



A message from the Director



Welcome to the newsletter for 2012.

It has once again been a busy year for CANR, its staff and the many clinicians and academics, who assist CANR in its role.

CANR has returned to its original role as a primary research facility for the nurses and midwives of South Western Sydney, while also continuing to support Sydney Local Health District.

At a national level in health the promulgation of the National Safety in Health Service Standards will continue to have a major impact on nursing services and the research and development activities of CANR.

Several exciting activities that have occurred in 2011 include: CANR staff reporting on their research on television, achieving another NHMRC grant success, and publications of a research methods textbook showcasing the research achievements of clinicians and academic nurses within South Western Sydney. Pilot testing of innovative programs in clinical handover, falls preventions, nutritional support of patients, have delivered encouraging results. CANR's role as a leader in changing nursing practice has been recognised by its contributions to the Agency of Clinical Innovation for nutritional support, the Clinical Excellence Commission on falls issues, and for oral health during pregnancy and the role of midwives for the NSW Ministry of Health. CANR staff have also been recognised at a state level for these achievements as a finalist for the NSW Health Award for Collaborating Working as a Team, and the Director General's Innovation Award for the project Promoting Perinatal Oral Health Through Collaboration, South Western Sydney LHD and the winner of the SWSLHD Award for Quality Awards under the category Collaboration—working as a team.

We are looking forward to our move to our new home within the Ingham Institute in 2012, and the new opportunities for collaboration that this affords.

We have farewelled several key contributors to the success of CANR, Ms Danielle Tran and Dr Diana Jefferies.

As always, the success of CANR is only possible with the continued support of the nurses, midwives and senior managers within our health facilities and academics from UWS. I sincerely thank you for this support.

Best regards

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Changing the way we do clinical handover in nursing

Patient safety concerns relating to communication of information at handover have led to a series of worldwide initiatives to improve handover among all clinicians. Clinical handover in nursing is a primary source of patient information for all nurses. Local research of the IIMS data has identified that 22% of all clinical management incidents in nursing are related to poor communication. CANR has worked with clinicians and managers and conducted research to develop an approach to *changing the way we do handover for general medical and surgical units throughout SWS LHD*. Pilot testing of the project is now complete and the 'roll-out' of the system across SWS LHD is well underway.

- *Structure Content using ICCCO memory aide (Identification of patient, Clinical history/presentation, Clinic status, Care plan, Outcomes/goals of care (reminders for shift))*
- *Nursing handover Minimum Data Set*
- *Beside handover*
- *Electronic Nursing Handover Module in Power Chart (Cerner)*

This innovative approach to handover has received international attention with requests for papers on this study from the Nursing Times and Nursing Standard representing UK nurses. Several refereed publications relating to this research appear in the publications listing.

Nursing and Midwifery Handover

Performed on: 16/11/2011 1659 By: Scholes, Andrea Susan

Name: MRN: 1766360 Age: Ward: 6E-2 Bed: 79 Last Signed by: Lakin, Jayne

Reason for Admission/ Presentation and procedures undertaken	Relevant Clinical History	Care Required (see care plan for full details)	Issues/Events this shift	Clinical status
14/11 R) thoracotomy & wedge resections apex upper lobe, posterior upper lobe, and posterior lobe D2	L) thoracotomy / Inferiorsegmentectomy Wedge resection 10/2011 L) Nephrectomy & adrenalectomy 2010 Testicular germ cell tumour- Metastatic Rhabdomyosarcoma Bilateral pulmonary lesions Craniotomy	Ketamine infusion another 24 hours ^mobility		<input checked="" type="radio"/> Stable <input type="radio"/> Deteriorating
Skin Integrity (Pressure Areas) <input checked="" type="radio"/> Intact <input type="radio"/> Not Intact	IIMS number, Wound care plan.		Reminders for shift Aim D/C Friday	

In Progress

Professor Maree Johnson and Paula Sanchez will be collecting pre and post data from selected wards in Liverpool and Campbelltown and Royal Prince Alfred Hospitals to see how effective the change has been in improving clinical handover in nursing.

Funded by the University of Western Sydney

Another National Health & Medical Research Council Grant Success for CANR!

CANR has once again been successful in receiving funding from the highly competitive National Health and Medical Research Council for the next stage of the MIOH program. The project titled, "Improving maternal and infant outcomes: A multicentre randomised controlled trial of midwifery and dental intervention" received \$443,510.00 of funding over 3 years.

