



Dr Julia Slark appointed
new Head of School



Reason

Research at the School of Nursing,
The University of Auckland

Editor's Note

The results of the 2018 Performance-Based Research Fund (PBRF) round sets the tone for this issue of *Reason*. The School ranked first among New Zealand's Schools of Nursing. Our score also increased significantly from the last assessment period in 2012.

As you'll see in this edition, we're not letting up. In these pages we report on the more than \$7.7 million awarded to staff by Health Research Council NZ. We also tell you about other grants from funding bodies located here and overseas, prizes for outstanding research, publication of books and journal articles, peer-reviewed papers, innovative research and recognition for outstanding service.

This month, Deputy Head of School, Dr Julia Slark, assumed her role as the new Head of School. On the cover you'll find her with kaumātua Matuakore Fagan, Walter Thompson and Rawiri Wharemate. You can read about her welcome pōwhiri in the column at right. Julia takes over from Professor Alexandra McCarthy who is returning to Australia and the University of Queensland to begin in a new position there.

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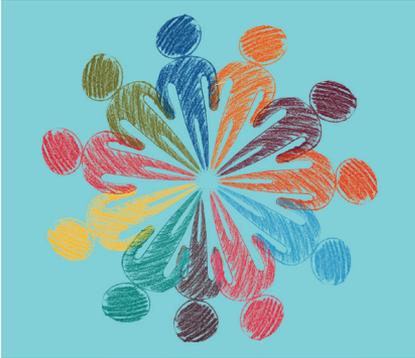
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Co-associate Heads (Research):
Merryn Gott and Melody Smith
Head of School: Julia Slark



WELCOME TO OUR NEW HOS

Dr Julia Slark became the School of Nursing's new Head of School earlier this month. Senior Kaumātua Rawiri Wharemate welcomed her in a pōwhiri with Walter Thompson supporting with karakia and Kuia Matuakore Fagan offering karanga. Kuia Whio Hansen wove the korowai Julia was cloaked in for the occasion. The pōwhiri also honoured departing Head Professor Sandie McCarthy. In his speech, Matua Rawiri encouraged Julia to continue the work begun by Sandie to foster inclusiveness.

Promoted from Deputy Head, Julia also previously served as co-lead of the Bachelor of Nursing Programme with Dr Lisa Stewart. She originally joined the School in 2013 as a Professional Teaching Fellow and was promoted to a Senior Lecturer position six months later. Before shifting to New Zealand, Julia was a Nurse Consultant for stroke at Imperial College NHS Trust in London. "I identify as a nurse before anything," she said. "I'm incredibly passionate about the profession and the difference we can make in the lives of patients and whānau." Julia reflected on the staff's dedication saying "I am so proud of the talented teachers, researchers and professional staff and the quality of the work we produce. We punch way above our weight, representing the best New Zealand has to offer."



HEALTH FUNDING SUCCESS

In June, the Health Research Council of New Zealand awarded more than \$7.7 million to projects School of Nursing staff are involved in. Professor Andrew Jull will be leading “Exercise or hypochlorous acid for venous leg ulcer healing: Factorial4VLU trial” (\$1,402,941)

Associate Professor Rachael Parke will be leading “Targeted Therapeutic Mild Hypercapnia after Resuscitated Cardiac Arrest” (\$1,199,995). Rachael is also a named investigator on “BLING III – Phase III RCT of continuous B-lactam infusion in the critically ill” (\$1,195,807).

Dr Terryann Clark is a named investigator on “Ethnic differences in the uptake of healthcare services” (\$1,088,386) and Associate Professor Melody Smith is a named investigator on “Health and equity impacts of Te Ara Mua Future Streets” (\$1,185,793).

Dr Niamh Donnellan and Melody are involved in “Built environment and active transport to school: BEATS natural experiment” (\$1,197,487). Niamh also received an Emerging Researcher First Grant from the HRC that is featured on page 4.

Finally, Professor Sandie McCarthy received a Feasibility Study Grant for “Younger women’s wellness after cancer program” (YWWACP) (\$249,144).



