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Collaborative action research: Making it happen

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Publication Details

Traynor, V., Baker, P., Defriez, J., Dirkse Van Schalykwyk, W., McGarry, J., Thompson, D. & Bartlett, R. (2006). Collaborative action research: Making it happen. In Collaborative Action Research: Making it Happen, Brisbane. *International Journal of Qualitative Methods*, 5 (3), 8.

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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

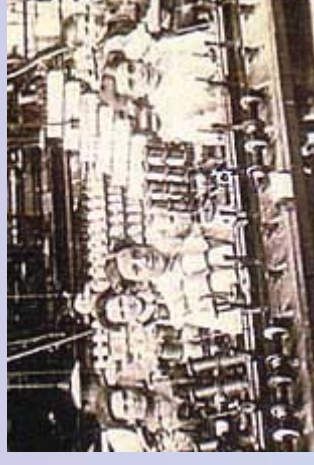


University of Wollongong

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

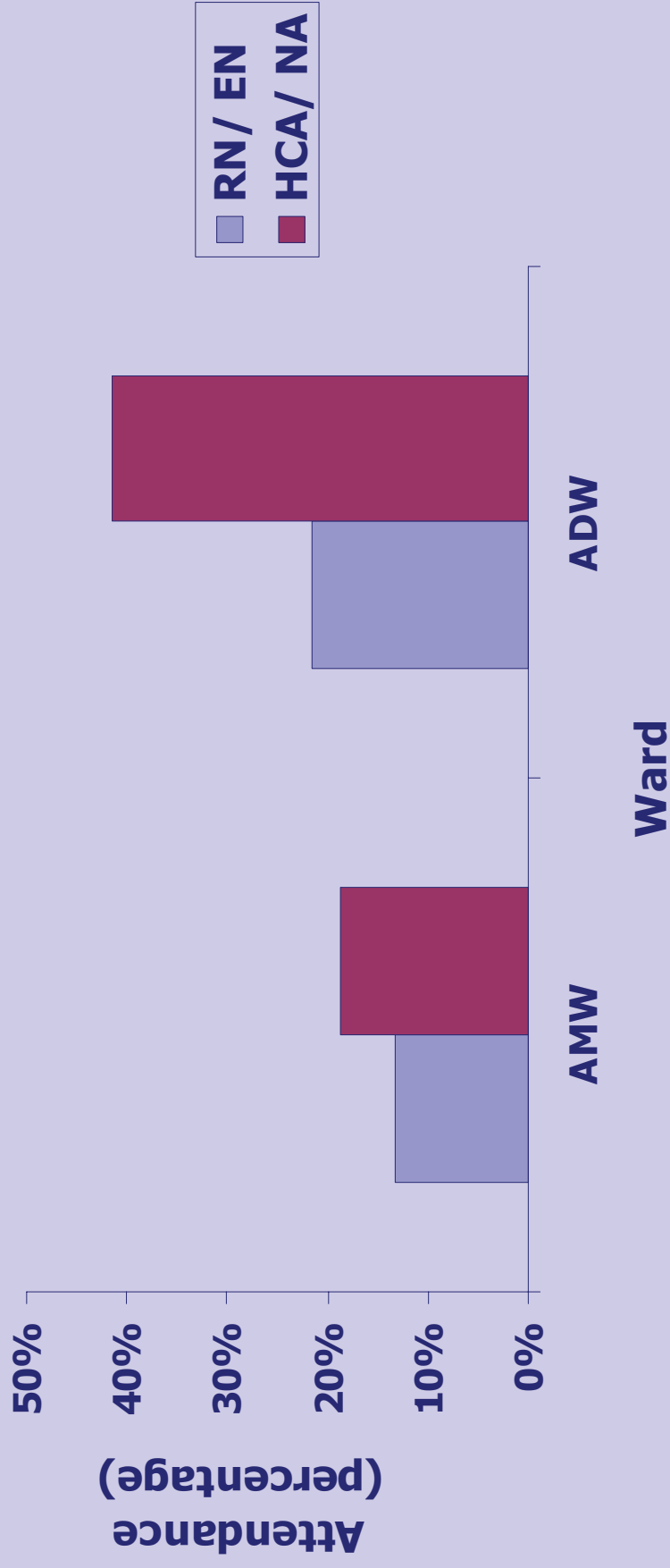
Phase Three: Implementation

- 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



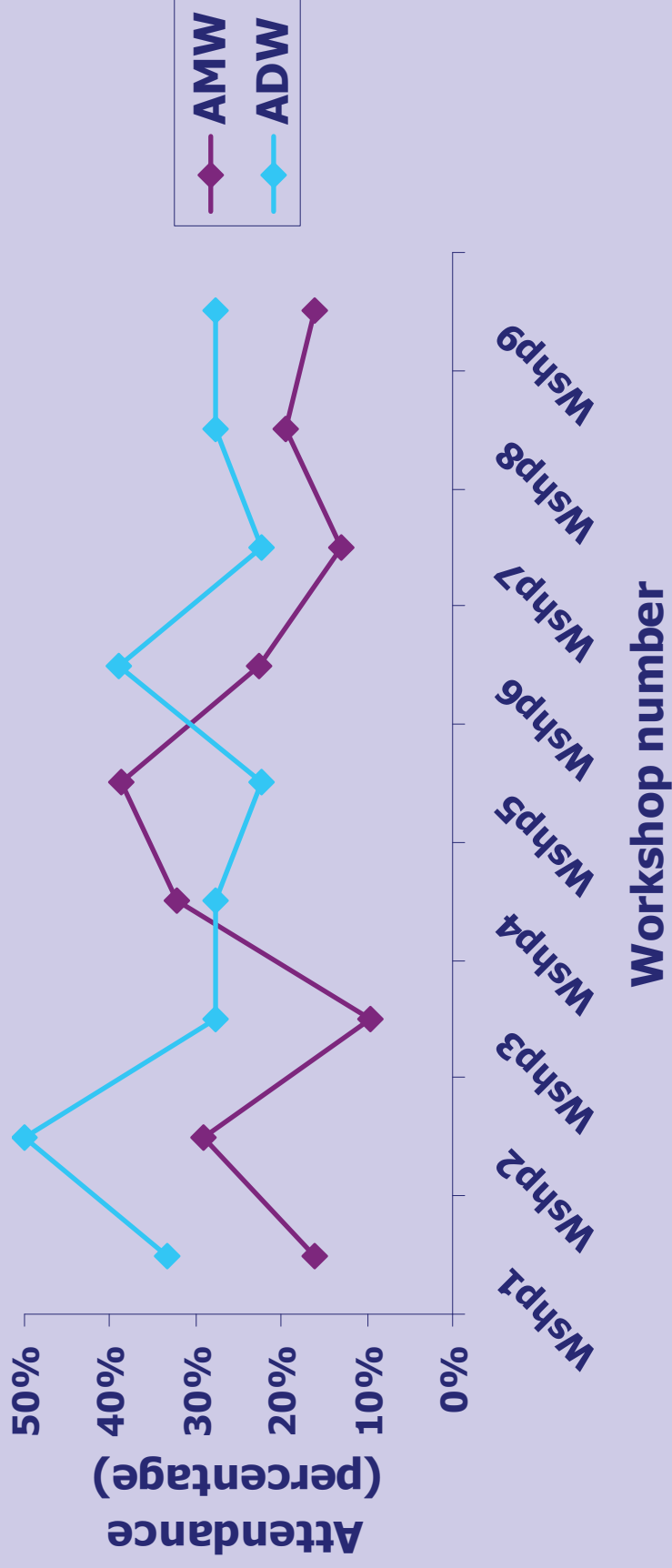
Attendance at Workshops I

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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