



School of Nursing and Midwifery

Summer Scholarship Research Program 2021

Project Lists

Project 85: Tailoring an antenatal oral health program for Aboriginal community-controlled organisations in Victoria.....	2
Project 86: Developing and piloting a culturally appropriate resource to raise awareness about betel quid use and oral cancer among Asian/Pacific Island communities in Australia	5
Project 87 Exploring the role of nurses in Medical Hotel Quarantine in Sydney during the Covid 19 Pandemic	8
Project 88: Women’s experiences of accessing publicly available pregnancy care within SWSLHD 10	
Project 89: Birth in the Time of Covid-19 (BITTOC).....	12
Project 90: The Birth Experience Study (BEST).....	14
Project 91: Exploring the nurses’ experiences of utilising a cognitive care station for care of the hospitalised person experiencing cognitive impairment.....	16
Project 92: Implementation of Safewards strategies in two general hospital wards.....	20
Project 93: Child & Adolescent Health Nursing Education Short Course - The Dandelion Project.	24
Project 94: Health response of people of African cultural background to COVID-19.	26
Project 95: Female genital mutilation/cutting: Understanding, meanings and health perceptions among staff and students in the University.....	28
Project 96: Safe Places for women experiencing domestic and family violence.....	30
Project 97: Development and pilot testing of a mindfulness-based interactive eBook for young people with cancer.....	32
Project 98: Preventing Alcohol and Risk-related Trauma in Youths (The P.A.R.T.Y Program).....	34
Project 99: A new model of care – A Next Birth after Caesarean (NBAC) Clinic.....	36

Project 85: Tailoring an antenatal oral health program for Aboriginal community-controlled organisations in Victoria

Supervisor(s): Ajesh George - a.george@westernsydney.edu.au
Principal Supervisor

Lauren Zappa
Second Supervisor, External Partner, **Healthy Families, Healthy Smiles at Dental Health Services Victoria**

Rahila Ummer Christian
Third Supervisor, External Partner, **Bendigo & District Aboriginal Co-operative (BDAC), Victoria**

Lucie Ramjan - l.ramjan@westernsydney.edu.au
Fourth Supervisor

Mariana Sousa - mariana.sousa@uts.edu.au
Fifth Supervisor

Paula Sanchez - p.sanchez@westernsydney.edu.au
Sixth Supervisor

Ariana Kong - 17658010@student.westernsydney.edu.au
Seventh Supervisor

Project Description

Maintaining good oral health during pregnancy is important for the health and wellbeing of the mother and baby. A lack of timely oral health education for mothers may contribute to oral health behaviours in children that precipitate dental decay during early childhood. There is also a link between poor maternal oral health during pregnancy and an increased risk of adverse birth outcomes, like low birth weight or pre-term birth. Infants who are born to Australian Aboriginal and Torres Strait Islander mothers are more likely to be born pre-term and of low birth weight compared to other Australians. In addition, Aboriginal and Torres Strait Islander children are twice more likely to develop early childhood caries in both deciduous and permanent teeth.

To improve maternal oral health in Australia, the Midwifery Initiated Oral Health (MIOH) model of care was developed to build the capacity of midwives to promote oral healthcare during antenatal appointments, undertake risk assessments and to provide timely dental referrals. The MIOH intervention was found to be effective in increasing the knowledge and confidence of midwives to promote oral health as well as improving maternal oral health and the uptake of dental services during pregnancy. The intervention was also widely acceptable and feasible for all stakeholders, and cost effective for health services. The World Health Organization has recently included the MIOH model in their 2021 implementation guidance document as a case study to showcase integration of oral health into primary health care. Although the MIOH model of care was designed to promote oral health care among Australian pregnant women, it was not designed to be culturally specific or relevant for Aboriginal and Torres Strait Islander women.

The Grinnin' Up Mums & Bubs model of care was co-developed and piloted with Aboriginal Health Workers in Greater Western Sydney using the MIOH framework. This model involved training Aboriginal health workers to provide oral health education, risk assessment and referrals to improve the oral health of Aboriginal and Torres Strait Islander women during pregnancy. Similarly, Dental Health Services Victoria have developed an oral health education program, Bigger Better Smiles, for staff working at Aboriginal health services aiming to promote early childhood oral health. Both programs have received high levels of satisfaction and were found to improve the oral health knowledge and confidence of staff. Ensuring culturally safe maternal oral health care during pregnancy and during early childhood are areas of priority outlined in Dental Health Services Victoria's strategic plan. This project aims to collaborate with Dental Health Services Victoria to scope the potential for integrating these existing programs into the practice of Aboriginal health staff across Aboriginal community-controlled organisations (ACCO's) in Victoria.

Project Aims

This project aims to conduct a scoping exercise, through extensive consultation, to identify the potential for integrating existing antenatal and postnatal oral health programs into the practice of Aboriginal health staff in Victoria. The project will be undertaken in consultation with a range of internal and external stakeholders.

Project Methods

It is anticipated that the student will participate in this project as follows:

Stage 1: Establish the working party

- Liaise with the supervisors and project team to identify potential stakeholders (including Victorian Aboriginal Community Controlled Health Organisations (VACCHO's) , DHSV, academics, and other relevant organisations such as specific ACCOs in Victoria)
- Meet with stakeholders to establish rapport and working relationships
- Identify working party and larger consultation group

Stage 2: Consultation and sustainability

- Liaise with stakeholders to obtain feedback on community
- Receive training in searching and reviewing journal databases/other literature and in EndNote training
- Search the literature on existing strategies for sustainability

Stage 3: Collation of feedback and consensus

- Receive training in analysing qualitative data received
- Collate feedback from stakeholders and from searching the literature
- Identify components of the existing model of care that need to be changed and how they should be modified
- Liaise with the study team and stakeholders for a consensus on potential strategies that could be implemented based on findings

Stage 4: Create a final report

- Develop a final report outlining the strategies that could be used for integrating existing antenatal and postnatal oral health programs into the practice of Aboriginal health staff in Victoria

Training and support will be provided in each stage of the project

Opportunity for Skill Development

The student will be guided in the development of a range of research skills which include but are not limited to:

1. Develop skills in engaging, coordinating and collaborating with a range of academic, government, non-government and Aboriginal community-controlled organisations
2. Develop skills in collaborating with Aboriginal and Torres Strait Islander stakeholders in ways that are culturally safe (including reflexivity)
3. Literature searches (including grey literature) – accessing databases, developing search strategies
4. Use of EndNote software, including management of an EndNote library
5. Skills in qualitative content analysis – integrating and interpreting various types of qualitative data together to create a meaningful analysis and strategy that will shape the future program
6. Develop skills in relation to public speaking and oral research presentations, with the opportunity to present findings at local conferences and to VACCHOs

Students are required to have the following skills/meet the following pre-requisite(s) to apply

Essential:

- Enrolled in their second, third or fourth year in an undergraduate degree
- Proficient computer and communication skills (including proficiency in Microsoft Word, Excel and Outlook)
- Prepared to be involved in a significant amount of stakeholder engagement and consultation (through face-to-face/zoom, phone and e-mail), which may involve accompanying another research team member to various other sites (depending on COVID situation)
- Taking initiative and being able to work independently
- Be prepared to spend time working at COHORT, the Ingham Institute for Applied Medical Research in Liverpool (depending on COVID situation)

Desirable:

- Enrolled in a Nursing/Health-related undergraduate degree
- Strong interest in promoting Aboriginal and Torres Strait Islander health and wellbeing

Project 86: Developing and piloting a culturally appropriate resource to raise awareness about betel quid use and oral cancer among Asian/Pacific Island communities in Australia

Supervisor(s): Ajesh George - A.George@westernsydney.edu.au
Principal Supervisor

Siobhan Kelton
Second Supervisor, External Partner, Centre for Oral Health Strategy
NSW, NSW Ministry of Health

Rona Pillay - rona.pillay@westernsydney.edu.au
Third Supervisor

Bronwyn Everett - b.everett@westernsydney.edu.au
Fourth Supervisor

Nidhi Saraswat - 19278243@student.westernsydney.edu.au
Fifth Supervisor

Project Description

The use of betel (areca) nut is a cultural practice in Asian and Pacific Island communities. It involves chewing or holding the nut in one's mouth, either on its own or as a mixture of various ingredients ('betel quid'). Betel nut is a stimulant drug and has been declared as a group 1 carcinogen, with or without tobacco. The health effects are not fully known but regular heavy use may cause health issues like those of tobacco smoking: mouth ulcers, gum disease, oral cancer, nicotine dependence and cardiovascular effects.

