Editorial: Much has happened in research since our first edition of the newsletter in the fall as you will see in the following pages. We hosted a successful Nursing Research Day where participants from our “collaborative” members came together to share their research. We also had a chance to hear Dr. Kärin Olson from the University of Alberta present her research and how she has built that program from a patient problem, e.g., fatigue, that different patient populations experienced. Fatigue is a major problem for many patients with cancer and one of the goals of Kärin’s research is to develop interventions to help that population. There are a number of important patient problems that we can address through our research and, thus, make a difference to our patients. We are taking some steps towards that goal and we highlight a few in this edition of our newsletter. An excellent example is the research by Irene Doyle Barry and her collaborators on why women do not avail of pap screening for cervical screening. If we could increase screening and decrease the mortality rate of cervical cancer in the province it would be a valuable contribution. Another collaborative project in this category would be the work of R. Pike and others on safety and efficacy of ambulation 90 minutes after left heart catheterization. Likewise the evaluation of an approach to eating disorders by Pam Ward and Denise English addresses a health problem in the community. While research on clinical problems is important so is research into our nursing history and Marilyn Beaton and Jeanette Walsh continue to document aspects of the history; they too appear in this newsletter. Another research area is that of nursing education and we have two examples that would fit within the genre; one from Western from Judith Wells and colleagues on engaging students in reflection in their clinical practice and the other from the Centre for Nursing Studies by G. Cashin and D. English describing mentoring students for publication. We also need to remember that nursing work life and other research on nurses and nursing is important and we have a description of a beginning study by Anne Kearney and others at MUN and Eastern Health on the transition of novice nurses into practice. All of these are good signs that we are addressing diverse issue through our nursing research. It is very important that our nursing research efforts and outputs continue to increase, because we really do have much to contribute to the understanding and the evidence of how best to solve some of the health problems confronting us in our province. For this goal more collaborative work is required. While we talk about local or provincial needs we can also contribute on a global level through national and international teamwork and sharing our research at conferences and through publications.
In this section of our newsletter we will highlight some of the faculty research projects that are currently being done. Each month we will focus on a project or two from each site. This will indicate the diversity of research that we are doing. If you would like more information on any of these studies please contact one of the researchers.

**A Prospective Study of Ambulation 90 Minutes Post Left Heart Catheterization Using a Retrospective control Group**

Despite a trend toward a reduction in bed rest time after left heart catheterization (LHC) in many Canadian centers, and evidence-based standard of practice has not been established. Canadian bed rest times range from 2 to 4 hours post LHC. Internationally, high levels of safety have been reported for ambulation at one to 6 hours post LHC. Safety, when compared with usual practice, is defined as the same or fewer complications requiring intervention. Two recent prospective non-randomized studies (N=>1000) indicate safety and efficacy of ambulation at 60 and 90 minutes post LHC. The purpose of this study was to determine safety and efficacy (time/case) of ambulating patients at 90 minutes post sheath removal. The study was a prospective non-concurrent design with a retrospective control. Retrospective data from the APPROACH database and chart reviews were analyzed for a period of 6 months for this control group on the traditional 3-4 hour ambulation protocol. Data was then gathered from the same data sources for 6 months for the experimental group to achieve a representative sample. There were no significant differences in complication rates between two groups. Earlier ambulation has the potential to increase both patient comfort and quality of care. Hopefully, the results of this study will contribute to the evidence and potentially the establishment of national practice guidelines for post LHC recovery. The team are currently writing an article for publication.

*Rodolfo Pike  Patricia Grainger  Donna Best  Cathy A. Eastwood  Karen Carroll*

**Evaluation of an Eating Disorder Interprofessional Community Capacity Building Project**

Eating disorders are complex psychiatric illnesses that often result in serious medical complications. There is a significant prevalence of eating disorders in Newfoundland and Labrador, with an estimated 7,377 individuals out of a population of 500,000 at risk (Statistics Canada, 2002). As nurse educators and members of an Eating Disorder Interprofessional Working Group (EDIWG), we participated in an interprofessional community capacity building project. This project was designed to provide education and support for health professionals in the development of quality interprofessional care to clients, families and communities affected by eating disorders in NL. To accomplish this goal, a multi-media toolkit was developed. The Toolkit includes 6 tools: prevention, identification, early intervention, referral to specialized services, follow-up after intensive treatment and the importance of interprofessional care. The tools consist of PowerPoint slides, video clips which demonstrate aspects of the material presented, reference material and learning activities.

