

Journey to the International Researcher Hall of Fame: One Nurse's Story

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**CENTRE FOR QUALITY AND
PATIENT SAFETY RESEARCH**

Barwon Health Partnership



Conflicts of interest

I have no conflicts to declare with respect to this presentation

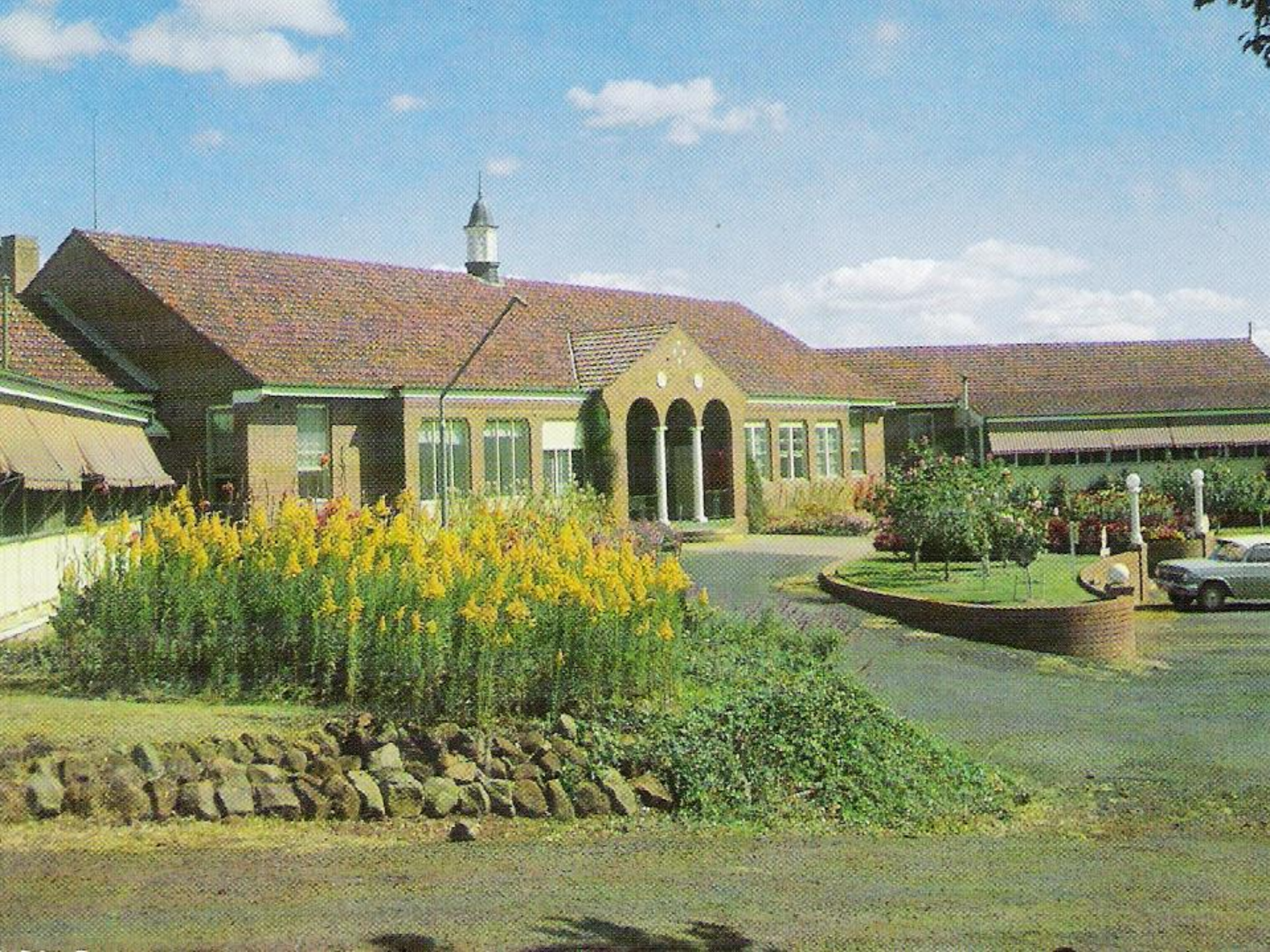
Overview of the presentation

- Outline my journey from student nurse to researcher
- Share some key learnings acquired on the journey
- Outline my philosophy of research
- Share some of my key research outputs and impact

In the beginning



7/27/2017





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‘Honour tradition’ the mentors said forgetting that , if tradition can preserve wisdom it can also preserve error and folly.

