

Reason

Research at the University of Auckland, School of Nursing

December 2017 | Issue 14



Mahi tātou: Working together

by Dr Lisa Williams, Editor of Reason

Anō nei he Pōhutukawa korua, e whātoro ana
I ōna here. Ki ōna takiaho. E hii au te kaha.

*Just as the Pōhutukawa, whose roots
seek out those of its kind to be strong,
so too must we cling to each other).*

This whakataukī is an apt reminder of the collaborative nature of research – how we depend on our fellow researchers, research participants and the communities we interact with to generate results that truly make a difference in people’s lives. So in the spirit of the pōhutukawa and on behalf of the School, I would like thank everyone who has contributed to our research in 2017.

And what a productive year it has been. We published 121 journal articles, book chapters and reports. You’ll find them all, beginning on page eight.

These pages also feature news about new grants received by Dr Kathy Peri and Professor Sandie McCarthy, as well as much anticipated results from established research projects undertaken by Dr Katey Thom, Dr Michal Boyd and Dr Terryann Clark. In our student section you’ll learn about the research of PhD student Lesley Doughty and former Master’s student Helen Butler. In addition, we welcome new staff, showcase staff awards and show off this year’s summer students.



Finally, I’d like to mention Te Ārai: Palliative Care and End of Life Research Group’s annual conference held in November. Ros Capper, pictured with Professor Merryn Gott, presented the keynote address based on her book, *The Accidental Carer*, about her experiences providing end-of-life care for her husband.

Te Ārai provided support for the book and are continuing to work alongside Ros to realise her ambition of establishing an exciting community initiative that supports family members providing palliative care at home.

One hundred and ten people attended the conference from DHBs, residential aged care, hospice, primary care and the community. The day began with a pōwhiri, led by Matua Rawiri Wharemate and Whaea Whio Hansen and supported by other members of the Te Ārai kaumātua roopu. Research group members presented their research, and new this year, post-graduate students gave presentations as well. To have a look at some of the conference presentations, visit Te Ārai’s blog: <http://www.tearairresearchgroup.org>.

Hope your holidays are fantastic,

Lisa

Planting seeds for change

A glimpse into the world of Te Whare Whakapiki Wairua

by Dr Katey Thom

In Aotearoa New Zealand we have a rising and costly prison population, and the majority of prisoners have mental health and addiction issues. Yet we have been slow to consider how holistic rehabilitative approaches could reduce offending.

To gain insight into how NZ’s present rehabilitative system operates, Stella Black and I have been exploring the theory and practice of Te Whare Whakapiki Wairua – the Alcohol and Other Drug Treatment Court. Based on our in-depth observations and interviews, we have created four reports that offer a comprehensive analysis of the court.

Drawing on ethnographic research collected through my Marsden Fast-Start project, our reports canvas the therapeutic underpinnings and processes of the court. They also explain the roles of the multi-disciplinary team who are planting seeds of change within the high-risk, high-need offenders they work with.

What makes Te Whare Whakapiki Wairua unique?

The inclusion of peer support as a normalised feature of Te Whare Whakapiki Wairua is an innovative addition. It validates experience-based expertise as important in recovery from addiction. Cultural competency is another feature setting it apart from other such courts internationally.

One of the team members, the pou oranga, ensures the court meaningfully incorporates Māori tikanga, supports participants and their whānau in their recovery and acts as a conduit between Te Whare Whakapiki Wairua and the Māori community.

Reports online

Our reports are freely available here <http://www.justicespeakersinternational.com/new-zealands-aodtc-court/>. One of our open access papers published in *The New Zealand Criminal Law Review* explains the existing evaluations. It also offers a critique of how this kind of focus may miss the health and wellbeing outcomes such innovations may create for participants and their whānau. (See p. 11 for details of the citation under my name, K.A. Thom.)

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REASON is published biannually
by the School of Nursing,
Faculty of Medical and Health Sciences
The University of Auckland,
Private Bag 92019 Auckland, NZ 1142
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Staff Research & News

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- Food insecurity for youth
- How we die in aged care
- New staff
- Top Māori researcher

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www.fmhs.auckland.ac.nz/en/son.html

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Student News

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Aileen Collier, Kate Prebble

The List

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- Our annual list of publications, books,
book chapters and reports

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Can yoga help people with mild to moderate dementia?

