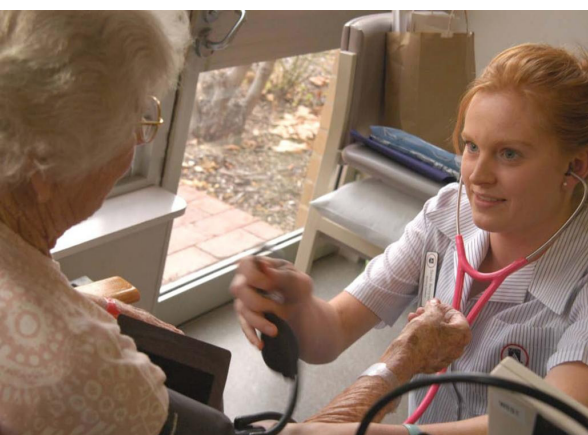


Nursing and Midwifery

Research Report 2012-2013





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Foreword



Adjunct Professor Cheyne Chalmers

It is with great pleasure that I present the inaugural Monash Health Nursing and Midwifery Research Report, detailing our achievements as a Nursing and Midwifery Professoriate over the past year.

The vision to develop a Nursing and Midwifery Professoriate came about through the work of Monash Health Senior Nurses and Midwives in late 2009, resulting in the creation of the first Nursing and Midwifery Strategic Directions document.

This document articulated the strong vision for Monash Health Nurses and Midwives to be at the forefront of providing contemporary evidence-based Nursing and Midwifery care, not only in Australia but across the world.

One of the key vehicles to achieve this goal was the development of primary Nursing and Midwifery Research.

This report highlights the many significant achievements that have occurred in 2012-2013 and showcases the significant impact on the body of knowledge that is being generated by our Professoriate.

The opportunity to measure and understand the impact that nurses and midwives have on patient care every day is an important reason for our commitment to nursing and midwifery research.

The ability to take those learnings and translate them across the organisation, and potentially into other organisations, is a critical success factor for Nursing and Midwifery at Monash Health.

Whether we are working within our own discipline, or partnering with other disciplines and other organisations, the central premise of putting our patients first drives our focus.

Our partnerships with Monash University, Deakin University and the Australian Catholic University enable us to gain access to extensive research networks and to benefit from varied and different funding streams.

Whilst our Professoriate is small in number compared to other disciplines, the 'whole is greater than the sum of its parts'.

Finally, I would like to thank the professors and their teams for their absolute commitment to improving patient care through production of the highest standard of research; and for their passion and commitment to growing Nursing and Midwifery research capability within Monash health.

Adjunct Professor Cheyne Chalmers
Executive Director of Nursing, Midwifery and Support Services
Monash Health

Centre for Nursing Research – Deakin University and Monash Health Partnership



Professor Alison Hutchinson



Professor Bev O'Connell



Associate Professor Paul Bennett



Dr Helen Rawson

The Partnership between Deakin University and Monash (formerly Southern) Health was established in May 2006.

This partnership has resulted in the development of the Centre for Nursing Research - Deakin University and Monash Health Partnership, which is based at Monash Medical Centre, Clayton Campus. Researchers within the centre conduct research activities across all Monash Health sites.

In 2012, Professor Bev O'Connell left the centre to take up an appointment as the Dean of the Faculty of Nursing at the University of Manitoba, Canada. In 2013 we welcomed Professor Alison Hutchinson as the new Chair in Nursing and Dr Helen Rawson as Research Fellow.

Vision

To be nationally and internationally recognised as a centre of excellence in nursing research in the areas of quality, safety and risk management.

Aim

To conduct high quality research that informs clinical practice, policy development and education.

Objectives

- To conduct research in the areas of quality, safety and risk management with the aim of enhancing the independence and wellbeing of individuals in clinical and aged care settings.
- To encourage and support nurse clinicians to participate in research activities.
- To promote the integration of research findings into educational programs, health care policy and clinical practice.
- To develop and support research collaboration between Monash Health, Deakin University and other industry partners.

Current research activities

In promoting the nexus between research, education and practice, the themes of knowledge translation, person-centred care, decision making, and patient safety and risk management underpin the research conducted by the Centre. The program of research centres on four areas of nursing practice and development: symptom management, care of the older person, chronic disease and workforce development.

Professor Alison Hutchinson
Chair in Nursing
RN BAppSc, Cert Of Midwifery,
MBioethics, PhD

Professor Bev O'Connell
Chair in Nursing
BN, Msc, PhD

Associate Professor Paul Bennett
Associate Professor in Nursing
RN (Renal) MHSM PhD

Dr Helen Rawson
Research Fellow
RN, BSc (Hons), MSc, PhD

Catherine Au
Research Assistant
RN BN(Hons) GradCertNIC

Tania Cossich
Research Fellow
BN MPH

Dr Mary Hawkins
Research Analyst
BA (Hons) PhD

Tasneem Islam
Research Assistant
RN, BN(Hons), BCom

Sadie Jaeschke
Senior Project Officer
RN (Renal, Peri-op), BN

David McMillan
Education Staff
RN RPN GradDipNursPractice
(Mental Health) Cert IV TAE

Cherene Ockerby
Research Assistant
BA(Hons)

Dr Joan Ostaszkiwicz
Research Fellow
RN MNurs PhD

Amanda Springer
Research Assistant
BSc, MGenCouns

Cheryl Turner
Education Staff
RN BN GradDip CritCareNurs MED
Cert IV TAE

Rose Lewis
PA to Chair in Nursing
DipMn Cert IV FServ

Emergency Nursing Research Team (ENRT)



Professor Rose Chapman

Professor Rose Chapman is the Professor of Emergency Nursing.

This collaborative research appointment between Monash Health Victoria and ACU commenced on 2 February 2012.

The focus of the first year of the appointment was to establish governance around nursing research in the emergency department and the development of the Mission, Vision and Objectives of the role and the establishment of the Steering Committee and Operational Group.

In July 2012 a further joint appointment was established with Ms Cathy Martin being employed as a Research Associate at 0.6 EFT.

The goal of the Emergency Nursing Research Team (ENRT) is to facilitate and conduct nursing-led, clinically-focused, patient outcome-oriented multi-disciplinary research in emergency care.

Researchers work with clinicians to identify research opportunities and develop and conduct studies. In addition, emergency nurses are supported and provided with the opportunity to participate in proposed and current projects in order to increase their knowledge, skills and confidence to conduct research.

The ENRT contributes to the research culture of Monash Health and ACU by working closely with emergency nurses across Monash Health's three campuses to develop and maintain the Nurse Research Units (NRU).

These units provide an environment for emergency clinicians to gain knowledge and skills to critique best available evidence and identify opportunities to conduct research that will add new knowledge in the area of emergency nursing.

Professor Rose Chapman provides leadership in the area of nursing research and has participated on numerous working parties and committees with the aim of enhancing health and workplace experiences for all stakeholders.

Her areas of interest include all aspects of emergency care, best practice, aggression and violence, attitudes of health professionals toward Lesbian, Gay, Bisexual and Transgender (LGBT) parents and the experiences of LGBT parents seeking health care for their children.

Rose has been involved extensively in consultation with ongoing developments and innovations in relation to best practice within health care and government organisations.

Professor Rose Chapman
RN, MSc, PhD

Cathy Martin, Research Associate
RN, BSc (Hons), MBIostats,
PhD candidate

Monash Women's Midwifery Research



Professor Christine East

The Monash Women's Midwifery Research, was established in February 2012, with the appointment to Monash Health of Christine East as the Professor of Midwifery/Co-Director of Maternity Services.

Research focus

Improving and evaluating the health of mothers and babies

Objectives

- To provide research leadership in the discipline of midwifery with the development of a national reputation for research excellence.
- To develop a research culture in Monash Women's Maternity Services and Monash University School of Nursing and Midwifery.
- To establish a strong program of research capable of attracting external funding and being published in top tier journals.
- To engage with the research agenda of Monash Health, Nursing and Midwifery, and in particular, models of care.

The program of perinatal research encompasses numerous projects, randomised controlled trials, systematic reviews and clinical audits.

Some of these projects have attracted competitive grant funding, for example, through the NHMRC and the Qatar Foundation.

A part-time Research Assistant facilitates project recruitment/management at Monash Health.

Support for clinical midwifery projects is a key functional component of the research, complemented by collaborations with external groups and with colleagues from the Monash University School of Nursing and Midwifery.

Professor Christine East

RN, RM, DipAppSc (Clin Nurs), BAppSc (Nurs), Grad Cert Health Studies (Ev Based Prac), Grad Cert Univ Teaching, MMedSc, PhD

Veronica Abruzzo

Research Assistant
BObs (Argentina)

Bethany Carr (nee Gunston)

Research Assistant
BMid

Post graduate research students

▶ Afnan Albokhary PhD

Professor Christine East - Principal Supervisor, Monash University
WHO Ten steps to successful breastfeeding - progress, barriers and opportunities in Jeddah, Saudi Arabia.

▶ Jacqui Allen PhD

Professor Alison Hutchinson - Associate Supervisor, School of Nursing and Midwifery, Deakin University
Development of a person-centered transitional care model for older people.

▶ Malene Alstrup Masters (minor thesis - Awarded 2013)

Professor Alison Hutchinson - Principal Supervisor, School of Nursing and Midwifery, Deakin University
Allocated contact person - Does having a contact person during admission make a difference to patients?

▶ Wendi Bradshaw Masters

Associate Professor Paul Bennett - Principal Supervisor, School of Nursing and Midwifery, Deakin University
Pre-emptive Ultrafiltration in Hemodialysis.

