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# Collaborative action research: Making it happen

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# Collaborative action research: Making it happen

## **Keywords**

making, action, research, happen, collaborative

## **Disciplines**

Arts and Humanities | Life Sciences | Medicine and Health Sciences | Social and Behavioral Sciences

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## **Authors**

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# **Collaborative Action Research: Making it happen**

**Victoria Traynor,  
Philippa Baker, Joanna DeFriez,  
Wilna Dirkse Van Schalkwyk,  
Julie McGarry, Deborah Thompson & Ruth Bartlett**



# New Opportunities



University of Nottingham

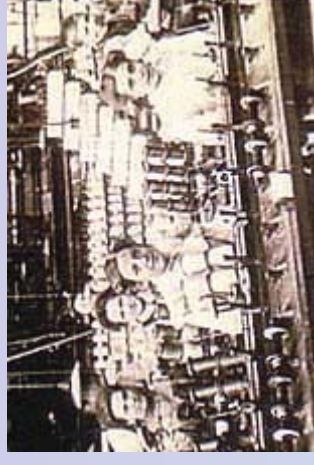


University of Wollongong

# Nottingham History



Robin Hood the People's Hero



The Ladies' Lace Factory



The Cycling Revolution



# Background

- Over 70% of hospital patients over 65 years
- Prevalence of dementia increases with age
- Dementia was not part of health care curricula until recently
- Confusion a co-existent morbidity with older hospital patients
- Environment of acute wards is distressing for someone with dementia
- Practitioners in general settings do not have experience of dementia care

# Project Aim and Objectives

- To undertake an action research project in two acute health care settings and:
  - work with multi-disciplinary team to challenge assumptions about people with dementia and carers
  - demonstrate what impact specialist knowledge and skills can have on the dementia care provided
  - develop good practice guidelines for implementing person centred dementia care in acute care settings

**facilitating change**

- Identifying area for change
- Practitioner involvement
- Developing philosophy

- Scoping exercise
- Data collection and analysis
- Feed back findings

**facilitating change**

**facilitating change**



- New ways of working
- Promoting ownership
- Long term commitment

- Review findings
- Implications for practice
- Inform practice changes

**facilitating change**



# Research setting and participants

- Two acute wards in general and mental health NHS Trusts on same site
  - Acute Medical Ward (AMW)
  - Acute Dementia Ward (ADW)
- Participants
  - Nursing staff (RNs, ENs and HCAs)
  - Patients admitted with a dementia
  - Carers

# Four phases



**Phase One**  
**Setting up project**  
**(Aug 04-Feb 05)**

**Phase Two**  
**Scoping exercise**  
**(Mar 05-Jul 05)**

**Phase Three**  
**Implementation**  
**(Aug 05-Oct 05)**

**Phase Four**  
**Dissemination**  
**(Nov 05-Dec 05)**

# Phase One: Access and approval

- Recruiting wards and motivating staff participation
- Formal approval
  - Research Ethics Committee (COREC)
  - 2 x Research & Development Departments

## **Phase One cont'd: Insider/ Outsider role Seconded nurses**

- Motivate and promote ward staff involvement
- Provide two-way feedback between staff, patients, carers and researchers
- Sensitivity to organisational issues
- Co-facilitate research activities
- Focus for professional development

# Phase Two: Scoping Exercise

- Data collection
  - Staff focus groups (5)
  - Observations of ward activities (qualitative and quantitative) (20 periods)
  - Patient interviews (4)
  - Carer interviews (2)
- Data analysis
  - Content analysis technique

# Phase Two cont'd: Findings

- Themes to explain the acute care experience of someone with dementia
  - A sense of belonging
  - Communicating with the person
  - The essence of dementia nursing
  - Environmental and organisational factors
  - After care