Then a breeze that had been blowing for years stirred the dust in hospital corridors and nurses listened to the voices borne on the winds, and suddenly it was all up with the old system.

‘I am science said the voices.’

‘I make no claim to infallibility.’

A new era began ...and one could no longer defend tradition by saying ‘but we have always done it this way.’

The scientific method became fashionable ... nurses must observe, experiment, theorise, confirm and refute.

(Graduation oration Dr B Eggins 1969)

The phenomenological project



Learning new tricks



The Road Less travelled

*I shall be telling this with a sigh
Somewhere ages and ages hence
Two roads diverged in a wood, and I-
I took the road less travelled by,
And that made all the difference.*

(Robert Frost 1969)

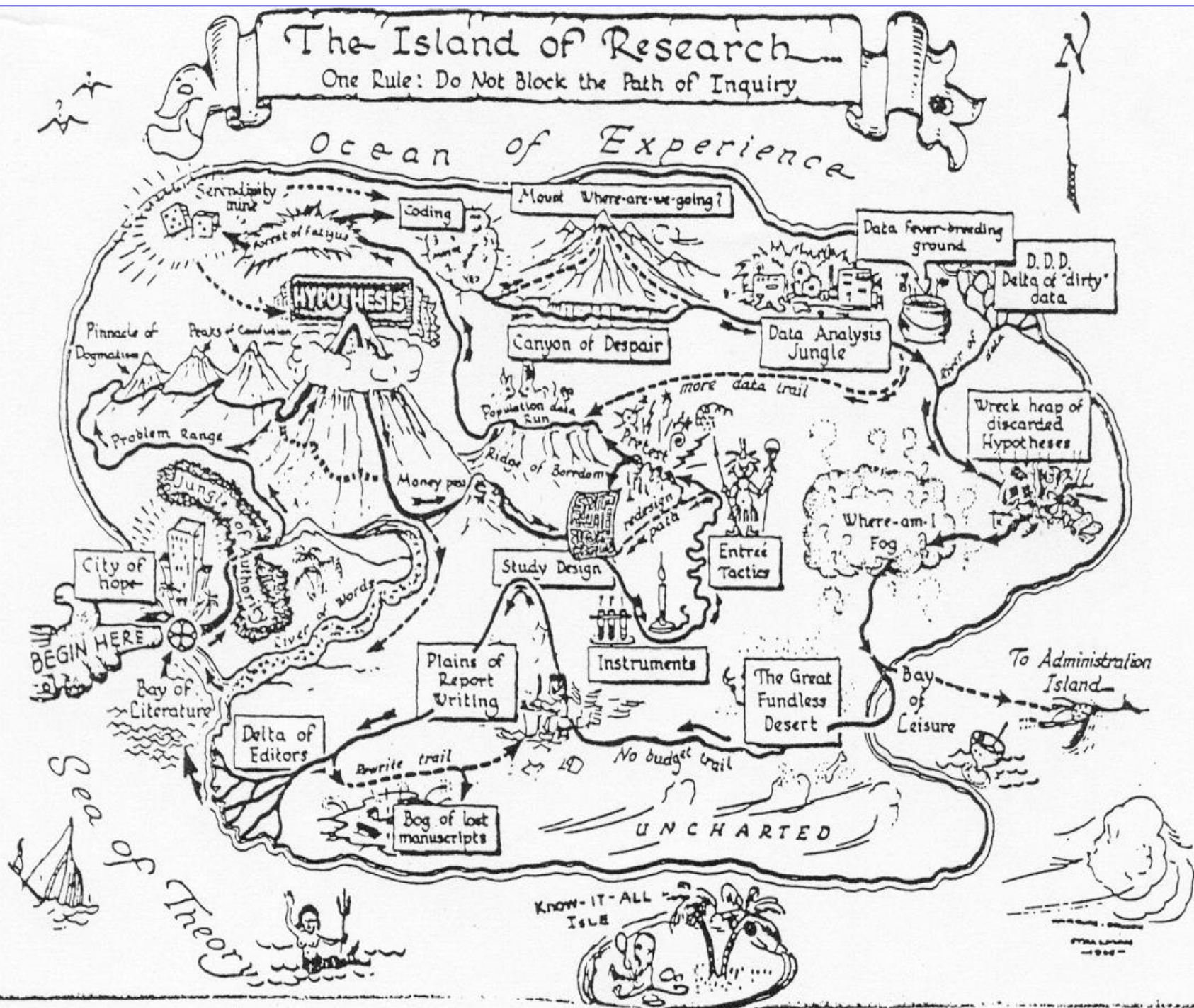
Diabetes outpatient clinic – on the job research training