▶ Vanessa Brotto PhD

Professor Alison Hutchinson - Principal Supervisor, School of Nursing and Midwifery, Deakin University
Using an audit with feedback knowledge translation intervention to promote safety and quality in health care.

▶ Ian Campbell Masters (minor thesis)

Professor Alison Hutchinson - Principal Supervisor, School of Nursing and Midwifery, Deakin University
Validation of a hospital in the home (HITH) specific patient satisfaction instrument.

▶ Shu-Wen Chen PhD

Professor Alison Hutchinson - Associate Supervisor, School of Nursing and Midwifery, Deakin University
Effectiveness of a decision aid on pregnant women's decisions regarding mode of delivery.

▶ Rachel Cross Masters

Associate Professor Paul Bennett - Principal Supervisor, School of Nursing and Midwifery, Deakin University
Single Checking Administration of Medications.

▶ Emily Cull PhD

Professor Alison Hutchinson - Principal Supervisor, School of Nursing and Midwifery, Deakin University
Delirium in the acute hospital setting.

▶ Jacobus du Plessis PhD

Professor Christine East - Co-supervisor, University of Melbourne
Fetal lactate monitoring.

▶ Dr Glenn Eastwood PhD (awarded 2013)

Professor Bev O'Connell - Principal Supervisor, School of Nursing and Midwifery, Deakin University
Oxygen therapy: A detailed analysis of the factors that influence practice in an ICU setting.

▶ Jessica Guinane PhD

Professor Alison Hutchinson - Associate Supervisor, School of Nursing and Midwifery, Deakin University
Listen to me, I am really sick! Understanding patient and family perspectives in triggering responses to medical emergencies.

▶ Emily Heke Honours

Associate Professor Paul Bennett - Supervisor, School of Nursing and Midwifery, Deakin University
Attitudes towards people with eating disorders in an acute setting.

▶ Mary Holdsworth Masters

Dr Helen Rawson - Co-supervisor Co-supervisor, La Trobe University
An investigation into Registered Nurses' decision making processes when transferring the aged care resident from a Residential Aged Care Home to hospital.

▶ Tasneem Islam PhD

Professor Alison Hutchinson - Associate Supervisor, School of Nursing and Midwifery, Deakin University
ICT and its impact on nursing practice and patient safety.

▶ Jacqui Jauncey-Cooke PhD (awarded 2013)

Professor Christine East - Associate Supervisor, University of Queensland
Paediatric lung recruitment.

▶ Jacqui Moustakas Masters

Associate Professor Paul Bennett - Principal Supervisor, School of Nursing and Midwifery, Deakin University
Perceptions of supportive care for people with chronic kidney disease.

▶ Elizabeth Oldland PhD

Professor Alison Hutchinson - Associate Supervisor, School of Nursing and Midwifery, Deakin University
Operationalising consumers as partners in the national clinical safety standards - Integration into specialty education.

▶ Dr Joan Ostaszkiwicz PhD (awarded 2013)

Professor Bev O'Connell - Principal Supervisor, School of Nursing and Midwifery, Deakin University
Providing continence care in residential aged care settings: A grounded theory study.

▶ Rinchen Pelzang PhD

Professor Alison Hutchinson - Associate Supervisor, School of Nursing and Midwifery, Deakin University
Exploring patient safety issues and strategies for risk management in hospitals in Bhutan.

▶ **Kinga Pemo PhD**

Professor Alison Hutchinson - Associate Supervisor, School of Nursing and Midwifery, Deakin University

Bhutanese women and their perceptions and experiences of breastfeeding at 38 weeks.

▶ **Vanessa Watkins PhD**

Professor Alison Hutchinson - Principal Supervisor, School of Nursing and Midwifery, Deakin University

Collaborative maternity care pathways.

▶ **Kantaporn Yodchai PhD**

Professor Alison Hutchinson - Associate Supervisor, School of Nursing and Midwifery, Deakin University

How do Thai patients with end stage renal disease adapt to being dependent on Haemodialysis.

▶ **Pauline Wong PhD**

Dr Helen Rawson, Co-supervisor, La Trobe University

Families' experiences of their interactions in an Australian Intensive Care Unit.

Honorary researchers

▶ **Professor Beverly O'Connell**

BN, MSc, PhD
University of Manitoba, Manitoba, Canada
Aligned with Centre for Nursing Research - Deakin University and Monash Health Partnership TRACS Project

▶ **Mary Anne Biro**

PhD, MPH, M.Med.Sc
Monash University
Aligned with Professor Christine East Place of birth study: clinical audit of mode of birth within the Monash Women's Maternity Services

▶ **Anita Moorhead**

RN, RM, Neonatal Cert, GradCert
HServ Man, IBCLC
LaTrobe University
Aligned with Professor Christine East Diabetes and antenatal milk expression (the DAME study): randomised controlled trial.

▶ **Tanya Longmore**

LaTrobe University
Aligned with Professor Christine East Diabetes and antenatal milk expression (the DAME study): randomised controlled trial.

▶ **Dr George Mnatzaganian**

PhD, MPH, M.Med.Sc
Senior Research Fellow, Australian Catholic University
Aligned with Professor Rose Chapman
This observational study aims to describe the characteristics, management and outcomes of delayed and non-delayed chest pain presentations indicative of acute coronary syndrome (ACS) in a large sample of patients presenting at three Monash Health hospitals to inform the development of a better patient management process.

▶ **Susan O'Callaghan**

Murdoch Children's Research Institute
Aligned with Professor Christine East
Refugee ascertainment: a quality improvement initiative to improve midwives' and doctors' ascertainment and subsequent management of women with a refugee background.

Visiting researchers

▶ **Professor Anne Sales PhD, RN**

University of Michigan, USA
Centre for Nursing Research - Deakin University and Monash Health Partnership
To learn about the Centre for Nursing Research and the research activities being undertaken within the centre.

Research collaborations

- ▶ **Associate Professor Fiona Bogossian**
School of Nursing and Midwifery, University of Queensland, Brisbane
Aligned with Professor Christine East, Monash Women's Midwifery Research.
- ▶ **Professor Shaun Brennecke**
Pregnancy Research Centre, Royal Women's Hospital and Dept Obstetrics and Gynaecology, University of Melbourne, Melbourne
Aligned with Professor Christine East, Monash Women's Midwifery Research.
- ▶ **Professor Paul Colditz**
Perinatal Research Centre, University of Queensland Clinical Research Centre, Brisbane
Aligned with Professor Christine East, Monash Women's Midwifery Research.
- ▶ **Dr Mary-Ann Davey**
Mother and Child Health Research, La Trobe University, Melbourne
Aligned with Professor Christine East, Monash Women's Midwifery Research.
- ▶ **Professor Della Forster**
Mother and Child Health Research, La Trobe University, Melbourne
Aligned with Professor Christine East, Monash Women's Midwifery Research.
- ▶ **Dr C Omar Kamlin**
Dept of Neonatology, Royal Women's Hospital, Melbourne
Aligned with Professor Christine East, Monash Women's Midwifery Research.
- ▶ **Professor Bev O'Connell**
University of Manitoba, Winnipeg, Canada
Aligned with Professor Alison Hutchinson, Centre for Nursing Research - Deakin University and Monash Health Partnership.
- ▶ **Professor Anne Sales**
University of Michigan, Michigan, USA
Aligned with Professor Alison Hutchinson, Centre for Nursing Research - Deakin University and Monash Health Partnership.
- ▶ **Assistant Professor Janet Squires**
University of Ottawa, Ottawa, Canada
Aligned with Professor Alison Hutchinson, Centre for Nursing Research - Deakin University and Monash Health Partnership.

Guests and visitors

- ▶ **Professor Lesley Page**
Royal College of Midwives, United Kingdom
Purpose of visit: Perinatal Society of Australia and New Zealand Geoffrey Thorburn Visiting Professor
- ▶ **Assistant Professor Dr Chongjit Saneha**
Mahidol University, Medical Nursing Department, Faculty of Nursing, Bangkok, Thailand
Visit to Centre for Nursing Research - Deakin University and Monash Health Partnership
- ▶ **Helen Schultz, PhD candidate**
University of Monash Denmark, Denmark
Academic visit to the Centre for Nursing Research - Deakin University and Monash Health Partnership
- ▶ **Professor Mary Steen**
University of Chester, United Kingdom
Guest speaker
- ▶ **Assistant Professor Dr Doungrut Wattanakitkriear**
Mahidol University, Medical Nursing Department, Faculty of Nursing, Bangkok, Thailand
Visit to Centre for Nursing Research - Deakin University and Monash Health Partnership

Research projects

► **Standardising dialysate to increase dialysis patient safety**

Abeleda, K., **Bennett, P. N.**, & **Ockerby, C.**

Moorabbin Dialysis Centre

Rapid potassium shifts during haemodialysis have been associated with increased mortality and morbidity. Standardising dialysate potassium to 2mmol/l may decrease the potassium shift. The aim of this study was to examine the effect of standardising dialysate potassium to 2mmol/l for all dialysis treatments. We found no statistically significant change in serum potassium post-intervention. The majority of patients (n = 97) remained within the target range, including a subset of patients who had a history of high serum potassium during the pre-intervention period. Therefore, a standard potassium dialysate of 2mmol/l may reduce intradialytic serum potassium shifts and may assist in standardising safer work practices. Paper published.

► **WHO Ten steps to successful breastfeeding - progress, barriers and opportunities in Jeddah, Saudi Arabia**

Albokhary, A., **East, C. E.**, & Biro, M. A.