This Toolkit was piloted in Corner Brook at the end of November, 2008. The early results of the pilot are very positive. The two day workshop significantly improved professionals’ knowledge and confidence in working with clients and families coping with eating disorders and related problems. This project is innovative in that it is interprofessional, and comprehensive as it covers the continuum of prevention and treatment of eating disorders. Additionally, it provides not only education but ongoing support for professionals. This could not have been accomplished without the support of EDIWG’s many partners – The Eating Disorder Foundation of Newfoundland and Labrador, The Body Image Network, The Parents of Hope, The EDDEBI Research Network, Eastern Health, Memorial University, The Centre for Collaborative Health Professional Education and the Centre for Nursing Studies. The plan is to make the Toolkit available to communities across the province by traveling to a number of regions in 2009.

*Pam Ward  Denise English*
Investigating Non-Adherence to Cervical Cancer Screening in Newfoundland & Labrador

The mortality rate for cervical cancer in Newfoundland & Labrador, at 4%, is twice the national average. In addition, this province has one of the poorest Pap test screening rates in Canada. Of 150 women who currently have been diagnosed with cervical cancer in the province, approximately 80% have not adhered to the recommended national guidelines for Pap test screening. Despite a provincial cytology registry and an organized screening program aimed at enhancing participation in cervical screening, incidence and mortality rates of this preventable disease have continued to climb in Newfoundland and Labrador.

The impetus for this study on cervical cancer screening arose through nurse practitioner’s weekly experiences in well woman clinics. It was noted that the majority of women who visit for Pap testing have never previously been screened or are under-screened.

A two-phased, qualitative/quantitative research approach is utilized to examine reasons associated with not availing of regular screening among women who have been diagnosed with invasive cervical cancer in NL. In addition, the research focuses on obtaining these women’s perceptions of strategies that could potentially enhance attendance at cervical screening. The researchers felt that this population of women, more than any others, could provide a rich appreciation of the importance of Pap test screening.

Researchers have now completed phase one of the study. A thematic analysis of this data has revealed seven main themes and several recommendations. Themes are:

- Life gets in the way
- Lack of education
- Health care provider approach
- Cultural impact
- Birth control/pregnancy
- Physical discomfort
- Emotional discomfort

Recommendations offer ways to effectively respond to NL women’s personal reasons for non-adherence to Pap test screening including regular women’s health clinics, women’s health forums, and early education for prepubescent females, a recall system, travelling clinics in smaller communities, increased professionalism among health care providers and a less rushed approach.

Following the completion of phase two, the researchers anticipate that the results of the study will benefit health providers in NL and encourage them to develop recruitment strategies that may assist in eliminating perceived stigmas, offer more time to women who fear the procedure and reach those who need screening but are most resistant to change. Follow-up will determine the impact on screening, as well as incidence and mortality rates for cervical cancer in the province. Conclusion of this study is anticipated in the fall of 2009.

Irene Doyle Barry  Kathy Fitzgerald  Kelly Power-Kean  M. Victoria Greenslade
Mentoring Students for Publication
It has been our experience that students write term papers and conduct oral presentations that are worth sharing with the greater nursing community in the form of publication. However, their work tends to be shared only among faculty members and the student body. Faculty can be instrumental in encouraging students to have such exemplary work published. During the 2007 fall semester, a group of Year 4 students in the BN (Collaborative) Program at the Centre for Nursing Studies conducted a seminar titled: *The Recruitment and Retention of Men in Nursing* as a requirement for the course *Issues in Nursing and Health care* (NURS 4103). Part of this project involved a survey and data analysis. We recognized that their work was high caliber and worthy of publication. Subsequently, during the 2008 winter semester we mentored those students as they worked through the process of preparing a manuscript for publications. They were excited with this idea and enthusiastically met with us on a regular basis. The article was published in the May 2008 edition of ACCESS. This was a particularly exciting milestone for the students as the publication coincided with their graduation from the nursing program.


