University of Wollongong
Research Online

Faculty of Health and Behavioural Sciences - Papers (Archive)

Faculty of Science, Medicine and Health

2006

Collaborative action research: Making it happen

Victoria Traynor
University of Wollongong, vtraynor@uow.edu.au

Phillipa Baker

Joanna Defriez

Wilna Dirkse Van Schalykwyk

Julie McGarry

See next page for additional authors

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.

Research Online is the open access institutional repository for the University of Wollongong. For further information contact the UOW Library: research-pubs@uow.edu.au

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

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.

Authors
Victoria Traynor, Phillipa Baker, Joanna Defriez, Wilna Dirkse Van Schalykwyk, Julie McGarry, Deborah Thompson, and Ruth Bartlett

This conference paper is available at Research Online: http://ro.uow.edu.au/hbspapers/2979

The University of Nottingham

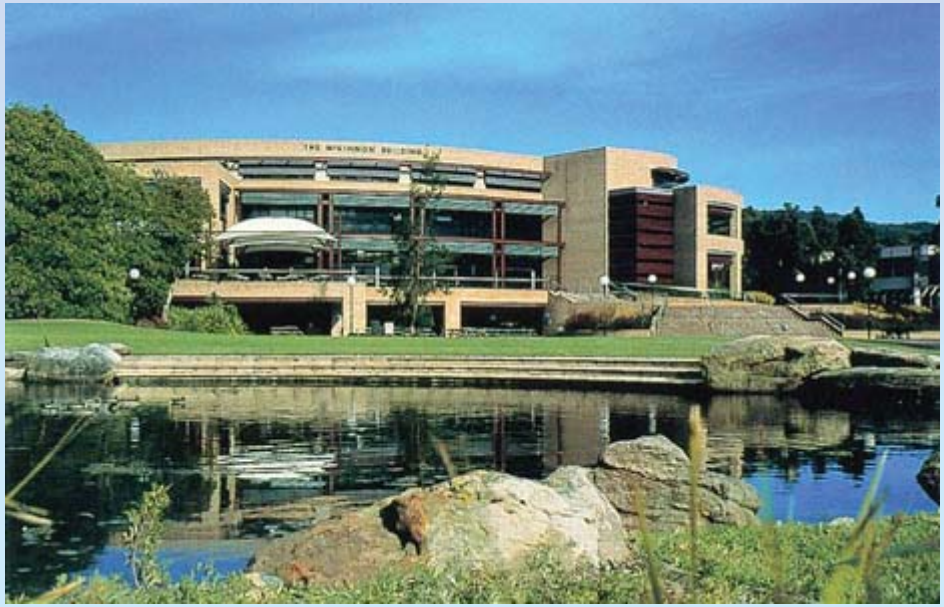
Collaborative Action Research: Making it happen