New study builds on Cognitive Stimulation Therapy



Dr Kathy Peri

Dr Kathy Peri and her research team of University of Auckland and international researchers are adding yoga into the mix of activities they're trialling to improve the health and wellbeing of people with dementia. Mind-body interventions like yoga and meditation

have already shown they have positive effects on cognitive issues related to ageing. Maintaining cognition can delay the progression of dementia and issues arising from its impact.

Building on their successful Cognitive Stimulation Therapy (CST) research, they will test whether 10 weeks of chair yoga makes an impact on such issues as memory, mobility and depression. (CST involves a set of activities delivered to small groups of people with dementia. Topics and activities vary by session and might include such things as taking part in games, completing word puzzles or playing a musical instrument.)

The team's \$100,000 Brain Research New Zealand grant will allow them to compare three interventions: CST and Chair Yoga; CST alone and Chair Yoga alone. Seventy-two people with mild to moderate dementia from three

residential aged care facilities in Auckland will take part. Each facility will deliver an aspect of the intervention and offer it to three groups of eight people during a year's time.

People learning Chair Yoga will engage in two, 50-minute sessions a week for ten weeks. Facility staff trained by the research team will lead them in yoga staples such as breath work, neck rolls, shoulder shrugs, side bends and knee lifts.

"We are thrilled to get this funding to develop a joint project with a large aged care provider who are going to be collaborators with us over the next two years," Kathy said. "We are currently testing a more intense physical activity combined with cognitive stimulation therapy (CogEX), and



we want to test to see if yoga and cognitive stimulation therapy might be more beneficial for individuals who are more physical disabled."

The team will work with kaumātua to develop strategies for involving Māori in the project and to ensure the interventions are culturally safe. "We have already completed some preliminary work with members of the Ngāti Whātua Ōrākei whānau group on adapting CST to Māori culture," she added.

Programme for women's wellness after cancer to be trialled here

Australian study will be adapted for multi-cultures

A new Catalyst grant will allow Professor Sandie McCarthy and her co-researchers to adapt a successful Australian intervention for the New Zealand context. Sandie co-developed the Women's Wellness after Cancer Program (WWACP) while at the Queensland University of Technology and is eager to trial it here. She received a grant of \$78,411 from the Ministry of Business, Innovation and Employment's Catalyst Seeding fund. The fund is administered by the Royal Society. The research team members include Dr Jacquie Kidd, Dr Elissa McDonald, Bobbi Laing, Dr Ofa Dewes and Dr Gigi Lim.

The WWACP is a 12-week structured lifestyle intervention designed to improve the health and wellness of women who have breast, blood or gynaecological cancer. Delivered via mobile devices, it focuses on physical activity, healthy eating, better sleep and lifestyle habits, and improving quality of life. It is intended to help counter the longer-term toxicities of cancer treatment that can include obesity, treatment-induced menopause, reduced bone density and cardiovascular compromise.

The New Zealand version, which is called the Women's Wellness after Cancer Research Programme, (WWACRP) will concentrate specifically on breast cancer. It will expand its scope, branching out from its focus on European women to include Māori, Pacific and Chinese communities.

"Breast cancer is an appropriate focus for us because although survival rates are up, Māori, and Pacific women are still disadvantaged," Sandie said. "And Asian women's



Women's Wellness research team: Bobbi Laing, Professor Sandie McCarthy and Dr Elissa McDonald. Not pictured: Dr Jacquie Kidd, Dr Ofa Dewes and Dr Gigi Lim.

incidence of breast cancer is on the rise due to their uptake of Western lifestyles."

As trialled in Australia, the programme involved women who had completed chemotherapy and/or radiotherapy within the past 24 months. Although analyses is still ongoing, current results indicate that compared to usual care, women involved in the intervention experienced positive changes in health-related quality of life.

