Collaborative action research: Making it happen

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Collaborative Action Research: Making it happen

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

University of Nottingham

University of Wollongong
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
Action Research

facilitating change

facilitating change

facilitating change

facilitating change

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

- Review findings
- Implications for practice
- Inform practice changes

- Identifying area for change
- Practitioner involvement
- Developing philosophy

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

- A sense of belonging
- Communicating with the person
- The essence of dementia nursing
- Environmental and organisational factors
- After care

Themes to explain the acute care experience of someone with dementia
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)

<table>
<thead>
<tr>
<th>Ward</th>
<th>RN/ EN</th>
<th>HCA/ NA</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMW</td>
<td>10%</td>
<td>20%</td>
</tr>
<tr>
<td>ADW</td>
<td>20%</td>
<td>50%</td>
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</table>
Attendance at Workshops II

Summary Attendance at Workshops (by workshop and ward)

<table>
<thead>
<tr>
<th>Workshop number</th>
<th>Attendance (percentage)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wshp1</td>
<td>AMW</td>
</tr>
<tr>
<td>Wshp2</td>
<td>ADW</td>
</tr>
<tr>
<td>Wshp3</td>
<td></td>
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<td>Wshp4</td>
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<td>Wshp8</td>
<td></td>
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<tr>
<td>Wshp9</td>
<td></td>
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</tbody>
</table>
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

Eastern Australia Dementia Training Study Centre, University of Wollongong
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

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