Monash University

This study seeks to explore the current status of breastfeeding policies and practices at these two Jeddah hospitals: King Abdulaziz University Hospital (KAUH, which is seeking BFHI accreditation) and to assess the factors and issues around the Ten Steps at Maternity and Children's Hospital (MCH). This study will assess the extent to which staff nurses and midwives are implementing each of the Ten Steps in their program at KAUH and MCH, and seek to identify the progress, barriers and opportunities for both hospitals. PhD candidate enrolled

► **Evaluation of the nurse endoscopist service**

Au, C., Chalmers, C., Horne, N., **Forrest, K., Ockerby, C., & Bennett, P. N.**

Monash Medical Centre Clayton

This project is undertaking the evaluation of the Health Workforce Australia multi-site project to develop the nurse endoscopist role. Evaluation will consider safety and quality of care; access to care: workforce capacity: workforce integration; clinician competencies; optimal use of skills; workforce satisfaction and client satisfaction.

The nurse endoscopist has commenced at Monash Health and evaluation of the service has commenced.

► **Non-slip socks to reduce falls risk**

Bennett, P. N., Au, C., Ockerby, C., Ferrier, S., & Burns, D.

Dandenong Hospital

As part of a multi-faceted strategy, non-slip socks may assist in the reduction of falls for hospital patients. There is a paucity of evidence that investigates the efficacy of non-slip socks in preventing patient falls and their impact on the rate of patient falls in acute care settings. This study analysed data from two wards to assist in determining the role of non-slip socks in preventing falls. Across two wards, details of 126 individual patient falls were available for analysis. Only 12 (9.5%) of these patients were wearing non-slip socks at the time of their fall. It is uncertain whether the number of falls on each ward may have been reduced with increased use of non-slip socks which highlights the need for further, more rigorous research in this area.

Internal report completed.

► **Laughter yoga in dialysis**

Bennett, P. N., Ben-Moshe, R., Weinberg M., Parsons T., **Rawson H.,** Neal, M., Gilbert, K., **Ockerby C., & Hutchinson, A. M.**

Moorabbin Dialysis Centre

This study is measuring the effect of Laughter Yoga on lung function, quality of life, happiness (personal wellbeing), anxiety and depression.

20 people over 18 receiving haemodialysis in Moorabbin Dialysis Clinic will undertake a 6 week Laughter Yoga program. Laughter Yoga is a practice involving prolonged voluntary laughter. Laughter Yoga is undertaken in groups, incorporating clapping, deep breathing exercises, gentle neck and shoulder stretches and facilitated laughter and smile exercises. Laughter Yoga has the potential to improve lung function in dialysis patients (many of whom have poor respiratory function related to congestive heart disease). Laughter Yoga may also improve quality of life, subjective wellbeing, mood, depression, anxiety and stress.

► **Dandenong Hospital safety climate survey**

Bennett, P. N., Ockerby, C., Stinson, J., & Willcocks, K.

Dandenong Hospital

Patient safety is fundamental to the provision of quality healthcare. The Victorian Safety Climate Survey (SCS) was used to measure staff perceptions of the safety culture at Dandenong Hospital. Falls prevention was of particular interest at Dandenong Hospital, so five additional questions were included that focused on this issue. All staff at Dandenong Hospital, including nursing, medical, allied health, administrative, and support services staff, were invited to complete the SCS. Data (n = 458) for the six SCS domains compared favorably with Victorian data. The falls prevention items were correlated with the original items from which they were derived but responses regarding falls prevention tended to be less positive than patient safety more broadly. Findings from this survey provide a snapshot of the current safety climate at Dandenong Hospital and provide a benchmark against which future data can be compared.

Paper has been submitted for publication.

► **Home dialysis therapies e-learning (HDTL)**

Bennett, P. N., Sinclair, P., Schoch, M., Kerr, P., Holt, S., & **Jaeschke, S.** MMC, Clayton

At present, interactive educational resources dedicated to Australian home dialysis therapies do not exist. The purpose of this project will be to address this gap and therefore aim to: a) develop a suite of high quality web and paper-based educational home dialysis therapies resource packages, b) evaluate the impact of these resources on knowledge and attitude change c) support the dissemination of these resource packages throughout Australia. Evaluation of the education resources is in progress.

► **Self-management strategy to improve fluid adherence for people receiving haemodialysis**

Bennett, P. N., Andrew, J., Nandkuma, J., & Bonner, A. Cranbourne, Moorabbin, Dandenong, Casey Dialysis Centres

The aim of this study was to measure the effect of the Communications Compatibility System (CCS) approach on the self-management and treatment adherence of people with chronic kidney disease (CKD) requiring haemodialysis. The CCS contained a set of products centered on cards containing specific photos, illustrations and words that facilitate a patient driven goal setting approach. The tools can be used in researcher/patient sessions to generate open and honest communication. There is limited data on the CCS approach to self-management in chronic conditions, however pilot data has demonstrated improved self-management skills and behaviours. The intervention consisted of 3 x weekly semi-structured interviews. Analysis consisted of thematic analysis of audio-taped interviews and survey of patients and researchers evaluating card use. Paper published.

► **Decreasing cannulation extravasation pain using Arnica cream: A pilot study**

Bennett, P. N., Goedemans, A., Liang, K., & Cottell, B. Dandenong Hospital

The aim of this study was to explore the effect of Arnica cream on dialysis cannulation related extravasation. A frequent complication of haemodialysis treatment is extravasation (bruising caused by blood leaking into tissues around blood vessels) related to cannulation (needling). Little success has been reported in reducing pain and bruising following extravasation. The research design was a quasi-experimental before and after study to inform a more rigorous controlled trial requiring larger multi-centre RCT. Eleven participants (6 Arnica, 5 Hirudoid) were enrolled reflecting the low rate of cannulation-related extravasation. There were no statistically or clinically significant differences in pain score or bruising between the two groups. Further trials are recommended given the relative low cost and comparative effects of Arnica cream. Poster presentation completed and paper in progress.

► **Exercise physiologists improving the physical function of people on dialysis: a step-wedge cluster randomised controlled trial.**

Bennett, P. N., Kent, B., Daly, R., Fraser, S., Haines, T., & Barnard, B. Casey, Cranbourne, Dandenong, Moorabbin Dialysis Clinics.

A recent Cochrane Review confirmed the benefits for people with end stage kidney disease of exercising at least three times per week for greater than 30 minutes per session. Hospital and community dialysis clinics are managed and staffed by dialysis nurses but, these nurses do not have the expertise to provide exercise regimens. Thus qualified exercise professionals (i.e., exercise physiologists) are needed to implement safe and effective exercise programs. This step-wedge cluster randomised controlled trial at 15 haemodialysis clinics is the first of its kind to test the effect of an intra-dialytic resistance exercise program developed by exercise physiologists for dialysis patients. Baseline data has been collected and the intervention is due to commence November 2013.

► **Subjective wellbeing of people with chronic kidney disease**

Bennett, P. N., Weinberg, P., & Cummins, B. Casey, Cranbourne, Dandenong, Moorabbin Dialysis Clinics

People suffering chronic kidney disease frequently report lower quality of life scores. Quality of life in this group has been poorly measured because traditional measures fail to make a distinction between the objective and subjective dimensions of life quality. The Personal Wellbeing Index has been developed to measure the subjective dimension of quality of life referred to as 'subjective wellbeing'. This project will measure the subjective wellbeing of people with end-stage kidney disease on dialysis and investigate associations between the subjective wellbeing, depression, anxiety and stress of these people.

► **Midwifery management of obese pregnant women: Survey**

Biro, M. A., Cant, R., Hall, H., Bailey, C., **Sinni, S.**, & **East, C.** Australian College of Midwives

A cross-sectional survey of midwives was conducted using an on-line survey distributed to members of the Australian College of Midwives. Midwives were asked about: the extent to which they provided evidence-based care; their use of a clinical guideline; their education and training and confidence to counsel obese pregnant women. Publication; Conference presentation.

► **Birth outcomes by place of birth: Clinical audit**

Biro, M. A., **Wallace, E.**, **Knight, M.**, **Papacostas, K.**, & **East, C. E.** Monash Women's Maternity

A cross-sectional study utilised data on births to low-risk first-time mothers during 2010-2011. Data were obtained from the Birthing Outcome System (BOS) database of Monash Health. In this group of low-risk nulliparae there was evidence of a significant association between place of birth and caesarean section. The lower the acuity of the hospital, the higher the odds for caesarean section. Publication in press.

► **Listen to me, I am really sick! Understanding patient and family perspectives in triggering responses to medical emergencies.**

Bucknall, T. K., & Hutchinson, A. M. Monash Medical Centre, Clayton

This study is designed to investigate the role and influence of patients and relatives in triggering responses from health professionals to critical patient deterioration in hospital; and to identify communication strategies that may decrease preventable serious adverse events (SAEs). Preparing for data collection.

► **Evaluation of Casey ED care model**

Chapman, R., Chan, T., Campaign, G., Coles, S., & Martin, C. Casey Hospital

Through the introduction of a new model of care Casey Emergency Department aims to improve access, performance and patient experience, particularly during periods of peak activity. The model may be seen as a pilot for changes that will be introduced across the Emergency Departments of Monash Health. Introduction of this new model of care is expected to contribute to achieving the four hour target at Casey Hospital Emergency Department, meet all Triage category wait times, and reduce percentage of did not waits.

► **Retrospective descriptive study of deliberate self-poisoning presentations to three Emergency Departments in Victoria**

Chapman, R., Graudins, A., Martin, C., & Rosenstein, M. Monash Health - Clayton, Casey and Dandenong

The findings of the study may enable clinicians to develop and implement interventions targeted at this vulnerable group in order to reduce the number of presentations and thereby reducing costs for the health service.