Although betel nut is prohibited in Australia, some populations have continued to use betel nut or betel quid depending on the customs in their country of origin. They include immigrants from the Indian Subcontinent and South-East Asia, who can acquire the products from Asian grocery stores. Studies on betel quid use among Burmese refugees and Indian migrants in Australia showed that many participants were unaware of the health consequences. Recent media reports indicate the rising use of betel nut in Australia, with a possible boom of product sales on Australia's black market. Dentists have observed oral health issues and symptoms of oral cancer, mostly in Indian and Myanmar immigrants. There is a need for more awareness of the health risks of betel nut among health professionals and the community in Australia.

Unfortunately, there are currently limited health information resources on betel nut use in NSW. This project seeks to collaborate with a range of stakeholders including policy makers (NSW Ministry of Health), professional organisations and consumers to develop and pilot test a culturally appropriate resource to raise awareness about betel quid use and oral cancer among Asian/Pacific Island communities in Australia. COHORT has a strong track record in developing evidence based oral health resources that have been endorsed state-wide (7 to date <https://www.health.nsw.gov.au/oralhealth/prevention/Pages/integrated.aspx>) and has strong links with Ministry of Health and other professional organisations which will greatly inform this project.

Project Aims

This project aims to develop and pilot a culturally appropriate resource to raise awareness about betel quid use and oral cancer among Asian/Pacific Island communities in Australia. The project will be undertaken in consultation with a range of internal and external stakeholders.

Project Methods

It is anticipated that the student will participate in this project as follows:

Stage 1

- Receive training in the use of EndNote, accessing journal databases, and in basic design
- Search through literature and existing resources nationally and internationally
- From these searches, collate and synthesise the results to identify key messages to raise awareness about betel quid use and oral cancer
- Ensure that messages are adapted to be an appropriate level of reading for the general public
- Liaise with the study team to design and draft these resources in consultation with a graphic designer

Stage 2

- Liaise with stakeholders (including local health district representatives, NSW Health, academics, other organisation such as the Cancer Council) to obtain feedback in terms of the content and layout of the resources
- Liaise with study team to pilot test the resources with consumers

Stage 3

- Student will collate feedback and undertake revisions that need to be made on the resource
- Liaise with study team to seek endorsement from stakeholders (NSW Health and professional organisations)

Training and support will be provided in each stage of the project

Opportunity for Skill Development

The student will be guided in the development of a range of research skills which include but are not limited to:

1. Engaging and coordinating with a range of academic, government and non-government organisations as well as consumers
2. Develop public health resources to be distributed by NSW Health
3. Literature searches (including grey literature) – accessing databases, developing search strategies
4. Use of EndNote software, including management of an EndNote library
5. Develop skills in relation to public speaking and oral research presentations, with the opportunity to present findings at local conferences

Students are required to have the following skills/meet the following pre-requisite(s) to apply

Essential:

- Enrolled in their second or third year in an undergraduate degree
- Proficient computer and communication skills (including proficiency in Microsoft Word, Excel and Outlook)
- Prepared to be involved in a significant amount of stakeholder engagement and consultation (through face-to-face/zoom, phone and e-mail), which may involve accompanying another research team member to various other sites (depending on COVID situation)
- Taking initiative and being able to work independently
- Be prepared to spend time working at COHORT, the Ingham Institute for Applied Medical Research in Liverpool

Desirable:

- Enrolled in a Nursing/Health-related undergraduate degree OR in a Design-related degree (e.g. a Bachelor in: Design, Design and Technology, Creative Industries, Graphic Design, Design-Visual Communication, etc)
- Experience in graphic design

Project 87 Exploring the role of nurses in Medical Hotel Quarantine in Sydney during the Covid 19 Pandemic

Supervisor(s): Diana Jefferies - d.jefferies@westernsydney.edu.au
Principal Supervisor

Lucie Ramjan - l.ramjan@westernsydney.edu.au
Second Supervisor

Shyama Ratnayake - S.Ratnayake@westernsydney.edu.au
Third Supervisor

Tracy Stanbrook - T.Stanbrook@westernsydney.edu.au
Fourth Supervisor

Project Description

Nurses as front-line health workers continue to play a critical role in managing COVID-19 globally as well as in Australia. Their expertise, roles, and responsibilities within and outside healthcare settings have been paramount in managing the pandemic and the challenges they have faced in their work are well documented. Implementing supervised hotel quarantine periods of 14 days to all incoming travellers is part of a strategic health plan to prevent further spread of the virus in the community. Nurses are involved at many levels during the hotel quarantine process making them highly susceptible to infection and vulnerable to other health risks. Although the international research provides some insight into the nurses' experience in hotel quarantine, the Australian nurse perspective is limited.

This research will be published in high quality, Q1 international journals and will be presented at national and international conferences. As this is the first project to examine this aspect of the COVID 19 pandemic, there will be media interest in the findings and in publications such as the Conversation. In the long term, this project has the potential to become part of an archive of materials that will remain of interest to scholars, such as historians, researching responses to the COVID pandemic. It is paramount to explore the role of nursing during the pandemic for future reference.

Project Aims

This research will document the important role nurses play in containing COVID-19 and its potential spread into the community. Anecdotal evidence from Mr Brad McEntee, Nurse Manager Hotel Quarantine, suggests that nurses played a leading role in the development of hotel quarantine in NSW, often pre-empting government policy through risk assessment and the implementation of nursing strategies. Other research into the role of nursing in hotel quarantine has not been published to date. Therefore, this research will provide the first record of how nurses managed this challenging area of disease containment.

The research questions that will be answered are:

- How did nurses contribute to the success of Australia's low incidence of COVID-19 infections in NSW?
- What challenges were faced by the nurses?
- How did the nurses develop solutions to these challenges?

Project Methods

This study will employ a qualitative descriptive research methodology. Nurses, Managers, Registered and Enrolled Nurses and Assistants in Nursing who have worked in the NSW Medical Hotel Quarantine facilities administered by the Sydney Local Health District will be invited to take part in this study. Participants will be recruited using purposive and snowball sampling methods. Data will be collected until saturation is reached using semi structured interviews (of one-hour duration) through zoom sessions. Data will be analysed following Braun and Clarke's (2006) six step thematic analysis.

Opportunity for Skill Development

- Conducting literature searches;
- Developing Endnote libraries;
- Assisting with participant interviews;
- Analysing interview data in conjunction with researchers;
- Drafting papers for publication.

These activities will enable the research intern to further develop their skills in:

- Advanced scholarly information literacy;
- The ability to refine research criteria to obtain useful results and summarise results effectively.

Students are required to have the following skills/meet the following pre-requisite(s) to apply

- Able to work during the recommended time frame
- Excellent academic language skills
- Basic knowledge in referencing

Project 88: Women’s experiences of accessing publicly available pregnancy care within SWSLHD

Supervisor(s): Elaine Burns - e.burns@westernsydney.edu.au
Principal Supervisor

Hannah Dahlen - h.dahlen@westernsydney.edu.au
Second Supervisor

This project is in partnership with SWSLHD and SWSPHN

Project Description

This is a prospective sequential mixed methods study which aims to explore the experiences of women accessing maternity care in SWSLHD. The study will include a three-phase design. Phase one is an online pre-birth survey which will be collected from women who meet the inclusion criteria and have consented to participate. Women will be invited to participate in the survey at between 34-38 weeks gestation when they visit the hospital for their regular visit. We will host meetings with the Antenatal clinic managers and staff at each of the participating hospitals prior to commencing Phase One recruitment and data collection for this project. Phase one data will inform the development of a survey for Phase two post-birth online survey. The survey link will be sent to first-time mothers, who participated in Phase one, and who left their contact details at the end of the pre-birth survey. Phase three will include in-depth interviews with first time mothers who participated in phase one and two and who left their contact details at the end of the post-birth survey. The interviews will be conducted either by telephone, or using video conferencing technology, depending on participant preference. Approximately 35 women will be invited to share their experience of the model of care that they experienced and to explore what could be enhanced or modified.

