RAC facilities. In terms of impacts on practice, he intends to create a practical tool for planning health and safety workflows in order to avoid work overload for nurses and healthcare assistants in residential aged care facilities.



## Master's student Renée McEwing wins scholarship



**Renée McEwing** has been awarded the Cardiac Society of Australia and New Zealand (CSANZ) NZ Cardiovascular Nurse Scholarship. The \$3000 scholarship is offered to cardiovascular nurses, and those working in allied health or technical professions, who are affiliate members of CSANZ in New Zealand. Renée will use the scholarship to visit two tertiary centres in Sydney, Australia where she will work with nurse practitioners to look at heart failure models of care.

The aim of her trip is to enhance the Counties Manukau Heart Failure Service in order to bridge the gap between primary and secondary health care. Renée's dissertation focuses on the impact of health literacy on the health outcomes of people with heart failure, and **Louise Carrucan-Wood** is her supervisor. Currently Renée is a Cardiology Nurse Specialist at Counties Manukau Health.

## Honours Corner

*Report on the Bachelor of Nursing (Honours) programme*  
by Stephen Jacobson

- Auckland DHB is now participating in the BN Honours programme, joining Waikato, Counties Manukau Health and Bay of Plenty DHBs to bring the total Honours enrolment to 22 students.
- Shane Werner and Shantelle Turner from Waikato DHB and Sarah Denmark and Sarah Hewitt from Counties Manukau all achieved first class honours.
- Recent honours programme graduates Michelle Cameron, Kim McAuley, An Yu and Toya Shaw have enrolled in doctoral programmes. Michelle, Kim and An will be evaluating new services established jointly by Waikato, Canterbury and Waitemata DHBs and the Ministry of Social Development. Their work will focus on people out of work with a health condition.

Current and recently completed research – in the words of our students:

### **Emma Whitehouse** (Counties Manukau DHB)

*My study integrated the use of technology with personal instruction to enhance the discharge education given to female patients presenting to the Emergency Department with a urinary tract infection. A registered nurse played a short video with relevant messages*

*for patients upon discharge and ensured they received key instructions on infection prevention and management.*

### **Leigh Youngman** (Bay of Plenty DHB)

*My mixed-method study explores the optimal approach to managing older orthopaedic patients with delirium. The aim of the project is to develop an evidence-based delirium management pathway specific to orthopaedic care*

*This pathway will guide health professionals to more effectively prevent, manage and treat older patients with delirium in an acute orthopaedic setting.*

### **Mary-Beth Wood** (Waikato DHB)

*This two-phase mixed methods research project involves first, examining the perceptions of health professionals and adult surgical patients within Waikato Hospital regarding their transition from hospital to home. Second, it concerns auditing the discharge process at Waikato Hospital for all patients over a two-week period.*

*Exploring these perceptions and attitudes will help the DHB better understand the performance of surgical wards regarding discharge planning and the use of criteria based discharge.*

## Tessa Morgan awarded PhD scholarship to attend Cambridge

**Tessa Morgan** is heading to the University of Cambridge to undertake doctoral study in palliative and end of life care thanks to a Woolf Fisher Scholarship. She is one of only four tertiary students from throughout the country to be selected.

The Woolf Fisher Scholarship is funded by the Woolf Fisher

Trust, supported by the Cambridge Trust. It covers study and living costs at Cambridge and is estimated to have a value of \$300,000 per student, making it one of the most generous scholarships available to New Zealand students.

Tessa, who completed her Honours degree in History last month, works as a research assistant and project manager for the Te Ārai Palliative Care and End of Life Research Group.



*Tessa in her role as a hospice volunteer.*

## Journal articles, books, book chapters and reports published by staff in 2016

\*email the editor for a digital list with [live](#) hyperlinks or to request full text copies of any of the publications.

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