The project will determine the effectiveness of a new service which will promote oral health among pregnant women through collaboration between midwives and dentists. The new service is being trialled at Campbelltown, Fairfield and Nepean hospital and is expected to improve women's oral health, uptake of dental services and potentially pregnancy outcomes.



Australian Government

National Health and Medical Research Council

MIOH Program receives recognition

The Midwifery Initiated Oral Health (MIOH) program received state-wide recognition after being selected as a finalist in the prestigious NSW Health Awards which was presented by Hon. Jillian Skinner, NSW Minister for Health and Medical Research on 14th October 2011.



The Awards recognise innovative projects with demonstrable benefits that can be easily adopted by other health services. The MIOH program was one of the top 3 selected from the State under the category "collaboration working as a team". The program, the first of its kind in Australia was also one of the three selected from the various finalists for the Director General's Innovation Award.



The year capped off with the MIOH program being awarded the winner of the 2011 Quality Awards by the South Western Sydney Local Health District acknowledging CANR's excellence in healthcare.

Pictured: Professor Phil Harris, Chairman of the Board, SWSLHD (left) with Dr Ajesh George, CANR



Nurses help patients to receive adequate nutrition

An exciting trial by CANR staff (Professor Maree Johnson, Dr Diana Jefferies and Ms Rachel Langdon) being conducted at Bankstown and Fairfield Hospital has delivered promising results. While many patients are malnourished on admission, patients' nutritional status can worsen during their hospital stay. Following a systematic review of the literature on the nurses' role in nutrition, a policy reflecting key interventions to improve oral nutrition for inpatients was developed and ratified.

Essentials for nurses are:

- Nutritional screening, assessment, care planning, documentation and monitoring of nutritional status throughout the patients hospital stay.
- Focussed mealtimes (often called protected mealtimes) particularly at the midday meal.
- Nurses assisting patients to receive the assistance and encouragement they require when eating or drinking.
- Special care with patients on prolonged 'Nil by Mouth'.

Nutritional support nurses (registered or enrolled nurses) were identified in the trial hospital wards and assisted in collecting pre and post implementation data and also in supporting the implementation of the guidelines.

What did we find:

Although the findings vary within the 3 hospitals, overall:

- *More patients had the level of assistance required documented.*
- *Patients were more likely to receive adequate supervision.*
- *Nurses continued to provide most assistance to patients but more carers also provided support at patient mealtimes.*

The guidelines and reports on this innovation have been taken up by the Agency for Clinical Innovation



Project being conducted at Bankstown, Fairfield (South Western Sydney Local Health District) and Balmain (Sydney Local Health District).

Educators and researchers work together to prevent falls

Nurses are key health professionals in the prevention and management of falls. Risk screening tools and prevention strategies implemented by nurses can potentially minimise patient falls.

Professor Johnson, Danielle Tran and Bronwyn Overs from CANR working with Linda Kelly from CEWD have developed and tested a Falls E-Learning Program for nurses. The Falls E-Learning Program for nurses was designed to support the implementation of the district-wide Falls Prevention Policy.

This program, authored by the Centre for Education Workforce Development (CEWD), focuses on specific policy themes including:

- *Falls risk screen tool and application*
- *Intervention strategies to prevent falls*
- *Post fall assessment/management, and*
- *Documentation/accountability of falls-related clinical issues*

Pilot testing of the program was conducted at Balmain and Bowral hospitals and the results are encouraging with either documented or observed changes below:



Preventing Falls in Hospital

There are a number of ways staff can assist you to reduce your chance of falling.

You can avoid a fall by:

- helping you to settle in, keeping your surroundings safe, and providing you with falls prevention information
- assessing your risk of falling and discussing the results with you
- developing and implementing a falls prevention care plan suited to your needs
- referring you to other staff who specialise in falls prevention
- organising visits by occupational therapists or physiotherapists to your home before or after discharge, to help make your home safer, or to suggest changes to it or equipment to help you move safely.



“Everyone has a role to play in preventing falls”

- ↑ *High falls risk flag in patient’s record*
- ↑ *High falls risk alert signs on patient’s beds*
- ↑ *Supervision of patients when mobilising*
- ↑ *Supervision when patient in bathroom*
- ↑ *Keeping the area clear of hazards was improved remarkably from 27% (pre) to 70% (post implementation of the E-Learning Program).*

Professor Johnson and Linda Kelly will be talking with staff from the Clinical Excellence Commission about the education and research initiatives that could be transferable to other health services within the NSW Ministry of Health

CANR on Science Spectrum, TVS Channel 44: New Oral Health Program for expectant mothers an Australian First

Midwives will play a vital role in improving the oral health of pregnant women, thanks to an innovative online education program developed by CANR and Sydney Dental Hospital.

