



ST VINCENTS &
MATER HEALTH
SYDNEY

A SERVICE OF ST VINCENT'S HEALTH AUSTRALIA



AUSTRALIAN CATHOLIC UNIVERSITY



Nursing Research Institute Annual Report 2012

The Nursing Research Institute is a collaboration between St Vincents & Mater Health Sydney and the Australian Catholic University. Established in 2009, based at St Vincent's Hospital Sydney, the Nursing Research Institute facilitates nursing led, clinically focused, patient outcome-oriented multidisciplinary research in healthcare.

Vision

The Nursing Research Institute's vision is to create a world-class centre of excellence in nursing-led multidisciplinary and health services research with the aim of improving patient care and health service delivery.

Mission & Purpose

Our mission is to make a positive impact on patient well being and health service effectiveness and efficiency through:

- Conducting high quality, nursing-led multidisciplinary and related health research with a focus on improving health outcomes and research transfer
- Building research capacity through training and mentoring research students, clinicians and career researchers
- Advising, collaborating and consulting on key issues and challenges relating to multidisciplinary health research with the health industry, clinicians, government and consumers
- Creating and sustaining a collegiate, supportive and high performance research culture at Nursing Research Institute that is attractive to the best researchers and research students

Welcome

For a full list of NRI grants and publications in 2012 see www.nursingresearch.com.au

On behalf of the St Vincents & Mater Health Sydney (SV&MHS) and Australian Catholic University (ACU) Nursing Research Institute, we welcome you to the 2012 Annual Report. This report highlights our key research projects, successes and demonstrates our growing strengths. It also confirms our national and international profile as one of the most prominent nursing research organisations in Australia.

The Nursing Research Institute had another productive and successful year in 2012. Working within a major teaching and research focussed hospital means the Nursing Research Institute is well placed to bridge the gap between research and implementation. In 2012, the Nursing Research Institute team commenced work on the T3 Trial: Triage, Treatment and Transfer of patients with stroke in emergency departments, a major landmark trial funded by the National Health and Medical Research Council (NHMRC). This 5 year trial involves 26 hospital sites across NSW, QLD and VIC, along with improved triage and rapid transfer to stroke units it will investigate implementation of the Fever, Sugar, Swallowing protocols from the Quality in Acute Stroke Care (QASC) trial into Emergency Departments.

A major focus of the past year has been fostering and supporting the next generation of nurse researchers. One of our initiatives has been the ACU honours preliminary program led by Professor Kim Walker which has recruited budding young researchers to undertake their first experience of research. Another initiative led by Associate Professor Elizabeth McInnes has been focused on mentoring SV&MHS clinicians in undertaking research.

One major success was the completion of the Pressure Ulcer Prevention Project (PuPP) which has resulted in a peer-reviewed publication and many accolades for Clinical Nurse Consultant Sally Sutherland-Fraser. Another achievement was the award of Emerging Researcher for Asmara Jammali-Blasi, a Nursing Research Institute and SV&MHS staff member and early career researcher.

There has been an increase in the number of peer-reviewed articles and conference presentations by Nursing Research Institute staff. These outputs reflect the Nursing Research Institute's commitment to research excellence and to the dissemination and translation of that work to inform policy and practice.

These successes, as with other achievements in 2012 detailed in this report, would not have been possible without the ongoing commitment from SV&MHS and ACU. We are thankful for their support, for the continuing hard work of the Nursing Research Institute staff, and the collaborations formed with clinicians, all of which have helped us to achieve our vision of informing care to improve patient outcomes.