The student will be included in the systematic review of the literature and the phase 1 and 2 survey research data analysis.

Project Aims

This study aims to explore women’s experiences of accessing publicly available models of pregnancy care within SWSLHD. The models are defined in the Table 1 below.

Table 1: Models of care

1. Midwifery Group Practice (MGP) - offered at Campbelltown, Camden & Bankstown Hospital.	This care is provided by the same midwife throughout pregnancy, birth and postnatal care at home. This midwife provides their contact details and is on call 24/7.
2. Maternity Antenatal Postnatal Service (MAPS) - offered at Fairfield & Bowral Hospital.	MAPS is run by a team of midwives who work together to provide antenatal & postnatal care for up to 2 weeks. These midwives do not attend the birth of baby. Women may engage with between 1-3 midwives during care.
3. Team Midwifery - offered at Campbelltown Hospital	Team is run by a group of midwives working together. A member of the team will complete antenatal visits, be present at birth & attend postnatal visits for up to 2 weeks at home. A member of the team will be contactable in relation to care. Women may engage with between 1-5 midwives over the care period.
4. Midwifery Clinic - offered at all hospitals	Midwives clinics are run within the antenatal clinics of the hospitals providing pregnancy care. Women may or may not see the same midwives at each appointment. These midwives will not attend the birth of baby or see women postnatally.
5. Antenatal Collaborative care or Midwife/Doctor clinics- offered at all hospitals	Includes various Midwives and Doctors in the antenatal clinic. Appointments are shared between both the antenatal clinic obstetric doctors and midwives dependent on care needs.
6. GPSC – Offered at all hospitals	ANSC is a low risk model of care provided between a recognised general practitioner (GP) and the hospital antenatal clinic. Care is primarily provided by the GP with 3 scheduled visits at the hospital antenatal clinic.
7. Hospital Doctors/Obstetric clinic- Offered at all hospitals	Doctor’s clinics are run within the antenatal clinic of the hospitals providing pregnancy care. All antenatal appointments are conducted by an obstetric doctor. Women may or may not see the same doctor at each appointment.

The objectives of the study are to:

1. Explore women's satisfaction with their chosen model of antenatal care both before and after birth
2. Compare the information provided and information needs of women from each of the models of care
3. Identify areas for improvement and enhancement within the models of care.

Project Methods

This is a prospective sequential mixed methods study with three phases. In phase one a systematic review of the literature will be collected, and the student will become involved including helping to search for themes across the included papers and drafting the manuscript. The summer scholar will also be involved in all of the team meetings and project planning with the project steering committee and the analysis of the survey data from phase 1 and 2.

Opportunity for Skill Development

The student will be supported to engage with all aspects of the project as appropriate. The student will be mentored to conduct a systematic literature review and will learn how to search for relevant literature, complete a prisma and study inclusion tables and systematically review and analyse literature for themes and commonalities across the included papers.

The student will have the opportunity to become immersed in a research culture and develop skills in survey data analysis and working with hospital and community-based industry partners. They will also have the opportunity to be a named author on a paper.

This study will provide data on:

- The experiences of women receiving antenatal care from different models of care in SWSLHD and a comparison between the models.
- Satisfaction with the quantity and quality of education and information provided to women as part of the different models of care.
- The strengths and shortcomings of the different models of care in order to inform changes for the future delivery of maternity care by the LHD.

The student will be supported to attend all partner meetings held during the summer scholarship timeframe and will have an opportunity to learn about the progress of a research project at an LHD.

Students are required to have the following skills/meet the following pre-requisite(s) to apply

The summer scholar student will need to be enrolled in the Bachelor of Midwifery in order to have the requisite knowledge required for this project. The student should be at least in second or third year of the Bachelor of Midwifery Degree.

Project 89: Birth in the Time of Covid-19 (BITTOC)

Supervisor(s): Hannah Dahlen - h.dahlen@westernsydney.edu.au
Principal Supervisor

Hazel Keedle - h.keedle@westernsydney.edu.au
Second Supervisor

This project is in partnership with **McGill University, CDU, UTS, Burnet Institute, Monash, UNSW**

Project Description

The world is experiencing the unprecedented impact of the COVID-19 pandemic. The local or global impact on women who are pregnant and giving birth and their care providers in the time of COVID-19 needs to be studied so we know the impact on women and babies and best pathways for care when future pandemics occur. This research takes the opportunity to understand the impact upon childbearing women in any setting and midwives, and midwifery students within maternity care services. It also seeks to understand their experience and identify points at which care could be improved or where reorientations of care worked well from the perspective of both the woman and their most common health provider. We are also leading longitudinal cohort sub study in BITTOC with follow up surveys being sent to the same initial cohort of women pregnant during the height of the pandemic at 2 months, 6 months and 12 months following birth. We have completed the 2 month follow up and by October will have completed the 6 month follow up.

The Summer Scholar would be involved in analysis of the qualitative comments coming from the surveys.

Project Aims

This research aims to explore the impact that the COVID-19 pandemic is having on the pregnancy, birth and early postnatal experiences of women and their midwifery care providers (midwives, midwifery students).

Project Methods

The data is currently being collected through:

1. In-depth interviews (n=30) have been conducted via 'zoom' or a similar electronic communication platform with women who are currently pregnant or have recently given birth since March 2020
2. In-depth interviews (n= 10) have been conducted via 'zoom' or a similar electronic communication platform with registered midwives working in Australian public or private health services providing maternity care, at the time of the COVID-19 pandemic
3. In-depth interviews (n=8) have been conducted via 'zoom' or a similar electronic communication platform with midwifery students, studying and working in Australian public or private maternity services, at the time of the COVID-19 pandemic
4. In addition 8 women have been asked to report on their interactions with health providers using the Voqual App (an app to enable audio / video recordings in real time during women's pregnancy and after interactions with health care providers as an audio / video journal) and interviews have been conducted with them 4-6 weeks following birth reflecting on the gathered data from the uploaded data.

5. Three electronic online surveys have been developed from the in-depth interview responses given by women, midwives, and midwifery students, and distributed nationwide.
6. A longitudinal cohort sub study with follow up surveys is being sent to the same initial cohort of women pregnant during the height of the pandemic at 2 months, 6 months and 12 months following birth. We have completed the 2 month follow up and by October will have completed the 6 month follow up.

Qualitative data (In-depth interviews and Voqual App data) will be analysed using thematic analysis and descriptive statistics (frequencies and means) will be used for the quantitative data that is obtained from the surveys. Open text responses in the survey will be analysed using content analysis.

The Summer Scholar would assist with analysing the open text comments in the surveys under the supervision of Professor Dahlen and Ms Hazel Keedle who is an ECR. This will include the following

1. Assist with coding of open text responses made in the surveys
2. Be a part of the team writing the review for publication.
3. Be involved in at least one publication from the study

Opportunity for Skill Development

The Summer Scholar will learn skills in analysing qualitative data from the comments in the surveys. This will help with attention to detail, becoming highly organised, gaining good writing skills and confidence with using databases. They will also be able to be an author on one of the publications at least. The student will learn about being part of a national and international team and hopefully be inspired to undertake a MRes or Honours in the future.

Students are required to have the following skills/meet the following pre-requisite(s) to apply

Attention to detail, highly organised, good writing skills. Confidence with using databases. An interest in maternal health.

Project 90: The Birth Experience Study (BEST)

Supervisor(s): Hazel Keedle - h.keedle@westernsydney.edu.au
Principal Supervisor

Hannah Dahlen - h.dahlen@westernsydney.edu.au
Second Supervisor

Project Description

The Birth Experience Study (BEST) is a National online survey exploring women's experiences of maternity care in the previous 5 years. Women can have both positive and negative birthing experiences. Birthing experiences impact women and their families and can be remembered throughout the women's lifetime. Some women who experience a negative birthing experience may experience birth trauma and this can lead to a diagnosis of post-traumatic stress disorder (PTSD) and potentially postnatal depression and other maternal mental health issues. This study explores the impact of model of care on women's birthing experiences, factors contributing to positive and negative birth experiences and the impact of birth trauma on women and their families.

Project Aims

This project aims to explore the experiences of women giving birth in Australia.