Senior Research Fellow and Program Leader, Dr Ajesh George, said research showed that hormonal changes in pregnant women made them particularly susceptible to poor oral health.

“Poor oral health in pregnant women can contribute to lower birth weight and premature births and increase the risk of early dental decay in children” Dr George reported. *“Unfortunately many pregnant women are unaware of the implications of poor oral health for themselves, their pregnancy, and their unborn child and seldom seek dental care during pregnancy”.*

Visit the link to view the story on Science Spectrum, TVS channel 44:

(http://www.uws.edu.au/cpu/community_programs_unit/science_spectrum/science_spectrum_-_episode_3)



Ward Based Writing Coach

Dr Diana Jefferies and Professor Maree Johnson collaborated with Dr Daniel Nicholls from the School of Nursing & Midwifery, UWS to develop a Ward-based Writing Coach Project.

Funded by an Innovation Scholarship from the Nursing & Midwifery Office, NSW Health, the project investigated whether a period of intensive education would produce a quality improvement in nursing documentation. An education program was devised consisting of two workshops of one hour duration, so that each would easily fit into a ward education program, and a method of coaching nurses in writing skills.

The program was piloted at Liverpool Hospital in August and September 2010. Nurses on two wards attended the workshops and received writing coaching. The program was very well-received with one nurse who participated, commenting:

“You don’t realise how much you don’t write in the notes. You discuss it with other nurses or doctors.... I think I’ve learned that we need to document more what we actually discuss with everyone else so it’s actually there for everyone to what the problems are, or what the situation is.”

A Toolkit has been developed by CANR so that the program can be implemented in any other clinical setting.

Funded by the Nursing and Midwifery Office, NSW Health

Student Profile

Vivienne Speirs Bachelor of Nursing (Honours)

Vivienne Speirs has been a registered nurse for 2 years, graduating from the University of Western Sydney in April 2010, where she studied part-time for 5 years.

Vivienne has just submitted her Honours thesis conducting a systematic review on the "Effectiveness of Interventions for Homeless Women".



Homelessness is an increasing problem in Australian communities and it is very difficult to support women's health in this context. Vivienne is interested in women's health, particularly the health of the underprivileged and was drawn to this subject by conducting a literature search on homelessness. She discovered that there were a range of health care interventions that nurses could use in their practice to change the outcomes for these women.

Effective interventions such as education programs and advocacy support (provided by nurses and other health professionals) in this field may lead to better personal choices - through improved social networks and community, empowerment and self efficacy, negotiating and communication skills, improved parenting by gaining parenting skills, employment and obtaining housing.

Congratulations Vivienne! Vivienne is currently writing up parts of her thesis in a refereed journal.



PhD student focuses on fever management in children

Fever management in children is a difficult problem for parents. Muhammad Alqudah, an experienced Emergency Nurse from Jordan is undertaking his PhD at CANR.

He has developed a specially designed education program and brochure for parents to assist with managing their child's fever at home (if possible) and to help parents understand when it is important to seek assistance from health professionals.

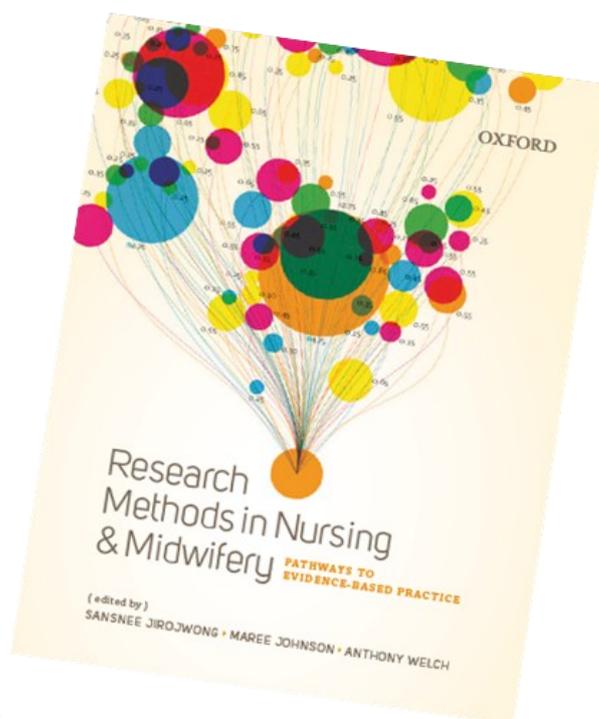
Muhammad is commencing data collection in the Emergency Department at Campbelltown Hospital.