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

University of Wollongong

New Opportunities

University of Nottingham



University of Wollongong

Nottingham History

The Ladies' Lace Factory

The Cycling Revolution

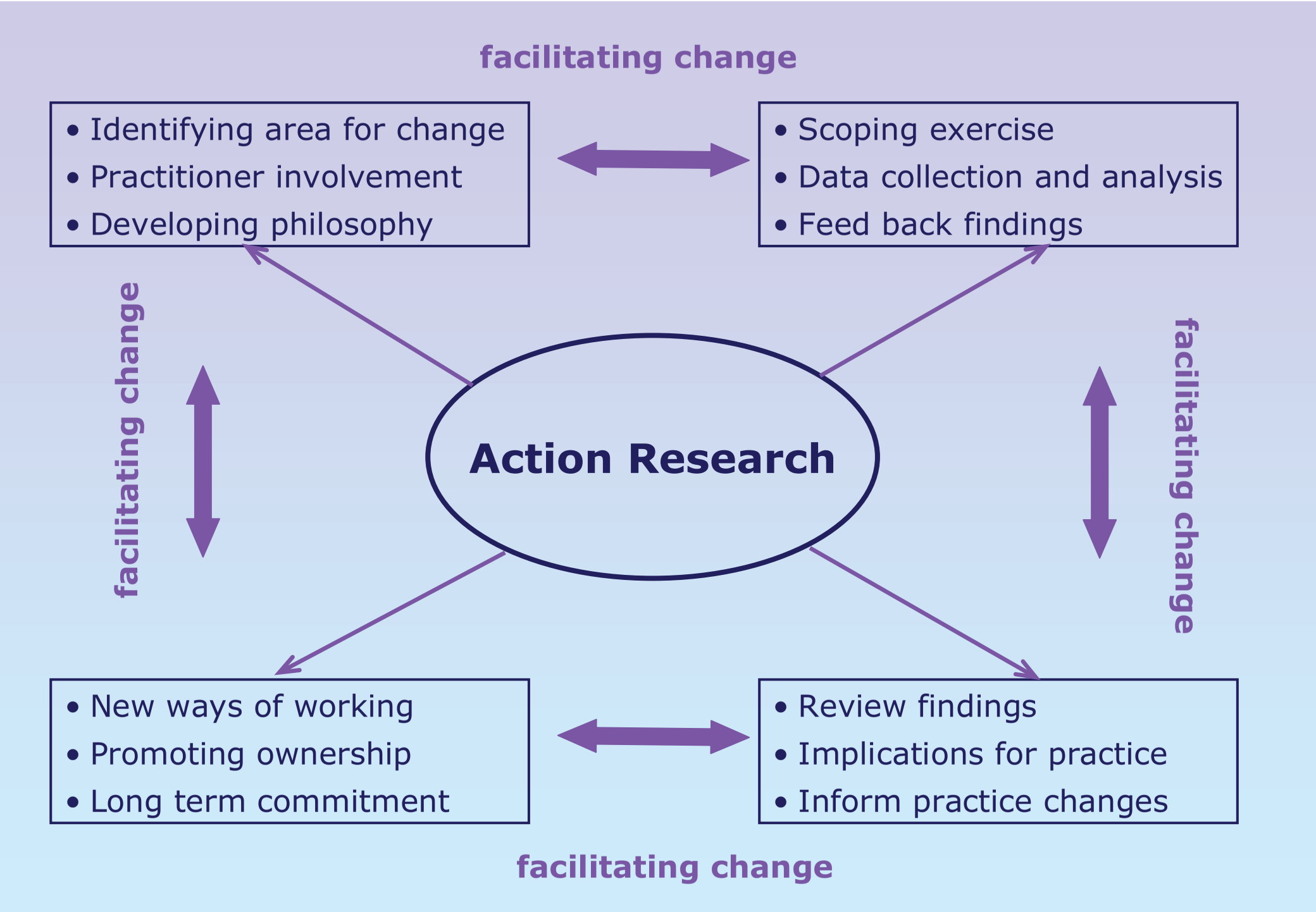
Robin Hood the People's Hero

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
Action Research
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

Nottinghamshire Healthcare NHS
NHS Trust

Nottingham City Hospital NHS
NHS Trust

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

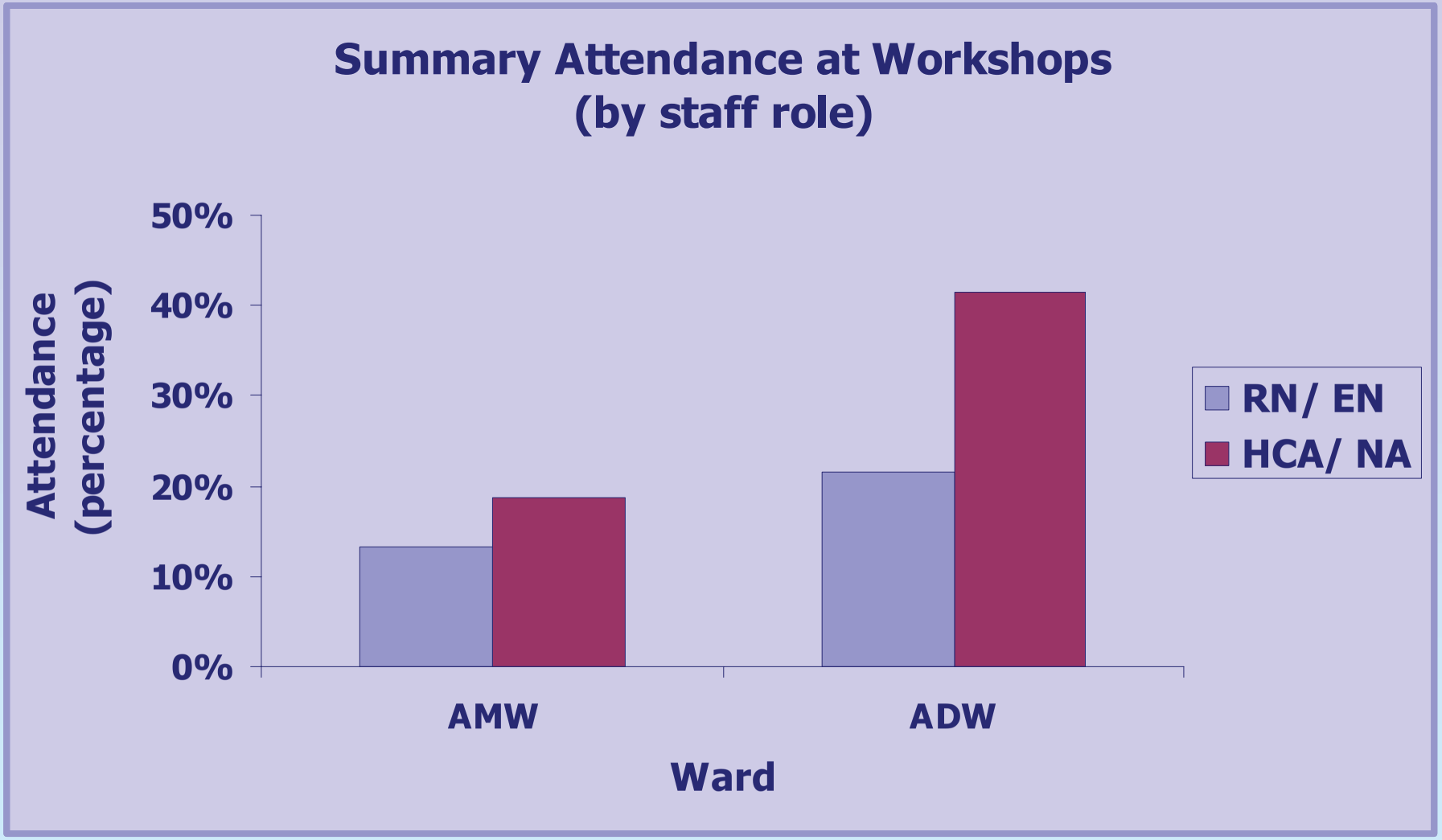
- Themes to explain the acute care experience of someone with dementia
  - A sense of belonging
  - Communicating with the person
  - The essence of dementia nursing
  - Environmental and organisational factors
  - After care

