

ILLAWARRA AND SOUTHERN PRACTICE RESEARCH NETWORK (ISPRN) NEWS CONNECT: UOW

AUTUMN/WINTER 2012

INSIDE THIS ISSUE:

- 1 ISPRN Research Development Conference
- 2 ISPRN Member Profile Dr Lucie Stanford
- 2 Murrumurang Workshop
- 2 ISPRN Research development project updates
- 3 ISPRN Research partner projects
- 3 ISPRN Blog
- 3 ISPRN Conference
- 3 News and Events
- 4 Graduate Certificates in Health Research
- 4 Current Practices Involved

Review: ISPRN Research Development Conference



ISPRN's 2012 Research Conference, held on Saturday 26th May, was a great success!

Sixteen researchers including twelve GPs presented various research ideas at the conference. After a very collegial and thoughtful discussion, the group chose two of the seven worthy topics to be supported by ISPRN grants this year. ISPRN members who did not receive grant funding this round were all invited to work with Bridget and I towards developing their projects for other grant sources or to prepare another presentation for next year's ISPRN conference.

The successful projects were:

- "Investigating approaches to ceasing long term sleeping tablet use in the elderly – initial exploration of older patients attitudes" – Fiona Williams (team: Rowena Ivers, Carl Mahfouz and Russell Pearson)
- "Investigating approaches to supporting GP management of adolescent depression – initial exploration of GPs attitudes to treatment" - Saroja Gunasekera (team: Duncan McKinnon, Kate Manderson and George Albert).

Each ISPRN grant is valued at \$10,000, comprising \$5,000 from Coast City County General Practice Training (CCCGPT) and \$5,000 in-kind research support from the GSM/IHMRI. We are very grateful to both CCCGPT and the GSM/IHMRI for their support.

The conference also heard from the Electronic Medical Data group. The group worked with Professor Don Iverson (Pro Vice Chancellor Health, UOW) on ways to use practice data to explore outcomes resulting from statin use/cessation in the elderly. It was a privilege to have Don working with us on the day.

If you are interested in finding out more about any of the research projects or would like to be involved in ISPRN activities, please let Bridget or I know. We will continue to keep you informed about ISPRN activities throughout the year.

Kind regards

Andrew

ISPRN member profile

Dr Lucie Stanford



What is your training and background?

I completed my medical degree at the University of Newcastle and was a part of the first generation of doctors who could not obtain a provider number unless they undertook specialist training. I enjoyed all areas of medicine and had not decided on an area in which to specialise. I joined the GP training program to get a taste of General Practice and found the diversity of the field very challenging and rewarding. I completed my training at various locations including 6 months in the Sydney Children's Hospital. I spent my first term in Murwillumbah in

northern NSW, and completed the remainder of my training in Sydney. In Sydney I had inspirational supervisors who were involved in medical education and who opened my eyes to opportunities in teaching and education. After completing my GP training I became involved in reviewing text books, facilitating peers and teaching medical students. For the last seven years I have worked as a rural medical educator with Coast City Country General Practice Training, in addition to working as a GP in Berry one day per week.

How did you hear about ISPRN and what motivated you to join?

I was at a GP supervisor's workshop at Murrururang on the NSW South Coast in February 2011, and I attended a session that Professor Bonney was running on GP research and the plans to form ISPRN. It was inspiring to hear Andrew's vision for primary care research, as well as the interesting research ideas being discussed. The participants continued the conversation by email in the following weeks and I tossed in an idea, which has subsequently become my research project.

How has ISPRN supported you so far?

ISPRN has supported me tremendously in developing my research idea, especially through the guidance of Professor Bonney and Dr Rowena Ivers. I have had support with the design of the research methodology, survey instruments, and in planning how to undertake the project. I have also had support behind the scenes, including administrative assistance from Bridget Dijkmans Hadley and assistance with the literature review from the Centre for Health Initiatives. Research skills workshops and educational teleconferences have built my theoretical knowledge of research processes. I am sure I would not have got this far without ISPRN's support, given the amount of time I need to dedicate to the project.

What was your level of research knowledge prior to ISPRN?

I had a basic level of research experience prior to joining ISPRN. As a student, I had worked on a project on the impact of eczema on families and, as an intern, I worked with a medical registrar on a small project about vitamin C levels in elderly patients.

There was very little support to assist with my early research ideas, so my interest in research waned.

What are your professional achievements so far?

Developing my research idea from a protocol, through ethics committee approval and now into the recruitment phase. Through a systematic literature review, I believe we have identified a need for this research in Australia.

What do you hope to achieve, professionally, in 2012?

I hope to progress the project, including collecting the data, completing the data analysis and publishing this year. Time will tell, as I continue to wear all my other hats as well!

Murrururang workshop

Professor Andrew Bonney presented at the CCCGPT Murrururang Conference on the weekend of 3-4 March 2012. Eighteen GPs attended the workshop which focussed on the development of research questions, appropriate research methodology and recruitment strategies in a general practice setting. Three mock projects were developed and presented at the end of the session. Professor Bonney described the workshop as 'very positive' and hoped that it encouraged those involved to consider developing primary care research in the future.