The objectives of the study are to:

1. Explore the impact of model of care on women's birthing experiences
2. Determine the factors contributing to positive and negative birth experiences
3. Discover the prevalence, levels and impact of birth trauma on women and their families

Project Methods

This study utilizes an online electronic survey with the option to collect audio or video recordings using the Voqual smartphone application.

The online survey is developed using validated measurements such as the Mothers in Decision Making (MADM) / Mothers on Respect index (MORi) and City Birth Trauma Scale (City BiTS), demographic information and questions developed by the research team. The survey has been live and online since 9th March 2021 and currently has had 6600 responses from across Australia.

During the survey respondents are asked if they would like to contribute their story through an audio or video recording. Participants choose to follow the link to download the Voqual app where once registered they can record and upload audio or video recordings of their experience of birth trauma. There are currently 16 recordings from the survey using Voqual.

The survey has been designed and distributed using Qualtrics, a secure password protected online survey platform. The survey data will be downloaded and analysed using both Excel spreadsheets and SPSS for descriptive statistical analysis. Responses with significant missing data will be excluded from analysis. Qualitative comments will be imported into NVIVO 20 for content analysis using the inbuilt survey wizard.

The audio and video recordings will be downloaded from the secure online Voqual database as MP4 and MP3 files. The recordings will be transcribed and imported into NVIVO 20 for thematic analysis.

The Summer Scholar would assist with reviewing the literature and analysing qualitative comments in the survey.

This will include the following:

- Become familiar with the literature published on the impact of birth trauma on women and their families
- Work with the librarian to run a search and then with the other supervisors to continue the search using the other identified databases
- Work with the supervisors to identify the studies for inclusion. Undertake data extraction and enter data on to a database.
- Work with the supervisors to undertake an assessment of risk of bias the included studies.
- Commence summarising the findings from the data extracted, and
- Document and commence writing the review for publication.
- Assist with the coding of the qualitative data in the survey alongside supervisors Hazel Keedle and Hannah Dahlen
- Be involved in at least one publication from the study

Opportunity for Skill Development

The Summer Scholar will learn skills in reviewing the literature and analysing qualitative data from the BEST survey. This will help with attention to detail, becoming highly organised, gaining good writing skills and confidence with using databases. They will also be able to be an author on one of the publications at least.

Students are required to have the following skills/meet the following pre-requisite(s) to apply

Attention to detail, highly organised, good writing skills. Confidence with using databases. An interest in maternal health.

Project 91: Exploring the nurses' experiences of utilising a cognitive care station for care of the hospitalised person experiencing cognitive impairment

Supervisor(s): Laretta Luck - laretta.luck@westernsydney.edu.au
Principal Supervisor

Katherine Paulette
Second Supervisor, External Partner, **Centre for Nursing and Midwifery Research**

Md Nazmul Huda - n.huda2@westernsydney.edu.au
Third Supervisor

This project is in partnership with the **Centre for Nursing and Midwifery Research, Nepean Hospital, Nepean Blue Mountains Local Health District**

Project Description

People with dementia can exhibit challenging behaviours, and collectively these behaviours are referred to as 'behavioural and psychological symptoms of dementia (BPSD). Non-pharmacological interventions are recommended as a first-line intervention for agitated behaviours associated with dementia. Indeed, emerging evidence suggests that the use of anti-psychotic medications has few benefits for persons with dementia and pose risks such as falls, blood clots and heart problems. BPSD behaviours can be challenging to manage in the acute hospital setting. Person-centred care is the foundation on which dementia care is built. Provision of diversional activities based on the individuals own preferences is one method acute care teams can reduce the occurrence of BPSD and increase the sense of dignity and personhood for the hospitalised person with cognitive impairment.

'Cognitive Care Station' is a term conceptualised to locate a designated area in an acute care hospital ward for the cohort of a number of diversional activities and educational resources to assist with evidence-based non-pharmacological cognitive care. Several diversional activities are utilised for individuals with cognitive impairment. Activities and resources proposed to be included in the cognitive care station are music therapy, reminiscent therapy, doll therapy, fiddle mats/boxes, theme-based picture folders and an iPad for the family to record soothing and orientating messages. Educational materials for nursing and allied health staff will be made available at these cognitive care stations. They will include current evidence-based journal articles, pamphlets and information sheets from relevant peak bodies.

Access to up-to-date written educational materials and health promotion resources is needed to improve the care of people admitted into hospitals and those with cognitive impairment experience. Implementing dementia care education programs throughout hospital settings is promising to enhance dementia care. With this in mind, having easily accessible and diverse written educational materials allows nursing staff immediate and, in the moment,, reference points for their own education and the education and health promotion of the patients and families in their care. Ensuring up-to-date resources available for nursing staff also facilitate self-directed learning competency in the acute care hospital setting.

Moyle et al. (2010) suggest that neglecting patients' needs and focusing solely on staff's risk in acute care settings can weaken staff's relationships with their patients and produce poor health outcomes. The provision of diversional resources at the point of care in the acute hospital setting can assist in balancing risk reduction care with person-centred care, thus promoting comprehensive, evidence-based practice. The staff will be provided with education as to how best to utilise the new resources in the form of in-services and one-on-one discussions. Overall, much has been investigated about the efficacy of the aforementioned diversional activities in the home and residential aged care environment. However, far less is known regarding the efficacy of applying such evidence-based interventions in an acute care hospital environment.

Project Aims

This project aims to:

- Explore nurses' experiences of utilising an array of diversional resources for non-pharmacological nursing management of the patient with cognitive impairment
- Explore nurses' experiences of accessing an array of written educational resources related to cognitive impairment
- Examine the extent to which the care station resources are utilized
- Explore the experiences of the nurses as to how much these resources helped their patients

Project Methods

The summer scholar will be situated at the CNMR which is a conjoint centre between the School of Nursing and Midwifery and the Nepean Blue Mountains Local Health District based on a Nepean Hospital. As a function of working at the CNMR, the summer scholar will be exposed to many aspects of research.

Research Design:

Cognitive care stations will be introduced to Ward 3B containing educational materials and diversional therapy. The efficacy of the cognitive care station will be assessed by interviewing the nursing staff six months after the implementation of the stations.

A qualitative descriptive design using in-depth interviews will be used in this study. A qualitative description design is particularly relevant where information is required directly from those experiencing the phenomenon under investigation and where time and resources are limited. Qualitative descriptive design is used when little is known about the phenomena of interest. It enables the researcher to understand the phenomena of interest as it is constructed by the participants and is underpinned by naturalistic inquiry.

Site: Nepean Hospital: Ward W3B.

Population sample and recruitment:

Nursing staff on ward W3B Nepean Hospital will be invited to participate in one-on-one interviews regarding their own experiences utilising the new 'Cognitive Care' Station located on their ward. Recruitment will begin following ethics approval and the implementation of the Cognitive care stations. Nurses will be recruited via emails, posters, flyers and in-service education sessions. Using the ethical principles of voluntary informed consent, participants will be asked for their written consent.

Data Collection:

A qualitative interview will be used to reach the aims of this study. Face-to-face, telephone or video conferencing interviews will be conducted with at least 10-12 participants. The interviews will take approximately 30–40 minutes to complete. The interviews will take place in the ward tutorial rooms at a mutually convenient time. Data will be audio-recorded. Data will comprise the experience of the nurses using the educational and diversional resources. This will include the advantages and disadvantages of the strategies and potentially elicit information to improve the use and efficacy of the cognitive care stations. Participants' identities will remain confidential.

Data Analysis:

Audio recordings will be transcribed and loaded into the qualitative data analysis software NVivo (QSR International Pty. Ltd.). This data will be analysed thematically reviewed by the research team to enhance rigor. Codes and categories will be developed and abstracted for overarching themes. These will be discussed and revised by the research team until consensus has been reached.

Data management:

All hardcopy and softcopy data files will be stored at the CNMR, Nepean Hospital (hardcopy in locked cabinets and softcopy on password-protected computers). All data will be stored for five years as per the National Health and Medical Research Council (NHMRC) guidelines.

Opportunity for Skill Development

1. Literature Review
 - Learn to search relevant databases and retrieve literature.
 - Learn how to do a systematic and integrative review.
 - Learn to manage large amounts of literature.
 - Learn how to use Endnote.
 - Learn, and apply methodologically appropriate tools to critique the literature and check the quality, i.e. PRISMA, CASP.
 - Learn how to present the findings of an integrated review in a table format.
 - Be part of the team writing up, and authoring, a journal article.