Overseas Recruitment: Experiences of Nursing Immigration to Newfoundland and Labrador
Marilyn Beaton and Jeanette Walsh are currently conducting an oral history project entitled “Overseas recruitment: Experiences of nursing immigration to Newfoundland and Labrador (NL)” The primary goals of the research is to document the experiences of nurses who immigrated to and opted to stay in NL from their perspective, to explore the challenges of overseas recruitment and to preserve this piece of NL nursing history.

Forty-one nurses who immigrated to NL between the early 1950s and late 1990s and practiced in all regions and settings were interviewed. Participants were asked to recollect their immigration experience. The data has been analyzed for themes and analysis continues to identify sub themes and contributing factors.

The preliminary findings were presented at the Canadian Association for the History of Nursing 2008 International Nursing History Conference held in June in Toronto. The research has been funded by the Memorial University School of Nursing (MUNSON) Research Award and a grant of $7,750 from the Associated Medical Services Inc. (AMS)

Marilyn Beaton Jeanette Walsh

A New Study on the Transition of Novice Nurses into Practice
Dr. Victor Maddalena (PI; Division of Community Health and Humanities), Dr. Anne Kearney (Co-PI; MUNSON and CHH), and Lisa Adams (Co-I, Eastern Health) are collaborating on a qualitative study to explore the factors influencing the quality of work life of novice nurses (less than two years since graduation or re-entry). Through semi-structured interviews, we plan to gather information related to their hiring, orientation, initial employment and changes over time, workload, job satisfaction, and future career plans. We hope to learn more about the factors influencing the decisions of novice nurses to remain in their current position and the profession of nursing, and the factors influencing novice nurses to leave their position, and/or the nursing profession. We hope to begin data collection this Spring.

Anne Kearney
Engaging Students in Reflection: Issues in Nursing Canada

Reflection has been defined as retrospectively examining an occurrence and evaluating it in an effort to determine what could have been done differently if the situation occurred again (Ruth-Sahd, 2003). While reflection in nursing education programs has been used to enhance student knowledge and skills in clinical practice and this improve nursing practice and client outcomes, Schultz (2007) suggests there is little empirical evidence to support those claims. Historically, within the Bachelor of Nursing (Collaborative) Program at WRSON, students have been required to complete self-appraisals. Implied in the term “self-appraisal” is the intent that students evaluate and reflect on their clinical experiences with the goal of making appropriate changes to improve their professional practice. However, anecdotal comments from students and faculty at WRSON suggest there are many challenges within the use of this pedagogical approach in nursing education. Both faculty and students have identified inconsistencies regarding faculty expectations for students’ self-appraisal and therefore the use of reflection. Based on recommendations from course reports and the anecdotal evidence, faculty at WRSON convened a team to explore the use of reflection within the nursing practice courses. A proposal was developed and approved by the Regional Ethics Board. The purpose of the research is to explore students’ experience with writing self-appraisals and the use of reflection. To date the team has obtained a small research seed granted to conduct the study. A research assistant has been hired to conduct focus groups with students in years 2 – 4 at WRSON. The findings from the focus groups will be analyzed by the team and it is anticipated that the results may provide insight to the issues around the use of reflection in the self-appraisals. The findings will be used to enhance the use of reflection as a teaching and learning strategy within the nursing practice courses.

Judith Wells  Cathy Stratton  Paula Didham  Lisa Jesso  Peggy Colbourne

Random Age Friendly Communities

The Government of Newfoundland and Labrador is currently moving forward with Goal 10 of the provincial Healthy Aging Policy Framework which states "communities and municipalities will be more age-friendly". It is anticipated that a provincial program will be forthcoming. In the absence of a provincial program Clarenville has moved forward with this work. They have formed a committee, the Random Age Friendly Communities, to describe its age-friendly features and barriers, and to develop action plans. If a provincial program is launched this project may engage other communities.

Our team of researchers has received funds from the Healthy Aging Research Program (HARP) to assemble a research team that will start to look at differences in age-friendliness among communities and over time. We want to know if communities do become more age-friendly and if people do become healthier.