The Island of Research

One Rule: Do Not Block the Path of Inquiry

Ocean of Experience





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Chairs in Nursing

- Established to achieve effective partnerships between academic institutions and clinical areas
- Put nursing academia back in clinical areas
- Build the research capacity of clinicians
- Very challenging roles, and there are high expectations of the chairs
- Deakin University has partnerships with XX health services, mine is the only rural chair in a very large health service

Centre for Quality and Patient Safety Research (QPS)

- To develop a program of research that encompasses quality, safety, and risk management to enhance holistic evidence-based care and optimise outcomes for patients of Barwon Health.
- To mentor and support Deakin University and Barwon Health nurses, allied health, and other health professionals to participate in research activities
- To encourage staff to integrate relevant research findings into education programs, health care policy and clinical practice and to monitor the outcomes/impact.
- To establish interdisciplinary research collaborations within Barwon Health and Deakin University and other partners.

Defining research

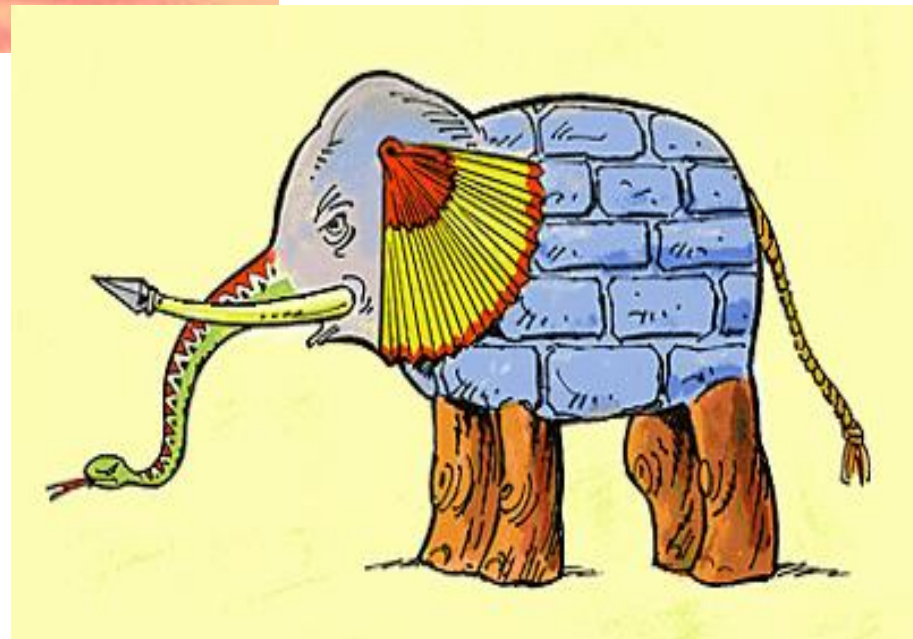
Research is fundamentally a state of mind involving continual re-examination of the doctrines and axioms upon which current thoughts and actions are based. Therefore, research is critical of existing problems.

(Smith 1929)

Defining research

Research is not necessarily confined to the laboratory, and computer instruments and apparatus.

(Smith 1929)



Defining research

Approximation getting nearer and nearer to the truth but the findings are not true for all time.

(Smith 1929)

Defining research

Systematic process of investigating problems to generate new knowledge [and] or extend existing knowledge to enable progress and innovation.

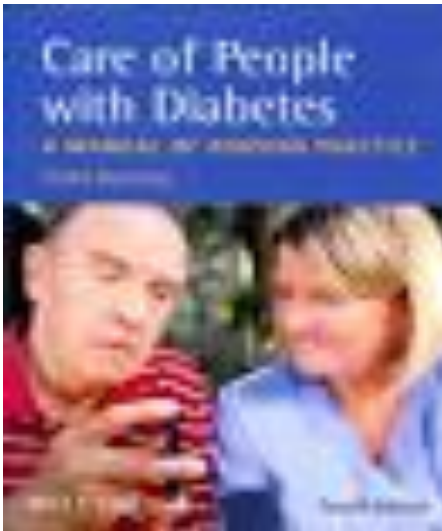
My research philosophy

- Core component of *all* health professional roles
- Encompasses a spectrum of activities including:
 - Acknowledging the importance of research
 - Being able to critically appraise research
 - Practising in and contributing to a culture of evidence-based practice
 - Applying research findings to deliver evidence-based care (translate research)
 - Undertaking research
 - Providing an environment in which research can take place
- Research is agent of change
- Clinicians are the point where research enters practice