The project is also offering Dr Elissa McDonald and Bobbi Laing post-doctoral experience vital for growing their own research platforms. Bobbi indicated that the project integrates well with her own research. "Mine focuses on how changes in the environment can improve chronic/long-term conditions, so WWACRP will be an excellent contributor to this."

Food insecurity threatens New Zealand's Youth

Māori and Pacific young people hit the hardest during study's five-year time period

Forty-four percent of New Zealand's high school students worry about their food security, according to new research published in *Kōtuitui: New Zealand Journal of Social Sciences Online*. Data from the Youth '07 and Youth '12 national surveys measuring health and wellbeing revealed that food insecurity increased significantly over the five-year time span.

Although food insecurity rose across all socio-demographic sub-groups, Māori and Pacific young people experienced the greatest burden. The change mirrored broader child poverty patterns in New Zealand.

Dr Terryann Clark served as a co-author on the paper led by Dr Jennifer Utter of the School of Population Health, which indicated food insecurity is associated with a number of markers of substandard health and wellbeing. Being overweight, more likely to skip school and in poorer mental health were three cited.

The authors also stated that younger students were more likely to report food insecurity than older students. The findings reflect other current research that Māori and Pacific young people are over-represented in multiple indicators of poor health and wellbeing.

Despite its prevalence, the authors maintained that interventions addressing household food security are "tangible and easily administered." They also noted that "food security interventions may provide additional benefits to promoting the healthy development of children and young people."

How do we die?

A report on death in New Zealand's residential aged care facilities



Results from the End of Life with Dementia Research (ELDER) project indicate that care in residential aged care facilities requires a high level of symptom management skill in the last weeks and days of life. Regardless of primary diagnosis – dementia, cancer or chronic disease – older people need extensive support, says Primary Investigator Michal Boyd.

Yet individuals with advanced frailty, including those with chronic disease and dementia, require a different palliative care model than those with cancer. "And such a model must be based on comprehensive gerontology care over a longer period of time," Michal said.



"It is really concerning that increasing numbers of our young people and their families worry about not having enough food," Terryann said. "We know it is harmful, and it is shameful that New Zealand kids are going hungry. We urgently need to address the harmful effects of poverty to ensure that every family has the quality housing, food and other resources they need to thrive."

To read the full article, see: Utter J, Izumi B, Denny S, Fleming T and Clark T. Rising food security concerns among New Zealand adolescents and association with health and wellbeing, *Kōtuitui: New Zealand Journal of Social Sciences*, 2017, doi: 10.1080/1177083X.2017.1398175

Michal and her co-investigators, Dr Rosemary Frey, Dr Deborah Balmer, Ms Susan Foster, Professor Merryn Gott, Jackie Robinson, Dr Julia Slark and Dr Heather McLeod worked with 63 facilities around New Zealand. During the study's tenure – three months in each facility – 286 people died.

Nursing staff who had the most involvement with the deceased at the end of life completed standardised questionnaires: the Symptom Management and Comfort Assessment in Dying at End of life with Dementia (SM-EOLD and CAD-EOLD). The data collected showed that dementia was the primary diagnosis for 55% of those who died. Chronic illness accounted for 28% of deaths and cancer for 16%. Those with cancer were significantly younger than those with either dementia or chronic disease and had much shorter lengths of stay.

People with dementia had significantly more symptoms such as shortness of breath, pain and skin breakdown than those with cancer or chronic conditions in the last month of life. However, hospice was more involved with those who had cancer (30%) than chronic disease (11%) and dementia (5%). During the last week of life, there was no difference in distressing symptoms, regardless of diagnoses.

"New Zealand has one of the highest rates worldwide for residence in residential aged care at the time of death," Michal said "This will help us understand better what people in residential care need to die well."

These results are part of a presentation Michal gave during the *4th International Workshop on Nursing Home Research* in the United States in October.

School welcomes researchers

New staff bring professional backgrounds, interests and personal experience to their roles



Kristy Kang
Project Manager/
Research Assistant

Kristy Kang is the new project manager for Professor Merryn Gott's National Science Challenge Ageing Well project. Kristy recently graduated from the University of Auckland with her BHSc (Hons). She became interested in palliative care while attending the 2016 U21 Global Ageing Conference in Monterrey, Mexico. During the summer of 2016-17, she worked

as a summer student for Merryn and plans to pursue a Master's degree in the School in 2018.