With these funds we are going to:

- Establish group of people to advise us
- Find out what information people in communities need
- Find out how other people are measuring age-friendliness
- Decide how we are going to measure age-friendliness
  Explore the use of creative ways to show age-friendliness on maps
- Develop a proposal for funds to compare age friendliness among communities and over time.

Through this research, we will provide information to communities and government that will help them improve the lives of older people. Wendy Young
Publishing your research is both a professional and ethical accountability. Publishing is the last stage or phase of the research process. We need to share our contributions to nursing knowledge and to the development of our discipline. Publishing is the last stage or phase of the research process. We need to put our work out in the public domain for dialogue, critique, application, and further development. Ethically we are accountable because much of our research involves human participants and we tell these participants that while they may not personally benefit from the research others may. Unless we get our research findings into the public domain how will others benefit? If we received funding for our research from a granting agency we have an ethical and moral obligation to that agency to publish as we stated we would. However, publishing can be daunting and that is perhaps a reason behind the questions. Choosing an appropriate journal is a very important aspect of publishing. Notice the word “appropriate”. The journal ought to be appropriate to the audience you are trying to reach as well as to the content of your manuscript. You also need to think of how the publication will be evaluated as part of your academic performance. It is really advantageous if you can address all three of these concerns. Many times though it is the purpose of the manuscript that may direct you where to seek to get it published. When you have completed your research and after you have presented the work at a conference or conferences (another important aspect of getting research findings out and occurs prior to publication) look for a journal that you feel will be appropriate for you. Do some research on publication guidelines of specific journals that seem to be a good place to publish. What do the journals publish, i.e., mandate and what is the submission process? Make sure it is a peer-refereed journal, e.g., your manuscript goes out for review by nursing and other scholars. You can also look at the turn around time or when the manuscript was accepted and when published in order to get work out in a timely manner. Some authors look at the impact factor of the journal, however impact factor is not without some negative critique (See Ketefian 2008; Johnstone, 2007). It is common practice as well as the requirement of many journals that you only submit to one journal at a time. If you are rejected by a journal you are free to submit to another journal.


As a collaborative group we have had a number of good discussions on grounded theory over the past academic year. Nurse researchers quite frequently employ grounded theory because it offers a way to develop theory on areas important to nursing. In particular for our discussions we have focused on how to set up the research question in grounded theory and how to do data analysis; the latter was complete with an example we were able to work through. During the Nursing Research Day Conference we had a workshop on interviewing across qualitative methodologies with grounded theory being one of those covered. We are only touching the surface of this methodology. Next we are going to discuss theoretical sampling. These discussions take part via teleconference so all the collaborative partners can participate. We are also building up a bibliography on aspects of grounded theory and examples of study. We really only have begun the discussions as grounded theory is quite complex and varied. Recently, that is 2009, Jan Morse and some of her grounded theory research colleagues have published a book entitled “Developing grounded theory: The second generation” published by Left Coast Press. It is certainly worth consulting if you are interested in developments in grounded theory and some of the divergent thinking within that methodology. Research methodologies change and an update like the one contained in this book gives us an important perspective.
About our Research Units

Nursing Research Unit
Memorial University of Newfoundland
School of Nursing (MUNSON)

From my Perspective
Research to me as a student once meant a lot of hours spent locked away in the Queen Elizabeth II Library on campus here at Memorial University, reading. Since I have been working in the Nursing Research Unit in collaboration with faculty members and the research unit coordinator, Joanne Smith-Young, I have a whole new focus on research. My work here has provided me with opportunities to share in people’s experiences from diverse cultural backgrounds. Some stories are very sad and others so funny I’m left in tears laughing! The research experience is so much more valuable when you’re able to get out of the library, away from the books, and learn through hands-on experiences. Now, instead of running for a bottle of headache medication at the end of the day after going through pages and pages of dry, technical information only from books I leave with a smile on my face reflecting on my hands-on experiences with the realization that I am contributing to nursing research that is directed towards health and wellness for all!  