My research program

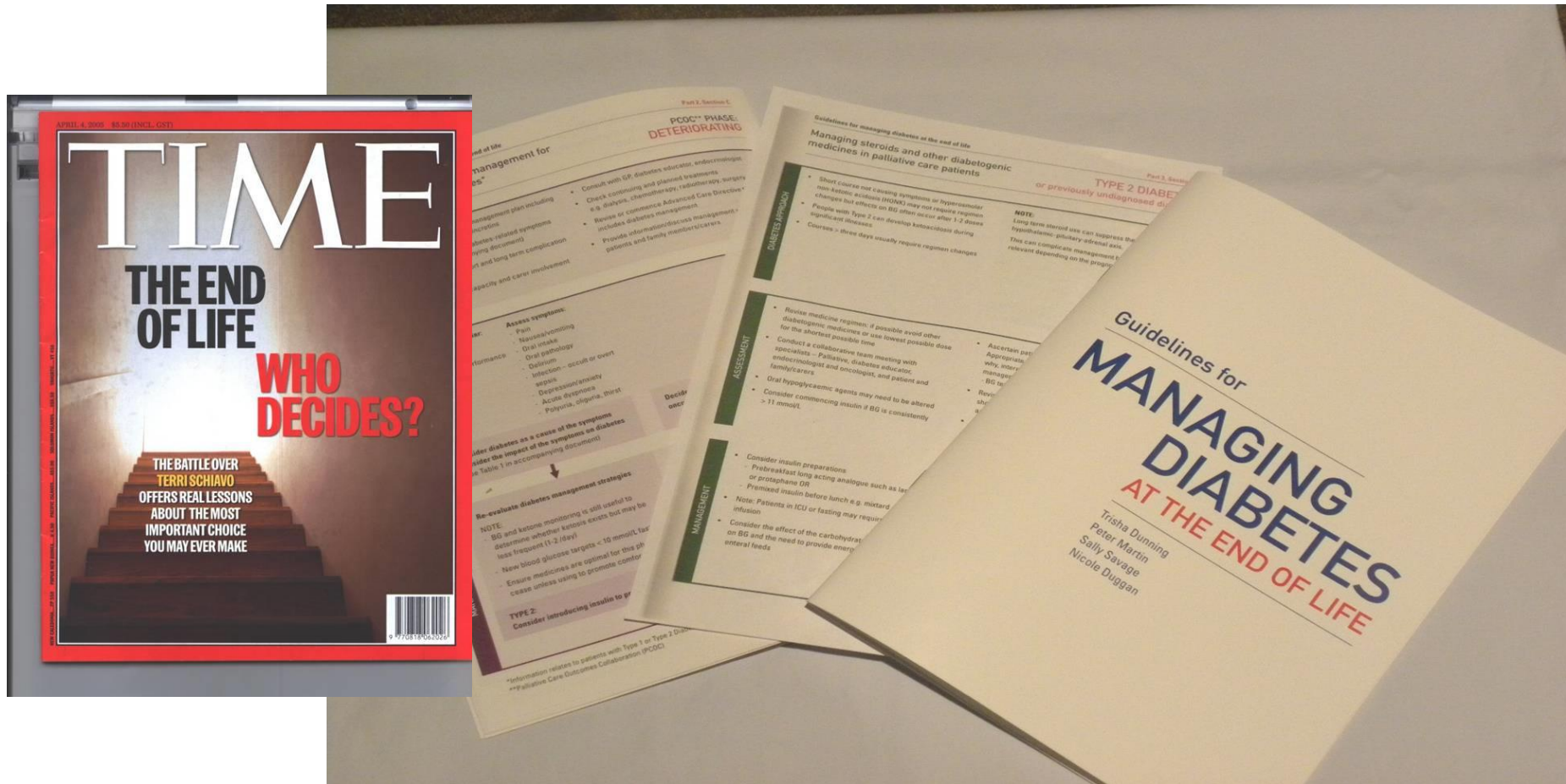
- My research program focuses on older people with diabetes and diabetes and end of life care
- It encompasses:
 - Diabetes education
 - Symptom management
 - Beliefs and attitudes and how they impact on outcomes
 - Pharmacovigilance and medicines management
 - Complementary therapies
 - Concepts of healing, therapeutic relationships, personalised care and spirituality

