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School of Nursing and Midwifery



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Foreword: Professor Deborah Hatcher, Dean, School of Nursing and Midwifery

It is with great pleasure that I welcome you to the 2020 School of Nursing and Midwifery HDR Conference. 2020 has been a year of the unexpected but it is important that we remember 2020 is also the *International Year of the Nurse and Midwife*. The service and dedication of our professions have been on full display during the ongoing global COVID-19 pandemic.

This annual HDR Conference provides an opportunity for our Higher Degree Research students to showcase their research. It promotes engagement in rich, thought-provoking discussions between students and academics in a supportive research-focused environment.



Over the last decade the School of Nursing and Midwifery (SoNM) has built an outstanding research reputation both in Australia and globally, as attested by our world ranking successes including our recent Excellence in Research Australia (ERA 5) Above World Standard rating. Our School also contributed significantly to the recent *Times Higher Education University Impact Rankings*. WSU was placed 3rd worldwide and 2nd in Australia against the Sustainable Development Goals (SDG). In particular, WSU and the SoNM excelled in Gender Equality (SDG5) (2nd in the world) and Good Health and Wellbeing (SDG3), of which we are very proud.

We are so fortunate to have some of the world's leading researchers in the SoNM who are able to supervise our HDR students and support their research development. While in a new online format this year, this Forum directly contributes to the development of new ideas and concepts, fostering the next generation of researchers.

I hope you enjoy the 2020 HDR Conference.

Professor Hannah Dahlen, Associate Dean Research and HDR, Professor of Midwifery, Midwifery Discipline Lead

It is my very great pleasure to welcome you to our 2020 School of Nursing and Midwifery HDR Conference. This year it is certainly in a different format to previous years, but the wonderful team led by Dr Elaine Burns, our HDR Director, has certainly been up to the task. A huge thank you goes to this team!



This event provides an opportunity for all our HDR students to come together, share their research and to network with their colleagues. This year we will have to work extra hard to network virtually. The HDR Conference provides staff and supervisors from the SoNM the opportunity to listen to our future leaders, ask them questions and support them in their journey. These wonderful HDR students are our future leaders and so we take great delight in watching them grow.

Every year we continue to grow in terms of the number of HDR students we have. Our excellent reputation as leading in the area of research is attracting more and more HDR students every year. Currently we have 58 PhD students, 2 MPhil students, 14 MRes students and 19 BN Honours. This means we have around 93 students on a higher degree research pathway and many new applications being processed. Our MRes numbers have increased, which is very exciting and these students join us at the HDR Conference again this year.

The numbers of staff who can now supervise our HDR students has also grown over recent years and we now have 72 staff on the supervisor register. This means we can offer excellent supervision to more HDR students than ever. I want to thank all the supervisors who give up so much of their time and energy to support our HDR students. I am so looking forward to the session called “you can’t ask that” when the HDR students get to ask tricky questions of the professors.

This year we will run short and fast paced presentations to enable us to get the whole program into two days without too much time spent on zoom. We have prizes for best senior and best junior presentations. This year we will run the 3-minute thesis (3MT) competition a couple of weeks after the HDR Conference. We are once again very pleased to see so many have put

their hands up to participate in this important event. I am so looking forward to hearing all your presentations and being inspired, as I am every year.

This year (2020) is also the *International Year of the Nurse and Midwife*. This year was chosen as it is 200 years since the birth of Florence Nightingale (the founder of Nursing). And so, in line with the great honour our professions have been given, I will leave you with a quote from Florence Nightingale, who was herself a formidable researcher.

“May you and this generation now springing up be called more and more to the sacred duty of applying statistics to reforming the world.”

Dr Elaine Burns, Director, Higher Degree Research and Honours

Welcome to the Inaugural 'online' SoNM HDR Conference. This event is one of the highlights of the year in the SoNM calendar and is an opportunity to showcase the wonderful research undertaken by our HDR students and the impact they are having on health care and society. In previous years the HDR conference also enabled students and supervisors to network and have informal conversations. Unfortunately, 2020 has limited the opportunity for this so we hope you enjoy the "You Can't Ask That" session that the conference committee developed for this reason.



Due to the webinar format this year the conference organising committee has opted for all students to present a 3 minute presentation, with one accompanying slide, followed by questions as a group. This new format encourages students to condense their research into a 3 minute oration. We hope that this will lead to greater numbers of students taking part in both the School-based, and University-based, 3 Minute Thesis competition. Our past winners and representatives have been outstanding researchers, as well as presenters, and have proudly represented our School at the University level competition. All researchers are encouraged to seize opportunities to spread the word about your important work and enhance the translation and impact of your findings.

I would like to take this opportunity to thank the amazing Ferina Khayum who has provided excellent admin support for this conference and is always such a pleasure to work with. I would also like to extend a huge thankyou to the fantastic team who have worked together to bring to you this HDR Conference. The organising committee members were: Rona Pillay, Diana Jefferies, Gillian Murphy, Gihane Endrawes, Jann Foster, Laynie Hall Pullin, Evan Atlantis, Bronwyn Everett, Hannah Dahlen and Ferina Khayum.

I hope you all enjoy this HDR Conference which provides an insight into the areas that our emerging Nursing and Midwifery leaders are shining a spotlight onto. Remember this quote from Albert Szent-Gyorgyi "Research is to see what everybody else has seen, but to think what nobody else has thought".

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Undergraduate Assistant in Nursing (AIN) employment in aged care: Does this prepare new graduates for the clinical work environment?

Maricris ALGOSO

Aim:

Most undergraduate Assistants in Nursing (AINs) work in aged care facilities, where their role mainly consists of assisting with activities of daily living. Previous work has indicated that students do not consider AIN work in aged care provides them with adequate skills for entry-level practice. This paper presents the qualitative phase of a sequential mixed methods study that explored whether AIN experience in aged care contributed to the preparation of new graduates for the clinical work environment.

Method:

Twelve participants recruited through social media and professional networks. Participants were currently practising as new graduate nurses and were previously employed as undergraduate AINs in aged care. A semi-structured interview approach was used to collect the data and Mishler's typology of narrative analysis was used to discover trends in participants' stories.

Results/Findings:

Three primary narratives emerged from participants' stories: aged care as a learning environment, learning the complexities of nursing care, and growing into a professional nurse. Within each primary narrative, supporting narratives also emerged including barriers to learning in aged care, developing an understanding of the human experience in healthcare, and supporting novice nurse transition through exposure and familiarity. Exposure to the clinical setting through undergraduate AIN aged care experience created an understanding of the fundamentals of nursing care, which facilitated the link between theory and practice. More importantly, participants learnt professional conduct and boundaries as they developed an understanding of the concept of holistic care

Potential Research Impact:

Undergraduate AIN employment in aged care encourages a transformative learning experience that supports the journey to becoming a professional nurse through the consolidation of the fundamentals of nursing.

Sexual Health After Mastectomy: Experience of Arabic women

Rawan Waleed Mahmoud ALSABABHA

Background:

Breast cancer (BC) is a major public health threat among women in Arab countries. Arabic women are often diagnosed in late stages of BC therefore mastectomy is frequently their best treatment option. While research conducted in Western countries indicates that women's sexual health is negatively impacted when a woman has a mastectomy, there is a lack of research that addresses the sexual health experiences of Arabic women who have had a mastectomy. This is likely related to the cultural and religious beliefs and social mores of Arabic society that consider discussion surrounding sexual health a taboo topic.

Aim:

This study aimed to explore the sexual health experiences of Arabic women who have had a mastectomy due to breast cancer (BC).

Method:

A qualitative approach underpinned by social constructivism, feminist perspectives and storytelling was deemed as most appropriate to guide this study. This approach enabled the researcher to explore how people understand and describe human phenomena.

Results/Findings:

This presentation is a case study that provides insights into the sexual health experiences of a 24-year-old Arabic woman who had been diagnosed with BC and had undergone a mastectomy. Her narrative highlights the multiple losses she experienced after the surgery and the complexities she faced in navigating her sexual relationship with her partner.

Potential Research Impact:

Findings from this study will have the potential to inform strategies for interventions that will best accommodate the sexual health needs of Arabic women who have had mastectomies.