► **Experience ATSI community seeking health care Dandenong Hospital ED**

Chapman, R., & Smith, T. Dandenong Hospital

The outcomes facilitated by this research will contribute to closing the gap in life expectancy for ATSI people and improving their health and wellbeing. Further, it will provide significant insights into the experiences of people identifying as ATSI having implications for not just Dandenong Hospital ED but for all EDs across Monash Health.

► **Implementation and evaluation of cultural competence training Dandenong ED staff**

Chapman, R., Smith, T., & Martin C. Dandenong Hospital

The findings will assist clinicians, educators and hospital management to develop policies, practices and educational programs that ensure Aboriginal and Torres Strait Islander patients receive equitable, high quality, culturally appropriate care when they attend DH ED.

► **Fetal movement detection**

Colditz, P. B., East, C. E., Khlif, M., & Boashash, B. Royal Brisbane & Women's Hospital

Monitoring fetal movement is important to assess fetal health. Standard clinical fetal monitoring technologies include ultrasound imaging and cardiotocography. Both have limited prognostic value and require significant health resources. We have developed a low-cost, passive, non-invasive system to monitor fetal activity, and therefore fetal health. We are developing a method to automatically detect fetal movement using this new accelerometer system.

Funding: NHMRC, ARC, Qatar Foundation.

Manuscript in preparation (+2 published). Conference presentations.

► **Family presence during resuscitation (FPDR): An observational study of emergency personnel working in public hospitals in the state of Victoria during resuscitation events.**

Cooper, S., Taylor, B., Porter, J., & Chapman, R. Monash Medical Centre, Clayton

Observing these events will provide a better understanding of the practice and implementation of family.

► **Ethnicity and severe perineal trauma: Clinical audit**

Davies-Tuck, M., Biro, M. A., East, C. E., Stewart, L., Mockler, J. C., & Wallace, E. Monash Women's Maternity

It is unclear why maternal ethnicity has emerged as a risk factor for perineal trauma. We examined trends in perineal trauma between 2001-12 at Monash Women's, exploring associations with maternal country of birth and other known risk factors for perineal injury.

Manuscript submitted for publication; Conference presentations.

► **Flamingo trial: Fetal lactate measurement in labour: RCT**

East, C. E., Brennecke, S. P., Davey, M-A., & Kamlin, O. C. Royal Women's Hospital, Melbourne

Caesarean section rates in Australia are well above the World Health Organization's recommended levels. Many babies appear unhealthy in labour, so they are born by caesarean.

They are usually healthy at birth, meaning that the operation could have been avoided. In this study, half the babies who seem distressed will have a blood test for lactate and the other half will not. We will then determine whether having a lactate test makes a difference in the number women having caesarean births.

Open to recruitment.

Funding: NHMRC.

► **Fetal lactate measurement in labour: Clinical audit**

East, C. E., & Carr, B.
Monash Medical Centre

In this clinical audit we reviewed the heart rate recordings of all babies born through the Birth Suites of Monash Health over a designated period, where access to lactate testing was available, to determine how many babies could have met criteria for lactate testing, how many actually had the test, and outcomes from those who did and did not have it. This information will help inform how applicable the results of the ongoing trial, led by Prof East at another Melbourne hospital might be at Monash Health. Completed.

► **Antenatal breast milk expression and storage in women with diabetes: Systematic review**

East, C. E., Dolan, W. J., & Forster, D.A.
Monash Women's Research Centre - Midwifery

There is a trend in clinical practice of encouraging women with diabetes in pregnancy to express and store colostrum prior to birthing. Following birth, the breastfed infant may be given the stored colostrum to minimise the use of artificial formula or intravenous fluid administration if correction of hypoglycaemia is required. However, findings from observational studies suggest that antenatal breast milk expression may stimulate labour prematurely and increase admissions to special care nurseries for correction of neonatal hypoglycaemia. This systematic review aims to evaluate the benefits and harms of the expression and storage of breast milk during pregnancy by women with diabetes. Protocol published. Review manuscript submitted for publication.

► **Perineal management during labour and birth: survey**

East, C. E., Lau, R., & Biro, M. A.
Monash Women's Maternity

We conducted an anonymous cross-sectional survey of medical and midwifery staff attending births at one or more of the three Monash Women's maternity hospitals to identify the perceptions of clinical staff regarding their educational preparation and practices used for perineal management during the second stage of labour. Manuscript submitted for publication.

► **Think before you cannulate**

Egerton-Warburton, D., Watson, M., Stirling, C., & **Chapman, R.**
Monash Health - Clayton

Findings from this study will provide clinicians with new information to make informed decisions regarding the insertion of peripheral intravenous catheters within the emergency department. Leading to the reduction in pain and discomfort experienced by patients and the costs associated with cannulation and hospital acquired infections.

► **Laugh out loud (LoL): laughter therapy in residential aged care homes**

Ellis, J., & **Rawson, H.**
Multi-site

This study involves residents in aged care homes participating in breathing, clapping, smiling and laughter exercises in a group setting to encourage psychological and emotional wellbeing, as well as engagement with staff and other residents. Data collection in progress.

► **Monash Women's Maternity Services new direction: Principle-based care: Implementation and Evaluation**

Forrest, K., Papacostas, K., Wallace, E., Tippett, C., East, C. E., May, K., Betts, L. et al.
Monash Women's Maternity

The Monash Women's New Maternity Service Direction was launched in 2012, after extensive consumer and clinician engagement, consultation and planning, with a vision to operate as a single maternity service across Clayton, Dandenong and Casey Hospitals, provide high quality, women-focussed and equitable services, within collaborative, multidisciplinary teams working across the pregnancy, birth and postnatal continuum. Progressive implementation and evaluation.

► **Diabetes and antenatal milk expressing (DAME) trial: RCT**

Forster, D. A., Jacobs, S. E., Amir, L., Walker, S., McEgan, K., & Opie, G.
Monash Investigator: **East, C. E.**
La Trobe University

Diabetes in pregnancy is increasing, with infants of women with diabetes at increased risk of fetal and neonatal morbidities, and of developing diabetes. This NHMRC-funded world-first randomised trial is testing the efficacy and safety of antenatal milk expressing in women with diabetes in pregnancy, a practice increasingly performed without any evidence. It will test a primary hypothesis that infants of women with diabetes in pregnancy who commence antenatal expressing of colostrum from 36 weeks gestation will be more likely to be admitted to the SCN/NICU after birth compared with infants of women with diabetes in pregnancy who receive standard care. It will also test whether antenatal expressing increases the proportion of infants receiving exclusive breast milk during the hospital stay after the birth and at three months of age, and whether it decreases duration of pregnancy (NHMRC funded). Open to recruitment, including at MMC.

► **Birth outcomes of women from humanitarian source countries and NSC: Clinical audit**

Gibson, M., **East, C. E.**, Wallace, E., & Teede, H.
Monash Women's Maternity

Migration is associated with increased risks of adverse pregnancy outcomes. However, it is unclear whether the risks differ between migrants of refugee and non-refugee background. We conducted a retrospective, observational study of migrant women born in non-humanitarian and humanitarian source countries (HSC) having a singleton birth at Monash Health in 2002-2011 (n=14870 and n=3603 respectively). This aimed to describe maternal health, pregnancy care attendance, and pregnancy outcomes among women of refugee background compared to non-refugee migrant women. Manuscripts prepared for publication; Conference presentation.

► **right@home: RCT**

Goldfield, S., Price, A., Mensah, F., & Monash Collaborator, **East, C.E.** Murdoch Children's Research Institute, with Monash Women's Maternity as a participating site.

This multicentre randomised controlled trial seeks to determine whether a national, sustained, nurse home visiting program, offered to vulnerable Australian mothers from the antenatal period to child age 2 years, improve parenting and the home environment at child age 2 years.

Open to recruitment.

► **PICHFORK study**

Graudins, A., Seith, R., Meek, R., Egerton-Warburton, D., Furness, T., & **Chapman, R.** Monash Health - Clayton, Casey and Dandenong

A positive result in this study may result in considering the addition of ketamine as an alternative analgesic to IN opioids in children with moderate to severe pain in the ED setting.

► **Reasons for referral from residential aged care facilities to hospital emergency departments**

Hawkins, M., O'Connell, B., Considerine, J., & **Au, C.**

Monash Health Emergency Departments and Residential Aged Care facilities

The aim of this project was to explore the reasons people living in residential aged care facilities (RACF) present to emergency departments (ED). Data for all emergency admissions from RAC to Monash Health EDs over a two year period were analysed. In addition, interviews were conducted with nursing staff from RACFs and EDs. Major themes identified in the interviews were related to staff competency, availability of general practitioners, lack of equipment in RACFs, residents and family members requesting referrals, communication difficulties, and poor attitudes towards RACF staff. There is a need to use strategies to detect residents whose conditions are deteriorating and treat them promptly in RACFs.

Article accepted for publication in Contemporary Nurse.

► **Gauze vs. Mepilex Border for peripherally inserted central catheter (PICC) cushioning: A pilot study**

Heywood, E., Marshall, L., Curtis, K., Ritchie, C., Spence, L., **Bennett, P. N., & Ockerby, C.**

Moorabbin Hospital Chemotherapy Day Unit

In Chemotherapy Day Units, sterile gauze from dressing packs is used to provide a cushioning barrier for the PICC line to rest on. However, in many units current procedures of weekly dressing changes are not consistent with national and international guidelines. This pilot study compared twenty patients with PICC dressing incorporating gauze will be compared with 20 patients incorporating Mepilex Border. This study determined the feasibility of Mepilex Border in providing a cushioning barrier for the PICC line to rest on.

Paper submitted for publication

► **Using an audit with feedback knowledge translation intervention to promote safety and quality in health care.**

Hutchinson, A. M., Bucknall, T. K., & Sales, A. E. Cabrini

The broad aim of this study is to refine and test a knowledge translation intervention, namely audit with feedback, to promote reporting of errors and incidents in the acute care setting.