Care People with Diabetes (2014)



- Originally volume 2 of my Master's Thesis
- Action research to develop and test a clinical nursing manual; now in its 4th edition
- Core text in Graduate Certificate of diabetes education courses in Australia

Guidelines for Managing Diabetes at the End of Life (2010)



Key impact and outcomes

- A method of developing clinically relevant guidelines when there is little RCT evidence
- Lunchtime briefing to politicians in Parliament House Canberra
- Publications, presentations and citations including *Management of Diabetes in Long-term Care and Skilled Nursing Facilities: A Position Statement of the American Diabetes Association in Diabetes Care* (2016)
- Led to further research and collaborations within Barwon Health



The McKellar Guidelines for
Managing Older People with Diabetes in
Residential and Other Care Settings



Centre for Nursing and Allied Health Research Deakin University and Barwon Health

The McKellar Way

How to use the McKellar Guidelines for Managing Older People
with Diabetes in Residential and Other Care Settings



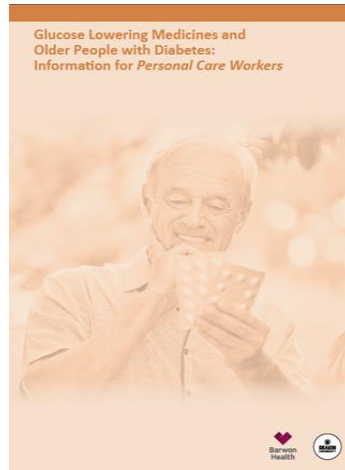
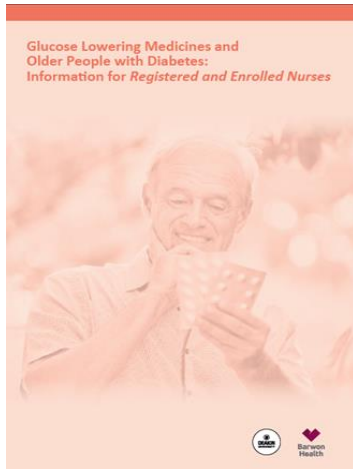
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http://www.adma.org.au/clearinghouse/doc_details/133-the-mckellar-guidelines-for-managing-older-people-with-diabetes-in-residential-and-other-care-settings_9dec2013.html

Key impact and outcomes

- Implemented as policy in Barwon Health
- Won two Barwon Health quality awards in 2013 and 2016,
- A finalist in the 2016 Victorian Quality Awards
- Translated into Norwegian
- Cited in the Australian National Diabetes Strategy
- Most frequently accessed publication on the ADMA website > 50500 hits
- Several presentations and publications, including co-editing the 4th edition of Professor Sinclair's *Diabetes in Old Age*
- Book agreement with Springer Verlag to be delivered in 2017
- Medical record audits before and after implementation show changes in diabetes care plans consistent with the Guidelines and that care is being personalised

Q-Med study



The thing I like about it is I can read it without my reading glasses. It's nice big letters.

It is quite clear that the [person]who enters the field of health nursing today is called on to perform duties of a diverse sort, differing in marked degree from those performed by the bedside nurse of the past generation – to such a degree indeed almost to constitute this a new profession (Anonymous 1970).

Acknowledgements

It is a pleasure to acknowledge the people who flew on this journey with me:

- The GPs in my training hospital who taught me to be a caring nurse and to ask questions
- My colleagues at St Vincent's Hospital and University of Melbourne
- My research team
- My Barwon Health and Deakin University colleagues
- The older people with diabetes and their families who challenge and inspire me
- My two and four legged family members
- My husband John, the wind beneath my wings



A man in a blue jacket and dark pants is sitting on a grey metal crate on a sidewalk. He is holding a large, rectangular cardboard sign that reads "NEED CASH FOR ALCOHOL RESEARCH". To his right, on the ground, is a black plastic crate with a white mesh pattern. On top of this black crate are two containers: a green can and a white cup with a red logo. The man is looking down at the sign. In the background, there is a dark-colored car parked on the street, a blue utility pole, and several people walking on the sidewalk. The scene appears to be an urban environment.

NEED CASH
FOR ALCOHOL
RESEARCH