

FROM THE DIRECTOR

Welcome to our September 2010 edition of the CANR Newsletter.

The first half of 2010 has already proven to be a very busy year for the team of CANR.



We continue to work with key clinical staff from Sydney South West Area Health Service and academics from the University of Western Sydney to support new initiatives relating to nursing and midwifery.

Major research programs relating to midwifery initiated oral health and patient safety, have been the major focus of staff at CANR.

New collaborative relationships have been formed with midwives and dentists to provide appropriate expertise to progress this new initiative that expands the role of midwives.

Patient safety is a major focus for CANR. Research and development work relating to clinical nursing handover, clinical management, falls prevention and management and medication safety is continuing.

Dr Diana Jefferies and other CANR and clinical staff have undertaken several systematic reviews resulting in policies relating to quality documentation in nursing and nursing support of adult patients' oral nutrition.

We thank all the clinicians, educators, managers and Directors of Nursing and & Midwifery Services for their support throughout the year.

We are excited to be able to launch our new logo with our Newsletter. We are still the same Centre with the continued passion for research, but with a fresh new look.

I hope you enjoy reading our Newsletter and I invite you to contact us if you have any questions about our research or other activities.

Best wishes



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NUTRITION & THE ELDERLY

Dr Diana Jefferies, Professor Maree Johnson, Dr Jenny Ravens, Lynda Marov, Ann-Margaret Miller, Kylie Wright, Henlieta Ha'unga, Wayne Phillips, Carolyn Wildbore, Chris Nocera, Lucy Bird, Rachel Chapman, Angela Lucas

Location: Balmain, Bankstown & Fairfield Hospitals

In his *Final Report of the Special Commission of Inquiry: Acute Care Services in NSW Public Hospitals*, Commissioner Garling said he was astonished to find that one in four elderly patients became malnourished during their admission to hospital in NSW.

Dr Diana Jefferies and Professor Maree Johnson at CANR worked collaboratively with clinical nurses, dieticians, and consumers to develop an evidence-based policy, *The Minimum Standard for the Nursing Support of Oral Adult Patient Nutrition*. The purpose of the *Minimum Standard* was to reinvigorate the role of nursing in nutrition care by providing patients with the assistance they need to consume their meals. It has now been endorsed by the Area Directors of Nursing and Midwifery Executives as an official policy directive in SSWAHS.

Diana Jefferies is a member of the NSW Agency for Clinical Innovation Nutrition in Hospitals working party which is currently developing a state wide strategy to ensure that all aspects of nutritional care are provided for patients in hospitals throughout NSW.

The pilot project has commenced at Balmain, Bankstown and Fairfield Hospitals.

Representatives from the Policy Development Project Team:
(from left: Greg Pang, Tanya Hazelwood, Dr Jenny Ravens,
Dr Diana Jefferies, Dr Hunter Watt, (CEO ACI NSW)



Professor Roger Watson conducting the Writing Workshop for Clinicians at CANR's offices, Tuesday 20th April 2010

WRITING WORKSHOP

(Sponsored by the University of Western Sydney)

In April, we were very fortunate to have Professor Roger Watson from University of Sheffield and Editor-In-Chief of the *Journal of Clinical Nursing* conduct a writing workshop.

The workshop was well attended with clinicians from different areas of Sydney West Area Health Service. They gained invaluable advice from Professor Watson on writing and publishing an article.

This was Professor Watson's first visit to conduct a workshop for CANR and from the interest and feedback received, we are hoping to have him back in the near future.

WINTER SCHOLAR AWARD FOR UWS STUDENT

Simin Shamim, a UWS medical student was awarded a certificate at the 2010 Careers & Cooperative Education Awards function for completing a winter placement program at CANR. During her placement Simin worked on developing the Midwifery Initiated Oral Health project. Pictured is Simin with project leader (Dr. Ajesh George).



FALLS PREVENTION

D. Tran, M. Johnson

Location: Balmain & Bowral Hospitals



Falls prevention and management is a national priority for all Australian health professionals and researchers due to significant social, health, and financial consequences. Numerous research studies in falls reduction and prevention have been conducted in the last two decades, providing inconsistent evidence of the effectiveness of the certain interventions. From nursing's perspective, interventions should include identification of patients at falls risk, the development and implementation of prevention strategies, and evaluation of the plan. However, CANR research has identified that there is a poor connection between a patient's fall risk assessment and selecting and implementing appropriate interventions. Initial research by CANR has also identified that 77% of falls are unwitnessed making the focus on interventions with patients and their families as critical as interventions from nursing staff.