Strategies used by midwives to support practice development of midwifery students

Fiona ARUNDELL

Background:

The development of practice knowledge and skills for midwifery students in Australia is undertaken in the simulated environment at university and also in the practice setting. Development of knowledge and skills in the practice setting support is provided by midwives. Although the practice setting is recognised as the optimal environment for exposure to the realities of midwifery practice, multiple previous studies have provided negative accounts of students' clinical experiences.

Aim:

The aim of this study is to explore how midwives facilitate the clinical development of student midwives. In particular, the research seeks to describe the relationship between midwife and student and the processes and strategies utilised by midwives to facilitate a positive learning experience in the clinical setting.

Method:

To observe the aim of the study, appreciative inquiry (AI) was selected as the appropriate methodology. AI is composed of four phases which are identified as the 4D cycle, the phases are termed discovery, dream, design and destiny. This presentation will focus on the discovery phase which appreciates and values the best of what has been, relating to this study how midwives facilitate the development of midwifery students. Data were collected via face to face interviews which were transcribed and analysed using iterative thematic analysis.

Results/Findings:

Thirteen postgraduate midwifery students from one university in NSW participated in individual appreciative inquiry interviews. Midwives are influential in determining the experience of students while on practice placement. Effective midwives use a range of strategies to support the practice development of students, these strategies will be presented with a focus on knowledge transfer.

Potential Research Impact:

An awareness of the strategies used by midwives that students identify as effective could be shared with and adopted by other midwives to ensure a positive clinical learning experience for future student midwives.

Mood assessment in people newly diagnosed with Multiple Sclerosis

Robyn BOWCOCK

Background:

It is well known that people with multiple sclerosis (PwMS) have a higher incidence of altered mood than the general population. PwMS are primarily treated by their neurologist or perhaps a clinic. Awareness of mood disorders, particularly depression and anxiety, is understood, but assessment does not appear to be a routine practice. This is interesting given that 50% of PwMS experience depression at some point in their life; 35% experience anxiety; and 25% of PwMS will have suicidal thoughts.

Aim:

To explore assessment practices in PwMS, for alterations in mood.

Method:

Searches of CINAHL, Medline and Scopus were undertaken to explore multiple sclerosis and mood disorders. Limitations included: original research, English language and published between 2009-2019. Papers were excluded if these were simply reporting validation of screening tools. The original 282 papers were culled to 14 papers.

Results/Findings:

The literature identified four key themes: Risk factors for developing mood disorders in PwMS; Challenges in assessing mood disorders in PwMS; Potential treatment and service interventions; and Self-reported screening tools vs clinical assessment. Overall, there does not appear to be a routine practice in assessing alterations in mood for PwMS.

Potential Research Impact:

The key themes identified will help identify questions to be further explored with PwMS and nurses or other health care professionals. Identifying actual experience around assessment practices will provide insight into strategies that could assist in addressing mood disorders in PwMS at an earlier point in their journey promoting a greater Quality of Life.

The experiences of refugees that are registered nurses working in the healthcare system in Australia

Harrison Ng CHOK

Background:

At the turn of the millennium, ongoing conflict in war-torn countries of the Middle-East and sub-Saharan Africa led to a rise in refugee numbers not seen since World War II. The influx of refugees that sought safety as survivors of conflict and persecution in Australia also saw a rise in research studies that revealed the long-lasting impacts of physical trauma and psychological abuse due to their refugee journey. The 'refugee story' is typically complex and begins with a disruption to normality and pushes individuals and families into an upheaval of uncontrolled chaos. This presentation covers the lead researcher's initial findings of refugee participants along their journey to becoming Registered Nurses in Australia.

Aim:

To discuss the initial themes identified from participants' stories of life before travelling to Australia, resettling in Australia and then becoming a Registered Nurse

Method:

The lead researcher conducted a conventional content analysis of 12 transcripts of conversations with Registered Nurses with refugee backgrounds. Categories and themes from the data were generated with the aid of NVivo qualitative software.

Results/Findings:

The initial findings from the conversations with the 12 participants revealed that they underwent three major milestones in their journey to becoming a Registered Nurse in Australia, these are: Pre-migration—living in crisis; travelling away and resettling in Australia; and gaining employment as an RN. Sub themes for these milestones are still being developed but will be discussed

Potential Research Impact:

Each of the participants succeeded in their goal of becoming a Registered Nurse in Australia. While they faced various hardships along the way, each participant described their continued optimism and sheer determination to achieve these goals.

Spirituality and spiritual care in nursing: A critical discourse analysis

Katherine COOPER

Background:

In recent years, spirituality has received increasing attention from both researchers and policy makers. The growing dissatisfaction of patients receiving care that focused only on the physical aspect of their health coupled with political and social moves to promote more compassionate systems of care have contributed to this trend. With the growing attention given to spirituality in health, consideration needs to be given to its place in nursing from a practice standards perspective. This study is part of a larger study that also investigates how registered nurses bring meaning to the concept of spirituality in the practice of nursing.

Aim:

To critically analyse the ways in which spirituality is talked about in nursing

Method:

This study used a critical discourse analysis approach. Critical discourse analysis has a special interest in exploring the underlying social and political features in verbal and written discourse, including power relations and concealed assumptions (Gee, 2014; Nelson, 2017). Critical discourse analysis was used in this study to look at the dominant discourses used to construct the ways of speaking about spirituality and what these indicate in relation to how the meaning of spirituality is constructed in these standards. Participants comprised of three members of the committee who were involved in developing the Australian RN Standards for Practice. The interview texts from all participants were analysed using Schneider's (2013) 10 work-steps for conducting a discourse analysis.

Results/Findings:

Three discourses emerged from the interviews with the Practice Standards developers. These were spirituality and holistic care, spirituality and person-centred care and the professionalisation of nursing.

Potential Research Impact:

The information provided by this study may be used to inform nursing education, guidelines and policies relating to holistic and spiritual care provision.

Experiences of pregnancy and childbirth in women who are midwives: A mixed methods study

Sharon COULTON

Aim:

The aim of this presentation is to present preliminary findings from an online survey tool that was used to collect data for a study about the personal pregnancy and birth experiences of women who are also registered midwives.

Method:

A structured online survey was developed which collected both quantitative and qualitative data. The survey was distributed via social media platforms and through a dedicated email to all members of the Australian College of Midwives (ACM). As part of the recruitment process, a recruitment video was created and shared online to promote the research. Participants for the survey were recruited between July and October 2019.

Results/Findings:

The recruitment video for the survey shared on Facebook alone, was viewed over 9000 times. There were 973 attempted responses to the survey, including recruitment through the advertisement via the ACM. A total of 681 participants were eligible to complete the survey based on eligibility criteria. Of these, a total of 569 participants completed the whole survey and represented all states and territories. Data analysis on the quantitative components of the survey has commenced and a brief insight into some preliminary findings will be presented

Potential Research Impact:

Quantitative analysis of data will provide a statistical representation, overview and prevalence of the various pregnancy and birth experiences (both positive and negative) for midwives. It will also identify the extent to which professional knowledge and experience impacts on their choices and personal birth experiences, and the extent to which their personal childbirth experiences impact on their professional practice. Qualitative data from the survey will be analysed using thematic analysis, and interview questions will be developed for phase two of the study.

Same time, same place: Paired interviewing as a data collection technique

Miranda DALY

Background:

Paired interviews—also called joint or dyad interviews, involve the researcher interviewing two people at the same time and in the same place so that the two interviewees can interact during the interview. Paired interviews have received little attention as a method of collecting qualitative data, with individual interviews representing the most common form of ‘talk’ data collected in qualitative studies yet the conversational style and established rapport of the relationships in paired interviews can provide more complete data as each interviewee builds upon the other’s ideas, provides prompts and fills in the gaps.

Aim:

To (i) provide an overview of paired interviews and (ii) use selected findings from a study utilising paired interviews to explore examples of good grading practices of nurse academics.

Method:

Due to the presence of two speakers and their reciprocal interaction, data obtained from paired interviews is qualitatively different to that of individual interviews or focus groups and thus, methodological adjustments are required when undertaking analyses.

Results/Findings:

Findings from the paired interviews (dyads) identified areas of substantial agreement both within dyads and between dyads in relation to good grading practices. This was most evident when discussing pre-marking meetings where exemplars were provided and Unit Coordinators cross-marked a sample of marked assessments very early in the process to ensure staff were “on the right track”.

