

Nursing Research Section (NRS) Te Wāhanga Rangahau Tapuhi (NZNO)

May 2025 Newsletter



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Chair's Message

Kia ora Koutou

I hope that you were all able to enjoy a restful, long
break over the Easter/Anzac period.

The Nursing Research Section held a very successful
research hui at Ko Awatea, Middlemore Hospital in
October, 2024. The abstracts were published in the last
Newsletter and also in the *NZNO Nursing Research Journal*, so hopefully you have
all had a chance to look at these. There is more recent research provided for you
to explore, in this Newsletter.

We were very sorry to farewell Ebony Komene from the NRS committee in
February. Ebony held the treasurer position for 3 years and was a member of the
committee for some time before that. She was instrumental in encouraging
kaupapa māori as part of our committee processes, which included the use of te reo
māori and importantly, helping us update our documents while honouring our
commitment to Te Tiriti o Waitangi. Kia ora e hoa, haere ra.

We are very fortunate to have two new members on the committee. Jon Gullidge
has agreed to be Acting Treasurer. Jon is the Chief Nurse, Te Whatu Ora Taranaki.
Nerissa Warbrick is the other new member. Nerissa is Associate Director of
Nursing- Mental Health and Addictions' services at MidCentral. Nerissa is assisting
with the social media role. Thank you both.

The committee is busy planning the BGM which is to take place on October 10th
at the NZNO offices in Christchurch. Following that meeting there will be a webinar
and education session on different aspects of the research process. We will keep
you informed and will provide more detail on the NRS website and Facebook
pages and LinkedIn.

Wishing you all a happy end-of-Autumn before the Winter months arrive!

Ngā mihi nui

Lorraine



Meet the Research Team!



1. **Lorraine Ritchie - Acting Chair** Lorraine leads our committee with passion and dedication, ensuring we stay on track and achieve our goals.
2. **Sandra Bayliss - Professional Nursing Advisor (Central)** Sandra provides expert advice on nursing practices, helping us maintain high standards.
3. **Kim Monterio - Secretary** Kim keeps us organized and on schedule, managing our communications and records with efficiency.
4. **Jon Gullidge-Treasurer** manages our finances with precision, keeping our budget balanced and our projects funded.
5. **Hina Karim - Newsletter Coordinator** Hina brings our stories to life, coordinating and crafting the content that keeps you informed and engaged.
6. **Isaac Amankwaa - Membership Coordinator** Isaac plays a crucial role in growing our community by managing memberships and sending invitations to new members, ensuring everyone feels welcome and connected.
7. **Nerrisa Warbrick - Social Media Coordinator** Nerissa connects us with our community, sharing our news and updates across social media platforms.
8. **Maria Tutahi - Te Poari & Te Ao Māori Rep** Maria represents our interests and ensures our initiatives align with the needs of our community.
9. **Patricia McClunie-Trust - Special Projects Coordinator** Patricia oversees our special projects, driving innovation and ensuring successful outcomes.

For more information on the NRS Committee visit:
www.nzno.org.nz/groups/colleges_sections/sections/nursing_research_section/committee

Research Highlights

It's about who they are and what they can do: Māori perspectives on frailty in later life

Susan Gee, Irihapeti Bullmore, Gary Cheung, Ulrich Bergler, Hamish Jamieson

NZMJ 21 MAY 2021, VOL 134 NO 1535

ABSTRACT

AIM: This study aimed to explore Māori (the indigenous people of Aotearoa New Zealand) understandings of frailty.

METHOD: Focus groups were held with older Māori in supported living, health professionals working with older Māori and a rural community. A qualitative thematic analysis was conducted.

RESULTS: Two interlinked, overarching themes emerged:

1. Frailty is a multidimensional experience, not simply a physical one
2. The experience of frailty is a balance between deficits and strengths. The Waikare o te Waka o Meihana model provided a useful framework for structuring the thematic results

CONCLUSIONS: Culturally appropriate and comprehensive support and care for older Māori with frailty will be facilitated by a rounded strength-based approach and listening skills.

Graduate entry nursing students' development of professional nursing self: A longitudinal case study

Patricia McClunie-Trust a, Rachel Macdiarmid b, Virginia Jones c, Philippa Marriott d, Rhona Winnington e, Kay Shannon b, Jan Dewar b, Rebecca J. Jarden f

<https://doi.org/10.1016/j.nedt.2025.106722>

ABSTRACT

BACKGROUND

Graduate-entry nursing students rapidly transition to the healthcare workforce. Nursing values, knowledge, and skills contribute to the development of these learners' professional nursing self as they shift into their new careers.