Bobbi Laing
Project manager

Bobbi has undertaken a post-doctorate role with Professor Sandie McCarthy that involves project management of the translation and adaptation of the Australian Women's Wellness after Cancer Research Program (WWACRP) for NZ.

Initially her role will focus on establishing the principles and processes for the translation and adaptation of WWACRP for each cultural group involved. She will achieve this by forming steering groups, representative of each of these communities, to develop culturally-appropriate outcomes.

"This role is of great interest to me," said Bobbi, who just submitted PhD thesis, *Harnessing Gene-Nutrient Interactions to Curtail Disease Progression in People with Crohn's Disease*. "It allows me to combine my recent research in chronic conditions, my previous role as a health promotion co-ordinator for a PHO; and my registrations in nursing and nutrition."



Willoughby Moloney
Lecturer

Dr Willoughby Moloney is a new lecturer with the undergraduate team, teaching students and supervising them in clinical placements. She is also coordinating the disability component of paper N202: Mental Health and Disability. She has been an RN in primary health care for seven years, working in an accident and medical clinic. Her upcoming

research topics and projects will focus on health literacy in nursing students and the fundamentals of nursing care. Willoughby has just been awarded her PhD. To read more about research adapted from her thesis on why nurses are leaving the profession see: Moloney, Boxall, Parsons and Cheung on p. 10 in our list of publications.

Fran Svebakk (Ko Ngāi Tūhoe, ko Ngāti Whātua oku iwi) Research Assistant/Project Administrator – Pae Herenga Research Project

Fran writes: "Primarily, my interest in this work comes from personal experience of palliative and end-of-life care. As a whānau we provided end-of-life care for our parents, Teiria and Henare. Our mother was diagnosed with cervical cancer and despite several courses of treatment over a period of time, we nursed her through the final stages of her illness."



"There was no guide book, palliative care expert or even health professional on hand to support us, yet instinctively we knew what she wanted and needed from us. Several years later, our father Henare's co-morbid chronic condition placed him in hospital for treatment multiple times over several years. Like our mother, we nursed him through the last days of his life. In his case, we were able to access limited support, for example a bed and other equipment; albeit too late to make a difference for those providing hands-on-care in the last few days."



Māori health leader
New online database

Dr Tess Moeke-Maxwell has been selected to join an online database featuring 100 Māori leaders contributing to health. The intent of the initiative, developed by the Henry Rongomau Bennett Foundation, is to inform people about the many leadership roles and successes Māori have achieved, inspire emerging

Māori leaders and highlight leadership in a range of roles for Māori workforce development.

The project began in July 2016 and the full resource will be online by the end of this year. Tess joins such respected leaders as Sir Mason Durie, Dr Amohia Boulton and Dr Kahu McKlintock. Tess commented, "it is wonderful to see palliative care making it on the '100 list', particularly as kaumātua and their whānau are an under-researched group who have very specific cultural requirements at end of life."

Although it is an honour to be selected, Tess says, "I am one of a dedicated group of people within the School of Nursing's Te Ārai Palliative Care and End of Life Research Group and kaumātua rōpū; undoubtedly, this recognition reflects the hard work we all do to make a difference."

Visit the site: <https://100maorileaders.com/>

Is professional education for new nurse graduates effective?



Lesley Doughty is the School of Nursing's Management Director – Postgraduate Taught Courses

Lesley Doughty's doctoral research focuses on the professional education new nurse graduates undertake in their first year of clinical practice through the Ministry of Health's Nurse Entry (NETP) Programme. She's using a mixed-method quasi-experimental design to investigate the experiences of new graduate nurses enrolled in NETP, the senior nurses who support them and the patients they care for.

"New graduate nurses are the future of nursing," says Lesley, "so their education while moving into the workforce is critical – and vital for building a qualified nursing workforce for the future."

