Thank you from the Director of ISPRN

Dear ISPRN Members,

We would like to thank everyone for participating in the various research development activities throughout 2011! We are hoping to head out to the various rural regions next year.

Here is a short summary of the six research projects which are at various stages of development.

They include four primary care investigator driven projects:

- Fornasier D, Bonney A, Mullan J. Development of an insulin self-management competency assessment tool for type 2 diabetes mellitus patients
- Stanford L, Ivers R, Bonney A. Chaperone use in Australian general practice
- McKinnon D, Bonney A, Barnett S, Mayne D. The effect of regular weighing by a GP on weight maintenance in 20-70 years old attendees
- Vyas, S. Pilot study to assess feasibility of regular health assessments by practice nurses to reduce emergency admissions of high risk elderly patients

As well as two externally funded research partner projects:

- Bonney A, Jones SC, Phillipson L. Development of a training practice resource to improve the interaction between older patients and general practice registrars for chronic disease management
- Dalley A, Charlton K, Potter J, Walton K. Engaging General Practitioners to improve health service delivery to older patients: an action-based research project

This is an amazing effort by all those involved. In 2012 we hope to involve more members in the next phase of these projects.

Regards,

Prof Andrew Bonney

Future of ISPRN update!

The Graduate School of Medicine, in partnership with the Illawarra Health and Medical Research Institute will continue supporting ISPRN for the next two years.

This will involve funding a practice based research network coordinator’s position along with some funding to support future research development workshops.
ISPRN research development workshop

The ISPRN research development workshop was held on Saturday 19 November 2011 at the Sebel Harbourside in Kiama.

The aim of the workshop was to build research capacity by developing primary health care clinician’s knowledge of qualitative and quantitative research methods. It also provided an opportunity to network with others interested in research with a mix of primary health care organisations in attendance.

A small but enthusiastic group worked through four workshops- survey construction, basic statistics, developing focus group questions and analysed qualitative data.

Attendees recognised they had low to average knowledge of survey construction, basic statistics, developing focus group questions and qualitative data analysis. However at the completion of the workshop they had a higher knowledge. Participants particularly enjoyed the hands-on experience such as developing their own surveys and developing questions, running and analysing focus groups. It also made statistics appear less daunting when A/Prof Caputi explained “we are not all statisticians but are consumers of statistics”.

Thank you to those who presented and attended.

contact Bridget Dijkmans-Hadley at bdh@uow.edu.au or on (02) 42215958 by the 11th of November 2011.

ISPRN research development project updates

1. Development and validation of an insulin proficiency assessment tool for insulin self management in adults with type 2 diabetes mellitus- Ms Dianna Fornasier

This project is underway with Dianna collaborating with academics in the Centre for Health Initiatives to do a comprehensive literature review on her project.

2. What is the effect on weight by regularly weighing of 20-70 year old attendees in General Practice- Dr Duncan MacKinnon

The project has been submitted to ethics and Duncan is collaborating with academics in the Centre for Health Initiatives to do a comprehensive literature review on his project.

3. Chaperone use in Australian General Practice- Dr Lucie Stanford

The project has been submitted to ethics and Lucie is collaborating with academics in the Centre for Health Initiatives to do a comprehensive literature review on her project.

If you are interested in any of the projects please contact Bridget Dijkmans-Hadley on (bdh@uow.edu.au or (02) 42215958) and she will forward relevant information on to you.

ISPRN Blog

Don’t forget about the ISPRN Blog. It is a member-only space to share research ideas or concerns about primary care practice. It also has educational modules which you can work through at your own pace to gain a better understanding of the research process, step-by-step.

Click here to view the ISPRN blog http://uowblogs.com/isprn/wp-login.php, don’t forget you need your UOW username and password!
ISPRN member profile- Ms Dianna Fornasier

What is your training and background?
I am a Registered Nurse and work as a clinical nurse consultant in diabetes. I am a Credentialed Diabetes Educator (CDE), I have a post graduate degree in diabetes education and management and work as a critical care nurse in the intensive care unit. In Alaska, I am a certified and credentialed community health practitioner (CHP) and work with mainly rural Alaskan groups. My other hat is primary health care grant writing, program set ups and implementation and health care management.