OBJECTIVES

This research aimed to understand how graduate entry nursing students develop a sense of self as a nurse and articulate that sense of self in thinking, speaking and acting as a nurse.

DESIGN

Longitudinal case study.

SETTING

This study was conducted at four tertiary education institutions in Australia and New Zealand.

PARTICIPANTS

21 students within two cohorts of graduate entry nursing preregistration Master's degree programmes.

METHODS

The longitudinal case study included 21 graduate entry nursing student participants across two cohorts, two countries, and four tertiary educational programmes. Participants were interviewed up to four times over three years, 57 interviews in total, between 2020 and 2023. In the data analysis, researchers used Interpretive Description to identify themes.

RESULTS

The analysis revealed three themes, each with two subthemes. Themes included ***Situating the self in nursing***, which encompasses understanding one's purpose and finding one's self in nursing; ***Influences on professional identity***, which involves influential nurses and a growing sense of connection and belonging; and Participants' ***Emerging professional identity*** as a sense of nursing self and caring for self to care for others.

CONCLUSION

Graduate entry nursing students' sense of self as nurses evolved through aligning professional and personal values and identifying a connection with what brings meaning and a sense of purpose to their work lives. Graduateness was identified as an important influence built upon what these graduate-entry nursing students bring to their practice and the profession. The strong psychological influence of nurses on both students and early career nurses highlights the importance of fostering a psychologically safe professional environment from educational programmes and beyond.

Assessment of frailty and quality of life and their correlation in the haemodialysis population at Palmerston North Hospital, New Zealand

Aliah B. Shariff | Norman Panlilio | Alice H. M. Kim | Ankur Gupta

<https://doi.org/10.1111/nep.14245>

ABSTRACT

Aim:

End-stage kidney disease (ESKD) is increasingly becoming a healthcare concern in New Zealand and haemodialysis remains the most common modality of treatment. Frailty and health-related quality of life (HRQOL) are established predictors of prognosis and have already been shown to be poor in the dialyzing population. Existing data show correlation between these measures in the ESKD population, however there is little evidence for those on haemodialysis specifically. Our study aimed to assess for a correlation between frailty and HRQOL in the haemodialysis population at Palmerston North Hospital, and to assess for any differences in frailty and HRQOL scores between indigenous Maori and non-Maori subgroups.

Methods:

A cross-sectional study was conducted involving 93 in-centre haemodia[1]lysis patients from Palmerston North Hospital, New Zealand. Baseline demographic data was measured alongside frailty and HRQOL scores, which were measured using the Kidney Disease Quality of Life tool (KDQOL-36) and the Edmonton Frail Scale.

Results:

A statistically significant negative correlation was observed between frailty and all aspects of HRQOL ($p < .05$), with the strongest correlation observed between frailty and the physical component ($r = .64$, $p = .05$ in all components).

Conclusion:

A negative correlation was observed between frailty and HRQOL. This information can be beneficial in guiding discussions around treatment modality and for future patients and useful in enabling better predictions of prognosis. No statistically significant differences in frailty and HRQOL scores were observed between Maori and non-Maori groups, however the generalizability of this finding is limited due to the insufficient size of the study population.



Professional Development

This section highlights the remarkable efforts of bedside nurses who advance care through research and quality improvement projects.

Addressing Delirium in the ICU: A Quality Improvement Initiative

At North Shore ICU, a quality improvement project was launched to tackle the absence of a standardized delirium assessment tool. Delirium is a prevalent issue in ICU settings due to various factors, including the critical care environment, underlying medical conditions, medications, and contributors such as disrupted sleep-wake cycles, sedation, dehydration, and constipation.

To promote early recognition and intervention, a user-friendly assessment tool based on CAM-ICU was developed. This tool was integrated into an existing care bundle, which incorporates quality sleep initiatives, early mobilization, and sedation holds. An initial staff survey highlighted frequent encounters with delirium-related aggression, emphasizing the need for a systematic approach to assessment.

The tool includes simplified, easy-to-follow instructions and is laminated for durability, with copies placed at each ICU/HDU bed space. Targeted education sessions were conducted for nursing staff, and patient care plans were revised to include consistent non-pharmacological and environmental strategies for all patients, regardless of their CAM-ICU results. These strategies include:

- Reorientation of patients.
- Promoting sleep hygiene.
- Involving Whānau in care.
- Maintaining hydration and nutrition
- Ensuring the use of hearing aids and glasses.
- Assessing pain using CPOT and numerical pain scales and
- Bowel care, early mobilization, and sedation reviews.