2. Data collection and analysis (optional)
 - Learn how to approach and build rapport with nursing staff from the Nepean hospital (Ward W3B) to invite them to complete the in-depth interviews.
 - Learn how to recruit nursing staff via emails, posters, flyers and in-service education sessions.
 - Learn how to build empathy with nursing staff and collect data from them applying Face-to-face, telephone or video conferencing interviews.
 - Learn how to code and analyse qualitative interview data using NVivo software and the thematic analysis technique.

3. Other skills
 - Have the opportunity to work at the CNMR and experience working in a research team.
 - Have the opportunity to work with and be supported by the Clinical Nurse Consultant.

Students are required to have the following skills/meet the following pre-requisite(s) to apply

Ideally, the student would be a nursing student completing the second or third year of the Bachelor of Nursing (Advanced) or Bachelor of Nursing program in 2021. This would ensure the student has completed an introductory research unit and has had clinical placement. Students from other disciplines would also be considered.

Project 92: Implementation of Safewards strategies in two general hospital wards

Supervisor(s): Laretta Luck - Laretta.Luck@westernsydney.edu.au
Principal Supervisor

Kellie Kaczorowski
Second Supervisor, External Partner, Nepean Hospital, Nepean Blue
Mountains Local Health District

Fiona McDermid - F.Mcdermid@westernsydney.edu.au
Third Supervisor

Project Description

Violence towards nursing staff from patients and their visitors is a widespread, worldwide problem and an ongoing challenge in Australian hospitals. New and innovative strategies to address this rife problem are needed to support nurses and decrease the personal and professional negative outcomes. The majority of research studies occur in high risk areas such as emergency departments and mental health units, however there is a lack of evidence about initiatives that address conflict and violence in general hospital wards.

One successful solution in the mental health nursing field is the Safewards model. Safewards is a toolbox of 10 nurse-led interventions that can be used to decrease the rates of conflict and containment in mental health wards. The Safewards interventions include inter-personal communication and conflict and violence prevention strategies. It helps to understand what is happening in the setting that could lead to conflict or violence and provides strategies about how to make changes to improve safety for nurses, patients and visitors.

Using a collaborative approach, the Safewards model will be implemented in two general hospital wards. The nurses on the wards will work with the research team to review the Safewards interventions and change them so they will work in their wards.

The summer scholar will work with the broader research team that includes the Research Partner, two nurse clinicians, the Director of Nursing (Nepean Hospital), a Professor from the UK and an Research Assistant (RA) employed specifically for the project. They will also work with nurse clinicians from the general wards. Ms Kaczorowski is instrumental as the Safety Culture Coordinator collaborating and providing support to the nurses on the wards to iteratively modifying the Safewards strategies. She will also provide workshops and education sessions. She will be involved in data collection and writing for publication.

This project has the capacity to attract more funding and research outputs. As a function of the experience implementing Safewards in the two wards, it is envisaged that the Safewards strategies can then be implemented in other wards and units. The Nepean Hospital will have 2 general hospital wards employing innovative strategies that avert and decrease episodes of violence towards nurses.

Project Aims

‘Safewards’ is a validated toolbox of 10 nurse-led interventions to address situational “flash points” that decrease the rates of conflict and containment in mental health wards. The 10 Safewards strategies include: Clear and Mutual Expectations; Soft Words; Talk Down; Positive Words; Bad

News Mitigation; Know Each Other; Mutual Help Meeting; Calm Down Methods; Reassurance; and Discharge Messages.

In 2014, the Safewards initiative was first trialled across seven self-selected health services in Victoria. They found a significant reduction in physical and verbal aggression (Fletcher, 2019). To date there is no published evidence that the Safewards strategies have been modified and implemented in general hospital wards. In 2020-2021, in collaboration with the ward nurses, the researchers at CNMR are piloting the implementation of the Safewards strategies in an orthopaedic ward. This study aims to introduce Safewards into two additional general hospital wards at Nepean Hospital.

All of the nursing staff in the general hospital wards will be invited to participate as co-researchers and be supported to choose Safeward strategies to implement in their daily practice. As recommended by Safewards, the research team will provide education and resources to enable the nursing staff to identify the most appropriate and relevant strategies they can use in their context. All ward nurses will be invited to implement the chosen Safeward strategies over five months. It is proposed these activities will be embedded in the ward culture as violence prevention strategies. Because the Safewards resources are specific to the mental health context, an iterative process will be used to modify and change the resources to ensure the appropriateness to the general ward context.

Aim

The aim of this research is to implement contextually suitable Safewards interventions into two general nursing wards using an action research methodology.

Objectives

1. To decrease episodes of conflict and violence towards nurses.
2. To modify Safewards strategies to enable them to be used in two general nursing wards.
3. To implement Safewards in the general wards.
4. To evaluate the implementation of Safewards strategies in general nursing wards.
5. To provide nurses with new skills to avert and respond to episodes of conflict and violence.
6. To empower nurses to positively change nursing practice and improve patient care.

Project Methods

Action Research

Action research is the methodological approach that will be used to implement Safewards strategies into the two general hospital wards. Action research allows the nurse participants to be co-researchers involved in a collaborative partnership alongside the research team. Action research enables researchers to address real life practical problems through the cycle of planning, implementing and assessing (Gray, 2018). This aligns with the Safewards approach of think, plan, do. The research team will be directly involved with the nurses on the ward to effect change, improve clinical practice and thereby positively affecting the patient experience. To develop rapport and provide information about Safewards, formal and informal meetings during handover will be regularly arranged and impromptu drop-in 5-10-minute meetings will be employed. Information and education sessions regarding the Safewards strategies will be pivotal.

Safewards implementation

The participant co-researchers and the research team will plan for how the Safewards interventions will be implemented in the wards. Relevant resources will be developed by the nurse clinician co-researchers and the research team. The implementation will be cyclical, and changes will be led by the nurse co-researchers. The successful implementation of Safewards using an AR approach needs consideration of factors such as:

- Understanding the selected general hospital ward environments.
- Building a strong rapport to develop a team culture and change work dynamics.
- Reviewing and modifying the Safewards resources and interventions to meet the needs of the general ward context.
- Developing the skills, confidence and understanding of nursing staff about Safewards interventions.
- Ensure staff values and beliefs are considered to facilitate sustained interest and long term engagement.
- Empowering nurses to be co-researchers.

Evaluation

There will be four parts to the Evaluation of the Safewards implementation:

1. Pre and post qualitative focus groups and/or interviews
2. Pre and post quantitative “Confidence and Attitudes in managing patient aggression” questionnaire (Casey 2019)
3. Fidelity checks - Bowers et al. (2014) fidelity checklists for Safewards interventions will be used.
4. Collection of IIMS data

Opportunity for Skill Development

All resources at the Nepean Blue Mountains CNMR will be available for the summer scholar during their secondment. This will include the research partner, research team, clinical nurses on the wards, incumbent CNMR RA, the RA working with the Safewards project.

Implementing the Safewards Strategies using an Action Research Approach

The intern will be able to work with the research team and the industry partner to support the nurses in the wards to modify the Safewards interventions therefore learning about Action Research. This will involve going into the wards and working with the research team, research partner and the nurse clinicians.

The Summer Scholar will be able to choose what data analysis they would like to be involved with or they may choose to contribute to both.

Data Analysis

1. The pre implementation focus group and/or interview data will have been collected by November 2012 when the intern will commence. The intern will be able to engage in the thematic analysis of the qualitative data. This will involve the intern being part of the team using NVivo for data analysis.
2. The pre implementation “Confidence and Attitudes in managing patient aggression questionnaire” will have been collected. The intern will be given the opportunity to engage with quantitative data analysis. This will involve working with the team using SPSS for data analysis.

Writing for publication

A literature review and/or journal article will be part of the outcomes for this research. With the support of the team, the summer scholar will have access to the WSU School of Nursing and Midwifery Librarian to learn advanced literature search skills. This will be supported by the CNMR RA. The Summer Scholar will also be supported to learn how to use Endnote. Part of this opportunity will be to learn the skills to critically and systematically appraise literature using commonly used appraisal tools (such as PRISMA, CASP).