Renee Lawrence

Office of Research
Centre for Nursing Studies

The Research Office, Centre for Nursing Studies, opened in 2002 to facilitate the scholarship of research by faculty, promote research and evidence-informed practice by nurses of Eastern Health and to encourage research partnerships between nursing education and practice. A faculty member is the coordinator of the Research Office and a senior nursing student is employed as a research assistant. Faculty avail of the Research Office for assistance with HIC applications, research proposals, data analysis, research dissemination, and program evaluation. The Research Office also provides services to both the International Office and Continuing Education program. There has been an increase in services provided to clinical staff this year. For example, assistance was given for research projects in the dialysis unit, cardiac program, mental health program and community settings. The CNS is represented, by the coordinator, on a number of research related committees within Eastern Health as well as locally and provincially. We look forward to the continued development of activities within the Research Office and expansion of our relationships with practice and the research community.
Research Unit Grand Opening
It was with great delight that WRSON held its official grand opening of the Nursing Research Unit on November 21, 2008. In attendance to help celebrate were faculty, students, and representatives from Western Health and Sir Wilfred Grenfell College. The research unit is located on the 4th floor of Monagham Hall. Equipped with the technological resources and comfortable furnishings, the Research Unit provides a quiet, pleasant space for faculty to use to plan research activities, analyze data and write their reports and articles for publication. Congratulations, WRSON. Carla Wells

About our Research Units (Continued)

Western Regional School of Nursing (WRSON)

Achievements

Professor April Manual who successfully passed her PhD comprehensive exams (both written and oral) in Community Health and Humanities here at Memorial University so moves another step closer to completing her PhD.

Professor Cindy Murray (soon to be Dr. Cindy Murray), who successfully defended her dissertation “The Experience of Pregnant Women with Low Gestational Weight Gain” for her PhD in Nursing through the University of Alberta. We look forward to hearing more about this work.

Dr. Wendy Young, Canada Research Chair in Healthy Aging, is one of 18 Canadian women appointed to the Heart Truth Leadership Council, an integral part of The Heart Truth campaign, an initiative of the Heart and Stroke Foundation. The council is made up of Canadian women who are leaders in the fields of health, sport, politics, media, research and scholarship, government, industry, business, philanthropy and community involvement. Heart Truth’s message is that much of the risk of heart disease and stroke for women is preventable and is caused by our lifestyles.

News

The Interagency Advisory Panel on Research Ethics http://www.pre.ethics.gc.ca is currently holding consultations on a revised edition of the Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans (TCPS). This is the first comprehensive revision of this document and has a number of important changes and additions. One addition is a chapter on qualitative research. Those of you who have had research reviewed by the Human Investigation Committee and noticed some challenges in how your research fit within the TCPS may want to check with the revised guidelines to see if they would now address concerns. You can find the draft 2nd edition on the website above. Any comments on this draft are welcome and may be sent to draft2e@pre.ethics.gc.ca

Have a Laugh!

Patient: "Nurse, I just swallowed my pillow!"
Nurse: "How do you feel?"
Patient: "A little down in the mouth"
Upcoming Conferences

**Pediatric Update Conference**
Designed for pediatricians, family practitioners, physician trainees, and allied health professionals involved in pediatric care, this conference will provide up-to-date information on current issues in pediatrics. Lectures, breakouts, and workshops will promote interaction and individualized attention with the opportunity to advance knowledge and skills in pediatrics. Takes place April 27 to May 2, 2009 at The Hospital for Sick Children - Department of Pediatrics in Toronto, Ontario.

**3rd National Community Health Nurse Conference**
Building upon the success of last year’s 2nd National Conference that was attended by over 340 people, this year’s conference will incorporate a balance of keynotes, plenary sessions, panel discussions, and concurrent sessions. Taking place June 17 – 19, 2009 at Coast Plaza Hotel in Calgary Alberta. Call our national office, First Sage Enterprise (416) 426 – 7029. Details will be posted on our website www.chnac.ca

**Seventh Interdisciplinary Conference – Communication, Medicine & Ethics (Comet)**
The conference aims to bring together scholars from different disciplinary backgrounds involving various healthcare specialties and the human and social science. A special emphasis will be on the dissemination of ongoing research in discourse/communication studies and practical ethics which engages directly with healthcare practitioners. Takes place June 25-27, 2009 at the Health Communication Research Centre - Cardiff University. Please visit

**26th Annual Cape Cod Summer Symposia**
The 26th Annual Cape Cod Summer Symposia will provide mental health professionals with an outstanding opportunity to combine a stimulating symposium with a relaxing summer vacation. Distinguished faculty will present 28 different week-long symposia during the ten weeks of summer from June 22 through August 28. Each symposium will convene at the Four Points by Sheraton, Eastham, from 9:00 a.m. until 12:15 p.m., Monday through Friday. For more information contact the New England Educational Institute by phone (413) 499-1489, or by email learn@neei.org.