This initiative has enhanced early detection and management of delirium, ultimately improving patient outcomes, reducing adverse events, and minimizing delays in discharge.



By Jean Abraham
RN/ Clinical Coach,
ICU,
North Shore Hospital

Enhancing Sleep Quality in ICU Patients: A Quality Improvement Project

Sleep is crucial for recovery and overall well-being, especially for critically ill patients. At North Shore ICU, a quality improvement project addressed frequent sleep disturbances caused by environmental factors like noise, lighting, and medical interventions. Poor sleep can worsen conditions, prolong hospital stays, and increase mortality risks.

The initiative prioritized non-pharmacological interventions, including sleep aids, bundled care, dimmed lights, reduced monitor alarms, and promoting light exposure and mobilization. Staff surveys revealed awareness of sleep hygiene importance but highlighted inconsistencies in practices. Suggested improvements included better noise control, scheduling of cares, and education for nurses and patients.

By enhancing sleep quality, this project aims to improve recovery, reduce complications like delirium, and support patient outcomes.



By Jacqueline Boquiron
RN, ICU,
North Shore Hospital

The Research Growth and Development of the Nurses

Here are some online courses relevant to nursing research in New Zealand:

1. **NZNO Online Courses** The New Zealand Nurses Organisation (NZNO) offers flexible online courses designed to enhance professional development. These courses can contribute to meeting Professional Development Recognition Programme (PDRP) requirements. You can explore their offerings [here](#)
2. **Ako Aotearoa - National Centre for Tertiary Teaching Excellence** Ako Aotearoa provides resources and funding for tertiary education research and projects, including nursing-related initiatives. Learn more about their programs [here](#)

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4. **Goodfellow Unit - Research Skills for Nurses** Offers free online modules supported by the University of Auckland, focusing on evidence-based practice and research skills. You can explore it [here](#)
5. **NIHR Research Skills E-Learning** Free modules designed for healthcare professionals new to research, covering topics like ethics, study design, and data management. You can explore it [here](#)
6. **Global Research Nurses - eLearning** Offers courses on designing, planning, and operationalizing health studies, including clinical trials. Available in multiple languages. Check it out [here](#)
7. **RCNi Learning - Free Modules** Provides free CPD modules for nurses, including research-related topics. Learn more [here](#)

Upcoming events and opportunities for professional growth

Research and Education Grant EOI's open

The Australian and New Zealand Intensive Care Foundation

invites Expressions of Interest (EOI) from early-career researchers, educators and ICU professionals passionate about advancing care for critically ill patients. EOIs can be submitted electronically via the website.

Applications open 1st March and close 30 April 2025



Scan the QR code to
APPLY NOW





www.intensivecarefoundation.org.au

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MEDICAL AND HEALTH SCIENCES
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O Te Kaitiaki

Collaborative Research Symposium 2025



Call for Abstracts
1 April – 9am 13 May 2025

Online Symposium from
Tue 26th August 2025

Networking Awards Event
Wed 29th October 2025

For more details visit:
<https://research.refined.site/space/Research/185008206/Research+Symposium>

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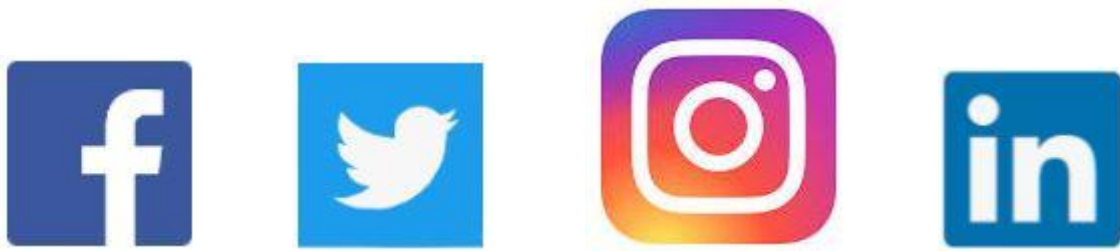



Engagement Section

We value your thoughts and questions! This section is dedicated to hearing from you and about you, our readers. Whether you have feedback on our recent newsletter, questions about upcoming projects, or suggestions for future topics, we want to hear it all.

How to Share Your Feedback: Email us at nzno.nrs@gmail.com

Reach out to us on social media (*press Ctrl & click your mouse to go to the site*)



Your input helps us make our newsletter better and more relevant to your interests. Plus, you might see your feedback featured in our next issue!

Thank you for being an active part of our community!