# Phase Three: Implementation

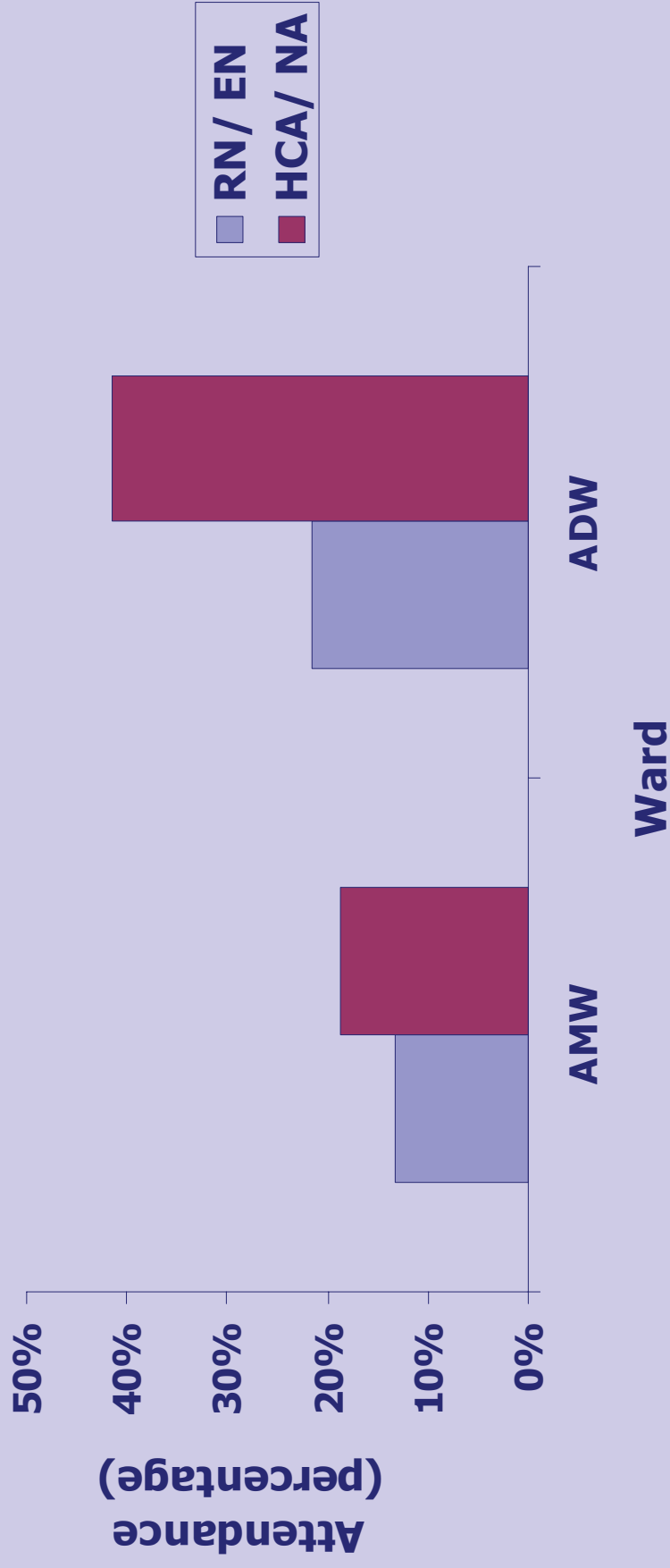
- Workshops (9) and Action Plans (5)
  - Philosophy of person centred care
  - What is dementia?
  - Relaxation techniques
  - Feedback: Developing action plans
  - Challenging situations: Strategies
  - Role play
  - Communication success stories
  - Feedback: Dementia Care Mapping
  - Discharge planning