How did you hear about ISPRN and what motivated you to join?
I heard about ISPRN through our practice principal, Dr Pham, who had received an invitation to the ISPRN Research Development conference in May 2011. Dr Pham encouraged me to apply, as he understood my passion for research, to see what was happening in the network, and investigate whether there was any sponsorship for research projects.

I have always been research orientated and especially have an interest in evidence based research which seeks to close the gap as well as methods of best practice and why we do the things we do things in diabetes care.

I am especially interested in adult learning and health literacy in the context of diabetes, especially that of type 2 diabetes. As you know, diabetes is a chronic disease that impacts personally on patient's daily life and creates many personal barriers and challenges self management. It also presents barriers and challenges in a primary health care setting in being able to translate processes and information into an easily understandable language to improve health outcomes for that patient and reduce the burden of disease. Motivational support, combined with education is the base of my approach, so the client becomes a better self manager. The psychology of chronic disease is another component I focus on.

How has ISPRN supported you so far?
When I presented my idea at ISPRN’s research development conference in May 2011 there was a lot of support from the other people in the room who wanted to listen and discuss my research idea. I could feel the excitement and enthusiasm, especially from the GPs. As I am used to the US delivery of health care which is often team based, I was very surprised to find that I was the only clinical nurse specialist in the room. Despite this, the group displayed insight and collective thinking around the ideas presented and were very respectful to each presenter.

ISPRN has helped me through the research proposal process and ethics. The academic mentors and ISPRN research coordinator are always there to help and listen to my ideas with an attitude of “nothing is impossible”. They encourage you to think outside of the box and are open to honest questions. I respect the level of professionalism ISPRN provides.

What was your level of research knowledge prior to ISPRN?
In my undergraduate degree I was required to do two years of research. In the first year I learned the theoretical grounding of research and the processes involved. In the second year I was involved in developing a systematic review, project proposal and supporting documents up to the point of ethics. My proposal focused on medication error from the perspective of teaching it to others.

What are some of your professional and personal achievements so far?
My main achievements are being able to work independently as a CDE, my involvement in a Masters level project and learning how to teach and write processes.

Personal achievements include the academic exposure to research and the relationships I have built with my mentors. They have been fantastic to work with and have no qualms in me contacting them to consult about an issue or idea.

What do you hope to achieve, professionally, in 2012?
In 2012 I hope to complete my research project and to publish and present on the outcomes of the project. I have several speaking engagements on diabetes in 2012, and will be attending conferences in Alaska and also the Australian Practice Nurse Conference in Sydney. I hope to be able to present results to an international audience in 2013.

Are you interested in becoming a part of the network? You can find the registration form on our webpage, along with further information:
Alternatively, you can contact ISPRN Research Coordinator, Bridget Dijkmans-Hadley, on (02) 42215958 or email bdh@uow.edu.au.
Current Practices Involved with ISPRN

- Albion Park Family Doctor
- Bega Valley Medical Practice
- Berry Medical Centre
- Bungendore Medical Centre
- Culburra Beach General Practice
- Dr Azam’s Surgery
- Gundagai Medical Centre
- Illawarra Aboriginal Medical Service
- Junction Street Family Practice
- Kookora Surgery
- Milton Medical Centre
- Moss Street Medical Practice
- Murrumbidgee Medical & Primary Care Centre
- Narrandera Medical Centre
- Shellcove Family Health
- Shellharbour Medical Centre
- Shoalhaven Family Medical Practices
- South Mudgee Surgery
- The Robertson Doctor
- Thirroul Medical Practice
- Temora Medical Centre
- Terralong Street Surgery
- Worrigee Street Medical Centre
- Walker Street General Practice

PHCRIS eBulletin:

University of Wollongong

Ilawarra and Southern Practice Research Network

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