Preparing for data collection.

► **Observational study of symptom management in palliative care Practice.**

Hutchinson, A. M., Bucknall, T. K., & Walker, H. Cabrini

The purpose of this project is to analyse the decision making of clinical nurses during symptom assessment and management to uncover connections between actual practice and documented practice.

In data collection phase.

► **Unplanned re-admissions for elderly patients with congestive heart failure**

Islam, T., & O'Connell, B. Monash Health

As the population ages, life expectancies increase and survival rates from acute cardiac conditions improve, the prevalence of chronic illnesses such as congestive heart failure (CHF) will only increase. Due to the chronic nature of CHF, elderly patients with this condition are the recipients of a disproportionately large amount of health care expenditure. This study will examine a range of demographics, social factors, patient health characteristics and processes of inpatient care which may be associated with increased risk of hospital readmission among older adults living in residential aged care facilities with CHF.

► **Lung recruitment manoeuvres for reducing respiratory morbidity in mechanically ventilated neonates: Systematic review**

Jauncey-Cooke, J., Bogossian, F., Hough, J. L., Schibler, A., Davies, M. W., Grant, C. A., Gibbons, K., & **East, C. E.**

University of Queensland

This systematic review aims to: (1) determine the evidence supporting the use of recruitment manoeuvres in mechanically ventilated neonates and identify the optimal method of lung recruitment; and (2) determine the effects of lung recruitment manoeuvres in neonates receiving ventilatory support on neonatal mortality and development of chronic lung disease when compared to no recruitment. Protocol published. Systematic review manuscript in preparation.

► **Paediatric lung recruitment: RCT**

Jauncey-Cooke, J., Bogossian, F., Schibler, A., & **East, C. E.** Mater Hospital / University of Queensland

This crossover randomised trial aimed to establish the impact of two different lung recruitment maneuvers on oxygenation, oxygen delivery and haemodynamic status in neonates and children.

Completed. PhD awarded to J J-C 2013.

► **Lung recruitment measures in mechanically ventilated children for reducing respiratory morbidity: Systematic review**

Jauncey-Cooke, J., Schibler, A., Bogossian, F., Gibbons, K., Grant, C. A., & East, C. E.
University of Queensland

This systematic review aims to: (1) determine the evidence supporting the use of recruitment manoeuvres in mechanically ventilated children and identify the optimal method of lung recruitment; and (2) ascertain the impact of recruitment manoeuvres on oxygenation, dynamic lung compliance, cytokine release, end expiratory lung volume, length of ventilation, length of stay and mortality.

► **Nursing roles and strategies in end-of-life decision making involving older people from culturally and linguistically diverse (CALD) backgrounds admitted to Victorian hospitals for end-of-life care.**

Johnstone, M.-J., Hutchinson, A. M., & Redley, B.
Multi-site

This naturalistic inquiry has as its focus the exploration, critique and description of nursing roles and strategies in end-of-life decision making involving older people from culturally and linguistically diverse (CALD) backgrounds admitted to Victorian hospitals for end-of-life (EOL) care. Currently in data collection phase.

► **The patient experience of rehabilitation aged care services: The untold story**

Keenan, C., & Bennett, P. N.
Kingston Centre

Communications between nurses and older patients have always been important in care. Older patients can use communication narratives to make sense of illness and care since they have built up a catalogue of experiences and memories about the care that they have experienced. Nurses often base their care on what patients reveal about their experiences, concerns and needs to best incorporate patient experience with care. However, there is limited research exploring the experience of the older patient undergoing rehabilitation care. The aim of this study was to explore the patient care experience of the person undergoing rehabilitation care in order to inform clinical service strategies and initiatives.
Data analysis in progress.

► **Blood glucose measurements in neonates - the importance of getting it right**

Mackay, L., Clark, T., & Wijeratne, N.
Monash Health

Accurate, precise and timely measurement of glucose is essential for safe management in neonates. This project evaluated the effect of haematocrit on point of care glucose measurement.
Conference presentation.

► **Umbilical cord lactate: accuracy of point of care and gold standard analysers: Project**

Mackay, L., & Stewart, L.
Monash Medical Centre

Lactate measurement from umbilical cord blood is commonly used to complement the overall evaluation of fetal wellbeing at birth. Concerns have been raised over the accuracy of the point of care meter currently in use at Monash Health and across Australia. This study compared lactate measurements from this meter against the gold standard laboratory analyser.
Analysis in progress.

► **Assessing staff attitude to patients who present with deliberate self-poisoning.**

Martin, C., & Chapman, R.
Monash Health - Clayton, Casey and Dandenong

Findings from this current study will be used to assess the need for the development and implementation of education strategies for ED health care workers to improve the experience of and provide better support for DSP patients in the ED setting.

► **Maternal and perinatal outcomes in a birth cohort in Victoria: the impact of mental illness**

McCauley, K., Zhao, L., East, C. E., & Cross, W.
Monash Women's Maternity

We examined Birthing Outcomes System data for women with and without mental illness who gave birth within Monash Health, from January 2009 to December 2011. Women with mental health issues were more likely to give birth prematurely and for their infants to have low 5-min Apgar scores, compared to women with no history of mental illness.
Conference presentation.

► **Providing continuing education to Australian emergency nurses: A qualitative exploratory perspective**

Moseby, T., & Chapman, R.
Monash Health - Clayton, Casey and Dandenong

The findings from the project will be used to evaluate current educational programs and explore how education can be delivered to meet the needs of emergency department nurses to maintain an appropriate skill level in the most cost effective way.

► **Preeclampsia susceptibility genetics**

Moses, E., Brennecke, S. P., & Blangero, J. (East, C. E. coordinator/collaborator)
University of Melbourne

Pre-eclampsia is a common and serious disorder of human pregnancy. It is associated with significant ill health for both the mother and her baby. There is currently no known prevention or cure for pre-eclampsia, other than bringing the pregnancy to an end. The precise cause of the condition is also unknown. However, there is good evidence that pre-eclampsia may have a genetic basis. The aim of this research project is to identify the specific genes responsible for susceptibility to pre-eclampsia and to understand how and why these genes cause the disease.
NIH-funded.
Ongoing analyses. Five publications to date and numerous conference presentations.

► **Towards improving patient outcomes: Reasons for re-admission to Monash Health site within 28 days of discharge**

O'Connell, B., Islam, T., & Hawkins, M.
Monash Health

The aim of this activity is to explore the reasons people are readmitted to hospital within 28 days of discharge. It will examine specific subgroups, such as the elderly and those living alone, to determine if these groups are more at risk of re-admission. This will guide practice recommendations and later interventions to improve patient outcomes and potentially reduce the number of unplanned re-admissions to Monash Health hospitals within 28 days.

► **The Tri-focal Model of Care: Teaching and Research Aged Care Services**

O'Connell, B., Hutchinson, A., Bucknall, T., & Hawkins, M.
Multi-site

The aim of this study is to evaluate change in the quality of care and workforce environment associated with the implementation of the Tri-focal Model of Care in Victorian residential aged care facilities. Implementation and data collection phase.

► **Construct validity and reliability of the Handover Evaluation Scale**

O'Connell, B., Ockerby, C., & Hawkins, M.
Monash Health

This study was a secondary analysis of data collected from two previous nursing handover studies at Monash Health. Both studies used the 20-item Handover Evaluation Scale (HES) which was developed by the research team to examine nurses' perceptions of the shift-to-shift nursing handover on their ward. Data were subjected to exploratory and confirmatory factor analyses that resulted in a 14-item Handover Evaluation Scale with three subscales: (1) quality of information (six items), (2) interaction and support (five items) and (3) efficiency (three items). A fourth subscale, patient involvement (three items), was not a good measure of handover in this sample but may be more applicable in other settings. The HES is a useful tool for monitoring and evaluating handover processes in health organisations, and it is recommended for use and further development.

► **Tri-focal Model of Care: Advancing the Teaching Nursing Home concept**

O'Connell, B., Reside, M., Hawkins, M., Ostaszkiwicz, J., Lakhan, P., & Ockerby, C.
Chestnut Gardens Residential Aged Care Facility

This project involves the implementation and evaluation of the Tri-focal Model of Care at Chestnut Gardens residential aged care facility. This model is based on the concepts of 'partnership-centered care', 'positive work environment' and the need for 'evidence-based practice' to underpin all aspects of care. It aims to provide a rich learning environment that advances the teaching nursing home concept and the quality of residential aged care. A suite of user-friendly, evidence-based practice guides that address a range of contemporary aged care nursing topics have been developed for direct care staff, providing them with information on how to promote and maintain residents' wellbeing and foster a healthy work environment. Once completed, it is anticipated that the resources will be available nationally.

► **Toileting assistance programs for the management of urinary incontinence in adults**

Ostaszkiwicz, J., Eustice, S., Roe, B., Thomas, L. H., French, B., Islam, T., & O'Connell, B.

Urinary incontinence often presents as an acute or chronic physiological condition. However, it may also occur as a direct consequence of the inability to reach, and use the toilet/bathroom independently, or to the inability to access toileting assistance in a timely manner. Although pragmatically, toileting assistance programs should reduce the prevent or minimise urinary incontinence in individuals who are otherwise unable to reach and use the toilet, prior research has drawn attention to a lack of toileting opportunities for many care-dependent individuals. This systematic review is being conducted to determine the effects of toileting assistance programs for urinary incontinence in adults.