- *Placement of a 'falls-risk' alert sign above the patient's bed/falls risk bracelet*
- *Supervision of patients while in the bathroom*
- *Use of high-low bed, lowered to floor level*
- *Ensuring that the patient's walking aid is within reach at all times*
- *Establishment of a 2 or 4 hourly toileting regime*
- *Use of bed/chair alarm when patients are positioned in a chair or bed*

The research team at CANR is currently undertaking a three year research program with an overall aim of falls reduction among hospitalised patients, focusing initially on patients with high risk of falls. The multifaceted program includes nurse interventions via an online education program and patient intervention such as patient education, physiotherapist-led exercise, and community follow-up. Surveys of nurses' knowledge, medical record audits, and review of IIMS incidents will be used to assess the effectiveness of the program. The pilot project is to commence in August 2010.

MIDWIFERY INITIATED ORAL HEALTH (MIOH) PROJECT UPDATE

A. George, M. Johnson, H. Dahlen, S. Bhole, S. Ajwani, S. Ellis, and A. Blinkhorn
 Location: Campbelltown Hospital

Women during pregnancy are susceptible to poor dental health. Poor maternal dental health increases the chances of infants developing early dental decay and is strongly associated with adverse pregnancy outcomes such as preterm low birth-weight babies. Unfortunately, many pregnant women are unaware of the implications of poor dental health. There is also a lack of emphasis being placed on dental health by prenatal care providers in Australia.

Midwives see and advise the majority of pregnant women in Australia and therefore are in an excellent position to promote dental health. Headed by Senior Research Fellow Dr. Ajesh George, CANR, in collaboration with Sydney South West Oral Health Services and Sydney Dental Hospital, have developed for the first time in Australia, a unique oral health service (initiated by midwives and followed up by dentists) to promote maternal dental health.

As part of the project, the research team have developed an oral health brochure for pregnant women that has been rolled out across the state by NSW Health. The team have also developed an online oral health education program that has been endorsed by The Australian College of Midwives and will offer Continuing Professional Development points to all midwives across Australia. The MIOH project will be piloted shortly at Campbelltown Hospital. After the pilot study, the team aim to test this new service more extensively through a multicentre trial across western Sydney in 2011.



Pictured above is a midwife conducting an oral assessment.

MIOH BROCHURE ROLLOUT



An oral health brochure for pregnant women, developed as part of the Midwifery Initiated Oral Health project, has been rolled out across the state by the NSW Centre for Oral Health Strategy. This brochure is a vital resource that prenatal care providers can provide to women during pregnancy. Copies of this brochure (pictured below) can be downloaded from the NSW Health website:

http://www.health.nsw.gov.au/resources/cohs/keep_smiling_pregnant_pdf.asp

PATIENT SAFETY SNAPSHOT

Electronic Clinical Handover

Location: SSWAHS

CANR has worked with SSWAHS staff to develop a structured content approach to clinical handover and a minimum data set for electronic handover reporting.

IT development of the system in CERNER is currently underway. Expect to hear much more about this soon...

PATIENT SAFETY SNAPSHOT

Deteriorating Patient

Location: Bowral, Campbelltown,
Liverpool & Royal Prince Alfred Hospitals

CHEIF Project: Child early identification
flowchart (CHEIF)

ADEIF Project: Adults early identification of
deterioration flowchart (ADEIF)

Paul Hudson, Jodie Ekholm, Maree Johnson &
Rachel Langdon

In keeping with the national and state-wide priority of detecting the deteriorating patient, Paul and Jodie have been leading a project redesigning the emergency department observation charts to include early warning signs of deterioration for adults and children. Data collection is underway.

OTHER MAJOR PROJECTS

- Ward-based writing coach to improve nursing documentation.
- Development of nurse risk management behaviours through analysis of medication incidents.
- Development of a clinical management taxonomy for nursing.
- Longitudinal analysis of women's perinatal mental health.
- Systematic review of models of care.
- Development and testing of the Protecting our Patients Risk Management Survey for registered nurses.



PhD STUDENT PROFILE Muhammad Al Quadah

Muhammad started his candidature with CANR in 2010 and his area of interest is in management of fever in children in the Emergency Department. His research will explore parent's management of a child with fever.

Muhammad is reviewing literature relating to: *what is fever, fever pathophysiology, pharmacological and non-pharmacological fever treatments, correct way of measuring child body temperature and parents fever phobia*. He is hoping to develop an education program for parents with low health literacy to reduce inappropriate presentations to the Emergency Department.

Muhammad has been a registered nurse for over 10 years in Jordan and Qatar, including volunteer nursing in the Gaza Strip. Muhammad has been living in Australia with his wife and children for 4 years. We warmly welcome Muhammad to CANR, SSWAHS and UWS.

CANR HAS A NEW LOGO!



You may have noticed on the front cover of this Newsletter, CANR have a new logo.

Please be assured that we may have changed our look, but we have not changed our dedication for the research that we undertake.

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[http://www](http://www.sswahs.nsw.gov.au/sswahs/canr)

We are excited to announce that CANR has launched their new website!

www.sswahs.nsw.gov.au/sswahs/canr

See what current research we are undertaking, save us into your favourites and visit us often for the latest news!



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