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

Dianna has collaborated with academics in the Centre for Health Initiatives, UoW, on a comprehensive literature review for this project. Dianna's project is in full-swing, with initial expert reviews of the tool finalised, the patient read-aloud session is completed and we are waiting on the revision of the tool by ethics before the pilot of the tool commences.

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 accepted by the ethics committee. Duncan has collaborated with academics in the Centre for Health Initiatives on a comprehensive literature review for this project and we are now ready to commence recruitment for the pilot.

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

Lucie has collaborated with academics in the Centre for Health Initiatives on a comprehensive literature review for this project. Lucie is in the planning stages of recruitment with further updates to be provided soon.

If you are interested in any of these projects please contact Bridget Dijkmans-Hadley on (bdh@uow.edu.au or (02) 42215958.

ISPRN research partner projects

ISPRN members are also involved in two externally funded research partner projects:

- "CCCGPT resource for encouraging older patients to see GPRs" - Kate Manderson/Dom Frawley
- "IHMRI nutrition screening in general practice" - George Albert/Adam Hodgkins/Andrew Bonney.

More research partner projects are in the wings. One, an international partner project with a network associated with the University of Montreal, Canada, is looking at health literacy and chronic disease management (see IMHRI News Winter 2012).

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 can be worked 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 at North American Primary Care Research Group (NAPCRG) Conference 2012

An abstract was submitted to the NAPCRG Practice Based Research Network Conference, to be held on 21-22 June 2012, in Bethesda, Maryland, USA. The abstract concerned the development of an Australian Practice Based Research Network in a resource limited context. It focussed on the experience of setting up ISPRN and achievements to date. Professor Andrew Bonney will give an oral presentation on behalf of ISPRN, showcasing the network to North American PBRN's that have been running for over 20 years.

News and Events

ISPRN Small Grants

We are delighted to announce that ISPRN will be providing two \$10,000 grants (supported by CCCGPT) for CCCGPT GP registrars or GP supervisors involved in the development of two ISPRN research projects in 2012-2013.

Funds are available for the support of materials, research assistants and practice incentives. Preference will be given to projects which have the prospect of further grant funding in the future. Allocation of the grants is made as a group decision by attendees of the ISPRN research conference. Applicants unable to attend the ISPRN research conference are able to request presentation of their project by the ISPRN Director.

The following criteria must be met in order to qualify for ISPRN Research Grant funding:

- the research project must be relevant to general practice based research in Australia
- the research project must be achievable in a 12-18 month timeframe
- the ISPRN member must be a CCCGPT GP registrar or GP supervisor
- the research project must adhere to a \$10000 budget only
- the research project must aim to be published in a peer-reviewed journal
- the funding recipient must understand that the research grant money will be administered from a university account
- the funding recipient must acknowledge all funding bodies in any publications.



Graduate Certificate in Health Research

The Graduate Certificate in Health Research is a flexible, part-time postgraduate degree with core subjects relating to key skills as follows:

- reading, interpreting and evaluating published research
- developing and implementing a health research project
- evaluating health-related outcomes and
- applying learning about research frameworks and methods to questions experienced in the workplace and social environment.

The course is suitable for students preparing to undertake higher degree research studies as well as those wishing to develop fundamental research skills for professional practice.

Entry requirements / assumed knowledge

A Bachelor degree of at least three years duration from a recognised tertiary institution (or equivalent).

Course Requirements

The Graduate Certificate of Health Research requires the successful completion of 24 credit points in accordance with the table below. It is delivered on campus over five days per year.

Subject Code	Subject Name	Session	Credit Points
CHIP915	Essential Skills for Health Researchers	Autumn	6
CHBC918	Critical Appraisal	Autumn	6
GHMB950	Reflective Practice 1	Autumn/ Spring	6
CHBC919	Evaluative Research Methodology	Spring	6

Further information about this course can be found at: <http://www.uow.edu.au/handbook/yr2011/pg/hbs/H11008063.html>.

Alternatively, contact:
Prof Sandra Jones
Course Coordinator
+61 2 4221 4209
sandraj@uow.edu.au

Current Practices Involved with ISPRN

Region	Number of Practices Involved in ISPRN
ACT	3
Illawarra	8
Mudgee	1
Murrumbidgee/Riverina	9
Shoalhaven	7
South Coast	1
Southern Highlands	3

PHCRIS eBulletin: <http://www.phcris.org.au/publications/ebulletin/index.php?promoid=432&stk=re&uid=14189&eid=10881&stype=eb1tn>

LEARN MORE

Illawarra and Southern Practice Research Network

Illawarra Health and Medical Research Institute, Building 32.122
Northfields Avenue
University of Wollongong
Wollongong, NSW 2522

Phone: (02) 42215958

Fax: (02) 42218130

E-mail: bdh@uow.edu.au

Website:

<http://www.uow.edu.au/gsm/research/affiliations/UOW106762.html>



**UNIVERSITY OF
WOLLONGONG**
GRADUATE SCHOOL
OF MEDICINE