► **Centre for Innovation and Education in Aged Care**

O'Connell, B., & Forbes, H.
Deakin University

This project includes the development of a Centre for Innovation and Education in Aged Care. The aim of this centre is to educate and support residential aged care staff to deliver quality evidence-based care that meets Australian Accreditation Standards and improves the wellbeing of residents. It builds on the success of the Centre for Nursing Research - Deakin University and Monash Health's Partnership Teaching Nursing Home project that was funded by the Wicking Trust for the period 2007 - 2010.

► **Nursing care assignment and delivery in acute care settings**

O'Connell, B., Ockerby, C., & Lakhan, P.
Monash Health

The main purposes of this project were to investigate the ways in which senior nurses on each ward decide how nurses are assigned their patients for each shift and the ways in which the Registered Nurses, Midwives and Enrolled Nurses work together to deliver patient care. Focus groups and interviews were conducted with nurses and midwives (n = 42) working on medical, surgical and postnatal wards across Monash Health. The context of care delivery was acknowledged as an overarching theme, characterised by competing priorities, unpredictable demands, and high patient acuity. Within this context, three major concepts emerged that facilitated or hindered the assignment and delivery of patient care: 1) attributes of individual nurses, 2) workforce composition and support, and 3) clarity and efficiency of processes. Publication in progress.

► **Nursing management of behaviours of concern in residential aged care facilities**

O'Connell, B., Lakhan, P., Ostaszkiwicz, J., & Hawkins, M.

Chestnut Gardens and Allambee Residential Aged Care Facilities

A number of behaviours of concern, such as physical aggression and disruptive vocalisation, may be displayed by residents in high care residential aged care facilities. The aims of this project are to obtain information on practices used by nurses and the challenges they experience in managing these behaviours. The project will identify the extent to which knowledge related to managing behaviours of concern is translated into practice and will make recommendations for changes in practice to enhance the quality of care provided to these residents.

Data collection completed.

► **Nursing management of older patients in the Emergency Department (NCOPED)**

Rawson, H., Considine, J., Bennett, P. N., Hutchinson, A., & Chapman, R.

Monash Medical Centre, Dandenong Hospital and Casey Hospital Emergency Departments

This study will explore how emergency nurses manage the care needs of older patients in the ED including identifying enablers and barriers that impact on managing care. All emergency nurses across Monash Health's three EDs - Monash Medical Centre, Dandenong Hospital and Casey Hospital - will be invited to participate. Gaining an understanding of how emergency nurses are able to meet the multifaceted care needs of older patients in the ED will lead to developing ecologically valid strategies that can assist nurses in meeting the care needs of older patients.

Ready to commence data collection.

► **Structured interdisciplinary bedside rounding (SIBR)**

Redley, B., Bennett, P. N., Chalmers, C., & Au, C.

Monash Medical Centre Clayton

Structured Interdisciplinary Bedside Rounding (SIBR) is an innovative approach to interdisciplinary ward rounds to promote patient engagement and participation in care delivery and support timely, patient-centered interprofessional communication, problem solving and decision making. The purpose of this project is to pilot test a range of tools and methods proposed for a framework to monitor and evaluate SIBR in acute hospital inpatient settings. The evaluation framework will be tested with two General Medicine inpatient medical teams on two acute inpatient wards; one that has implemented SIBR (Purple Team on 44 South) and the other that has not (Purple Team on 44 North) at Monash Medical Centre.

► **Monash Health nurse engagement**

Rogerson, K., Ockerby, C., Hawkins, M., O'Connell, B., & Kent, B.

Monash Health and Eastern Health

The Nurse Engagement Survey (NES) is a 48 item, nine factor tool. It has been used extensively in the United States and benchmarks have been developed against which individual organisations can measure their own nurses' level of engagement. The aim of this study was to collect baseline data about Monash Health nurses' (n = 2132) level of engagement, compare this with another Australian sample (Eastern Health, n = 1421), and compare both Australian samples with reported benchmarks. Overall, 72.5% of nurses from Monash Health were classified as either Content or Engaged. Results for Monash Health and Eastern Health were similar with no significant differences for seven of the nine factors. In contrast, there were statistically significant differences between the combined Australian sample and the international benchmarks for seven of the nine NES factors. Importantly, exploratory and confirmatory factor analysis suggested a six factor, 33 item solution may be more appropriate for the Australian context. Two papers are being prepared.

► **Education for haemodialysis patients' phosphate binder medication adherence**

Sandlin, K., Bennett, P. N., Corridini, A. M., & Ockerby, C.

Moorabbin Dialysis Centre, Monash Health

Phosphate binder medication adherence is required to maintain optimal phosphate levels and minimize bone disease for people with end stage kidney disease. This study examined the impact of a nurse-led education intervention on bone disorder markers, adherence to phosphate binder medication and medication knowledge. It was a study with a paired pre-post intervention survey on adults receiving haemodialysis. Nurses provided individualised education over a 12 week period. Patients completed a pre- and post-intervention survey designed to explore their phosphate binder knowledge. There was a significant improvement in the proportion of patients who took their phosphate binder correctly, increasing from 44% to 72%.

► **Postpartum haemorrhage by type of labour and oxytocic: Clinical audit**

Stewart, L., Kendall, A., Knight, M., East, C. E., & Wallace, E. M.

Monash Medical Centre

The rate of postpartum haemorrhage (PPH: estimated blood loss > 500mL) following vaginal birth appears to be rising in Western countries. We explored possible explanations for this in our hospital. We used data derived from the electronic Birthing Outcome System to review the PPH rate among singleton vaginal births 2011-2012. In 2012, the recommended 3rd stage management for augmented or induced labours changed from 10IU intramuscular oxytocin to Syntometrine. Conference presentations.

► **Diabetes in pregnancy: it impact on development of the Fetal kidneys and urinary tract**

Wallace, E. M., McEwan, L. et al (**East, C. E., Carr, B.** coordinating)
Monash Medical Centre

The development of the fetal kidneys occurs over weeks 5-36 of pregnancy. Previous research studies have shown that high levels of glucose- a form of sugar, in the maternal blood during pregnancy, can affect development of the fetal kidney, with some cases developing abnormalities of the kidney and urinary tract. This research project is being undertaken in order to further our knowledge of the effects of maternal blood glucose levels in pregnancy and specifically, high glucose levels, on fetal kidney development. Open to recruitment.

► **Can you laugh your way to happiness? Laughter Yoga as a novel approach to helping people at risk for depression.**

Weinberg, M., **Bennett, P. N.**, & Cummins, B.
Monash Medical Centre Clayton

Laughter yoga originated in India and uses a combination of contrived laughter and controlled breathing to improve mood and general wellbeing - or so it is claimed. Its actual clinical effectiveness however, has not been rigorously tested. In view of its purported and apparently dramatic effects on mood and quality of life, and the current difficulty that Western medicine has in stemming the tide of depression and anxiety in our communities, we propose to test its claims in both a clinical setting and a high-pressure workplace. Any treatment with negligible costs that affords even a small improvement may have dramatic effects over a lifetime.

► **Fetal monitoring in low risk women: Clinical audit**

White, C., Sheshian, T., Tarrant, M., Knight, M., & **East, C. E.**
Casey Hospital

A retrospective audit examined trends in the use of continuous fetal monitoring in labour and rates of caesarean section. Both have increased, while Apgar scores less than seven at five minutes have remained relatively consistent. Conference presentations.

► **Refugee ascertainment project: Quality improvement project**

Yelland, J., Riggs, E., & East, C. E.
Dandenong Hospital

This quality improvement initiative aimed to improve midwives' and doctors' ascertainment and subsequent management of women with a refugee background. Completed: informs the NHMRC Partnership Grant: 'Bridging the Gap' (announced April 2013, to commence July 2013).

Research grants

Exercise physiologists improving the physical function of people on dialysis: a step-wedge cluster randomised controlled trial.

Bennett, P. N., Kent, B., Daly, R., Fraser, S., Haines, T., & Barnard, B.

Alfred Deakin Postdoctoral Research Fellowship Scheme 2013
\$134,409.78

Home Dialysis Therapies E-Learning (HDTL)

Bennett, P. N., Sinclair, P., Schoch, M., Kerr, P., Holt, S., & **Jaeschke, S.**

Victorian Department of Health 2012-2013
\$171,890

Decreasing cannulation extravasation pain using Arnica cream: A pilot study

Bennett, P. N., Goedemans, A., Liang, K., & Cottell, B.

Southern Health Grant 2012
\$3,000

Self-management strategy to improve fluid adherence for people receiving haemodialysis

Bennett, P. N., Andrew, J., Nandkumar, J., & Bonner, J. A.

Deakin University QPS SRI Grant 2012
\$19,000

Subjective wellbeing of people with chronic kidney disease

Bennett, P. N., Weinberg, P., & Cummins, B.

Quality Patent Safety Grant, Deakin University 2012 - 2013
\$15,452

Adaptation of the Fluid Watchers' Program for people with chronic kidney disease receiving haemodialysis.

Bonner, A., Clark, R., Healy, H., Hamernik, E., & **Bennett, P. N.**

RBWH Foundation 2013
\$26,364

Health literacy for chronic kidney disease self-management.

Bonner, A., Lloyd, A. M., Douglas, C., Healy, H., & **Bennett, P. N.**

Queensland Institute of Health and Biomedical Innovation Collaborative Research Development Grant Scheme 2013
\$24,000.

Unplanned readmissions for elderly patients with congestive heart failure Islam, T., & O'Connell, B.

Emerging Researcher Fellowship, Southern Health 2012
\$5,000

The patient experience of rehabilitation aged care services: The untold story

Keenan, C., & **Bennett, P. N.**

Lions John Cockayne Memorial Fellowship 2012-2013
\$14,981

NHMRC Satellite of Cochrane Review Groups (SCRGs).

