

Waitaha Nursing Research Showcase 2024

Day 4 – Thursday 1 August

Time	Presentation	Presenter Details
1200-1205	Welcome	
1205-1215	<p>What is a Nurse Researcher?</p> <p>The role of independent and autonomous nurse researchers offers considerable scope for advancing not only nursing knowledge, but also for providing a mechanism to advocate for and to support nursing within the healthcare and the public spheres. We need to be able to articulate what it is that nurses do, what it is we value, and to demonstrate why nursing remains a taonga that needs to be nurtured within healthcare. We are more than just an adjunct to other professions, we make change happen, but are too often silent about the how and why of our actions.</p>	<p>Sandra Richardson Health New Zealand Te Whatu Ora Canterbury Waitaha Christchurch Hospital, Emergency Department Nurse Researcher</p> <p>Sandy has worked in health care for nearly 30 years, with much of that time spent in emergency nursing with additional roles in healthcare education and research. Her research has included a focus on disaster and nursing responses, socio-political issues including cultural safety and advanced nursing practice, ethics and violence and aggression towards health care practitioners. Sandy is also passionate about supporting and mentoring others who are new to nursing and new to research, having supervised many under and post graduate nurses, and worked with those in the clinical setting undertaking study and clinical projects.</p>

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Time	Presentation	Presenter Details
1215-1225	<p>Nurses' experiences of providing care in an environment with decentralised nursing stations</p> <p>The environment in which nurses deliver care is always changing. Over time there has been a shift away from centralised nurses' stations in wards to decentralised satellite workstations. While studies have shown positive aspects of this shift, unintended challenges of this design for nurses have been identified, e.g. increased physical exertion, feelings of isolation and challenges related to teamwork. This research aimed to evaluate the experiences of nurses working within decentralised workstations in New Zealand hospital wards, to explore the intersection between the physical environment and its impact on nurses and nursing care.</p> <p>Using an exploratory qualitative design data was collected by way of two focus groups with nurses who worked in a hospital ward with a decentralised nursing station. The findings showed a dichotomy of experiences and views about decentralised workstations. While there were benefits for patients, such as quicker response to call bells, nurses being in close proximity and more communication with families; for the nurses, there were feelings of isolation which affected teamwork, collegiality and nursing culture. The nurses also faced challenges related to increased walking, less patient visibility, lack of space to document nursing care and limited knowledge of other patients on the ward.</p>	<p>Aimee Miles Health New Zealand Te Whatu Ora Canterbury Waitaha Christchurch Hospital, Surgical Progressive Care Unit Clinical Nurse Specialist New Study Presentation, Masters, University of Otago</p> <p>Aimee Miles is the Clinical Nurse Specialist of the Surgical Progressive Care Unit (SPCU) at Christchurch Hospital, with a long background of working in General Surgery. Aimee has a special interest in the deteriorating patient space and sit on the Christchurch Campus Medical/Surgical Deteriorating Patient Operational group and NZEWS [New Zealand Emergency Warning Score] escalation group. In addition to this, Aimee is a member of the Clinical Events and Emerging Risks groups for General Surgery.</p>

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Time	Presentation	Presenter Details
1225-1235	<p>Palliative Care in Aged Residential Care Review</p> <p>This presentation will summarise the results of a review of the Palliative Aged Residential Care (PARC) service that was undertaken by Helen Lloyd and Diana Abeyasinghe. The review aimed to assess if the PARC service continues to successfully meet the needs of ARC and to identify any gaps in the service. Increased life-expectancy and an ageing population have placed considerable pressure on health services. It is predicted that the number of deaths in New Zealand will increase dramatically and the majority of these will occur in Aged Residential Care (ARC) facilities. It is imperative that ARC staff can provide quality palliative and end-of-life care for this increasingly complex population. The Nurse Maude PARC Service was implemented in November 2016 as a result of funding from the Ministry of Health for new innovations. The PARC service provides education, coaching and mentorship, and support in complex palliative case management for ARC staff to build capability and confidence for the provision of palliative care.</p> <p>To aid the review, a survey was developed in consultation with the PARC team and approved by the Nurse Maude Quality Committee. The surveys were sent out to the 98 facilities the PARC service support across Canterbury. From the results of this, a report of the PARC service was compiled and included findings and recommendations. These results will form the basis of this presentation.</p>	<p>Helen Lloyd Nurse Maude, Palliative Care Services Clinical Nurse Specialist</p> <p>Helen Lloyd is a PARC (Palliative care in Aged Residential Care) Clinical Nurse Specialist working for Nurse Maude Hospice Palliative care services. Helen has been working in this role for two and a half years, with a recent background in Community Older Persons Health. Prior to this Helen was working in the United Kingdom as a Nurse Practitioner in Stroke Medicine. Helen also has a Masters of Nursing in Primary & Community Health Care from Cambridge University, England.</p>

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Time	Presentation	Presenter Details
1235–1245	<p>How can woman experiencing menopause receive support in a general practice setting?</p> <p>Working as a Nurse Prescriber in primary care, Roxy has cared and is caring for many women experiencing menopause who can benefit from more support to increase their knowledge on symptoms management and resources available to improve their quality of life. Primary health care plays a crucial role in illness prevention and early interventions, aligning with the Women’s Health Strategy to provide tailored care, especially for Māori women, ensuring equitable health outcomes.</p> <p>Despite its global prevalence and information availability of menopause, there’s a notable gap in awareness and access to appropriate care, further worsened by financial constraints. The limited timeframe within one consultation poses a challenge when trying to address women’s menopausal concerns, especially when this is part of the multiple complaints.</p> <p>Despite the prevalence of menopausal symptoms, many women manage menopause independently due to limited knowledge and General Practice (GP) support which has inspired Roxy to look for solutions on how to support menopausal women within the current GP. Therefore, further education and support for both women and healthcare providers are needed to enhance women’s quality of life during this transitional stage.</p> <p>This presentation will review Roxy’s completed master’s research, which consisted of a critical analysis of four qualitative studies which provided information about the menopausal women’s experiences and behaviours, their self-management techniques, their knowledge and their needs to improve their management and quality of life. The data from the four articles highlighted the importance of establishing support groups for menopausal women and their partners in GP settings.</p>	<p>Mirela Roxanna Coman (Roxy) Eastcare Local Doctors, Tamaki Health Registered Nurse Prescriber Results from Masters Paper, Ara</p> <p>Originally from Romania, Roxy Coman and has been living in New Zealand for the last 20 years. Roxy’s clinical nursing background is Orthopaedics, Aged Care, Emergency and Urgent Care, and primary care. Currently she work as a Nurse prescriber at Eastcare Health Centre, and is studying to become a Nurse Practitioner.</p>
1245–1255	Questions	
1255–1300	Closing	

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