Potential Research Impact:

Paired interviews have potential to go beyond individual interviews, leading to an interview process that is more interactive and dynamic. Qualitative data can be collected in a more cohesive way wherever participants form natural pairs in the context of the phenomenon of interest.

Another number in the baby machine

Jen DOUST

Background:

Young women experience poorer maternal and neonatal outcomes during pregnancy and birth compared to older peers. This is often due to the more complex challenges they face. Engaging in pregnancy care is known to impact positive outcomes for all women. Little is known about the care young women access in NSW and if the care meets their needs.

Aim:

The aim of this study was to identify what types of pregnancy care young women aged 16-24 years accessed in NSW; how they viewed this care; what challenges they faced; and what support the maternity care providers (MCP) offered.

Method:

This study adopted an explanatory sequential mixed method design consisting of two phases. Phase one was an online survey posted to dedicated Facebook Pages for Young Women. In total 101 young women completed the survey which included demographic data, and captured the hardships faced, type of pregnancy care accessed and satisfaction and support from MCP's care. Informed by the findings from phase one the second phase used in-depth text-based interviews which provided clarification of some of the survey data and provided a more nuanced insight into the lived experience of being young and pregnant.

Results/Findings:

The integrated findings of Phase One and Phase Two revealed three common themes: 1. Wanted pregnancy, wanted baby; 2. Mental and social support are crucial elements of care for wellbeing; and 3. Having a dedicated known maternity care provider matters. Participants of both phases expressed concern about their baby's wellbeing despite the fact that 60% of the participants in Phase One identified that their pregnancy was unplanned. Judgemental care from maternity health workers gave these young women the impression that they were too young to be pregnant and they often felt "out of the loop" in regard to decision making and plans for their care. Mental health and hardships were a serious concern for young pregnant women. Up to 70% of the participants were experiencing two or more mental health concerns and hardships at the same time. Only one third were supported by their MCP for this and referred to appropriate service providers. Having a dedicated known MCP was reported most highly by participants. Targeted maternity care led to feeling understood, genuinely supported and it appeared to be a protective factor from judgement within maternity care services.

Potential Research Impact:

The study hopes to influence models of care that best support the needs of young pregnant women.

Tongue-tie classification and women's experience of feeding a tongue-tied baby: A mixed method study

Louise DUURSMA

Background:

Tongue-tie release (frenotomy) is the surgical correction of tissue which is restricting tongue movement in infants. There has been considerable debate on whether to divide a tongue tie (TT) where there are breastfeeding difficulties. Randomized controlled trials have shown the safety and benefits of TT division, yet there remains a lack of consensus within the field as to what it is or is not and how or if it should be treated. Women in previous studies have described significant difficulties in the obtaining diagnosis and treatment of their babies with tongue-ties.

Aim:

To explore TT classification, presentations, and women's experience of feeding an infant with TT, with or without frenotomy, at the Centenary Hospital for Women and Children (CHWC), Canberra.

Method:

This study will involve a retrospective analysis of 2019 data collected at the tongue tie clinic at CHWC, and in-depth interviews with mothers who have babies born and diagnosed with TT during 2019.

Results/Findings:

This study is in the initial stages of data collection. The literature review conducted for this study reveals that although randomised control studies have shown frenotomy to be a safe and effective procedure very few studies have examined the issue from the woman's perspective and none of the current studies have used mixed methods. This study will examine tongue-tie in a setting where diagnosis and treatment is part of routine care. Every infant born in CHWC is assessed for tongue-tie and this facility offers an opportunity to describe tongue-tie presentations, classifications, and women's experience in this setting.

Potential Research Impact:

This mixed-methods study seeks to clarify diagnosis and practice, at one hospital, through examining presentations to a TT clinic. I aim to draw conclusions from the comparison of two TT classification tools (already used in the TT clinic) and the data generated will inform current clinical practice and future research. Interviews with women will give a real-world understanding of the problems encountered when feeding a tongue-tied infant.

Experiences of Significant Others of patients with severe burn injury in the ICU – An integrative literature review

Liz FLANNERY

Background:

Severe burn injury is a traumatic experience for both patient and their Significant Other (SO). While research has focused on the experience of the patient, there is a paucity of literature focusing on the experiences of the SO in the ICU setting. The SO carries complex burdens that are often related to the patient's unexpected and often life-threatening illness due to the burn injury, the emotional distress related to the patient's physical burn trauma, pain and suffering, and at times they have witnessed the traumatic event that caused the injury. SOs are also frequently expected to advocate and make decisions on behalf of the patient which may contribute to vicarious trauma. An understanding of the experiences of SOs in this situation may highlight strategies to better support their needs.

Aim:

The aim of this integrative review was to critically examine research related to SOs experiences of having a loved one in the Intensive Care setting with severe burns.

Method:

The review considered all qualitative and quantitative studies that reported SOs' experiences of having a loved one (aged >18 years) with severe burn injury in the ICU

Results/Findings:

Nine research papers met the inclusion criteria and were included in the review. Three were quantitative and six were qualitative. Three major themes were identified in relation to SOs' experiences: (i) Psychological Consequences (ii) Loss and re-defining relationships (iii) Coping strategies used by SOs.

Potential Research Impact:

Conducting research exploring the experiences of SOs of patients with burns in the ICU period provides valuable information about their experiences during this critical phase and captures their experiences contemporaneously. It is only through this lens, that a true understanding of their experiences, the psychological impact, and their support needs can be gained.

Exploring midwifery student and newly graduated midwives workplace culture experiences

Richard GILFILLAN

Background:

Workplace culture in midwifery is an important area of study within the international and Australian national context. The researcher's interest was stimulated by both positive and adverse experiences from students. Successful ethics approval was gained after two resubmissions.

Aim:

The overall aim of this research project is to explore the workplace culture experiences of midwifery students and newly-graduated midwives in both tertiary and rural maternity units in NSW.

Method:

Grounded Theory methodology has been chosen for this study as it aims to explore and understand how experiences of midwifery students' and newly-graduated midwives' shape their perspectives within the midwifery workplace culture, which is their clinical working environment. Data collection is through in-depth interviews by purposive sampling, after consent has been signed.

Results/Findings:

Five interviews have been conducted so far with initial coding applied to four of the transcripts. Two interviewees were Bachelor of Midwifery (BMID) students and three newly-graduated midwives in their first year (two from BMID and one postgraduate training).

Each of the transcripts contain a lot of data, and at this early stage, some concepts identified include: midwives saw me as a nurse therefore, missed learning opportunities; no one knew my name in first year; midwives assumed I knew nothing; midwifery structure is hierarchical or even military style; I'm quite an efficient person; I won't speak up just to keep the peace or status quo; I felt like a burden / impediment; midwives ignored me; I felt powerless.

Theoretical sampling is used to guide where to obtain more data as saturation has not yet been reached. This presentation will highlight some of these early concepts.

Potential Research Impact:

This study may provide essential information to inform changing workplace culture with positive effects for employees and then indirectly to women and their families. The findings from this research may influence policy-makers regarding future change management.

What determines optimal management of Midwifery Group Practice in Australia?

Leonie HEWITT

Background:

Despite the well-known benefits of continuity of midwifery-led care, only around 10% of women have access to this model of care in Australia. This study will determine the conditions that help to optimise the management of Midwifery Group Practice (MGP). This will be achieved by examining the role of midwives and managers in MGPs, and what is required to orchestrate, lead, and sustain MGPs. Informed by relevant theories, this study will culminate with a theoretical framework that can improve service sustainability. This in turn can improve employment options for Australian clinicians, MGP access among Australian women and childbirth outcomes.

Aim:

The aim of this study is to determine the conditions that help to optimise the management and leadership of MGP in Australia.

Method:

This is an explorative sequential mixed methods study in three phases. Phase One, the qualitative phase, involved 17 in-depth interviews and a focus group with: MGP midwives, MGP managers, strategic or operational managers and Clinical Midwife Consultants. The data is being analysed using thematic and lexical analysis. Phase Two will use the information from phase one to develop a survey for both managers and midwives of MGP services. The qualitative data will be analysed using thematic analysis and quantitative data will be analysed using the Statistical Package for Social Sciences software packages. Phase Three is where a framework will be developed from the merged data to inform future directions to support optimal management and leadership of MGP and promote sustainability of these programs.

Results/Findings:

Phase One is being analysed, with results currently being formulated.