Students are required to have the following skills/meet the following pre-requisite(s) to apply

It would be advantageous if the summer scholar was a nursing student or enrolled in a medical / health sciences degree.

Project 93: Child and Adolescent Health Nursing Education Short Course - The Dandelion Project

Supervisor(s): Lucie Ramjan - l.ramjan@westernsydney.edu.au
Principal Supervisor

Peter Lewis - p.lewis@westernsydney.edu.au
Second Supervisor

Sheeja Perumbil Pathrose - s.pathrose@westernsydney.edu.au
Third Supervisor

This project is in partnership with the **Australian College of Nursing**

Project Description

Adolescence is a complex; turbulent and often confusing period of development as young people seek to determine their own identity. Biological maturity precedes psychosocial maturity, often leading to greater risk taking and experimentation, while responsibilities shift from parents to young people themselves. Additional challenges arise for adolescents and young people in transition to adulthood when their anticipated developmental trajectory is disrupted by illness or injury.

There are 3.3 million young people in Australia aged 15-24 years (13% of the population). The general health of this population over recent years has not improved to the same magnitude as other population groups. In 2019, among young men suicide and self-inflicted injuries were the leading burden of disease and for young women anxiety disorders ranked highest. While data suggests the number of young people smoking has decreased, overweight and obesity, substance use, sexual and reproductive health and mental health continue to contribute to health disparities.

Nurses are in an optimal position to establish a safe and supportive environment that meets the holistic needs and promotes better health outcomes for this unique population group. An investment in the further education of our nurses (who work across diverse practice settings) and enhancement of their knowledge and confidence to work collaboratively with adolescents and young people can contribute to better health. All too often adolescent and young people's health and emotional wellbeing is overlooked in favour of younger children and older people.

We have been in discussion with the Australian College of Nursing about partnering in the development of a self-paced online professional development short course (6-8 modules) for nurses working with children, adolescents and young people and measuring the effectiveness as a research project. The blue-print for the modules is in the preliminary stage and would include engaging interactive learning content and videos hosted on Western's OpenLearning website. Guidance and support for development and approval will be provided by the 21C Innovating Alternative Credentials stream, led by PVC Learning Futures, Professor Simon Bedford. Further support may also include curriculum and learning design, and digital content development provided by Learning Futures and Open Learning.

In a partnership with the Australian College of Nursing we envision co-badging the education modules included in the short course (ACN and WSU branded). The Course can be non-award or may attract CPD should participants then undertake further study with ACN or Western.

Project Aims

This project aims to develop an online child and adolescent health nursing education short course (in consultation with stakeholders, including ACN) and to pilot test the acceptability and feasibility.

Project Methods

Stage 1

- Receive training in the use of EndNote, accessing journal databases and systematic literature review for manuscript preparation
- Liaise with stakeholders (including ACN) to obtain final feedback in terms of the content and layout of the developed suite of online resources for the short course

Stage 2

- Liaise with the study team to identify standardised and self-report questionnaires to measure acceptability and feasibility and learn how to track 'learner analytics'
- Liaise with study team to develop qualtrics surveys
- Pilot test the acceptability and feasibility with a group of nurses and nursing students

Stage 3

- Student will collate quantitative and qualitative data, be involved in the analysis and obtain an understanding of descriptive statistics and presentation of data in charts.

Training and support will be provided in each stage of the project and the student will be offered co-authorship of a publication.

Opportunity for Skill Development

The student will be guided in the development of a range of research skills which include but are not limited to:

1. Experience in mixed method research and feasibility studies
2. Engaging with an industry partner, academic and professional staff
3. Literature searches – accessing databases, developing search strategies
4. Use of EndNote software, including management of an EndNote library
5. An understanding of Qualtrics and descriptive statistics

Students are required to have the following skills/meet the following pre-requisite(s) to apply

Essential:

- Enrolled in their second, third or fourth year in an undergraduate degree
- Proficient computer and communication skills (including proficiency in Microsoft Word, Excel and Outlook)
- Taking initiative and being able to work independently
- Passionate about child and adolescent health

Desirable:

- Enrolled in a Nursing/Health-related undergraduate degree and preferably has completed a research unit (i.e would suit an Advanced Student but this is not essential)

Project 94: Health response of people of African cultural background to COVID-19.

Supervisor(s): Olayide Ogunsiji - o.ogunsiji@westernsydney.edu.au
Principal Supervisor

Aileen Lane - a.lane@westernsydney.edu.au
Second Supervisor

This project is in partnership with **Africa Health Australia**

Project Description

The population of people of African background is increasing in Australia. In 2006, a total of 248,699 people born in Africa were living in Australia. This figure represents 5.6 per cent of Australia's overseas-born population and around 1 per cent of the country's total population. Since then, around 50,000 more migrants born in Africa have arrived in Australia. Specifically, Australian Bureau of Statistics (2018) reported that the number of African born people increased by 50% from 147,876 in 1996 to 380,000 in 2016. As they grow in number, their presentation and demand for health care services will increase. To provide optimal and culturally sensitive health care particularly during the current COVID-19 pandemic, it is important to understand their health issues and responses to the pandemic from their own perspective.

Research questions

1. What are the health issues for people of African background in Australia?
2. What are the barriers and facilitators for people of African background in accessing health services in Australia?
3. What are the effects of COVID-19 pandemic on the health of people from African background in Australia?

Outcomes

At the end of this project, we will be able to:

1. Know the self-reported health issues for people of African background in Australia.

Measurement: This will be measured by the development of database of health issues for people of African background in Australia.

2. Understand the barriers and facilitators for people of African background in accessing health services in Australia.

Measurement: Responses of people of African background in Australia to quantitative survey and qualitative interview/focus group questions.

3. Report the effects of COVID-19 pandemic on the health of people from African background in Australia.

Measurement: Responses of people of African background in Australia to quantitative survey and qualitative interview/focus group questions.

Project Aims

1. To identify health issues for people of African background in Australia.
2. To understand barriers and facilitators for people of African background in accessing health services in Australia
3. To explore the effects of COVID-19 pandemic on the health of people from African background in Australia.

Project Methods

This is a mixed methods study that will utilise survey, semi-structured interviews and focus group discussions.

Survey

The survey will be both online and paper-based and will include questions about the participants' demographics. However, there will be no identifying features such as name or home address on the questionnaire.

Interviews

The face-to face or telephone digitally recorded interviews will require participants to provide pseudonyms with which they will be referred to throughout the project and in the dissemination of the research findings.

Focus group

Participants in the focus group discussions will provide more depth of information on women, men and youth related health issues. It is anticipated that more representative indication of gendered and age-related health issues will be obtained by having both interviews and focus group discussions. They will also be required to provide pseudonyms with which they will be referred to throughout the project and in the dissemination of the research findings.

Student Engagement

Successful student for this application will be required to transcribe 10 digitally recorded interviews and 2 focus group discussions. Furthermore, the student will be required to work with the supervisors in the development of manuscript for publication. The student's name will be included in this manuscript.

Opportunity for Skill Development

Working on this project will provide the student with the opportunity to develop research skills in the area of interview transcript, preliminary data analysis and identification of findings in a qualitative component of a study. The student will need to be prepared to meet with the supervisors occasionally after completion of this scholarship. The name of the student will be included on the completed manuscript.

Students are required to have the following skills/meet the following pre-requisite(s) to apply

Students need to be at least in their second year second semester with a minimum 5.2. and need to have the basic computer skills in word document. Critical analysis skills will be beneficial.

Project 95: Female genital mutilation/cutting: Understanding, meanings and health perceptions among staff and students in the University.

Supervisor(s): Olayide Ogunsiji - o.ogunsiji@westernsydney.edu.au
Principal Supervisor

Patricia Gauci - p.gauci@westernsydney.edu.au
Second Supervisor

Project Description

Female genital mutilation (FGM) is a harmful cultural practice with short-term and long-term health consequences for women who have undergone the practice. Female genital mutilation (FGM) also known as female genital cutting (FGC) refers to all procedures that relate to partial or total removal of external female genitalia or injury to any part of female genital organs for non-medical reasons. There are four types, namely clitoridectomy, excision, infibulations and any other harmful procedure to the female genitalia. It is reported in 30 African countries, some Middle Eastern and Asian countries. Due to an increasing migration of women and girls from countries where the practice is predominant, these are the countries of birth of many migrants and refugees in Australia.