Middleton, P. Neilson, J., Alfirevic, Z., Crowther, C., **East, C. E.**, Dodd, J., Duley, L., Gulmezoglu, M., Lavender, T., & Horey, D.

NMMRC 2013-2016
\$180,000

Nursing management of behaviours of concern in residential aged care facilities

O'Connell, B., Lakhan, P., Ostaszkiwicz, J., & Hawkins, M.

Quality and Patient Safety Research Pilot Study Grant, Deakin University 2011-2012
\$24,862

Centre for Innovation and Education in Aged care

O'Connell, B., & Forbes, H.

JO & JR Wicking Trust 2011-2013
\$508,198

Improving and evaluating the health of mothers and babies

East, C. E.

NHMRC Career Development Fellowship 2012-2015
\$273,752

Fetal lactate measurement to reduce caesarean sections during labour: a randomized trial

East, C. E., Brennecke, S. P., Davey, M-A., & Kamlin, C. O.

NHMRC Project Grant 2012-2016
\$369,900

Consumer perspective group supervision - Nursing.

Edan, V., Barnfield, J., & **Chapman, R.**

Southern Health Research Seeding Grants Program 2012
\$5,000

Using an audit with feedback knowledge translation intervention to promote safety and quality in health care.

Hutchinson, A. M., Bucknall, T. K., & Sales, A. E.

ARC Linkage Grant 2012-2014
\$188,386

Observational study of symptom management in palliative care practice.

Hutchinson, A. M., Bucknall, T. K., Walker, H., Wright, K., & Weeden, C. E.

Peter Meese Seeding Grant, Cabrini 2012
\$10,000

The influence of organisational interventions on the quality of maternity care.

Hutchinson, A. M., Nagle, C., Kent, B., Bick, D., & Teale, G.

Deakin University Strategic Research Centre 2012
\$32,085

Re-admission among older adults with chronic illness

Islam, T., & O'Connell, B.

Emerging Researcher Fellowship, Southern Health 2012
\$5,000

The Tri-focal Model of Care: Teaching and Research Aged Care Services (TRACS)

O'Connell, B., Hutchinson, A. M., Bucknall, T. K., & **Hawkins, M.**

Department of Health & Ageing Tender 2012-2014
\$660,000

Managing the care of older patients in the emergency department (NCOPED)

Rawson, H., Considine, J., & **Bennett, P. N.**

Centre for Quality and Patient Safety, Deakin University 2013-2015
\$48,253

Structured Interdisciplinary Bedside Rounding (SIBR)

Redley, B., **Bennett, P. N., Chalmers, C., & Au, C.,**

QPS Deakin 2012
\$9,000

Can you laugh your way to happiness? Laughter Yoga as a novel approach to helping people at risk for depression.

Weinberg, M., **Bennett, P. N.,** & Cummins, B.

Health Faculty Grant, Deakin University 2012-2013
\$15,940

Bridging the gap: Addressing refugee inequalities through primary health care reform

Yelland, J., Riggs, E., Brown, S., Casey, S., **Wallace, E.,** Goldfield, S., **East, C. E.,** Coory, M., & Furler, J.

NHMRC Partnership Grant 2013-2016
\$660,946

Publications

- Abeleda, K. L., **Bennett, P. N.**, & **Ockerby, C.** (2013). Standardising dialysate potassium does not increase patient risk. *Journal of Renal Care*, 39(3), 151-156.
- Batt, J., Linton, K., & **Bennett, P. N.** (2012). Home hemodialysis: A successful option for obese and bariatric people with end stage kidney disease *Hemodialysis International* (1.54 43/73) 16(Suppl 1), S26-S31 <http://www.ncbi.nlm.nih.gov/pubmed/23036033>
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Editorial boards

Bennett, P. N.

Journal of Renal Care, Renal Society of Australasia Journal (Editor)

Chapman, R.

The Scientific World Journal
Australasian Emergency Nursing Journal
international Editorial Council

East, C. E.

Cochrane Collaboration, Pregnancy and Childbirth Group

Hutchinson, A. M.

Implementation Science
Worldviews on Evidence Based Nursing

Awards and achievements

Bennett, P. N. Best Oral Paper 3rd Biennial Nephrology Educators Network Symposium, Gold Coast, 21-22 February, 2013, - **Bennett, P. N.**, Bonner, A., Andrews, J., Nandkumar, J. & **Au, C.** Using Pictures to Communicate.

Islam, T. Emerging Researcher Fellowship, Southern Health.

Islam, T. Marjory Walkowski Award for Excellence in Clinical Nursing Research, Deakin University.

Invited editorials and commentaries

Bennett, P. N., Bonner, A. & Moynahan, L. (2013) Commentary: Ultrafiltration rate is a poor indicator of haemodialysis nursing quality.† Commentary on Lindberg and Ludvigsen (2012) *International Journal of Nursing Studies*.

East, C. E.

Mini-commentary: BJOG : an international journal of obstetrics and gynaecology Volume: 120 Issue: 7 Pages: 838

Ostaszkiwicz, J. (2013)

Commentary: Evidence of limited evidence: A systematic review of continence management interventions to reduce falls in older adults [commentary for the *Australasian Journal on Ageing*]

Journal referee

Associate Professor Paul Bennett

- BMC Nursing
- International Journal of Nursing Practice
- International Journal of Nursing Studies
- Japanese Journal of Nursing Research
- Journal of Advanced Nursing
- Journal of Renal Care
- Journal of Rural Health
- Kidney Health Australia Nursing Scholarships Committee
- Nephrology, Dialysis and Transplantation

Professor Rose Chapman

- Australian Journal of Primary Health
- International Emergency Nursing Journal
- International Journal of Nursing Studies
- International Journal of Mental Health Nursing
- Journal of Clinical Nursing
- The Scientific World Journal

Professor Christine East

- Australian Health Review
- ANZJOG
- BJOG: an international journal of obstetrics and gynaecology
- BMC Pregnancy and Childbirth
- Journal of Obstetrics and Gynaecology Research Midwifery

Professor Alison Hutchinson

- Implementation Science
- International Journal of Nursing Studies
- PLoS One
- Worldviews on Evidence Based Nursing

Dr Joan Ostaszkievicz

- Australian Journal on Ageing
- International Journal of Evidence-Based Healthcare
- Journal of Advanced Nursing
- Journal of the American Geriatrics Society
- Journal of Wound, Ostomy and Continence Nursing
- Neurourology and Urodynamics
- The Australian & New Zealand Continence Journal

Dr Helen Rawson

- Australasian Journal on Ageing
- Sexual and Reproductive Healthcare
- Sexuality and Culture

Other contributions to research

Associate Professor Paul Bennett

- Central Venous Access Devices (CVAD) Working Group
- Clinical Management Steering Committee
- Deputy Directors of Nursing Advisory Committee
- Falls and Skin Integrity Committee
- Falls Prevention Standing Sub-Committee - Dandenong Hospital
- John Cockayne Grants Committee Monash Health Human Research Ethics Committee (B)
- National Health and Medical Research Council's (NHMRC's) Postdoctoral Reference Group
- Research Advisory Council

Professor Rose Chapman

- Chair Monash Emergency Translational Research and Innovation Collaborative (METRIC)
- Member HREC A Monash Health
- Member of the College of Emergency Nursing Australia Research Committee

Professor Christine East

- Monash Health Human Research Ethics Committee B
- Monash Partners: Academic Health Science Centre Women's and Children's Theme, Clinical co-leader
- Monash Research Translation Precinct
- Monash University Nursing and Midwifery Research Committee
- University of Queensland Nursing and Midwifery Research Committee

Professor Alison Hutchinson

- Monash Health Clinical Research Leader's Forum
- National Health and Medical Research Council's (NHMRC's) Postdoctoral Reference Group

Professor Bev O'Connell

- Clinical Academic Strategic Planning Group
- Clinical Risk Steering Committee
- Nurse Unit Manager Workshops
- Senior Leadership Team Meetings

Research projects' alignment with National Safety and Quality Health Service Standards



Standard 1 – Governance for Safety and Quality in Health Service Organisations



Standard 2 – Partnering with Consumers



Standard 3 – Preventing and Controlling Healthcare Associated Infections



Standard 4 – Medication Safety



Standard 5 – Patient Identification and Procedure Matching



Standard 6 – Clinical Handover



Standard 7 – Blood and Blood Products



Standard 8 – Preventing and Managing Pressure Injuries



Standard 9 – Recognising and Responding to Clinical Deterioration in Acute Health Care



Standard 10 – Preventing Falls and Harm from Falls

Standardising dialysate to increase dialysis patient safety

Abeleda, K., **Bennett, P. N.**, & **Ockerby, C.**

[Addresses Standard/s 4](#)

WHO Ten steps to successful breastfeeding – progress, barriers and opportunities in Jeddah, Saudi Arabia

Albokhary, A., **East, C. E.**, & Biro, M. A.

[Addresses Standard/s 1 & 2](#)

Evaluation of the Nurse Endoscopist Service

Au, C., **Chalmers, C.**, Horne, N., **Forrest, K.**, **Ockerby, C.**, & **Bennett, P. N.**

[Addresses Standard/s 9](#)

Self-management strategy to improve fluid adherence for people receiving haemodialysis

Bennett, P. N., Andrew, J., Nandkuma, J., & Bonner, A.

[Addresses Standard/s 2](#)

Non-slip socks to reduce falls risk

Bennett, P. N., **Au, C.**, **Ockerby, C.**, Ferrier, S., & Burns, D.