Potential Research Impact:

This study will theoretically elucidate what is needed to manage and lead a sustainable service and in turn expose the optimal environment to implement these services. This should improve the access to MGP services for women in Australia.

An evidence-based intervention to mitigate work-related fatigue among emergency nurses

Khaldoun Mahmoud Ahmed ISMAIL

Background:

Work-related Fatigue is a serious problem facing nurses. It has many negative impacts on nurses, patients and organizations. Many studies have been conducted to explore solutions and develop management strategies to reduce nurse fatigue. However, there is a lack of empirical data to identify a simple, acceptable and feasible smartphone app-based intervention to assist nurses' identifying and managing their fatigue.

Aim:

To develop an evidence-based mobile phone application storyboard that will be piloted prior to developing a smartphone app that will assist emergency nurses to identify and reduce their work-related fatigue.

Method:

This Project will use a mixed-methods study design and will follow the Medical Research Council Framework designed to develop and evaluate complex interventions. The Project will consist of two main phases; the first is the development phase, which will be accomplished by conducting a *Systematic Review* and a *Qualitative Study evaluating participant responses to fatigue management strategies*. The second quantitative phase will consist of a pilot study (Survey) to test the feasibility of the proposed mobile phone application prior to its development.

Results/Findings:

The findings from this project will evaluate the current strategies used by emergency nurses to identify and manage their fatigue and evaluate the storyboard used to develop a smartphone app-based intervention.

Potential Research Impact:

This project will have a significant impact in three ways, the **first**, by enhancing knowledge among emergency nurses regarding the importance of fatigue management. **Secondly**, the results from the systematic review, will contribute baseline knowledge for all healthcare professionals and employers to assist with identifying and managing work-related fatigue. Lastly, will be the development of a new smartphone application specifically designed to assist nurses to identify and manage their work-related fatigue.

The transition of children and young people with spinal cord injury from paediatric to adult healthcare services

Emily JAMES

Background:

Sustaining a spinal cord injury (SCI) as a child or young person disrupts the natural process of transition to adulthood. Consequently, adults with paediatric onset SCI are less likely to be employed, to live independently, and to be satisfied with their lives than their peers. It is during this critical time of transition into adulthood that healthcare providers face the challenge of providing interventions and guidance that support children and young people with SCI to transition successfully to adulthood and reach the same expectations and experiences as their peers. Evidence demonstrates that healthcare transition programs for children and young people with chronic conditions can improve outcomes including quality of life, health status and independence. Yet, to date healthcare transition interventions are often ill-defined and exist in specific social and health systems making them difficult to apply to varied contexts. Furthermore, there is no evidence to support the use of healthcare transition programs specifically designed for children and young people with SCI.

Aim:

The aim of this study is to understand the healthcare transition needs of children and young people with SCI and to develop a healthcare transition support program.

Method:

The study will adopt critical disability theory and be informed by a participatory action research approach. The study will be conducted over three phases: 1) Reviewing the literature; 2) Exploring the needs of children/young people with SCI and their parents/caregivers through co-design workshops; 3) Developing and evaluating the program.

Potential Research Impact:

Data collection has not started however this project will provide valuable insight into the needs of children and young people with SCI on transition from paediatric to adult healthcare services. Addressing the needs and the current gap in services has the potential to improve transition outcomes and quality of life for children and young people with SCI.

Women's experience of planning a VBAC in Australia

Hazel KEEDLE

Background:

Internationally caesarean rates are increasing which significantly impacts subsequent birthing experiences for women. A vaginal birth after caesarean (VBAC) is a safe and satisfying birth choice for most women yet VBAC rates in Australia remain low at 11%. Having a repeat caesarean is the most frequent reason for caesareans in Australia. Research from the US suggests many women initially wish for a VBAC. Qualitative studies have found women find having a VBAC healing and transformative.

Aim:

The aim of this study was to explore the experiences of women planning a VBAC in Australia.

Method:

To undertake this study a sequential exploratory mixed methods design was used. The study was separated into three distinct phases. Phase 1 was a meta-ethnography of published qualitative research on women's experiences of having a VBAC and is presented in chapter 2. Phase 2 was a qualitative study of pregnant women planning a VBAC using as audio or video recording via the 'myVBACapp' during pregnancy followed up with postnatal interviews. Phase 3 was an online National survey based on the results from phase 2 for women who had previously planned a VBAC in Australia in the last five years.

Results/Findings:

Through using an exploratory sequential mixed methods design by publication this study firstly produced a meta-ethnography of qualitative research for women having planned or had a VBAC and identified that women go on a journey from pain to power. This journey was then explored in the qualitative phase of the study by following women who are currently pregnant and planning a VBAC and it identified four important factors that influence how women feel after their birthing experience. The factor relationship, in particular continuity of care, is fundamental to the experiences of women planning a VBAC.

Potential Research Impact:

This study highlights the important role midwifery continuity of care has for women planning a VBAC to feel more in control, have more confidence, having a respectful and supportive relationship and remaining active during labour and birth.

Autistic youths' experiences of participating and moving around their communities

Michelle KERSTEN

Background:

Autistic youth often have difficulty with community mobility, such as driving, public transport and moving around their communities. Dependence on others may result in reduced community participation, work, training and social opportunities.

Aim:

This study aimed to explore the experiences, barriers and facilitators of autistic youth, with traversing their own communities in their own way.

Method:

This study used focused ethnography to explore autistic youth's experiences of moving around in their communities. Eight youth from rural and urban Eastern Australia participated in interviews and community excursions. Data were analysed using Grounded Theory.

Results/Findings:

The key construct identified was autistic youth needing to find a sustainable equilibrium for energy depleting community participation and mobility. Equilibrium comprised of a balance of being at home, where youth could be themselves and recharge; versus going into uncertain, socially complex, exhausting community spaces. To function, youth developed a personal armour consisting of practice, planning and protection strategies; and required a suite of foundation skills developed primarily with family support. Youth identified childhood bullying increased feelings of vulnerability, and concern about coping with community environmental uncertainty. This intersected to shape their preference for home-based activities, subsequently, decreasing community mobility and participation.

Potential Research Impact:

This study indicates traversing community spaces requires energy depleting camouflage strategies, strategies for overcoming previous experiences of bullying to feel safe, and strategies for dealing with uncertainty. A broader focus, including autistic perspectives, is necessary in transport policy and research. Childhood bullying appears to adversely impact autistic youth's confidence for community mobility and requires further attention.

Grinnin' Up Mums & Bubs: Perceptions of Aboriginal health staff

Ariana KONG

Background:

In Australia, models of care involving antenatal care providers to promote oral health among pregnant women have been successfully developed. Yet Aboriginal and Torres Strait Islander women may not access mainstream maternity care services during pregnancy, and may have additional barriers to accessing dental service.

Aim:

Explore the perceptions and experiences of Aboriginal Health Workers and Family Partnership Workers towards oral health care to inform a new model of care to meet the oral health needs of Aboriginal pregnant women and new mothers.

Method:

A participatory action research methodology informed the program of research. In this phase, focus groups were convened with Aboriginal Health Workers, Aboriginal management staff and Family Partnership Workers to yarn about oral health during the antenatal period. The focus groups were transcribed and analysed.

Results/Findings:

Three focus groups ($n=14$) were convened at two antenatal services. The four themes constructed focussed on the essential needs to build relationships with clients, and the training needed for staff along with a suite of resources that would support education around oral health during pregnancy. However, the Aboriginal staff work in a system driven by the legacy of colonisation and subsequent effects of intergenerational trauma on Aboriginal communities, which significantly contributes to the systemic barriers Aboriginal women face in accessing health services, including dental care. A culturally appropriate dental referral pathway (involving Aboriginal staff), that supports continuity of care, could increase accessibility to dental care for Aboriginal pregnant women.

Potential Research Impact:

This is the first time, globally, that a model of care where Aboriginal Health Workers and Family Partnership Workers promote oral health during pregnancy, has been developed. Involving Aboriginal clinical staff in the design of the research as well as data collection, analysis and recommendations moving forward is likely to increase the adoption and ownership of the program by the community over the long term.

Graduate nurses' experiences of reporting clinical incidents: An Interpretative Phenomenological Analysis

Asiye KOPAN

Background:

Incident reporting is accepted as a key quality and safety mechanism for improving patient safety in healthcare delivery systems. Evidence suggests that a significant number of nurses, most of which set the tone and lead the way for graduate nurses', experience multiple barriers when reporting patient safety incidents. Meanwhile, there is little evidence that suggests how GN's experience the processes involved in reporting incidents during their first twelve months of practice.