Professor Sandy Middleton
Director

Associate Professor Elizabeth McInnes
Director Deputy



Governance

The SV&MHS ACU Nursing Research Institute is governed by a Steering Committee and a Management Committee. In 2012 these committees comprised of the following members:

Steering Committee

Adjunct Professor Jose Aguilera, Director of Nursing & Clinical Services, St Vincent's Private Hospital, **Ms Justine Benfield**, Executive Officer, Nursing Research Institute, **Professor Michelle Campbell**, Executive Dean, Faculty of Health Sciences, ACU, **Adjunct Professor Leslie Everson**, Director of Operations St Vincent's Hospital, **Professor Patrick Heaven**, Dean of Research ACU, **Adjunct Professor Judy Lumby AO**, Emeritus Professor University of Technology Sydney, Adjunct Professor, University of Adelaide, Adjunct Professor University of Sydney, Independent Advisor, **Professor Sandy Middleton**, Director, Nursing Research Institute, **Adjunct Professor Maeve Tumulty**, Director of Nursing and Patient Care, St Vincent's Hospital, **Mr Steven Rubic**, Chief Executive Officer SV&MHS (Chair), **Associate Professor Liz McInnes**, Deputy Director, Nursing Research Institute, **Professor Kim Walker**, Professor Healthcare Improvement St Vincent's Private Hospital.

Management Committee

Adjunct Professor Jose Aguilera, Director of Nursing & Clinical Services, St Vincent's Private Hospital (Chair), **Ms Justine Benfield**, Executive Officer, Nursing Research Institute, **Professor Mary Courtney**, Head of School Nursing, Midwifery and Paramedicine, ACU, **Adjunct Professor Barbara Paris**, Director of Nursing & Clinical Services, Mater Private Hospital (Jan to July), **Ms Leanne Laidler**, Director of Nursing & Clinical Services, Mater Private Hospital (Aug to Dec), **Ms Rose McMaster**, Acting Deputy Head of School Nursing, Midwifery and Paramedicine, ACU, **Adjunct Professor Maeve Tumulty**, Director of Nursing and Patient Care, St Vincent's Hospital, **Adjunct Professor John Geoghegan**, Director of Nursing & Operations, St Joseph's Hospital, **Professor Sandy Middleton**, Director, Nursing Research Institute, **Associate Professor Liz McInnes**, Deputy Director, Nursing Research Institute, **Professor Kim Walker**, Professor Healthcare Improvement St Vincent's Private Hospital.

Our Staff & Students
Professoriate



Professor Sandy Middleton
 Director, Nursing Research Institute



Associate Professor Elizabeth McInnes
 Deputy Director, Nursing Research Institute



Professor Kim Walker
 Professor of Healthcare Improvement, St Vincent's Private Hospital

Research Staff



Todd Allen
 State coordinator, T3 Trial



Simeon Dale
 Project Manager, T3 Trial



Therese Fletcher
 Research Assistant



Asmara Jammali-Blasi
 Research Assistant and State coordinator, T3 Trial



Rosemary Phillips
 Research Assistant

Students & Thesis Titles
PhD Students



Jane Allnutt, ACU
 Exploring the Nurse Practitioner Service in NSW.



Peta Drury, ACU
 Evaluating the effect of a complex behaviour change intervention to improve the management of fever, hyperglycaemia and dysphagia in acute stroke patients.



Jed Duff, St Vincent's Private Hospital
 Venous thromboembolism (VTE) prevention in hospitalised patients: Development and evaluation of two targeted interventions to improve clinician compliance with evidence-based VTE guidelines.



Serena Knowles, St Vincent's Hospital
 Improving Clinical Practice in Intensive Care: Implementation of an evidence based practice guideline.



Rose McMaster, ACU
 Evaluation of a day-time drop-in support centre for women who are homeless or at risk of homelessness.

Masters Student



Jennie Robinson, ACU
Clinical facilitators' views on the challenges of facilitating the clinical transition of culturally and linguistically diverse, overseas qualified nurses.

Honours Student



Michelle Chalker, Mater Hospital
Hand hygiene practice – views of clinicians on influential factors.

Administration Staff



Justine Benfield
Executive Officer, Nursing Research Institute



Patty Zenonos
Executive Assistant to Director, Nursing Research Institute

Clinician Researchers



Fiona Bailey, After-hours Clinical Nurse Educator, St Vincent's Hospital
Examining the Management of Reported Medication Incidents in an Acute Care Hospital.