LOTTERIES NZ HEALTH GRANT

Thanks to a new \$120,000 grant from Lotteries New Zealand Health Research, our researchers will explore ways to promote child health and wellbeing in urban neighbourhoods. The team, led by Associate Professor Melody Smith, also includes School of Nursing staff Dr Victoria Egli, Dr Lisa Williams, and Associate Professor Terryann Clark. The grant is titled *Child-centred strengths-based approaches to informing neighbourhood design for health*.

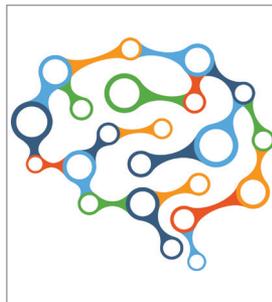
“Our research will provide new information and a better understanding of how neighbourhoods can impact child health,” said Melody. “And we’ll be placing a priority on identifying strengths and needs from a child’s perspective.”

Such community driven and child-centred approaches are essential, Melody said, but tend to be uncommon, “likely due to the time commitment required to nurture relationships and ensure reciprocity.”

The team will collaborate with children from schools in Auckland and Dunedin to develop children’s definitions of health, identify how children use their neighbourhoods for health promotion, understand the health promoting and health inhibiting aspects of neighbourhoods from children’s perspectives and create child-centred knowledge transfer pathways with key stakeholders.

TRAUMATIC BRAIN INJURY RESEARCH AND MĀORI

Dr Tai Kake has received a Faculty new staff grant for his project titled *The Experiences of Māori with Traumatic Brain Injury (TBI) in the Waikato with Post-Acute Rehabilitation Services*. Māori are over-represented in rates of traumatic brain injury, and the Waikato region has a high proportion of Māori compared to the New Zealand average. While the focus will be on post-acute rehabilitation services, participants may also reflect on the full pathway of services, from acute through to post-acute and the return to the community. This research will serve as a first step in developing a larger project on the topic.



Merryn Gott

WHAT'S IT LIKE TO DIE AT HOME?

Professor Merryn Gott will be part of a UK research team exploring what it's like for people who live in deprivation to die at home in Scotland. Titled *Dying in the Margins* the project runs for three years and is funded by the UK Economic and Social Research Council (\$800k).

The project includes a creative arts component. Photography and digital storytelling will be used alongside more traditional interviews, focus group and observational methods. "We're excited to be pioneering creative and ethically sensitive methods of working with people living in deprivation at the end of life," Merryn said. "We want to make use of their expert knowledge and insights in order to find innovative solutions that address inequities."

Dr Naomi Richards from the University of Glasgow will lead the research.



Niamh Donnellan

HRC GRANT FOR CHILD HEALTH

Dr Niamh Donnellan has been awarded a Health Research Council NZ Emerging Researcher Grant titled *Novel approach to measuring the food and activity environments for child health* (\$225k).

Evidence shows there is a clear link between the food and built environments and children's health behaviours (nutrition, physical activity) and downstream health outcomes (body size). Niamh will develop new GIS-based measures of neighbourhood environments and link these with children's health behaviours and outcomes. Her research may also be extended to other New Zealand datasets with children and youth of varying ages and life stages to develop age-specific measures of neighbourhood environments.

She will be working with Dr Yvonne Anderson (Liggins, Taranaki DHB) and Whānau Pakari.



AT THE COAL FACE

Dr Gigi Lim and Dr Ofa Dewes attended the Tātai Oranga annual national symposium hosted by the Moko Foundation at the Korou Kore Marae in Ahipara. Ofa shared the experiences of Pacific families caring for older loved ones at end of life and the impact on strategic plans and policy for helping an ageing Pacific population. The purpose of the symposium was to bring together NZ researchers, clinicians and community champions to engage with the coal-face of community research related to genetic and genomic predispositions amongst Maori and Pacific Island peoples.



YOUTH 19 KICKING-OFF IN NORTHLAND

The Youth19 survey of more than 8,000 secondary school students in 80 schools is kicking off, with Associate Professor Terryann Clark gathering data for her HRC research project. Terryann is collaborating with Dr Terry Fleming from Victoria University to build on the Youth2000 survey carried out in 2001, 2007 and 2012. Research teams will be visiting schools in the Northland, Auckland and Waikato regions using internet tablets and an online survey. This year's additions to the Youth2000 survey series include emerging topics such as social media and e-cigarette use, period poverty and use of the internet for health information and support.