Aim:

This research aims to explore graduate nurses' experiences when reporting clinical incidents.

Method:

This qualitative study used Interpretative Phenomenological Analysis to describe and interpret the experiences of eight graduate nurses from several clinical settings across Sydney, Australia. Semi-structured interviews were conducted to engage in an open dialogue with participant's and to elicit a detailed description of their experiences of reporting clinical incidents in the first twelve months of practice as a Registered Nurse.

Results/Findings:

Preliminary analysis reveals the following three superordinate and subsequent subordinate themes:

Theme 1 -Decision making-In a state of confusion, report or not to report?

Theme 2-Navigating the process of incident reporting- perceptions of reporting systems, learning and relearning new methods, time, technical issues.

Theme 3- Contextual enablers and inhibitors- reporting readiness -education and training, workplace cultures-enablers and inhibitors for reporting.

Potential Research Impact:

Graduate nurses' approach to reporting is an important factor for determining the future quality and safety of clinical organisations. Information regarding the description of clinical incidents and perceived contributing factors permits a retrospective 'window' on the healthcare system.

Emerging adults and their experiences of mental health recovery: Research in the time of COVID 19

Aileen Pamonag LANE

Background:

In Australia, young people are least likely to reach out for mental health support with one in four at risk of serious mental illness. Young peoples' stories of mental health recovery are not evident in the literature. Therefore, it is vital that their recovery stories are heard to ensure that evidence-based knowledge and practice are understood and utilised when caring for young people experiencing mental health difficulties.

Aim:

The aim of this presentation is to consider the changes and the implications of the difficulties with recruitment due to COVID-19.

Method:

Changes were made to the data collection to the original proposed research study. The research originally included a face-to-face semi structured interview and a photovoice activity. However, in response to COVID-19 an online qualitative survey was adopted instead to ensure that the aims of the original research study remain unchanged.

Potential Research Impact:

Although changes were made to the data collection, the online qualitative survey is an easier way to access vulnerable young people with mental health difficulties to ensure that their voices and their recovery experiences are heard.

Will a feather duster deter a drug dealer? Faculty's perceptions on academic integrity of nursing students

Joan LYNCH

Background:

Academic integrity (AI) is an essential student attribute for professional nursing practice. However, the ease of access to information in this high-tech digital age undermines students' capacity to maintain academic integrity.

Aim:

To explore experience and perception of AI among the nursing academics.

Method:

Using a qualitative design, interviews with nursing academics were conducted, framed by Deterrence Theory.

Results/Findings:

Three main themes were identified: deterrence is ineffective in preventing infractions; graduate attributes depend on AI and the learning environment's role in AI. Key challenges to AI identified were: large student numbers, language skills, cultural differences, study workload, external commitments and lack of physical distance in classrooms during in-class examination. Participants also expressed reservations that current policy could deter dishonest behaviour. Participants underscored the importance of developing a student's moral compass and knowledge necessary to be safe nurses. Importantly, they emphasised that students do not appreciate the link between AI and professional development, and this needs to be made more explicit in the nursing curriculum. Their main concern was that dishonest behaviour may be transferred into clinical practice and consequently threatens patient safety and the reputation of the nursing profession. As well as their gatekeeper role, participants also expressed their personal investment, to nurture and foster integrity in the classroom through dialogue and role modelling behaviours expected of future nurses.

Potential Research Impact:

Academic integrity is important in developing students' moral compass and knowledge that is essential to become safe and competent nurses. The current policy seems ineffective in deterring dishonest behaviour, thus future research needs to examine a pedagogy that embeds academic integrity as a learning imperative.

The CoT Study—Phase Two: Parental experiences of twin co-bedding

Philippa MANN

Background:

Twins and multiples are significantly more likely to be admitted to a NICU or SCN compared to a singleton (60-80% compared to 14%). As care of sick and premature infants in the NICU has advanced over the years, so too has the realisation that developmentally supportive care is required to optimise outcomes for these infants. Twin co-bedding is one is postulated to support optimal developmental outcomes. There is a paucity of research at present to support or refute the practice and potential associated risks and there is limited knowledge of current practices in the NICU and home settings.

Aim:

To explore family experiences of co-bedding twins both in the hospital and home settings.

Method:

Ten parents of twins birthed in Australia were recruited via social media (“The CoT Study” Facebook page) and Multiple births groups after ethics approval. Participants needed to be parents of twins who are aged 5 or under, and who spent time both in NICU and SCN prior to discharge home.

Semi-structured interviews were undertaken with families, via telephone or zoom. All interviews were recorded and transcribed. Demographic data was collected. Thematic analysis via Quirkos is being used to identify prominent themes.

Results/Findings:

Of the families interviewed, 50% of the infants had exposure to co-bedding in the NICU, with the remaining infants separated for their NICU stay. Once discharged, 80% of the families chose to co-bed their twins at home. Only one set of twins had no exposure to co-bedding at all between hospital and home. Of the remaining nine sets, the duration of co-bedding ranged from 16 days to 1 year.

Preliminary analysis has identified 4 prominent emerging themes: 1. The importance of routine 2. Personal choice (“doing what works for you”) 3. The twin-bond impact 4. Trying to follow SIDS guidelines.

Potential Research Impact:

The findings from this study will be combined with data from Phase 1 and 2 of The CoT Study to develop Phase 3 – The CoT Study National Survey.

Intensive insulin therapy in the early primary school setting: Parental narratives

Anne MARKS

Aim:

To gain a deeper understanding of the facilitators of intensive insulin therapy in the early primary school setting from a parent's perspective.

Method:

A qualitative design, using narrative inquiry. Participants were recruited via Facebook pages and support groups after ethics approval. 15 mothers from 6 Australian states/territories participated in semi-structured telephone interviews between December 2014 and September 2016. Narrative analysis was used to interpret the data.

Results/Findings:

Preliminary data analysis revealed narrative threads that facilitated the use of intensive insulin therapy; school principal support, diabetes care plans, the ability of the child to give insulin, continuous glucose monitoring, parental availability, parental advocacy, reasonable expectations of school staff, a proactive class teacher, teacher's aide availability, supervision of diabetes care and Diabetes Educator involvement.

Potential Research Impact:

Intensive insulin therapy can be successfully used in the early primary school setting if appropriate support and resources are available.

Method to the memo madness: Making a space and place for researcher engagement

Nikki MELLER

Background:

Writing memos and then analysing them concurrently in relation to your methodological or philosophical positioning is not only obligatory in constructivist grounded theory, it will necessitate insightful linkages on the personal, emotional and the intellectual operations of the research to guide further actions by the researcher (Birks & Mills, 2011; Charmaz, 2006).

Aim:

The aim of memo writing is to stop and analyse your ideas not only about the codes and emerging categories, it is a crucial methodological step in developing codes into categories during the research process.

Method:

A constructivist grounded theory methodology has been used for this study. Fourteen in-depth intensive interviews have been conducted whilst utilising concurrent data collection and constant comparative analysis. Memo writing has been imperative to assist in following the emergent ideas, theoretical plausibility, and centrality (Charmaz, 2014).

Results/Findings:

“Memos catch your thoughts, capture the comparisons and connections you make, and crystallise questions and directions within the data you wish to pursue” (Charmaz, 2014, p.162). Memos have been imperative to the development of my idea’s during the research process, directing me in further data collection and category development. Writing memos as analytic notes provided a way for me to “become actively engaged” in the research data, giving me “a space and place for making comparisons between data and data, data and codes, codes of data and other codes, codes and category, and category and concept” (Charmaz, 2014, p.163).

Potential Research Impact:

There is no prescribed way of writing a memo. Write down your thoughts, ideas, questions of the data when you think of them. You can audio record them and transcribe later. Write them down on notepads. Make a memo journal. Create a memo bank. Take home note, make sure you aim to make your memo’s increasingly analytic.

Putting the Ph in your PhD

Lauren-Leigh METCALFE

Background:

Phenomenology is both a philosophy and methodology used in qualitative research design. For novice nurse researchers to begin to understand the methodology and have the ability to practically apply this, they must first understand the philosophy which underpins their phenomenological study.

