

International Clinical Placement

Monash University, Bachelor of Nursing students have the opportunity to undergo their final clinical placement in hospitals and community health care, overseas. Time spent working overseas provides the students with a personally enriching experience, which can also enhance professional development and clinical practice. Such experience has the potential to increase students' ability to adapt, learn and contribute in a work environment that may be different in many ways, for example by culture, climate, language, race, resources, disease presentation, healthcare organisation, treatment and provision of care.

The students who participate in an international placement are assisted financially by Monash International, and the School of Nursing. This year there are 18 students from Gippsland and Peninsula who will be travelling to various parts of the globe to undertake an international elective. The students will be travelling to:

Sweden: Gloria Forsys, Shelley Laing, Nicholas Farebrother, Daniella Fumino, Jodi Penstead, Amy Cooper, Susan Brewster.

Ireland: Nina Brooks, Annie Williams, Amy Guest, Simone Webb, Jane Anfaldie.

England: Lindy Whelan, Tara Marygold, Jodi Gillott, Elizabeth Holliday.

Malaysia: Sally Sefton, Tanya Ziarkowski.

The excited Gippsland contingent are shown in the photograph.



Bottom row: Annie Williams, Shelley Laing, Tara Marygold
Top row: Sally Sefton, Gloria Forsys, Lorraine Walker (Gippsland Coordinator), Nina Brooks and Lindy Whelan.

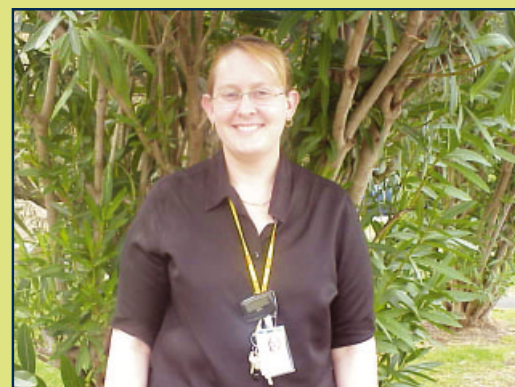
Partnership Model for Education and Research

The School of Nursing at Peninsula Campus has recently launched a new and innovative clinical partnership project with Southern Health.

The vision of this Partnership in Education and Research between the two organisations, is to create a 'state of the art' clinical education model for undergraduate students, to improve graduate outcomes for the health services, the profession and to meet the broader needs of the community.

Twenty seven second year students in the Bachelor of Nursing have elected to be placed on "home wards" for their clinical placement rotations. These wards are situated at Clayton, Moorabbin and the Dandenong campuses of Southern Health in medical, surgical and high acuity wards. The students will spend much of their clinical experience time on the "home wards" over the remainder of their course, and have "clinical buddies" appointed from the existing nursing staff on these wards.

The "clinical buddy"/student relationship is a collaborative partnership, whereby the "buddy" will guide, instruct, supervise, assist and support the student with their clinical skill development and their assimilation into the ward. Whilst this partnership aims to enhance student learning it has the potential to also provide valuable, professional self-development for the 'clinical buddy'.



Sharon Weybury

To facilitate this model the School of Nursing and Southern Health have jointly appointed Sharon Weybury to act as clinical coordinator to oversee the project. Sharon has been a clinical teacher for the undergraduate program for several years and is now implementing the "clinical buddy" program on all the wards participating in the project. As part of her role, Sharon will also act as the liaison between the students, the "clinical buddy" and the School, supporting, guiding and maintaining effective working relationships between all parties. We wish her every success in her new role.

CURRENT NEWS

Evidence Based Practice Workshop Attracts Nurses From Local Health Networks

Robyn Kirby

Centre for Health Services Operations Management

On the 5th September some 50 nurses and other health professionals attended the workshop on Evidence Based Practice (EBP) for Nurse Clinicians at Monash University, Peninsula Campus.

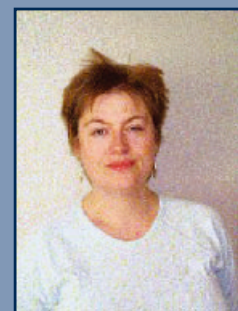
The workshop organised by the Centre for Health Services Operations Management, with support from Southern Health and Peninsula Health, gave nurses the opportunity to hear and meet Professor Nicky Cullum, a leading nursing academic and researcher in the field of evidence based nursing.