**Dynamics 2009 Navigating the Future: Sail the River of Knowledge**
Achieving excellence in the care of critically ill individuals requires the critical care nurse to skillfully navigate complex information systems, relationships, and contexts of care. Abstracts are currently being accepted for Oral and Poster Presentations for Dynamics 2009, the annual national meeting of the Canadian Association of Critical Care Nurses, to be held September 27—29, 2009 at the Delta Fredericton, Fredericton, New Brunswick. Please send submissions to: Dynamics 2009 Abstracts, CACCN, PO Box 25322, London, Ontario, N6C 6B1. Toll Free: 1-866-477-9077 Telephone: (519) 649-5284 Facsimile: (519) 649-1458 Email: caccn@caccn.ca

**Edge Conference 2009 (Memorial University)**
October 14 to 16, 2009. Edge 2009: Inspiration and Innovation in Teaching and Teacher Education will examine the future of teacher education and how we can best prepare teachers to be successful in twenty-first century schools. The deadline for submission of a title and short abstract—maximum of 1 page—is April 15, 2009. Proposals will be reviewed within two weeks of submission. Full details of the Conference, including an online proposals submission form, can be found at the Conference website http://www.mun.ca/edge2009. To be included in the conference proceedings, completed papers must be received on or before September 13, 2009

**3rd International Conference on World-Class Universities**
The Center for World-Class Universities of Shanghai Jiao Tong University is please to announce that the 3rd International Conference on World-Class Universities will be held from November 2 to 4, 2009 in Shanghai, China. The conference will bring together researchers, university leaders, policy makers, and other stake-holders from various regions to discuss major developments related directly and indirectly to world-class universities. For updated information, please visit the website of WCU-3 conference at: http://gse.stju.edu.cn/WCU/
Nursing Research Crossword

**ACROSS**

3 Test-performance standards, based on test score information from large, representative sample.
5 The conceptual underpinnings of a study.
7 Any influence that produces a distortion in the results of a study.
8 An estimate of a parameter, calculated from sample data.
10 A characteristic of a population.
14 Communication with study participants after participation is complete regarding various aspects of the study.
15 Protection of participants in a study such that individual identities are not linked to information provided and are never publically divulged.
18 The pieces of information obtained in the course of a study.
19 An abstract generalization that presents a systematic explanation about the relationships among phenomena.
20 A theory that has accrued such persuasive empirical support that it is accepted as true.

**DOWN**

1 A system of moral values that is concerned with the degree to which research procedures adhere to professional, legal, and social obligations to the study participants.
2 The process of transforming raw data into standardized form for data processing and analysis.
4 An individual who participates and provides information in a study.
6 A basic principle that is accepted as being true based on logic or reason, but without proof or verification.
9 The degree to which an instrument measure what it is intended to measure.
11 A study in which the researcher controls (manipulates) the independent variable and randomly assigns subjects to different conditions.
12 A term used to refer to those individuals who provide information to researchers about the phenomenon under the study.
13 The deliberate withholding of information, or the provision of false information.
14 Communication with study participants after participation is complete regarding various aspects of the study.
15 Protection of participants in a study such that individual identities are not linked to information provided and are never publically divulged.
18 The pieces of information obtained in the course of a study.
19 An abstract generalization that presents a systematic explanation about the relationships among phenomena.
20 A theory that has accrued such persuasive empirical support that it is accepted as true.
21 A method of data collection in which one person asks questions of another person.
24 The physical location and condition in which data collection takes place in a study.
25 A survey covering an entire population.
26 An abstraction based on observation of behaviours or characteristics.
27 The overall location where a study is undertaken.
28 A financial award made to a researcher or team of researchers to conduct a proposed project.

Check the Spring newsletter for the answers to this puzzle!