Aim:

Phenomenology is both a philosophy and methodology used in qualitative research design. For novice nurse researchers to begin to understand the methodology and have the ability to practically apply this, they must first understand the philosophy which underpins their phenomenological study.

Method:

To better understand the philosophical underpinning of phenomenology, the emergence of phenomenology as a research method will be explored. The author outlines the historical roots as phenomenology emerged as a qualitative method of research in the late 19th century. The phenomenology movement has developed into two schools; descriptive -a product of Husserl, and interpretive- based on the work of Heidegger. Each approach holds some shared concepts, yet researchers tend to preference one method over another.

Phenomenology itself does not prescribe step-by-step details of processes used in its application. It is no surprise that the vague suggestions of philosopher's methods leaves researchers at a loss. The researcher is required to explore methodological approaches and seek out an approach that creates meaning through the interpretation of the data.

Results/Findings:

Phenomenological philosophy itself emphasises the attempt to get to the truth of matters. Researchers are led to describe the phenomenon they choose to study in the manner in which it appears. With the application of a methodological approach researchers are then able to deliver an in-depth insight into nursing practice.

Potential Research Impact:

Nurse researchers carrying out phenomenological research are able to gain a better understanding of the philosophy guiding their research.

Gender-based violence against women in Sub-Saharan Africa: A systematic review and meta-analysis

Muluken Dessalegn MULUNEH

Background:

Globally, Gender Based Violence (GBV) is an important public health problem and human right violation challenge, worsening in developing countries. To achieve the Sustainable Development Goals (SDG) target of elimination of all forms of violence, a detailed understanding of gender dynamics is important.

Aim:

To systematically review studies that examined prevalence and associated factors of GBV in sub-Saharan African (SSA) countries.

Method:

The Preferred Reporting Items for Systematic reviews and Meta-Analysis guidelines were followed. Ovid Medline, CINAHL, Cochrane Central, Embase, Scopus and Web of Science were used to source articles. Studies on GBV in SSA countries and published in English from 2008 to 2019 were included. The quality of included studies was appraised using a Critical Appraisal Skills Program (CASP) for the observational studies.

Results/Findings:

Fifty eight studies met the inclusion criteria. The pooled prevalence of IPV among women was 44%, the past year-pooled prevalence of IPV was 35.5% and non-IPV pooled prevalence was 14%. The highest prevalence rates of IPV were reported included emotional (29.4%), physical (25.87%) and sexual (18.75%) violence. Women residing in West and East African regions experienced higher levels of GBV. Low educational attainment, higher alcohol consumption, substance use, history of child abuse, limited decision-making skills, experiencing depression, and younger age were found to be individual and family associated factors that increase the experiences of GBV. Community tolerant attitudes, unemployment, lower socioeconomic class and social insecurity were found to be community and societal associated factors of GBV.

Potential Research Impact:

This study will provide vital evidence to inform policy and guide health organisations to respond and to prevent violence in alignment with the SDG's target by 2030 and investment on women's health. This review has provided a stimulus for future research on the dynamics of GBV in SSA countries.

Experiences of midwives when they return to work in a maternity unit following a personal pregnancy loss or neonatal death: A phenomenological study

Wimbayi MUSODZA

Background:

In Australia, midwives care most closely for women during pregnancy and childbirth. The impact on a midwife who loses a baby and then returns to work in an environment that is a constant reminder of her loss is not well known.

Aim:

This study aims to explore the experiences of midwives when they return to work in a maternity setting following a personal pregnancy loss or neonatal death.

Method:

An Interpretative (Hermeneutic) phenomenology research method was used, as operationalized by Max van Manen. Fifteen participants who had experienced a personal perinatal loss whilst they were midwives, and had returned to midwifery practice following their loss, were interviewed using in-depth interviews. Interviews were conducted via video call, phone call, face-to-face and email. Analysis and interpretation of data is currently in progress following the hermeneutic cycle of reading↔reflective-writing↔interpreting.

Results/Findings:

The interpretive analysis of interview transcripts is currently in process.

Potential Research Impact:

A midwife's personal experience of pregnancy loss could impact on the care they give to women and their families. Furthermore, returning to work in midwifery can be emotionally challenging for bereaved midwives. The research will hopefully inform employers and the colleagues of the bereaved midwife on how to support midwives on their return to work following personal pregnancy loss, by being sensitive to their needs within the maternity work environment. Understanding the bereaved midwife's experiences and supporting them on their return to work can also help promote staff retention.

Investigating the knowledge, attitudes and practices of Australian dietitians in oral health promotion

Tiffany Patterson NORRIE

Background:

Dietitians are key health professionals in providing care to individuals with an eating disorder (ED) and as such, are ideally placed to promote oral health in this population. The National Oral Health Plan identifies mental illness as a priority population. It is well known that EDs are linked to an increased risk of dental erosion and caries. However, the potential role of the dietitian in promoting oral health among people with EDs is poorly defined and there is limited synthesis of evidence on the current oral health care practices of dietitians in this area.

Aim:

To assess the knowledge, attitudes and practices (KAP) of dietitians regarding oral health care (OHC) in general and in populations with an ED.

Method:

A scoping review was conducted to map existing literature on dietitians' KAP in OHC and to identify validated questionnaires to guide the development of a national survey to further explore the topic among practicing dietitians. Following the review, the survey was developed and piloted.

Results/Findings:

The literature review identified five articles that focused on KAP of dietitians in a range of clinical areas (i.e. diabetes, women and children's populations) but none primarily focused on the ED population. The findings highlighted gaps in dietetic oral health knowledge and revealed that dietitians were providing oral health counselling to some extent but generally not referring to dentists. Limited resources were a barrier to OHC. Guided by these findings and identified questions from validated tools, a national survey was developed and piloted with seven health professionals from different clinical backgrounds including dietetics, dentistry, medicine and nursing.

Potential Research Impact:

To our knowledge, this survey will be the first of its kind to explore dietitians' KAP in OHC in Australia which will assist in identifying challenges and guide the development of oral health professional development resources for dietitians.

Case conferences in transfer decision-making: Collaboration or coercion

Tiffany NORTHALL

Background:

Making transfer decisions with older people from hospital to residential care can be challenging and case conferences are often used as a way to get everyone together so that options can be explored. Case conferences are often used in situations where there are complex issues that require collaborative decision-making practices. Usually a case conference includes the patient, family, carers, as well as members of the multidisciplinary team, service providers and general practitioners. Yet in some situations case conferences were viewed by health professionals as coercive - as not reflective of patient centred care.

Aim:

The aim of this paper is to discuss health professionals' experiences of collaborative and coercive practices in case conferences related to transfers to residential care.

Method:

Data were collected and analysed using Colaizzi's phenomenological approach, which aims to capture the experiences of participants. Semi- structured interviews were conducted with 16 health professionals. Participants comprised of three doctors, three occupational therapists, two physiotherapists, four registered nurses and three social workers who had two or more years experience making transfer decisions from hospital to residential care.

Results/Findings:

Based on the interview analyses, case conferences may support transfer decision-making as everyone comes together to decide. However, case conferences could also be used as a way to convince the patient that they needed to transfer to residential care. In these situations health professionals struggled to support the older person's autonomy, dignity of risk and safety.

Potential Research Impact:

Case conferences, as transfer decision-making support, need to always reflect ethical and professional obligations to support patient centred care, which was not always thought to be the case.

Exploring the effect of nurse-led supportive care on patients with Chronic Obstructive Pulmonary Disease and their caregivers

Linda ORA

Background:

COPD a highly symptomatic, incurable disease characterised by chronic symptoms that without appropriate palliation can lead to unnecessary suffering for patients and their caregivers. While palliative care practices can relieve suffering and improve quality of life, most palliative models of care remain cancer-focused. Nurse-led care that integrates timely palliative care practices could be a way forward to address the unmet palliative care needs of patients with COPD and their caregivers.

Aim:

To explore the effect of a new nurse-led supportive care model on patients with COPD, and their caregivers. The study will also explore patients' participation in advance care planning, concordance with treatment choices and care delivered. Lastly, the study will describe the development and implementation of the nurse-led supportive care model and make recommendations for development of nurse-led supportive care in chronic illness.