The survey will help track trends in wellbeing for youth and inform schools, researchers and policymakers about opportunities to support young people – with Terryann particularly interested in developing resources for whānau Māori. This survey is phase two of a larger HRC project led by Terryann and her co-investigators Dr Jade Le Grice, Dr Sonia Lewycka, Dr Shiloh Groot and Dr Matthew Shepherd. It is titled 'Harnessing the spark of life: maximising whānau contributors to rangatahi wellbeing. For more information, visit the Youth19 website: <https://www.youth19.ac.nz>.



MICHAL BOYD HONOURED FOR SERVICE

Associate Professor Michal Boyd was honoured in April at the Nurse Practitioners New Zealand (NZNP) conference held in Blenheim. She was recognised for her many contributions to the profession. Mark Baldwin, current NPNZ chair, presented her with a pounamu at the conference dinner. The award was commissioned from a West Coast carver and is inspired by the NPNZ logo.

Mark reflected on his first meeting with Michal six years ago when she successfully advocated for funding for the Nurse Practitioner Training Programme (NPTP). "We all know how successful that has become in producing nurse practitioners," he said. He also remarked on her contributions to NZNP as a past chair of the organisation, noting how she provided strategic direction and leadership.

VICE CHANCELLOR'S PHD PRIZE WINNER

Dr Jackie Robinson was awarded a Vice-Chancellor's Prize for Best Doctoral Thesis at the Celebrating Research Excellence Event in May. Her thesis was one of only five awarded out of 392 theses completed in 2018. She took home the honours for the Faculty of Medical and Health Sciences.

The awards, held annually, recognise outstanding contributions made by researchers from those just beginning their careers to those who have achieved national and international standing in their field of research. Professor Merryn Gott was Jackie's primary supervisor.



Jackie Robinson and Merryn Gott



Bobbi Laing

WOMEN'S WELLNESS GRANT

Dr Bobbi Laing will be researching an aspect of women's wellness thanks to a Faculty new staff grant of \$30,000. She will be adapting a Women's Wellness Program for Irritable Bowel Syndrome (WWPIBS).

The aim of the project is to reshape the Women's Wellness Program (from Menzies Institute, Griffith University) to meet the needs of women in New Zealand with IBS. "We aim to establish a steering group of women with IBS, community members and health professionals," Bobbi said. "Plus, we will form another steering group of leading researchers in the fields of irritable bowel syndrome and health promotion."

The steering groups will guide WWPIBS-related community consultation and relationship-building processes as well as responses to community feedback. "This will shape the intervention so it's ready for pilot testing."



Melody Smith and
Rebecca Amann

WALLATH PRIZE HONOURS

Rebecca Amann was recognised in May's Wallath Prize prize-giving for her research over the summer. A total of 187 students undertook studentships with researchers across the Faculty of Medical and Health Sciences. The Wallath Prizes recognise outstanding summer scholars across public health, biomedical, and clinical research. Rebecca was one of three students to earn a 'highly commended' award in the public health category.

Rebecca worked with Associate Professor Melody Smith to study factors related to children's independent mobility. "This was a challenging project. Rebecca went above and beyond – she showed initiative, diligence, and a real desire to learn." Results of the study can be found in the *International Journal of Environmental Research and Public Health*: [<https://www.mdpi.com/1660-4601/16/8/1361>]



UNIVERSITY OF AUCKLAND RANKED NUMBER ONE

The University of Auckland has topped the inaugural Times Higher Education University Impact Rankings. They assess the social and economic impact of universities based on the United Nations' Sustainable Development Goals (SDGs). The University received a first in three of the 17 SDGs. The rankings are the world's initial global attempt to document evidence of universities' impact on society, rather than just research and teaching performance.

This achievement complements the School of Nursing's QS Top Universities ranking of 36th in the world for 2019.



NURSING HONOURS STUDENTS EXPLORE CUTTING-EDGE MENTAL HEALTH ISSUES

by Victoria Egli

Among the many postgraduate research students currently supervised by the School of Nursing's mental health team, Sarah Taylor, Josh Burrows and Jackie Williams are coming to the end of their Bachelor of Nursing (Honours) journey. The Honours programme enables high-achieving nurses opportunities to enhance their career and pursue nursing research. It is one year full-time with part-time options also available for students.