Set up by the Ministry of Health, NETP's mandate is to enable safe and confident nursing practice, improve the quality of care, and positively impact on recruitment and

Lesley oversees the curriculum for the 1500 postgraduate students enrolled each semester and is a professional teaching fellow. She qualified as a Registered Nurse in the UK and has worked in the specialty areas of cardiac and intensive care nursing. She has extensive clinical cardiac experience, having

retention. It provides new nurses with supervised practice within health care teams as well as clinically-focused educational opportunities.

Little empirical evidence exists concerning the effect of NETP on new nurses' clinical practice or patient care, a gap Lesley is addressing through her research. She'll explore whether current NETP educational practices are the most appropriate and effective for improving nursing education and, ultimately, patient care.

Such research is vital due to the evolving nature of nursing as a profession, Lesley says. "Following registration they need the kind of education that equips them to handle our health care sector that's continually growing in complexity and diversity."

"New graduate nurses are the future of nursing," says Lesley, "so their education while moving into the workforce is critical."

Her project involves four phases. The aim of phase one, a quantitative survey, is to discern the impact of the NETP programme on key aspects of new nurses' skillset. Approximately one hundred nurses in their first year of practice who are participating in NETP will be invited to participate. In phase two, Lesley will systematically observe the nursing practice of eight new graduates.

Phase three involves patient perceptions and experience of care received by new nurses. Patients will complete surveys regarding if/how the new nurses' nursing practice impacted on their experience of care. In phase four, nurse educators and preceptors will fill out questionnaires and participate in focus groups to gauge their views on new nurses' training and NETP.

In addition to the empirical data she collects, Lesley's intent is to give nurses a voice. "It's important to me that my research will let nurses tell their stories so we are better able to understand their perspective."

completed specialty training in general intensive care, coronary care and cardio-thoracic and vascular areas. Her supervisors are Dr Claire Sinnema, Faculty of Education and Social Work and A/P Robyn Dixon, School of Nursing.

No slowing down over summer for SoN research

Fourteen students are engaging in research projects over the summer in the School of Nursing. They join more than 150 other students employed in different areas of the Faculty of Medical and Health Sciences.

Similar to most students working within the Faculty, ours attend the University of Auckland. Yet this year we have two from the University of Otago: Johnnie Wong and Karan Banker. Johnnie is working with Dr Kathy Peri and Karan is Dr Kim Ward's summer student.

Our other students and supervisors are: Kate Gibbs-Harker/Dr Elissa McDonald; Samantha Menezes/Dr Julia Slark; Emily Yi and Anita Chung/Dr Aileen Collier; Judy Sohn/Dr Tony O'Brien; Rowan Biggs/A/P Andrew Jull; Brooke Martin/Cathleen Aspinall; Yi Zhang/Jackie Robinson; Brittany Park-Ng/A/P Melody Smith; Lauren Spence/Professor Merryn Gott; Frances Toohey/Dr Tess Moeke-Maxwell and Hannah Walter/ Dr John Parsons.



Some of our summer students were able to join us for afternoon tea to get to know each other. Back row: Emily Yi, Anita Chung, Kate Gibbs-Harker and Johnnie Wong. Front row: Rowan Biggs, Brooke Martin, Judy Sohn and Yi Zhang.

Mental Illness can limit access to palliative care

People with serious and persistent mental illness (SPMI) are 3.5 times less likely to receive specialist palliative care than the general population.

These results, reported on in the *International Journal of Mental Health Nursing*, arose out of Helen Butler's master's research project. It's the first research to examine the use of specialist palliative care services for people diagnosed with SPMI in New Zealand and one of the first internationally.

Helen's retrospective cohort study centred on data from the Capital and Coast District Health Board (CCDHB). Sixty-five percent of the SPMI cohort identified as European and 30% identified as Māori. The percentage of people with SPMI who identified as Māori was 1.2 times the percentage (12.5%) of Māori in the CCDHB population. In contrast, the percentage of Pacific people was lower, (3.4%) compared to 8.3% of the total region.