Significance

This research is significant in that it addresses an important global health problem. About 200 million women and girls are living with female genital mutilation and annually about 3million girls are at risk of being circumcised. Though prevalent in African countries, due to migration, it is attracting global attention with the United Nations taking the lead.

This study is significant to my research work in the area of female genital mutilation. I have completed research among midwives, women living with FGM in Australia and primary health care workers. An overwhelming finding is that Australian health providers and Australian community in general have limited knowledge of FGM.

This research is also significant to the School of Nursing and Midwifery for being one of the schools educating next generation of health providers. It is important to Western Sydney University's strategic plan to be a vibrant research-led university. Western is one of the few Universities in Australia to be a signatory to the United Nation's Sustainable development goals, pursuing this research aligns with the University's pursuit. Furthermore, the research is significant in contributing to available data on the progress of global effort at eradicating FGM by 2030.

I am planning to apply for the next round of WSU Gender Equality grant to conduct this mixed method research and run an inaugural 2022 international day of zero tolerance for female genital mutilation.

Important outcomes from having a summer scholar on this project are:

- Completion of literature review.
- Organisation of the inaugural 2022 international day of zero tolerance for female genital mutilation.

Project Aims

The aim of the project is to explore Western Sydney University staff and students' understanding, meaning and health perceptions in relation to female genital mutilation.

Project Methods

This is a mixed method study with qualitative study using face-to-face interviews and quantitative via online survey. Staff and students who complete the online survey will be invited to face to face interviews. The actual data collection is beyond the scope of this summer scholarship.

Student Engagement

Successful student for this application will be required to complete a literature review for this project and plan 2022 International Day of Zero tolerance for female genital mutilation event to be held on the 6th of February in WSU. The student's name will be included in the literature review that will be submitted for publication and have his/her name included among the organisers of the event.

Opportunity for Skill Development

Working on this project will provide the student with the opportunity to develop research skills in the area of literature review as well as skill in organizing an event. The student will need to be prepared to meet with the supervisors occasionally after completion of this scholarship. The name of the student will be included on the completed literature review for publication. The student's name will be included in the literature review that will be submitted for publication and have his/her name included among the organisers of the event.

Students are required to have the following skills/meet the following pre-requisite(s) to apply

Students need to be at least in their second year second semester with a minimum 5.2. and need to have the basic computer skills in word document. Critical analysis skills and event organisation will be beneficial.

Project 96: Safe Places for women experiencing domestic and family violence

Supervisor(s): Rebecca O'Reilly - re.oreilly@westernsydney.edu.au
Principal Supervisor

Lyn Francis - L.Francis@westernsydney.edu.au
Second Supervisor

Virginia Stultz - v.stulz@westernsydney.edu.au
Third Supervisor

This project is in partnership with **Link Wentworth Housing & The Womens Cottage**

Project Description

The Summer Scholar project will be part of a larger research project that is evaluating a unique 'Safe Housing' service delivery model that is being implemented for a new, safe house currently under construction in the Hawkesbury area.

Link Wentworth Housing Inc. (LW) has obtained Commonwealth Safe Places funding to build purpose-designed short-term independent accommodation, for women, children and their pets in the Hawkesbury to escape violent homes. For over 30 years there has been an unmet need, in the Hawkesbury, for crisis accommodation. There has been ongoing commitment over this time from the local service sector, including The Women's Cottage; and Hawkesbury City Council to find a way to offer safe short-term housing to women and children escaping Domestic and Family Violence (DFV).

The focus of the larger project is to evaluate readiness of the service providers prior to the safe house opening for client use; and then evaluation of the effectiveness of the service model from the consumer and provider perspectives. The key concepts which reflect the philosophy of the project and shape the evaluation framework are 1. safety, trauma and well-being good practice; and 2. a service model approach.

The development phase (design, construction and launch) is due for completion 1st July 2022. A project evaluation committee of key stakeholders and the WSU researchers named as supervisors on the Summer Scholar project application, has been established. The WSU researchers will lead a longitudinal, community based participatory research (CBPR) program to support development and review of the services.

There will be 2 phases for this research project. Phase 1 will focus on the service sector readiness for the provision of a wraparound service model. This will be the focus of the student summer scholarship and will involve preparation of the mixed methods survey into an online and hard copy format; recruitment and commencement of survey data collection (if Ethics approval received); and the conduct of a systematic review on existing safe housing models. The systematic review will be submitted for publication with the student scholar being a co-author. Should the ethics application not be completed and submitted prior to the commencement of the Summer Scholar Program, the scholar will be provided the opportunity to work with the supervisors on the ethics application.

Project Aims

The aims for Phase 1 (as the focus of the student scholarship program) are to:

- Determine the readiness of the service providers who will provide the wraparound services to the client residents of the safe house.
- Establish shared guidelines for the effective, shared delivery of the wraparound services to the client residents of the safe house to support a sustainable service model and support policy development.

Project Methods

Phase 1 will use a mixed methods survey of the key stakeholders to evaluate their readiness for service provision for the Safe House opening date. The survey will be delivered in both online (Qualtrics), and hard copy format. The student will be engaged in learning how to develop a survey, convert the survey questions into a Qualtrics electronic survey, and recruitment methods (pending ethics approval). Should the research ethics application still be in progress, the student will be provided supervised opportunity to contribute to the application, which will support the learning of research methods.

Phase 1 will also include undertaking a systematic review of what is already known globally on service provision in short term crisis accommodation for women and children escaping DFV. The student will be involved in all stages of the systematic review, through to submission for publication and will be included as a co-author.

Opportunity for Skill Development

The student will be able to understand and apply:

- Processes for the development of a mixed methods survey.
- Recruitment strategies & processes for data collection OR compilation of a research ethics application and related learning of research methods, for example, recruitment strategy, data collection and analysis methods.

The student will also be able to understand and apply effective literature search strategies required for a systematic review. They will learn how to select appropriate journals to target for publication and why. They will also develop skills in evaluating which literature is appropriate for the inclusion in the systematic review using quality appraisal tools.

The development of writing and editing skills required to produce a publishable level systematic review paper will also be an anticipated outcome from this research project. Finally, the student will learn how to navigate the submission processes for a journal submission portal.

Students are required to have the following skills/meet the following pre-requisite(s) to apply

Preferred pre-requisite skills include:

- Enrolment in an Advanced level bachelor's degree – preferably Bachelor of Nursing (Advanced) student
- A foundational understanding of research methods
- At least basic capacity to use the WSU library databases
- Competent level of writing skills
- Ability to communicate with, and work within, a team

Project 97: Development and pilot testing of a mindfulness-based interactive eBook for young people with cancer

Supervisor(s): Sheeja Perumbil Pathrose - S.Pathrose@westernsydney.edu.au
Principal Supervisor

Fiona McDonald
Second Supervisor, External Partner, **Canteen Australia**

Project Description

Every year, it is estimated that over a million young people aged between 15 to 39 years are diagnosed with cancer worldwide. In addition to the emotional distress associated with adjusting to different phases of the cancer journey (diagnosis/treatment/post-treatment), adolescent and young adult (AYA) are also subjected to unique challenges posed by their concurrent transition from adolescence into adulthood. In 2016, the economic disease burden for all cancers in AYA was reported to be \$A701.4 million. Unmet psychosocial needs have a cumulative impact on disease burden and cost-effective interventions targeting this population is warranted.

Mindfulness-based interventions which enable individuals to acknowledge the emotions and feelings nonjudgmentally have demonstrated enhanced wellbeing across all age groups, including young people. Mindfulness can be taught through a series of formal and informal meditation and mindful movement exercises (gentle stretching yoga). Mindfulness-based interventions have been shown to reduce psychological distress and improve quality of life among adults and children and evidence suggests promising benefits of mindfulness for young people with cancer.

Project Aims

Mindfulness-based interventions enable individuals to acknowledge the emotions and feelings nonjudgmentally and have demonstrated enhanced wellbeing across all age groups, including young people. Young people seeking to reduce stress have found self-help books on mindfulness-based stress reduction to be an acceptable and effective alternative to costly programs. Mindfulness-based interactive eBook provided in a web-based platform found to be acceptable and useful for young people with cancer however, the available resources are not tailored to address the cancer specific needs. Thus, this project aims to develop a mindfulness-based interactive eBook by involving young people with cancer, focusing on their stressors.