If you have graduated with a Bachelor in Nursing, or are about to do so, this is a great opportunity to further research in an area of nursing of interest to you. Here is a taster of the research Sarah Taylor, Josh Burrows and Jackie Williams produced during their

Bachelor of Nursing (Honours) programme.

Sarah explored the current practice of one-to-one observations in acute mental health settings in the Waikato. One-to-one observations are used as a therapeutic tool to prevent acutely unwell people from harming themselves or others. Yet as literature and Sarah's work suggests, one-to-one observations may be being under-utilised in contemporary mental health clinical settings.

Josh is conducting an ongoing preliminary evaluation of a mindfulness-based cognitive therapy (MBCT) trial through the Auckland District Health Board. His research is in response to the growing prevalence of depression throughout New Zealand. Current literature suggests that MBCT can help individuals detach from repetitive negative rumination that may foster depression.

Jackie investigated mental health nurses knowledge, attitudes and experiences of providing care for people with eating disorders. She did this through a nationwide survey and interviews with local nurses. Her research focused on how nurses across all mental health service areas could be better supported within their roles. It also highlighted how employers and education providers can encourage nurses to become more interested, educated and involved in this nursing speciality.

Congratulations to Sarah, Josh and Jackie on your high-quality, relevant and practical Honours research projects. Well done.

EARLY YEARS OF SCHOOL'S HISTORY IS ONLINE

Thanks to Dr Kate Prebble and third-year nursing student Hannah Carter, an oral history about the early years of the School is now online to mark its 20th anniversary. Hannah worked on the project as part of her summer student research. The web pages contain information, images and interviews Hannah and Kate conducted with key personnel about what it was like when the School began.

Kate says “the web pages give a taste of what was achieved and the challenges faced.”

Access them here: <https://www.auckland.ac.nz/en/fmhs/about-the-faculty/son/our-history.html>



HOW TO SUPPORT INDIGENOUS NURSING STUDENTS

Appropriate support can make all the difference to Indigenous nursing students said visiting scholar Dr Misty Wilkie. A guest of Dr Terryann Clark, Misty is an Indigenous nurse and Associate Professor in the Department of Nursing at Bemidji State University, Minnesota. She spoke to School staff about the initiative she leads that has been in place for two years.

Titled ‘Niganawenimaanaanig’ (an Ojibwe word meaning ‘we take care of them’) the programme grounds Indigenous students in their culture, thereby giving them the best chance to succeed. Among the programme’s positive indicators are an increase of 600% in the number of Indigenous students declaring nursing as their major and 100% retention of Indigenous new enrollees in 2018-2019. More information: Misty.Wilkie@bemidjistate.edu.



HEALTHY AGEING SCHOLAR

The School welcomes visiting scholar Youngmi Kang, an Associate Professor in the College of Nursing Science at Kyung Hee University, Seoul. She is working with Professor Matthew Parsons until the end of the year on research projects related to healthy ageing.

Youngmi’s primary field of study is gerontological nursing. She is interested in the development and implementation of health policy that benefits people with dementia and their caregivers. This includes early detection, prevention and treatment. Among the projects she is undertaking while here is a collaboration on a research proposal for a joint New Zealand-Korean study on dementia.

She is also involved in the evaluation of BVAC NZ, an electronic care plan pilot being conducted by Associate Professor John Parsons.

DO STUDENT NURSES KNOW THE BASICS OF PHYSICAL BODY CARE?

There is nothing ‘basic’ about basic physical body care that nurses provide to patients. A truism that informs Michael Crossan’s PhD. Michael, a professional teaching fellow, is researching the topic in a three-phase project that addresses the gap about how student nurses actually do learn to care for their patients’ bodies.

Whatever it is they are learning, the evidence suggests they feel insufficiently prepared. In addition, the literature indicates that substandard care puts patients at risk of emotional and physical harm. Bodily matters, such as toileting, personal hygiene and feeding top the list of concerns for patients and their families.