Higher levels of deprivation

The SPMI cohort experienced a higher level of deprivation compared to the general population. The highest proportion of people in the region were the least deprived (31%), compared with 20% of the SPMI population.

The highest proportion of people who have SPMI were in the more deprived deciles: 35% in deciles four and five, compared to 18% of the general population. This result indicated that there is a greater level of deprivation experienced by people with SPMI accessing specialist palliative care compared to CCDHB's general population.

She noted that health professionals' perspectives of people with mental illness could contribute to low rates of access to specialist palliative care services. The literature corroborates this: referrals to specialist palliative care services for people with SPMI are rare.

Relevance to clinical practice

"Mental health nurses are in a position to advocate for access to specialist palliative care services for people with SPMI," Helen said. "They can also incorporate a palliative care approach into the care of people with SPMI. This means acknowledging when a person with SPMI has reached the end-of-life stage, having conversations about



the reality of end-of-life care, and helping them deliberate and make choices about their end-of-life preferences."

Missing out on care

Helen's study adds to the body of research highlighting health disparities between people with SPMI and the general population. "People are currently missing out on care, being diagnosed too late, and even dying due to the inefficiencies and lack of coordination within our health system."

"Shaping services to meet the need in a timely and appropriate way is crucial." She cited Te Pou Whakaaro Nui, a NZ centre for evidence-based workforce development for mental health, addiction and disability, which stated the biggest barrier for adequate physical health care for people with SPMI is the current fragmentation within the health system; the division between mental and physical health services.

Helen has worked as an RN for over 20 years and specialised in mental health and more recently palliative care. Dr Tony O'Brien was Helen's supervisor. See p.8 under Butler & O'Brien for details on her paper in the International Journal of Mental Health Nursing.

International recognition for Telemedicine research

BHSc Honours graduate showcases work in China

May Lin Tye presented results from her dissertation at the 16th World Congress on Medical and Health Informatics in Xiamen, China. Titled, *School-Based Telemedicine: Perceptions about a telemedicine model of care*, her poster addressed non-clinical staff views.

It also documented the acceptability of telemedicine for school children as well as benefits and drawbacks. Dr Michelle Honey and Dr Karen Day (School of Population Health) were her supervisors. She also presented her poster at the 2017 Health Informatics New Zealand conference in Rotorua.

May Lin is now applying her informatics skills in her new position with Orion Health in Auckland. Orion Health develops healthcare information technology.

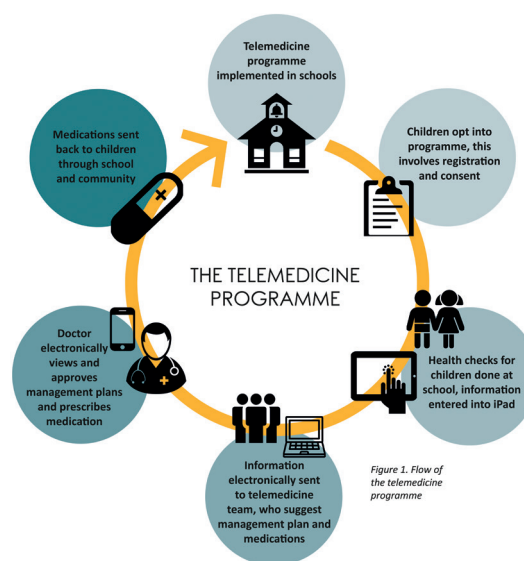


Figure 1. Flow of the telemedicine programme

The List

Here it is, our annual list of publications produced by our researchers in the last twelve months (plus a few out soon in early in 2018.)

We have 121 publications, a record number, and new this year, contributions in oncology due to Professor Sandie McCarthy joining us as Head of School.

So, dig in, and if you'd like a copy of any publication on the list, please get in touch. We'll arrange it for you.

Email: la.williams@auckland.ac.nz

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The last word - Nursing Review publishing our students

Second-year nursing students now have their research featured in a special student section in each issue of *New Zealand's Nursing Review*. A new initiative developed by Cathleen Aspinall, a member of the School's undergraduate team, its purpose is to encourage second-year students' reflection on issues arising in practice.

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