Project Methods

Design and data collection:

Aim 1: To modify and develop an age appropriate and cancer specific mindfulness-based interactive eBook for young people with cancer

Design and data collection: Participatory approach involving three stages will be employed in this phase. Five health care providers, five young people with cancer and five health professionals will be recruited for the development phase of the study. Parents of young people or young people aged between 14 to 29 years, diagnosed with cancer will be eligible to participate. A mindfulness-based interactive eBook will be made available for a period of two weeks followed by a focus group discussion through zoom.

Data analysis: Discussion minutes of stage 1 and 3 of the study will be recorded and presented. Qualitative focused group discussions and interviews of stage 2 of the study will be manually analysed using thematic analysis.

Aim 2: To pilot test the mindfulness-based interactive eBook for young people with cancer

Design: A single-arm, pre-post evaluation of the mindfulness-based interactive eBook intervention.

30 young people aged between 14 to 29 years, diagnosed with cancer will be recruited for pilot study phase. Pre and post intervention survey will explore mindfulness, quality of life, stress and depression by using standardized questionnaire. Mindfulness-based interactive eBook will be made available for 6 weeks before the post-test survey.

Data analyses: Mean values and SDs for all questionnaires will be calculated to find the effectiveness of intervention.

Opportunity for Skill Development

This project will provide the prospective student with an opportunity to gain valuable experience in research methodology. Involvement in this project will enable the student to gain an understanding of the participatory action research design methodology. Skills that will be learnt will include managing Qualtrics survey, assisting in interviews, analysis of the qualitative data, an understanding of descriptive statistics such as frequency, percentage, and presenting the data in bar diagrams/charts.

In addition, the student will learn to systematically search the literature with the help of a librarian in preparation of a co-authored manuscript. This opportunity may motivate him/her to pursue a research focused career advancement pathway or further research studies such as Honours, Masters, PhD.

Students are required to have the following skills/meet the following pre-requisite(s) to apply

Students interested in this project should be motivated and interested in learning more about research. Ideally the student should be enrolled in an undergraduate degree in a health-related discipline and should preferably have completed a research unit/similar. This opportunity would suit someone keen to learn more about participatory action research methods, processes and analysis, such as an Advanced student (however this is not essential). The student would be supported by supervisors in skill development.

Project 98: Preventing Alcohol and Risk-related Trauma in Youths (The P.A.R.T.Y Program)

Supervisor(s): Steven Frost - s.frost@westernsydney.edu.au
Principal Supervisor

Steven He - steven.he@westernsydney.edu.au
Second Supervisor

This project is in partnership with the **South Western Sydney Local Health District (SWSLHD)**

Project Description

Road crashes continue to be one of the leading causes of death for young Australians aged 15 to 24 years, accounting for 21% of fatalities. Though there continues to be funding for health promotion initiatives to address this problem, the evidence supporting these interventions remain sparse. The Prevent Alcohol and Risk Related Trauma in Youth (P.A.R.T.Y) program is a hospital-based, interactive, injury prevention initiative coordinated by the Trauma Department at Liverpool Hospital. Over the last several years, the program has enrolled over 2000 students aged 15 to 19 years. The primary goal of the program is to reduce risk-taking behaviour by providing accurate information on the consequences of alcohol and risk-related trauma. Though the program has received positive feedback from students and teachers alike, it is yet to be formally evaluated. Findings from this project will help inform future health promotion strategies aimed at lowering injury incidence among young Australians.

Project Aims

This project aims to explore how risk-taking behaviours among youths can be prevented. A pre-and-post-test study has been conducted to assess changes in perceptions around risk-taking behaviour, from 2015-2020. The project also seeks to establish the current burden of road and alcohol-related injuries in adolescents and explore ways to improve the delivery and evaluation of the P.A.R.T.Y program.

Project Methods

There will be multiple studies conducted as part of this project. The selected student will assist with conducting systematic reviews that assess the burden of road and alcohol-related injuries in adolescents, and the effectiveness of current injury prevention initiatives. Pending the current COVID-19 climate, the student may also be involved with the delivery of the P.A.R.T.Y program and manuscript preparation of the pre-and-post-test study.

Opportunity for Skill Development

This project will provide the successful application with skills related to conducting systematic reviews. They will work with researchers to develop a search strategy, appraise candidate papers, and analyse data. The student will also have an opportunity to write for publication and become a co-author.

Students are required to have the following skills/meet the following pre-requisite(s) to apply

- Students will need computer skills in MS Word, Excel and PowerPoint
- Skilled in referencing (familiarity with EndNote preferred)
- Sound understanding of statistics
- Enrolled in a health or nursing/midwifery related degree
- Good organisational and time management skills

Project 99: A new model of care – A Next Birth after Caesarean (NBAC) Clinic

Supervisor(s): Virginia Stulz - v.stulz@westernsydney.edu.au
Principal Supervisor

Justine Elliott
Second Supervisor, External Partner, Nepean Blue Mountains Local Health District

Project Description

Nepean hospital has been approved to provide a pilot for a new model of care (utilising existing resources) for a Midwifery led Next Birth after Caesarean (NBAC) Clinic. This involves provision of a Clinical Midwifery Consultant (CMC) led NBAC Clinic to provide a specified approach for the provision of coordinated, timely and consistent evidence-based advice for women who have had a previous caesarean section. The intention is to increase the number of women attempting a vaginal birth following a primary caesarean section. Currently, the average cost of a vaginal birth is \$2,991 and the average cost of a caesarean birth is \$6,421, posing a significant cost to the health system.

The aim of this research is to obtain information on the outcomes of women with the introduction of a new pilot model of care for an NBAC Clinic. The impact of cost will also be evaluated. Womens' and midwives' views and perceptions about the experiences of the education sessions provided to women about opting for an NBAC or an ERCS and the introduction of a new pilot model of care for an NBAC Clinic will also be explored.

The Powerchart electronic application will also be accessed to obtain any further information not offered in the E-Maternity database.

Women have been asked to complete a survey prior and post birth evaluating both the education sessions and the clinic. Women have also been asked in this survey whether they would be willing to be involved in an in-depth interview about their experience in the clinic. The experiences of midwives working in this model of care will also be evaluated by survey and in-depth interviews.

Justine and Virginia will mentor the summer scholar on the project and introduce them to using the Qualtrics platform, doing literature searches and analysis of qualitative and quantitative data. It is hoped that the summer scholar will co-author a paper that is currently in progress.

Project Aims

Specific objectives of the study for women would be:

- To determine the uptake and success of women offered the education and choice of having an NBAC or an ERCS.
- To explore the woman's experience and expectations of her decision-making as a form of her own choices in consultation with the Clinical Midwifery Consultant and Senior Obstetric Doctor and the effect on her in the postnatal period.
- Details about other birth outcomes will also be collected from the E-maternity database and medical records to determine length of labour, baby's condition, perineal damage, other methods of pain relief used, and evidence of augmentation and / or induction of labour.

Project Methods

This is a mixed methods study that includes investigation of both maternal and neonatal outcomes and explores women's and midwives' experiences and level of satisfaction and / or dissatisfaction about the new model of care- the NBAC clinic and evaluates the education sessions. Justine and Virginia will mentor the summer scholar on the project and introduce them to using the Qualtrics platform, doing literature searches and analysis of qualitative and quantitative data. We will work with the summer scholar using thematic analysis (Braun & Clarke, 2018) to analyse the women's interviews. We will also work with the summer scholar on analysing pre (n=146) and post (73) survey results with t-tests that will provide them with a good understanding of quantitative and qualitative analysis. It is hoped that the summer scholar will co-author a paper that is currently in progress.

Opportunity for Skill Development

Justine and Virginia will mentor the summer scholar on the project and introduce them to using the Qualtrics platform, doing literature searches and analysis of qualitative and quantitative data. We will work with the summer scholar using thematic analysis to analyse the women's interviews. We will also work with the summer scholar on analysing pre (n=146) and post (73) survey results with t-tests that will provide them with a good understanding of quantitative and qualitative analysis. It is hoped that the summer scholar will co-author a paper that is currently in progress.

Students are required to have the following skills/meet the following pre-requisite(s) to apply

Enrolled in a 3rd Year Bachelor of Midwifery.