Alex Joyner, Staff Development Coordinator, Mater Hospital
Examining the causes of reported medication incidents at the Mater Hospital.



Edel Murray, Practice Development and Policy and Procedure Facilitator St Vincent's Private Hospital & ACU Clinical Fellow
Pressure ulcer prevention and management – an observational study and chart audit of nursing practice.



Sally Sutherland-Fraser, Clinical Nurse Consultant for Perioperative Services, St Vincent's Hospital
Perioperative nurses' knowledge & practice with pressure ulcer prevention: An educational intervention study.



Louise Webber, Clinical Nurse Consultant for Vascular, Plastic and Wounds Management, St Vincent's Private Hospital
Pressure ulcer prevention and management – an observational study and chart audit of nursing practice.

Awards and Achievements

Jammali-Blasi A.

St Vincent's Clinic Foundation Clinical Excellence Award – Emerging Researcher 2012. Awarded \$1000.

Middleton S.

American Heart Association Council on Cardiovascular Nursing, Stroke Article of the Year 2012.

Middleton S.

Australian Catholic University Vice-Chancellor's Award for Research Excellence 2012.



Nursing Research Institute strategic goals 2011-2015

Progress towards our strategic goals has been encouraging in 2012.

1. Grow the scale and impact of the Nursing Research Institute's research activities and outputs

The Nursing Research Institute received grant funding in 2012 representing a significant achievement for the researchers and clinicians who work in the Nursing Research Institute. This included the 2012 component of the \$2.2M grant for 2012-2016 from the National Health and Medical Research Council for the T3 Trial: Triage, Treatment and Transfer of patients with stroke in emergency departments. This large research project involves collaborating with clinicians in hospital emergency departments in NSW, VIC and QLD. This project, and the successful Quality in Acute Stroke Care (QASC) trial completed in 2011, are assisting to increase the profile of the Nursing Research Institute both nationally and internationally.

2. Build nursing-led research capacity

During 2012 there were 27 clinicians from St Vincent's Hospital, St Vincent's Private Hospital and the Mater who were involved in research at the Nursing Research Institute. The Nursing Research Institute also supported six higher PhD students in their studies, one honours and a Masters student. Monthly research seminars are held at St Vincent's hospital,

St Vincent's Private Hospital and bimonthly sessions at the Mater Hospital to disseminate multidisciplinary research to these campuses. These sessions not only highlight the research being undertaken but also encourage other clinicians to become involved with their own research ideas. Through these avenues the Nursing Research Institute will continue to build capacity across the SV&MHS campuses.

3. Increase the number of researchers engaged at, and working in collaboration with, the Nursing Research Institute

This goal contributes towards the important national role in building national nursing research capacity, creating career paths for nursing researchers and ensuring clinicians have available to them flexible options through which to further their research interests and build their research skills. During the year 18 SV&MHS clinicians were supported through the Nursing Research Institute to publish and present their research work both nationally and internationally. Additionally, clinicians are supported with individual enquiries to Nursing Research Institute researchers; between 2009 to mid-2012 there were 116 consultations with 98 individuals. Requests for assistance were for: developing a research proposal (59%); writing a report, manuscript or conference presentation (14%); ongoing support and mentoring (10%); research career advice (9%) and statistical advice (7%). The remainder were for assistance with funding applications and ethics documentation (1%).

4. Enhance and profile the brand and reputation of Nursing Research Institute

Through our many dissemination activities, such as hospital research seminars across the St Vincent's campus, our web site and national and international conferences the research undertaken at the Nursing Research Institute is profiled extensively. Outputs from the Nursing Research Institute in 2012 included 39 conference presentations and 20 peer reviewed publications in journals such as: BMC Health Services Research, Nurse Education Today, Australian Occupational Therapy Journal, Implementation Science, International Journal of Stroke, International Journal of Mental Health Nursing, International Journal of Nursing Studies, European Wound Management Journal, Cochrane Database of Systematic Reviews.