Michael’s interest stems from his experiences as a supervisor. “I’ve seen students overwhelmed by fear because they haven’t had proper instruction around body care. We need to know what they’re learning and how they are learning it if we’re going to change this.”

Researchers have called on nurse educators to re-visit the undergraduate curriculum and teaching methods on body care. A key issue affecting the teaching of physical body care is the ability to describe it accurately. Terms like ‘physical body care’, ‘basic nursing care’, ‘bodily care’, and ‘fundamental nursing care’ have been used interchangeably.

This confusion contributes to the challenge of conceptualising and defining it – both factors that can hinder successful teaching of the subject. Further inhibitors to student nurse learning are perceptions about the lack of value ascribed to the physical and intimate aspects of care and the dearth of empirical evidence to inform how body care should be taught in the learning environment.

To tackle the subject, Michael is exploring the undergraduate nursing curriculum



and the views of teachers of nursing and student nurses themselves. Cultural Historical Activity Theory (CHAT) underpins his approach. CHAT posits that people act collectively, learn by doing and develop tools to help them do so. Currently engaged in phase one of his study, he is querying New Zealand’s 16 schools of nursing about their pedagogy, curriculum content and the

“The evidence suggests they feel insufficiently prepared.”

scope and delivery methods they use to teach body care. His aim for this phase is to generate a national picture of body care teaching in New Zealand.

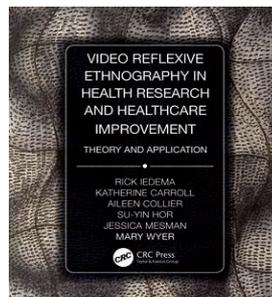
In phase two, he will engage nurse teachers in face-to-face interviews that probe their experiences of teaching body care and their views on body care teaching. Phase three will involve focus groups with new graduate registered nurses.

Michael hopes his PhD will offer a more coherent and transparent definition of body care as well as influence curriculum design nationally and internationally. He also hopes the nursing education community will benefit from his insights regarding how nurse teachers teach body care and perceive students’ engagement with this fundamental topic.

His supervisors are Associate Professor Mark Barrow (Faculty of Education & Social Work) and Dr Michelle Honey and Associate Professor Andy Wearn from the Faculty of Medical and Health Sciences.

BOOK FOR VIDEO ETHNOGRAPHERS

Dr Aileen Collier and her colleagues have published a ground-breaking new book: *Video Reflexive Ethnography (VRE) in Health Research and Healthcare Improvement*. As a methodology, VRE is growing in popularity among researchers. It has been inspired by developments across a range of disciplines: ethnography, visual and applied anthropology, medical sociology, health services research, medical and nursing education, adult education, community development, and qualitative research ethics. Published by CRC Press, the book is available at Routledge.com



CHINA CONNECTIONS AND COMPARISONS

Dr Jinfeng Zhao met with researchers across China to foster collaborations utilizing her data techniques and to compare relationships between activity and health for children in New Zealand and China.

At Shanghai Maritime University, Jinfeng developed databases and consistent measures to enable cross-country comparisons. She also presented her work and met with other researchers in numerous institutions across China including the China Medical University in Shenyang City; the Chinese Academy of Medical Sciences, Beijing; Shanghai University of Medicine & Health Sciences, Shanghai; and the School of Public Health, Beijing University. Jinfeng also attended the 2019 IEEE 4th International Conference on Big Data Analysis ICBDA 2019 in Suzhou.



From left: Madeline, Tai, Siniva, Owen, Luther & Renee Papali'i

WORLD PREMIERE

Dementia Auckland hosted the 'world premiere' of the five digital videos that comprise the *What Makes You Happy* series, an outcome of research led by Dr Lisa Williams. The project's purpose was to explore how digital stories might be co-created with people with dementia.

"The families involved want to dispel the stigma around dementia," Lisa said. "We hope these videos help with that." Maureen and Reg Houlder, Terry and Jan Way, Amrita, Martin and Sanesh Francis, Jeff and Doreen Attwood and Siniva Papali'i, her daughter-in-law Tai Papali'i and grandchildren took part.

In addition to Dementia Auckland, Alison Talmage and Sing-Up Rodney contributed to the project. The videos are available on the Te Ārai research group's blog: Teairesearchgroup.org/Resources.