Nicky Cullum (pictured) is Professor of Health Sciences and Director of the Centre for Evidence Based Nursing (CEBN) at the University of York, UK. Nicky trained as a nurse in Liverpool and qualified in 1985. She subsequently completed a PhD in pharmacology, exploring possible causes of nerve damage in Diabetes. After her doctoral work, Nicky's commitment to an evidence based approach to health care and its implications for nursing, saw her establish the Centre for Evidence Based Nursing at the University of York in 1996.

Under the auspices of the CEBN, Nicky is currently undertaking systematic reviews and clinical trials in wound care, and systematic reviews and primary research into aspects of how nurses use information for practice. She has also been editor of the UK journal entitled Evidence Based Nursing since its inception in 1998.

At the Workshop Nicky enabled participants to describe the process of evidence based practice and to understand the principles for focusing uncertainty into researchable questions. She demonstrated strategies for searching the literature for clinical research evidence and described some strategies for translating and implementing EBP knowledge into clinical decision-making.

The Centre plans to run further seminars and workshops in 2003 and in due course details will be posted on the Centre's web page – www.med.monash.edu.au/chsom.



Photographs

Left; Head shot of Nicky Cullum

Right: (left to right) Irwin Shepherd, Manager, Continuing Education Unit, Southern Health; Maureen Habner, Senior Manager, Education and Development, Peninsula Health; Professor Nicky Cullum, University of York, Ms Elizabeth Wilson, Executive Director Nursing, Peninsula Health



Joint appointment for Practice Development

Cabrini Hospital and Monash University



Adrienne White, Research and Practice Development Midwife. RN, Midwife, Dip App Sci (Flinders) BN, (Flinders) Grad Dip Ed.(adults)(Uni SA), FP Cert, IBCLC, MMD.(LaTrobe).

This appointment by Cabrini Private Hospital and Monash University and is testimony to the commitment of nursing to the promotion of evidence-based care through practice development (PD). Adrienne White is establishing her position as research and practice development midwife in the maternity unit at Cabrini Hospital and as a lecturer within the School of Nursing at the Peninsula Campus of Monash University in Melbourne.

Adrienne is working with the midwives at Cabrini to promote evidence-based care for mothers and babies, by encouraging reflective practice, review of unit policies and protocols and by promoting a culture where practice can be challenged in a supportive and nurturing environment. Adrienne is a mentor and clinical exemplar and is currently introducing changes which meet World Health Organisation Baby-Friendly guidelines such as full rooming-in, 'Hands Off Techniques' for breastfeeding education and

increased information and education for pregnant women about breastfeeding. She has set up a collaborative approach to review of policies and protocols involving small groups of midwives working together on specific protocols according to their expertise. Collaboration with physiotherapists, dieticians and specialist medical staff is contributing to these reviews of policies and practices.

Adrienne is also mentoring three midwives from the unit to co-present a paper on Practice Development at the Australian Lactation Consultants conference in Perth in October. Adrienne teaches within the Graduate Diploma of Midwifery course at Monash University, and is involved in curriculum development and teaching within the Bachelor of Midwifery Consortium and Masters of Midwifery programs. She is an active member of the Monash Practice Development team, is a member of writing and publications action learning set and facilitates formal PD workshops. Her research interests include postnatal care and breast feeding issues.

Testing the Practice Development Model in the Special Care Nursery

an interview with PhD student Val Wilson

Val Wilson is a PhD candidate in the School of Nursing in the area of practice development. Val's research is located within Southern Health.



What made you decide to do your PhD?

Well to be honest it was really by accident that I found myself enrolled in my PhD. In 2001, I undertook a Practice Development (PD) summer school through Monash University. At that time I was working part-time as a lecturer and course coordinator at Monash and also working as an educator for Southern Health. During the summer school, I began to realise the value of PD, and the influence it could have in developing clinical practice and improving patient care. I guess you could say I had an 'Ah Ha' moment, for me it was very powerful.

I left the summer school enthused, motivated and energised. I went back to work and over the next few weeks the idea for a study came about. I made an appointment with the chief nursing officer at Southern Health to explore my ideas and ask for her support in running a pilot study to see if the PD strategies actually worked in clinical practice. She supported the idea of testing out the PD model and suggested that perhaps this could be my PhD.

I have to admit I was not looking to do my PhD so it was with some surprise that I suddenly found myself writing a proposal and enrolling to study again. However, I could see the wisdom of having three years to complete a study rather than the six months that a pilot would enable. I began with part-time study and when I was successful in my scholarship application I switched to full-time study, I am now approaching the end of my first year.