Funded by University of Western Sydney & Reckitt Benckiser

South Western Sydney Nurses' research appears in new research book published by Oxford University Press

2011 saw the launch of a new textbook entitled *Research Methods in Nursing & Midwifery: pathways to evidence-based practice*, edited by Dr Sansnee Jirojwong, Professor Maree Johnson (CANR) & Associate Professor Anthony Welch.

Professor Stuart Campbell, Pro-Vice Chancellor (Education & Learning) and now Emeritus Professor, Dean's Unit, School of Humanities & Communication Arts, University of Western Sydney, launched the book and spoke of its ability to meet the needs of undergraduates and post-graduate students. This book has now been added to the Nursing Curricula in Charles Sturt University, for post-graduates at the University of Canberra and for undergraduates at University of Western Sydney. This book uses numerous examples of the research conducted with and led by clinicians and managers from South West Sydney in conjunction with CANR.



Research Methods in Nursing & Midwifery guides the reader through the principles used in conducting research and using systematic review for evidence-based practice. It begins with the major principles of research, and then works through the research process, ethics, specific research methods, population sampling, data collection and analysis, systematic review and dissemination of the research findings. Throughout the book, research is studied in relation to how it applies to practice.

Other Projects being undertaken by CANR staff and their collaborators

- ▶ *Improving patient safety: nurses risk management behaviour education and assessment*
- ▶ *Early identification of an unstable adult in the emergency department*
- ▶ *Models of care systematic review*
- ▶ *Longitudinal analysis of women's perinatal mental health*
- ▶ *Developing professional identity in nursing*
- ▶ *Perceptions of Child and Family Health Nurses' towards the Early Childhood Oral Health*
- ▶ *Extending dwell time of peripheral cannulae in the community.*

Staff Profile

Janine Baker, Research Administrative Officer

Janine has over 10 years experience working within the tertiary sector. She began in the School of Arts and General Studies at the then University of Western Sydney, Macarthur as a Junior Clerical Assistant. Over the next six years, Janine worked her way up to Executive Secretary to the Dean of Faculty of Arts, University of Western Sydney (UWS).

Janine broadened her skills by moving across to the Human Resources Department within Academic Teaching & Learning Development until the lure of travel took her away for a few years. She returned to a new position within Centre for Complementary Medicine Research that began her interest in research. A move to Hong Kong and work at the Australian International School, followed before the family moved back home to Australia after two years, where Janine took up a role at CANR.

She brings with her a solid understanding and knowledge of the workings of a research centre and the tertiary sector and we are very happy to have Janine as part of the CANR Team.



Farewells & Welcomes

In 2011 we farewelled two staff members.

Danielle Tran (Research Assistant) is currently undertaking her PhD at UWS "title" and at the end of 2010, she successfully won a UWS Scholarship to complete her thesis which saw her leave from CANR. We wish her every success and thank her for the six years of statistical support she has given CANR.

In August 2011, we bade farewell to Dr Diana Jefferies (Clinical Nurse Educator) accepting a lecturing position within the School of Nursing & Midwifery at UWS. Diana leaves CANR after 4 years where she has contributed to and implemented important changes in nursing. We wish her all the best with her new career as a nursing academic.



In January, we welcomed Paula Sanchez into the role of Nurse Educator. Paula has worked in different clinical settings as a nurse since 1990, graduating as a Registered Nurse in 1992.

Paula has worked in areas such as haematology, oncology and renal. She specialised in Critical and Acute Care, working as a Clinical Nurse Specialist and Clinical Nurse Educator in the Liverpool Intensive Care Unit for a period of almost 18 years. Paula has

also worked as Associate Lecturer at the University of Western Sydney, teaching in the undergraduate Bachelor of Nursing course.

Paula is passionate about educating at an academic and clinical level. She believes in leading by example and in giving the best quality in any task that we do at all levels. Paula is involved social and community work and she also enjoys dancing, playing music and performing at events with her family among other many things.

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