Phase Three: Implementation

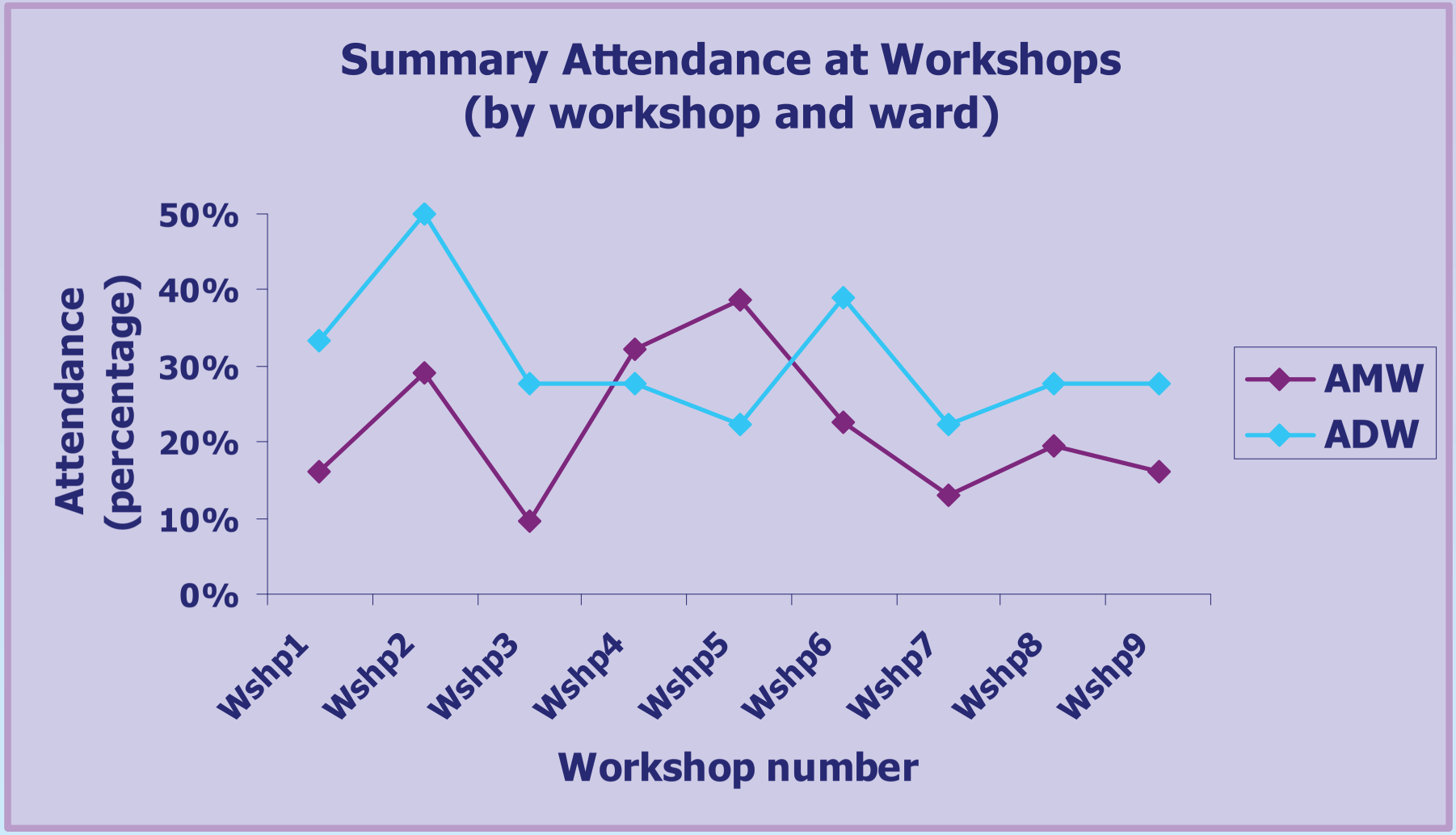
- Workshops (9) and Action Plans (5)
  - Philosophy of person centred care
  - What is dementia?
  - Relaxation techniques
  - Feedback: Developing action plans
  - Challenging situations: Strategies
  - Role play
  - Communication success stories
  - Feedback: Dementia Care Mapping
  - Discharge planning