Tell me about the study you are doing for your PhD?

I am working with the nursing staff of a special care nursery where I have introduced Practice Development strategies. Currently the focus is on learning through action and reflection, which is facilitated with regular group meetings. Several staff members are now undertaking project work, which looks at evaluating current practice, using evidence to inform practice and developing changes to practice which will improve care for patients and their families.

Other activities in the unit include preparation of case presentations, workshops aimed at utilising evidence in practice, development of a shared vision for the unit and critical companionship where staff are open to high challenge with high support.

You recently went on a study tour of the United Kingdom, tell me about that?

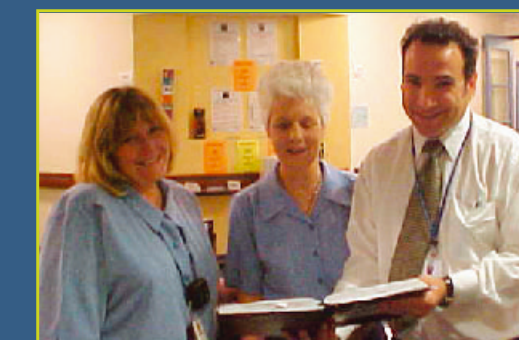
Well I was lucky enough to get a travel scholarship and funding to enable me to study overseas for five weeks. One of my supervisors (Professor Brendan McCormack) is located in Northern Ireland, so I was able to go and spend some time with him. I also met with Practice Development staff all over the United Kingdom. You know PD is very big in the UK, there are hundred of staff working in this area. It was great to meet with so many of them and to learn from the work that they have been doing.

Do you enjoy being a student?

Most of the time I really love it. But there are times where I feel overwhelmed and lost in trying to find my way through the philosophical maze of the theoretical component of my study. But this is the challenge as a PhD student. I do spend lots of time reading and in the library. But I love that I get to spend time in clinical practice. Every week I spend time on the unit and that is just fantastic. Sometimes I have to pinch myself, yes I really am doing my PhD, it is exciting, challenging, exhausting and at times lots of fun.

Practice Development and person-centred care at Peninsula Health

Nursing care at another phase of the lifespan, has been equally energised by Practice Development. Nurses from the Rehabilitation centres, the Palliative Care Unit and Aged Care Units at Peninsula Health are currently involved in establishing themselves as practice development action learning groups. Whilst the three groups have discrete projects, largely at different stages of development, they are all unified by the central theme of promoting person-centred care.



From Left: Nurse Unit Manager, Carol Gray ANUM and Val Sluce, RN., Jose Arrebola, Nurse Unit Manager

Jose Arrebola and Carol Gray (pictured below) from the Rehabilitation group comment that PD has made them think more about the impact of their care on the well being of clients. PD training workshops have enabled us to share our beliefs and values about our practice and to look more broadly to other practice environments and the literature for evidence to support different strategies that may improve our practice. Practice development at Peninsula Health has evolved over a period of eighteen months as a joint initiative by nurses Ruth Parfrey and colleagues at Peninsula Health and Monash University. The work is facilitated by Professor Brendan McCormack and Joan Yalden, senior lecturer from the School of Nursing.

Disaster!

What a disaster! What a disaster!

Leone Watson & Debbie Kiegaldie
Postgraduate Acute Care Coordinators



Introduction

Disasters are one of those things that we all like to avoid ... unless you are a postgraduate nursing student at Monash University that is! As part of an exciting new initiative, students within our Graduate Certificate/Diploma of Nursing (Emergency), are being given the opportunity to participate in a large scale disaster exercise as a component of their course. The aim of a disaster exercise is to create a controlled situation where students can experience the impact of a multi victim incident on an Emergency Department (ED) and directly apply knowledge and skills obtained through their course to the management of the situation.

The exercise

On the 28th August this year we held the first of what will become an annual disaster exercise. This exercise was a joint venture between the Navy, the Monash University Centre for Ambulance and Paramedic Studies (MUCAPS), and the School of Nursing. The exercise took place at HMAS Cerberus on the Mornington Peninsula.

The scenario for the day was a high-speed motor vehicle accident (MVA) resulting in 16 casualties, including a number of critically injured, and 2 on-scene deaths. The accident was staged on one of the gravel back-roads on HMAS Cerberus. Victims were managed at the scene by paramedic students and Navy medics then transported to the base medical centre where emergency nursing students and medics staffed the Emergency Department.