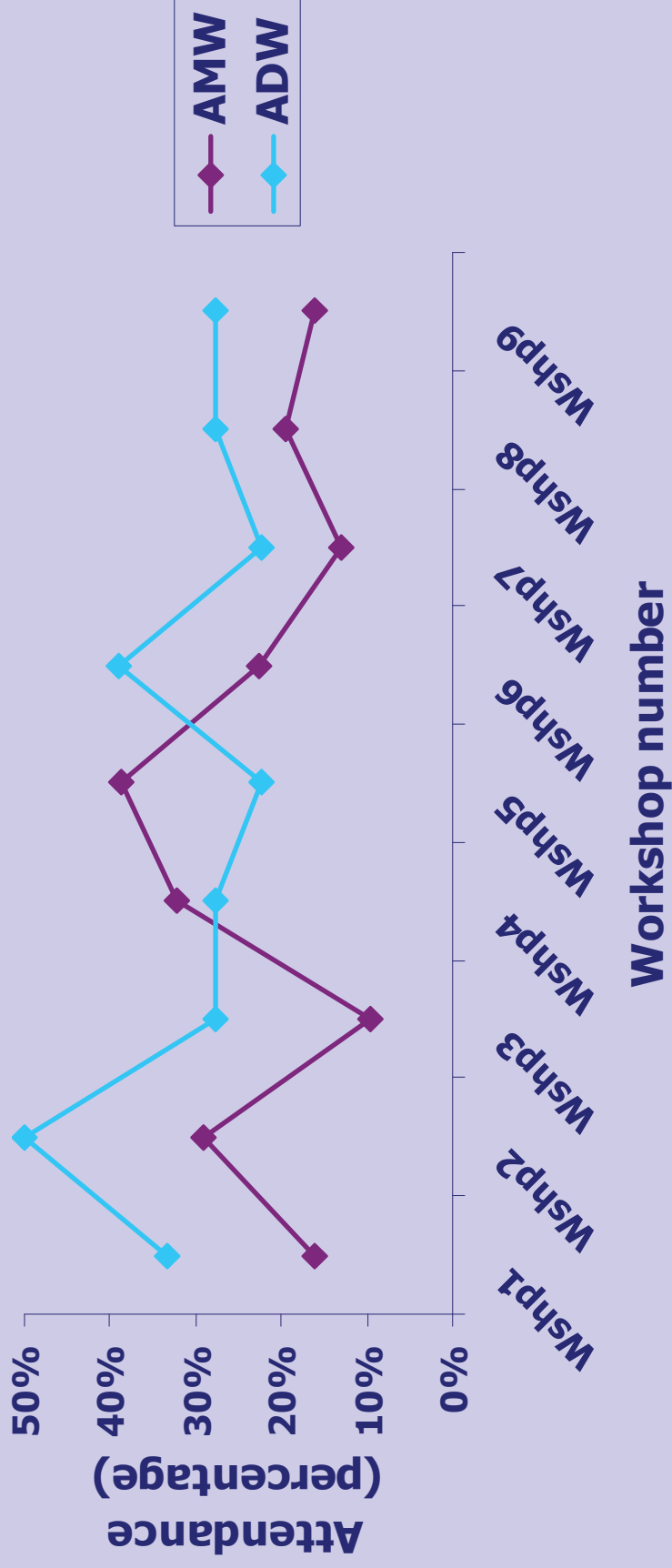
# Attendance at Workshops I

Summary Attendance at Workshops  
(by staff role)



# Attendance at Workshops II

Summary Attendance at Workshops  
(by workshop and ward)



# Challenges faced in the seconded nurse role

- Participation at workshops
- Balanced skill-mix attendance
- Continually motivating ward staff
- Competing demands of clinical work and project activities
- Combating negative attitudes of staff
- Encouraging collaborative working

## Positive experiences of seconded nurse role

- Observing the change towards more positive attitudes about dementia care
- Opportunity to listen to staff
- Increased staff knowledge about dementia
- Enhanced staff skills in caring for someone with dementia
- Developing own leadership skills

# Phase Four: Dissemination

- **Locally**
  - One-day conference in area health service
    - (i) Traynor & McGarry
    - (ii) Dirkse Van Schalwyk & Thompson
    - (iii) Baker & De Frieze
    - (iv) Traynor & Dirkse Van Schalwyk
- **Nationally**
  - RCN Nursing Older People Conference (Nov 2005):
    - (i) Dirkse Van Schalwyk, Thompson & Traynor
    - (ii) Baker, De Frieze & Traynor
  - Practice journal article (in draft)
- **Internationally**
  - International Conference: Advances in Qualitative Methods (Australia) (Jul 2006)
  - Peer review journal article (in draft)

# Conclusion: Lessons learnt

- Insider-Outsider model effective when combined with leadership development
- Implementation needs to be completed over a two-year cycle
- Useful addition would be to evaluate action plans e.g. incident reporting
- Replication of action plans locally possible through links in project Advisory Group membership
- Staff need management commitment to bring about change
- Local dissemination conference with awards for individual was a great success
- Remain unsure about motivating staff who remain uncommitted to professional development
- Re-iterate need for large resource of personal energy

# What next?

## DoHA Project (2006-2007) Community Dementia Grant

- “Increasing Awareness of Dementia among Acute Care Staff”
- Traynor, Furragio, Evry & Brodnik
- Illawarra Collaboration:  
University of Wollongong and  
3 hospitals in Area Health Service



# Nottingham Project: Funding and management

- Funding
  - University of Nottingham “New Lecturers’ Fund”
  - Foundation of Nursing Studies
  - British Geriatrics Society
  - Nottinghamshire Health Care and Nottingham City Hospital NHS Trusts
- Advisory Group
  - Bradford Dementia Group
  - Alzheimer’s Society Nottingham
  - Nottinghamshire Health Care and Nottingham City Hospital NHS Trusts



# Nottingham Project: Team of investigators

- Funded project
  - Dr Victoria Traynor, Lead investigator
  - Julie McGarry, Co-applicant
  - Wilna Dirkse van Schalkwyk, Research Associate
- Seconded nurses
  - Philippa Baker, Staff Nurse, ADW
  - Jo DeFriez, Staff Nurse, AMW
- PG student
  - Deborah Thompson
- UG student
  - Kim Sanders

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