[Addresses Standard/s 10](#)

Laughter Yoga in Dialysis

Bennett, P. N., Ben-Moshe, R., Weinberg M., Parsons T., **Rawson H.**, Neal, M., **Gilbert, K.**, **Ockerby C.**, & **Hutchinson, A.M.**

[Addresses Standard/s 2](#)

Home Dialysis Therapies E-Learning (HDETEL)

Bennett, P. N., Sinclair, P., Schoch, M., Kerr, P., Holt, S., & **Jaeschke, S.**

[Addresses Standard/s 2](#)

Subjective wellbeing of people with chronic kidney disease

Bennett, P. N., Weinberg, P., & Cummins, B.

[Addresses Standard/s 2](#)

Decreasing cannulation extravasation pain using Arnica cream: A pilot study

Bennett, P. N., Goedemans, A., Liang, K., & Cottell, B.

[Addresses Standard/s 9](#)

Exercise physiologists improving the physical function of people on dialysis: a step-wedge cluster randomised controlled trial.

Bennett, P. N., Kent, B., Daly, R., Fraser, S., Haines, T., & Barnard, B.

[Addresses Standard/s 10](#)

Dandenong Hospital safety climate survey

Bennett, P. N., **Ockerby, C.**, Stinson, J., & Willcocks, K.

[Addresses Standard/s 1 & 10](#)

Midwifery management of obese pregnant women: Survey

Biro, M. A., Cant, R., Hall, H., Bailey, C., **Sinni, S.**, & **East, C.**

[Addresses Standard/s 1](#)

Birth outcomes by place of birth: Clinical audit

Biro, M. A., **Wallace, E.**, **Knight, M.**, Papacostas, K., & **East, C.E.**

[Addresses Standard/s 1](#)

Listen to me, I am really sick! Understanding patient and family perspectives in triggering responses to medical emergencies.

Bucknall, T. K., & **Hutchinson, A. M.**

[Addresses Standard/s 2 & 9](#)

Evaluation of Casey ED care model

Chapman, R., Chan, T., Campain, G., Coles, S. & Martin, C.

[Addresses Standard/s 1 & 2](#)

Retrospective descriptive study of deliberate self-poisoning presentations to three Emergency Departments in Victoria

Chapman, R., Graudins, A., & Martin, C.

[Addresses Standard/s 1](#)

Experience ATSI community seeking health care Dandenong Hospital ED

Chapman, R., & Smith, T.

[Addresses Standard/s 1 & 2](#)

Implementation and evaluation of cultural competence training Dandenong ED staff

Chapman, R., Smith, T., & Martin C.

Dandenong Hospital

[Addresses Standard/s 1 & 2](#)

Fetal movement detection 1 & 2

Colditz, P. B., East, C. E., Khlif, M., & Boashash, B.

[Addresses Standard/s 1](#)

Family presence during resuscitation (FPDR): An observational study of emergency personnel working in public hospitals in the state of Victoria during resuscitation events.

Cooper, S., Taylor, B., Porter, J., & Chapman, R.

[Addresses Standard/s 1 & 9](#)

Ethnicity and severe perineal trauma: Clinical audit

Davies-Tuck, M., Biro, M. A., East, C. E., Stewart, L., Mockler, J.C., & Wallace, E.

[Addresses Standard/s 1](#)

Flamingo trial: Fetal lactate measurement in labour: RCT

East, C. E., Brennecke, S. P., Davey, M-A., & Kamlin, O. C.

[Addresses Standard/s 1 & 2](#)

Fetal lactate measurement in labour: Clinical audit

East, C. E., & Carr, B.

[Addresses Standard/s 1 & 2](#)

Antenatal breast milk expression and storage in women with diabetes: Systematic review

East, C. E., Dolan, W. J., & Forster, D. A.

[Addresses Standard/s 1](#)

Perineal management during labour and birth: survey

East, C. E., Lau, R., & Biro, M. A.

[Addresses Standard/s 1](#)

Think before you cannulate

Egerton-Warburton, D., Watson, M., Stirling, C., & Chapman, R.

[Addresses Standard/s 1, 2 & 3](#)

Laugh out Loud (LoL): laughter therapy in residential aged care homes

Ellis, J., & Rawson, H.

[Addresses Standard/s 2](#)

Monash Women's Maternity Services New Direction: Principle-based care: Implementation and evaluation

Forrest, K., Papacostas, K., Wallace, E., Tippett, C., East, C. E., May, K., Betts, L. et al.

[Addresses Standard/s 1 & 2](#)

Diabetes and antenatal milk expressing (DAME) trial: RCT

Forster, D. A., Jacobs, S. E., Amir, L., Walker, S., McEgan, K., & Opie, G. Monash Investigator: East, C. E.

[Addresses Standard/s n](#)

Birth outcomes of women from humanitarian source countries and NSC: Clinical Audit

Gibson, M., East, C. E., Wallace, E., & Teede, H.

[Addresses Standard/s](#)

right@home: RCT

Goldfield, S., Price, A., Mensah, F., & Monash Collaborator, East, C. E.

[Addresses Standard/s 1 & 2](#)

PICHFORK study

Graudins, A., Seith, R., Meek, R., Egerton-Warburton, D., Furness, T., & Chapman, R.

[Addresses Standard/s 1](#)

Reasons for referral from residential aged care facilities to hospital emergency departments

Hawkins, M., O'Connell, B., Considine, J., & Au, C.

[Addresses Standard/s 9](#)

Gauze vs. Mepilex Border for peripherally inserted central catheter (PICC) cushioning: A pilot study

Heywood, E., Marshall, L., Curtis, K., Ritchie, C., Spence, L., Bennett, P. N., & Ockerby, C.

[Addresses Standard/s 3](#)

Using an audit with feedback knowledge translation intervention to promote safety and quality in health care.

Hutchinson, A. M., Bucknall, T. K., & Sales, A. E.

[Addresses Standard/s 2](#)

Observational Study of Symptom Management in Palliative Care Practice.

Hutchinson, A. M., Bucknall, T. K., & Walker, H.

[Addresses Standard/s 2](#)

Unplanned readmissions for elderly patients with congestive heart failure

Islam, T., & O'Connell, B.

[Addresses Standard/s 9](#)

Lung recruitment manoeuvres for reducing respiratory morbidity in mechanically ventilated neonates: Systematic review

Jauncey-Cooke, J., Bogossian, F., Hough, J. L., Schibler, A., Davies, M. W., Grant, C. A., Gibbons, K., & East, C. E.

[Addresses Standard/s](#)

Paediatric lung recruitment: RCT

Jauncey-Cooke, J., Bogossian, F., Schibler, A., & East, C. E.

[Addresses Standard/s](#)

Lung recruitment measures in mechanically ventilated children for reducing respiratory morbidity: Systematic review

Jauncey-Cooke, J., Schibler, A., Bogossian, F., Gibbons, K., Grant, C. A., & East, C.E.

[Addresses Standard/s](#)

Nursing roles and strategies in end-of-life decision making involving older people from culturally and linguistically diverse (CALD) backgrounds admitted to Victorian hospitals for end-of-life care.

Johnstone, M-J., Hutchinson, A. M., & Redley, B.

[Addresses Standard/s 9](#)

The patient experience of rehabilitation aged care services: The untold story

Keenan, C., & Bennett, P.N.

[Addresses Standard/s 2](#)

Maternal and perinatal outcomes in a birth cohort in Victoria: the impact of mental illness

McCauley, K., Zhao, L., East, C. E., & Cross, W.

[Addresses Standard/s 1](#)

Umbilical cord lactate: accuracy of point of care and gold standard analysers: Project

Mackay, L., & Stewart, L.

[Addresses Standard/s](#)

Blood glucose measurements in neonates – the importance of getting it right

Mackay, L., Clark, T., & Wijeratne, N.

[Addresses Standard/s 1](#)

Assessing staff attitude to patients who present with deliberate self-poisoning.

Martin, C., & Chapman, R.

[Addresses Standard/s 1](#)

Providing continuing education to Australian Emergency Nurses: A qualitative exploratory perspective

Moseby, T., & Chapman, R.

[Addresses Standard/s 1](#)

Preeclampsia susceptibility genetics

Moses, E., Brennecke, S. P., & Blangero, J. (East, C. E. coordinator/collaborator)

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Towards improving patient outcomes: Reasons for re-admission to Southern Health site within 28 days of discharge

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The Tri-focal Model of Care: Teaching and Research Aged Care Services

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Construct validity and reliability of the Handover Evaluation Scale

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Tri-focal Model of Care: Advancing the Teaching Nursing Home concept

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Nursing care assignment and delivery in acute care settings

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Nursing management of behaviors of concern in residential aged care facilities

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Toileting assistance programs for the management of urinary incontinence in adults

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Monash Health nurse engagement

Rogerson, K., Ockerby, C., Hawkins, M., O'Connell, B., & Kent, B.

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Sandlin, K., **Bennett, P. N.**, Corridini, A. M., & **Ockerby, C.**

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Postpartum haemorrhage by type of labour and oxytocic: Clinical audit

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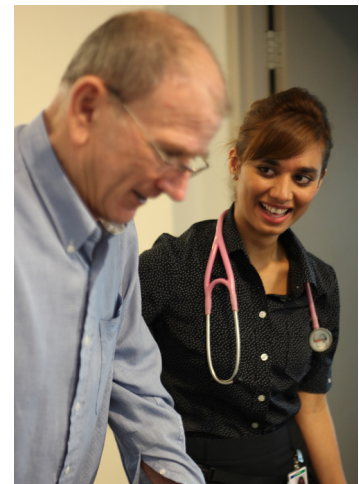
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Yelland, J., Riggs, E., & **East, C. E.**

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Nursing and Midwifery
Monash Health
Monash Medical Centre
246 Clayton Road, Clayton
Victoria, 3168, Australia

www.monashhealth.org