A diverse range of topics were covered, these included: stroke, pressure injury prevention, end-of-life care in Intensive Care Units, determinants of successful clinical networks, factors affecting mental health nurses' research,

A full listing of outputs from the Nursing Research Institute can be accessed at www.nursingresearch.com.au

5. Procure the recurrent funds and other resources Nursing Research Institute requires to pursue its vision and mission

Total grant monies awarded to researchers from the Nursing Research Institute in 2012 exceeded \$635,740. This grant money was awarded following successful competitive research grants received from the following: National Health & Medical Research Council (NHMRC), the Sax Institute, Australian Catholic University, The Curran Foundation.

6. Ensure the Nursing Research Institute has adequate infrastructure, systems, management processes and a robust governance framework

Infrastructure and other processes are integral to achieving the strategic goals of the Nursing Research Institute and underpin all the activities undertaken to achieve our aims. During 2012, the Nursing Research Institute has reviewed and consolidated its strategic intent to ensure a viable future. Governance is overseen by a Management Committee and Steering Committee, members of each from SV&MHS and ACU whose expertise are utilised to assist the Nursing Research Institute achieve its strategic goals.





Clinicians

One of the main roles of the Nursing Research Institute is to support clinicians to undertake research. Examples of the research work that can be achieved through collaborations with clinicians are illustrated by the stories of Edel Murray and Alex Joyner as profiled below.

Edel Murray, ACU Clinical Fellow, St Vincent's Private Hospital

Edel Murray is the Practice Development and Research Facilitator (seconded from the role of Clinical Nurse Consultant Wound Management) at St. Vincent's Private Hospital, Sydney. Edel qualified as a registered nurse in Ireland in January 1996 and subsequently registered in New South Wales in September 1997. She has been in her present position as Wound Clinical Nurse Consultant (CNC) since May 2004. During this period Edel has completed a Graduate Diploma in Nursing Management, an Advanced Wound Care Course and a Masters of Clinical Nursing.

Edel demonstrates on-going commitment to research, practice development and leadership at St Vincent's Private Hospital through the numerous projects which she facilitates in clinical areas campus wide. Her dedication to patient centeredness, quality and safety is replicated in her daily clinical work.

Edel collaborated with Associate Professor McInnes on a St Vincent's campus project 'Turning and Repositioning Pilot Study' in early 2012 at St Vincent's Private Hospital. During this time she gained the opportunity to broaden her knowledge of research and combine it with her clinical expertise in skin integrity, in particular pressure injury prevention. This pilot study will inform an NHMRC grant application and Edel is welcoming the opportunity to become further involved with research and its translation into practice that will in turn assist us to prevent pressure injuries.

Alex Joyner, Mater Hospital

Alex Joyner has been working at the Mater Hospital for 15 years and was awarded a grant through the Friends of the Mater Hospital for a medication research project titled 'Examining the causes of reported medication incidents at the Mater Hospital'.

Alex has worked in many roles at the Mater Hospital from registered nurse, clinical nurse specialist to her current role as Risk Manager. In 2010, Alex commenced her research, working one day a week at the Nursing Research Institute. This has been a great opportunity for Alex to work closely with nursing researchers and she has developed her research skills. The ongoing guidance of Professor Sandy Middleton and Associate Professor McInnes has been invaluable in assisting her research journey. Although her current role as risk manager keeps her extremely busy Alex is excited by the opportunity the Nursing Research Institute provided to her and her future capacity to encourage other Mater Hospital clinicians to pursue research through the opportunities available at the Nursing Research Institute.

Future Nursing Research Institute.

Looking to the future, the Nursing Research Institute is continuing progress to achieve its strategic goals. With the continued support of SV&MHS, ACU and the many clinicians and staff that are a part of the Nursing Research Institute these goals can be met. Clinicians, and ultimately patients will be the beneficiaries from the research undertaken aiming to improve care based on evidence.

For more information see www.nursingresearch.com.au