Method:

Case Study methodology is used to provide a comprehensive, holistic investigation of nurse-led supportive care in COPD as a unique, bounded case. Multiple sources of data are being collected to meet the objectives of this study including qualitative interviews of patients and caregivers; field notes; reflective journal; and patient clinical file review.

Results/Findings:

Two literature reviews have identified gaps in nurse-led integration of palliative care, as well areas for improvement in relation to advance care planning for patients with COPD. The study is currently in the early phase of data collection therefore there are no findings at present. Qualitative interviews with patients and caregivers commenced in April this year.

Potential Research Impact:

This research will add to the evidence base and understanding related to a nurse-led supportive care model and its implementation; and the impact such a model can have on patients with COPD and their caregivers at the point of care.

Let's talk about sex. Women's sexual health following traumatic brain injury

Kate O'REILLY

Background:

Research in the field of traumatic brain injury (TBI) is readily available, however an exploration of gender issues which are specific for women following TBI remain scarce in the literature. Researchers recognise the intersection of gender and disability; however, the gendered TBI body of research is limited particularly in relation to women's sexual health

Aim:

To explore gendered and sexual health issues which are specific for women following TBI with the aim of informing clinical care, policy development and advocacy priorities.

Method:

A concurrent mixed methods approach using conversational style interviews and an online national survey were used for this research.

Results/Findings:

Two overarching themes were identified, these were Loss – A life once lived and Realigning of Self – A new Way of Being. Following TBI women identified many losses related to income and loss of potential earnings, physical and cognitive function, loss in relationships and loss of identity. All of these losses impacted on women's self-esteem, their sexuality, and for many, their reproductive health was neglected in the aftermath of the injury.

Potential Research Impact:

This research has identified a gap in the understanding of sexual and reproductive health for women who live with disability and / or chronic conditions. This research identifies that nurses are well positioned to begin discussions with their clients regarding sexual health. It advocates that an investment is made to educate nurses in this area as this is essential to ensuring holistic person-centred care.

Physical restraints during mechanical ventilation in intensive care—nurses' perspectives

Dawn PEREZ

Purpose:

The aim of this study is to explore the experience of physical restraints (PR) during mechanical ventilation in intensive care, from the perspectives of patients, families and nurses. The aim of this presentation is to present the findings of the nursing participants.

Method:

The study used qualitative methodology, more specifically, naturalistic inquiry, in order to gain a holistic view of the experience. A purposive sampling method was used and data were collected through semi-structured and audio-recorded conversations. Thematic analysis was used to analyse the data.

Results/Findings:

A total of 12 nurses were interviewed and three major themes have emerged from the data analysis. The ICU Culture: This theme explores the complexities and nuances within the ICU culture that impact how nurses apply, remove and care for patients who are restrained. Identifying the Consequences of Physical Restraints: An exploration of the juxtaposition between the way in which nurses perceive the negative consequences of PR use while also viewing them as a necessity in intensive care. Ways of Learning: This theme explored the way in which nurses experienced their learning in regards to caring for patients requiring physical restraints during mechanical ventilation. It explores the way in which education surrounding PR is limited as education in other aspects of ICU care is prioritised and how that impacts on the PR practices.

Conclusion:

The interviews provided in-depth insights into the way ICU nurses view and experience the use of physical restraints during mechanical ventilation in intensive care. In particular, the data highlighted the cultural and workplace factors which impact nurses' perception, decision-making skills and learning pathways. While valuable insights have been gained, further results from the patient and family groups will be essential in understanding the experience from a more holistic perspective.

Constructions of perinatal mental health amongst recent Indian immigrants to Australia: A mixed method study

Bridgit Maria PHILIP

Background:

Identifying women with perinatal mental health problems is challenging, not only in India, but also in high income countries. One of the identified issues across the world in relation to treating and supporting women with perinatal mental health problems is lack of disclosure which may be due to the stigma and shame associated with mental illness.

Aim:

This study will explore Indian women's and men's understandings and experiences of emotional well-being in perinatal period and their adherence to or negotiations of traditional birth practices.

This presentation aims to focus on the emerging results from qualitative phase of the study.

Method:

This is a mixed method study; the study design is Exploratory Sequential design. One of the challenges faced during the design of this study was to explore best methods to interview so that the participants will talk freely about rarely spoken issues in their culture, for example mental health and gender preference. To facilitate in depth discussions on such topics the researcher has used photo elicitation, free listing and pile sorting in this study. Request for an amendment was sought from HREA and four key stakeholders were also interviewed.

Results/Findings:

The use of multiple methods as adjunct to in-depth interviews has enhanced the depth of data in this study. With the use of free list of words and their sorting, detailed narratives of the meanings of the words emerged. Participants were able to offer their own understanding of the words and elucidate how in Indian context these words give meaning to the concept of mental health and illness. With the use of photographs, participants were able to express themselves and tell their stories related to sensitive issues being explored.

Potential Research Impact:

Using multiple methods during research may prove to be beneficial, especially with participants from non-English speaking background.

Oral health status and knowledge of people with diabetes in Australia: A cross sectional survey

Prakash POUDEL

Background:

Diabetes increases the risk of periodontal disease, which in turn negatively impact on diabetes control and complications. Therefore, awareness about the diabetes-oral health bidirectional link and oral health problems is important for people with diabetes.

Aim:

This study aimed to assess self-reported oral health status and knowledge of people living with diabetes attending diabetes clinics in Australia.

Method:

A convenience sample of 200 patients who attended four public diabetes clinics in Sydney, completed the survey questionnaire. The questionnaire included 10 knowledge items and a validated Oral Health Impact Profile (OHIP-14) scale. Data was analysed using SPSS software with descriptive and Pearson's Chi-Squared test.

Results/Findings:

The mean age of participants was 62.4(\pm 13.5) years. More than half were males (54.5%), born overseas (64%), not working (73%) and had type 2 diabetes (88%). More than half (55.1%) of the patients reported having one or more dental problems and this was negatively associated with their oral health-related quality of life ($p < 0.001$). The most common dental problems were: gaps between teeth, pain in teeth and dry mouth. Only 46.2% of the participants had adequate oral health knowledge ($>$ the mean correct score 5.2 (\pm 2.6)). The main areas with poor knowledge were around the impact of gum disease on blood glucose levels (29.6%), effects of dry mouth on tooth decay (33.8%) and the link between diabetes and teeth and gums (44.5%). Only 13% of the patients reported receiving oral health information from diabetes care providers (diabetes educator, general practitioner/diabetes specialist and dietitian/nutritionist). Receiving oral health information was found to be significantly associated with higher oral health knowledge scores ($p < 0.05$).

Potential Research Impact:

The findings highlight the opportunity for diabetes care providers to promote oral health care among patients. The study will assist to inform the development of education program for patients, which could potentially improve patients' oral health and diabetes outcomes.

Dietary pattern associated with obesity in adults: A systematic review of systematic reviews

Canaan Negash SEIFU

Background:

Systematic review evidence suggests that population-wide increases in food consumption, especially from energy dense and nutrient poor foods, partially explain the global obesity pandemic, but a summary and grading of this evidence is lacking.

Aim:

To summarize evidence on associations between diet patterns and overweight/obesity outcomes.

Method:

We comprehensively searched electronic databases for relevant reports of observational studies in adults (≥ 18 years) published in English, after 1990.

Results/Findings:

Sixteen systematic reviews published between 2001 and 2019, having samples from 11,040 to 946,977 which comprised 201 studies were included. Overall quality was low in four and critically low in 12 studies. Six reviews included 21 cohort and 43 cross-sectional studies on associations between Mediterranean diet and overweight/obesity. Seven cohort studies reported a decreased risk of obesity (odds ratio [OR= 0.53-0.73) or weight gain ($\beta=-20.16\text{kg}$; OR=0.76). Sixteen cross-sectional studies reported a decreased obesity (OR=0.12-0.88). Four reviews included 15 cohort and 56 cross-sectional studies on associations between diet quality and overweight/obesity. Five cohort studies reported an inverse association. Thirty cross-sectional studies reported a lower Body Mass Index (BMI) ($\beta=-1.3- -0.05$). Two reviews included three cohort and two cross-sectional studies on associations between fruit and vegetable consumption and overweight/obesity. One cohort study reported a decreased risk of obesity (OR=0.76, 95% CI: 0.69, 0.86), while a cross-sectional study reported decreased weight gain (OR = 0.26, 95% CI: 0.07, 0.97). No significant associations were reported in 55 studies.