WRITING RETREAT

In May, School of Nursing staff wrote, analysed data, relaxed, and laughed at the bi-annual writing retreat at Vaughn Park, Auckland. “One of the key benefits of the retreat is the collaboration it fosters,” said Professor Merryn Gott. Dr Jingfeng Zhao noted that the support provided impacted her productivity: “the environment was superb and de-stressing. Everything was looked after so I could concentrate 100% on writing.” Similarly, Research Programme Manager Louise Brand noted the retreat offered a chance to gain “different perspectives and solutions to problems I was trying to solve.”



Debra Lampshire

MENTAL HEALTH ADVOCATE

The World Health Organisation identifies mental illness as the greatest cause of disability for young people worldwide. This shocking reality is just one of the reasons Professional Teaching Fellow Debra Lampshire keeps on working as a mental health educator.

In May she spoke at the University of Auckland’s Mental Health Day for students. “Nobody gets it more than people who have been there,” Debra said, citing her own experience as one who was in mental health care for 30 years. “I have a real passion for this. I just want to talk to people, to dispel the myths, to eradicate all the negative aspects that come from having a diagnosis of mental health illness.”

Among her many achievements, Debra won the 2016 New Zealand Supreme Attitude Award for her contributions to mental health awareness.



Photo: Pixabay.com

IS PALLIATIVE CARE BIASED?

Professor Merryn Gott, in her keynote address to the European Association of Palliative Care (EAPC) conference in Berlin examined bias in palliative care. She focused particularly on gender issues in palliative and end of life care. She noted that women, especially older women, often receive different treatment and care based on their gender.

She also discussed some inequities men face due to societal expectations that can impact on their experiences at the end of life. For example, they are more likely to be recipients of medical interventions that prolong their life but do not necessarily increase its quality.

The conference, held annually, attracts more than 3000 delegates from around the world. To learn more, hover over the QR code or visit the Te Arai blog: Tearairesearchgroup.org



CARE FRAMEWORK DRAWS ON MĀORI VALUES

A new paper in *Palliative Medicine* highlights Te Ārai research group's bicultural, relation-centred compassionate care model. Called 'Kapakapa Manawa', Kapakapa means 'to get the heart to throb, pulsate, flutter' while the pulsating of the 'Manawa' (heart of a person) motivates them to energise their heartfelt emotions to enact care practices to support the dying person and their whānau/family.

The model was informed by the accounts bereaved family and whānau provided of good end of life care in hospital as part of the HRC funded Te Pakeketanga study. It extends Te Ārai's extensive programme of research looking at the role of hospitals in providing palliative care. Te Ārai's Senior Kaumātua, Rawiri Wharemate provided guidance on how to extend the model to more fully reflect Māori values around compassionate care. The group are now working with clinical stakeholders to develop a plan to integrate the model into practice.

The paper, titled 'It was peaceful, it was beautiful': A qualitative study of family understandings of good end-of-life care in hospital for people dying in advanced age' can be accessed online via doi.org/10.1177/0269216319843026. Or, more information is available on the Te Ārai research group's blog: www.tearairesearchgroup.org



CRITICAL 2 YOUR SUCCESS LIVE ONLINE

Associate Professor Rachael Parke's new podcast series, *Critical 2 Your Success* focuses on her twin passions: nursing and higher education. She talks to ICU nurses and allied staff about such topics as how they got into the profession, cope with on-the-job stress and communicate with colleagues, patients and their families/whānau.

On the academic side of things, she's seeking to demystify post-graduate education for those undertaking, or thinking about undertaking, further study. "I am also aiming to provide academic supervisors and examiners' perspectives," Rachael said. In addition, she is "trying to help those undertaking degrees to 'hear it from the other side' which might help them think smarter and not harder and get things done well."

Her motivation for the project originated after she had surgery last year. "I would listen to a friend and colleague's podcasts called *Mastering Intensive Care*. I found them really interesting, engaging and inspiring but was struck by the fact that really they were quite medically focussed (all doctors interviewed!). There was nothing similar for ICU nurses or allied health professionals."

Critical 2 Your Success is available on many different online platforms including anchor.fm, Spotify, Apple.com and Stitcher.



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