Reception

Attendance at Workshops I



Attendance at Workshops II



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

Useful references

Adams, T. & Clarke, C.L. (1999) (Eds.) *Dementia Care: Developing partnerships in practice* Edinburgh: Balliere Tindall

Archibald, C. (2003) *People with Dementia in Acute Hospitals* Stirling: University of Stirling

Binnie A. & Titchen A. (1999) *Freedom to practice: The development of patient-centred nursing* Butterworth Heinemann, Oxford

Bradford Dementia Group (1997) *Evaluating Dementia Care: The DCM method* 7th Ed. University of Bradford

Burgess, R.G. (1993) *In the field: An introduction to field research* London: Routledge

Burns, A.; Lawlor, B. & Craig, S. (2004) *Assessment Scales in Old Age Psychiatry* 2nd Ed. London: Dunitz

Clarke, C. & Keady, J. (2002) Getting down to brass tacks: A discussion of data collection pp 25-46 In: Wilkinson, H. (Ed.) *The Perspectives of People with Dementia: Research methods and motivations* London: Jessica Kingsley Publishers Ltd

Department of Health (2001) *The National Service Framework for Older People* London: DoH

Department of Health (2003) *Essence of Care: Patient focused benchmarks* London: DoH

Department of Health (2005) *National Service Framework for Long-Term Conditions* London: DoH

Dewing, J. (2002) From ritual to relationship *Dementia: Journal for Social Research & Practice* 1(2), 157-171

Hart, E. & Bond, E. (1995) *Action Research for Health and Social Care: A guide to practice* Buckingham: OU

Hubbard, G. & Downs, M. (2002) Including the perspectives of older people in institutional care during the consent process pp 63-82 In: Wilkinson, H. (Ed.) *The Perspectives of People with Dementia: Research methods and motivations* London: Jessica Kingsley Publishers Ltd

Kitwood, T. (1997) *Dementia Reconsidered: The person comes first* Buckingham: Open University Press

McCormack, B. (2001) Autonomy & their relationship between nurses & older people *Ageing & Society* 21(4); 417-446

Mental Health Foundation (2004) *Acute Medical Care for People with Dementia: What happens when a patient with dementia is admitted for acute hospital care? London: MHF* [Available online at http://www.mhilli.org/dri/acute.htm Accessed Sept 2005]

Meyer, J. (2000) Using qualitative methods in health related action research *BMJ*, 320, 178-181

Nolan, M.; Lundh, U.; Grant, G. & Keady, J. (2003) (Eds.) *Partnerships in Family Care: Understanding the care giving career* Buckingham: Open University Press

National Audit Office (2003) *Ensuring the Effective Discharge of Older Patients from NHS Acute Hospitals* London: SO

Patton, M.Q. (1990) *Qualitative Evaluation and Research Methods* 2nd Edition London: Sage

Royal College of Nursing (2004) *Becoming an RCN Accredited Facilitator*London: RCN

Silverman, D. (2001) *Interpreting Qualitative Data: Methods for analysing* 2nd Edition London: Sage

Contact details

Victoria Traynor

Associate Professor (Rehabilitation, Continuing & Aged Care) &
Director, Eastern Australia Dementia Training Study Centre

School of Nursing, Midwifery & Indigenous Health
Faculty of Health & Behavioural Sciences
University of Wollongong
Wollongong
NSW 2522
Australia

Tel: +61 (0)2 4221 3471 (3471)
Fax: +61 (0)2 4221 3171

Email: victoria_traynor@uow.edu.au