Potential Research Impact:

There is limited and inconsistent evidence predominantly from low quality reviews supporting the association between specific dietary patterns by any definition and overweight/obesity.

PTSD following childbirth: The impact on women who access residential and day parenting services

Madeleine SIMPSON

Background:

The development of postnatal PTSD is a particularly poor psychological outcome for women after birth and has been reported as occurring in 1.7 to 9% of women in the postnatal period. Postnatal Post-traumatic Stress symptoms and Post-Traumatic Stress Disorder (PTS/D) have been shown to have a negative impact on the lives of women and on infant development in terms of mental health outcomes, breastfeeding and mother-infant bonding and partner relationships.

Aim:

The aim of this study is to examine both risk and protective factors in women admitted to Residential and Day Stay Parenting Services (RDPS) in New South Wales who develop PTS/D following birth and to understand how living with PTS/D after birth impacts on women. The expectation of this investigation would be that better insight is gained into the contributing factors in the development of PTS/D.

Method:

Mixed method study - online survey and interviews.

Results/Findings:

An analysis of the free text responses to the survey question "what made your birth experience traumatic?" indicated that women reported emergency situations, lack of information and support and fear for their own life or their baby's life as contributing factors to a traumatic birth experience.

Potential Research Impact:

This research will contribute to further understanding of the factors contributing to PTSD and the impact this has on the woman, baby and her family. It will also provide an insight into how midwifery and early childhood nursing care can be improved to better support women at risk of experiencing birth trauma.

Effect of positioning on premature infants' pain, comfort and skin integrity: A literature review on the evidence

Hannah SKELTON

Background:

Positioning forms an important component of the care of premature infants. Developmentally supportive positioning, where the infant's body is flexed, in a midline alignment, can promote physiologic stability. Varying positions, between prone, supine and side-lying positions, forms an essential part of neonatal care, and aids in maintaining skin integrity, as premature infants' skin is underdeveloped, as well as reducing pain and maximising comfort, which is essential for preventing negative neurodevelopmental long-term outcomes, and promotes optimal musculoskeletal development.

Aim:

The aim of the literature review was to examine the available literature on the effect of positioning on premature infants' pain, comfort and skin integrity.

Method:

A literature search was conducted using CINAHL, MEDLINE, Cochrane and Scopus databases. The search excluded articles which focussed on physiological outcomes, hammock positioning and nurse education about positioning, as well as those not in English. The initial search which focussed on positioning, pain, comfort and skin integrity was expanded to include any article that discussed the effect of positioning on premature infants as only two appropriate articles were retrieved.

Results/Findings:

Thirteen papers were retrieved that discussed the effect of positioning on premature infants. Prone positioning was found to reduce stress behaviours, promote quiet sleep and self-regulation. In the supine position, premature infants demonstrated more behaviours which are suggestive of stress and spent more time awake or in an active sleep. There was conflicting evidence on the impact of positioning on pain responses. Only one study assessed the effect of positioning on skin integrity, and it demonstrated that in all positions premature infants achieved enough pressure to cause pressure injuries.

Potential Research Impact:

There was a scarcity of research on this topic. There were no randomised controlled trials, and no studies specific to extremely premature infants. No studies have been conducted in Australia.

The effect of antenatal pelvic floor muscle exercises on sexual function during pregnancy and postpartum: A randomised controlled trial

Sahar SOBHGOL

Background:

Pelvic floor muscle exercises (PFMEs) are recommended as a first line prevention and treatment for urinary incontinence. However, there is limited data about the effect of PFMEs on female sexual function (FSF), particularly during pregnancy.

Aim:

To investigate the effect of PFMEs on sexual function during pregnancy and the first three months after birth.

Method:

Two hundred eligible primiparous pregnant women were randomised to control (usual care) and intervention (PFME plus usual care) groups at 20 weeks of pregnancy. The intervention group received PFME instruction as well as standard care. The control group received standard care only. The primary outcome of this study was to measure the effect of PFMEs on sexual function during pregnancy and the first three months after birth. Sexual function was measured by female sexual function index (FSFI) at baseline, 36 weeks gestation and three months after birth. Data were collected via questionnaires and analysed using SPSS.

Results/Findings:

A total of 164 women (Control group=81, Intervention group=83) at 36 weeks gestation and 110 women (Intervention group=57, Control group=53) at three months after birth answered FSFI questionnaire. No significant difference was found between two groups in terms of FSF scores during pregnancy and after birth. In total, 50% of women in the intervention group adhered to the PFMEs. More women in intervention group reported complications after birth such as mastitis, fever, fatigue [29 (61.7%) vs.18(38.3%), $P=0.04$].

Potential Research Impact:

Even though no statistically significant results were obtained, the results of this study is not conclusive due to adherence rate and also several factors related to pregnancy and after birth. More research is recommended on this topic.

Children's Healthy Eating and Weight guideline Implementation in the dental setting (The CHEWI project)

Amy Villarosa

Background:

The prevalence of childhood overweight and obesity has been increasing worldwide. This is of concern as obesity in childhood is associated with obesity in adulthood and increased risk of chronic diseases. It is recommended that all health professionals should play a role in addressing childhood overweight and obesity, including dental professionals. Thus, guidelines were released to inform such practices among public dental practitioners. Yet, guideline implementation strategies (GIS) may be required to implement these guidelines into practice.

Aim:

Therefore, this project aims to develop a GIS to facilitate the translation of children's healthy weight (CHW) guidelines for public oral health services into practice

Method:

The CHEWI project will be undertaken across three phases:

1. Literature reviews: to summarise the role of dental practitioners in addressing childhood obesity, and effective GIS for the dental setting.
2. Developing the GIS: to co-design the GIS with dental practitioners, experts and parents
3. Evaluating the GIS: to evaluate the effectiveness of the GIS by analysing changes in practitioners' intention to adhere to the new guidelines, as well auditing practice changes before and after the GIS is delivered.

Results/Findings:

The CHEWI project is still in progress, however, to date several effective GIS for the dental setting have been identified through a systematic review of the literature. These include audit and feedback, reminders, education, and pay for performance. Furthermore, a questionnaire for phase 3 of the study is currently being validated.

Potential Research Impact:

This study will provide valuable evidence for both state and national policy regarding the effectiveness of GIS for CHW guidelines. Specifically, it will provide an evidence-based, feasible and acceptable GIS to help optimise the translation of CHW guidelines in the dental setting, which can be implemented nationwide. In line with national and state priorities, this study will address a major unmet need in Australian paediatric care.

Pedagogical approaches to the teaching of numeracy in undergraduate nurse education: Towards an evidence-based and standardised approach

Christine Ann Minty WALKER

Background:

One essential safety requirement of nursing care is the ability to be numerate. There are many clinical tasks that require RNs to use calculations such as administering medications or measuring input and output. The most discernible application of mathematics is medication dosage calculations. Tertiary education providers teach and assess numeracy using a diverse range of pedagogical and instructional approaches. However, research indicates that both undergraduates and RNs are not competent in numeracy with medication calculation errors impacting patients, families, RN's and the healthcare system. A contributing factor is thought to stem from failing to comprehend key mathematical principles from primary or secondary school. The Australian Nursing & Midwifery Accreditation Council (ANMAC) is responsible for developing accreditation standards that inform curriculum in nursing education. Additionally, the Nursing and Midwifery Board (NMBA) approve these programs of study. Conjointly, the accreditation and approval process enable eligible graduands to apply for nursing registration. Numeracy was not incorporated into the 2019 RN accreditation standards, placing the onus on the tertiary education providers to design content and assessment types, as well as establish a benchmark to gauge the competence of the student prior to graduating. This raises several key questions, such as: why ANMAC does not require graduates to demonstrate numeracy proficiency to ensure a benchmark has been met, and why is there no clear pathway or recommendation to designing undergraduate numeracy content and assessment in Australia.

Aim:

To focus on the formulation of a standardised approach to the design, development, planning and implementation of the numeracy aspects of the BN degree within Australia.

Method:

This study will use an exploratory mixed methods design across 5 stages, that will be described in detail.

Results/Findings:

No data has been collected to date.

Potential Research Impact:

To contribute knowledge to improve the confidence and competence of undergraduate nursing students in relation to numeracy education.

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Higher Degree Research Conference 2nd & 3rd July 2020

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