## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Message from Professor of Mental Health Nursing</td>
<td>04</td>
</tr>
<tr>
<td>Message from Australian Catholic University</td>
<td>06</td>
</tr>
<tr>
<td>Message from NorthWestern Mental Health</td>
<td>07</td>
</tr>
<tr>
<td>Executive Membership</td>
<td>08</td>
</tr>
<tr>
<td>Mental Health Nursing Research Unit Staff</td>
<td>10</td>
</tr>
<tr>
<td>Research Themes</td>
<td>12</td>
</tr>
<tr>
<td>Higher Degree Research Students</td>
<td>14</td>
</tr>
<tr>
<td>Research Dissemination</td>
<td>16</td>
</tr>
<tr>
<td>Research Activities and Outputs</td>
<td>18</td>
</tr>
<tr>
<td>Grant and Project Funding</td>
<td>24</td>
</tr>
<tr>
<td>Professional Affiliations</td>
<td>26</td>
</tr>
<tr>
<td>Key Affiliates</td>
<td>27</td>
</tr>
</tbody>
</table>
Message from Professor of Mental Health Nursing

Professor Kim Foster

Welcome to the Annual Report for the Mental Health Nursing Research Unit (MHNRU), a joint partnership between NorthWestern Mental Health (NWMH) and Australian Catholic University.

This has been a busy and productive year for the unit. We have continued to build our program areas of research, and to encourage and support nurse clinicians to participate in or lead research. A particular focus has been on increasing the dissemination of our work across NorthWestern Mental Health to facilitate translation of research findings into practice, and dissemination more widely through an online presence and conference presentations and journal publications.

I would like to warmly thank NorthWestern Mental Health nursing staff, managers, consumer and carer consultants and multidisciplinary colleagues for their support and collaboration in multiple studies this year. It has been exciting to see the growth in nurses’ confidence to conduct nurse-led research.

I would also like to thank the MHNRU team, in particular Dr Trentham Furness and Ms Jo-Ann Giandinoto, for their hard work and good humour. The unit has been fortunate to have the support of the Office of the Chief Mental Health Nurse, Department of Health and Human Services in our collaborative effort to provide resilience-building programs for the mental health nursing workforce. This year we submitted an Australian Research Council grant application with key industry partners with the aim of furthering this important work.
It gives me great pleasure to provide the foreword to the Annual Report that reflects on our achievements in 2018.

Our joint partnership in the Mental Health Nursing Research Unit has strengthened and advanced ACU’s commitment to supporting nurse-led mental health research. The unit continues to conduct high-quality collaborative research with mental health nurses, consumers, carers, and multidisciplinary colleagues that translates into effective care and improves the wellbeing and outcomes of mental health consumers and carers.

We have a number of staff and students within our School of Nursing, Midwifery and Paramedicine who benefit from our partnership.

I hope you enjoy reading this report, testimony of our shared vision and commitment to quality research.

Professor Michelle Campbell
Executive Dean
Faculty of Health Sciences
Message from NorthWestern Mental Health

Associate Professor Ruth Vine

It is my great pleasure to provide an introduction for the 2018 Annual Report of the Mental Health Nursing Research Unit—a partnership between NorthWestern Mental Health at Melbourne Health and Australian Catholic University.

This partnership has now been in place for six years and the importance and effectiveness of the unit has grown over that time. The unit has attracted external grants, but even more importantly from my perspective it has engaged clinicians working in our services in research projects and quality improvement activities.

As this report illustrates, the unit has prioritised a number of research themes, all of key relevance to actual service delivery and staff improvement. It has also encouraged and mentored emerging leaders in mental health nursing, and has produced an impressive number of papers at relevant conferences and in peer-reviewed journals.
Executive Membership

NorthWestern Mental Health

Associate Professor Ruth Vine
Executive Director

Mr Brian Jackson
Director of Nursing

Australian Catholic University

Professor Meg Stuart
National Head
School Nursing, Midwifery & Paramedicine

Associate Professor Karen Nightingale
State Head
School of Nursing, Midwifery & Paramedicine VIC
Mental Health Nursing Research Unit Staff

**Professor Kim Foster**  
*Professor of Mental Health Nursing*

Kim is Professor of Mental Health Nursing at NorthWestern Mental Health and Australian Catholic University and leads the Mental Health Nursing Research Unit. Professor Foster is an internationally recognised mental health nurse academic, researcher and educator and is widely published in mental health and psychosocial health research. She has won numerous awards for research. Her areas of research expertise and interest include co-associated physical and mental health; resilience; and family carers, and families where parents have mental illness.

**Dr Trentham Furness**  
*Postdoctoral Research Fellow*

Trent is a Postdoctoral Research Fellow in the Mental Health Nursing Research Unit at NorthWestern Mental Health and Australian Catholic University. Trent’s research area focuses on physical health of consumers. Trent is an Accredited Exercise Scientist (AES) and his current research focus is investigating barriers to physical health assessment and care with the aim of reducing the incidences of chronic health conditions such as cardiovascular diseases.

**Jo-Ann Giandinoto**  
*Research Support Officer*

Jo-Ann is the Mental Health Nursing Research Unit’s research support officer. Her role encompasses supporting research activities across a range of projects. Jo-Ann has qualifications in Nursing and Psychology and has extensive experience as a nurse academic. Her research interests include the impact of severe mental illness on physical health. She is currently studying a PhD where she is undertaking a qualitative study investigating mental health consumers’ physical health care experiences when admitted to general hospital settings.
**Emily Wordie-Thompson**  
*Research Assistant (Casual)*  

Emily is a research assistant with the Mental Health Nursing Research Unit. She provides research assistance to projects within the unit including data collection and administration. Emily has qualifications in Exercise Science and this year completed an Honours degree in Exercise Science where she investigated the effects of breaking up sitting on metabolism in adults with Type 2 diabetes mellitus.

---

**Rosa Ciavarella**  
*Administrative Assistant*

Rosa is the Mental Health Nursing Research Unit’s administrative assistant (0.2 FTE). Rosa provides part-time office support to Professor Foster and the research unit.
The unit’s research themes were developed from a scoping exercise undertaken across the service in 2016. In consultation with NorthWestern Mental Health staff and other major stakeholders including consumers, three broad research themes were developed. In 2018, projects were prioritised according to the three research themes.

**1. Mental Health Nurses Meeting the Physical Health Care Needs of Consumers.**
This theme addresses the significant morbidity and mortality of mental health consumers and is a priority area for NWMH. The current focus is on developing interventions to prevent and support better physical health outcomes.

**2. Safety and Wellbeing of Consumers, Carers, and Staff**
This theme addresses the priority areas of physical and psychosocial safety of consumers and carers, and the physical and psychosocial safety and wellbeing of the workforce. These are priority areas for Melbourne Health and NWMH.

**3. Models of Care Delivery**
This theme incorporates nursing models of care and service models of care, with a focus on model development, implementation and evaluation for service delivery improvement.

In respect to the *MHNRU Strategic Plan 2016-2019* goal to increase the number of researchers engaged and working in collaboration with NWMH, research projects were mapped to the relevant research theme.
In 2018, the unit led or supported a total of 13 concurrent research projects at NWMH at various levels of progress or to completion.

**Research Theme 1: Mental Health Nurses Meeting the Physical Health Care Needs of Consumers**

- Factors that contribute to deteriorating physical health of people with severe mental illness
- Exploring the unknown role of Accredited Exercise Physiologists at NWMH
- Accredited Exercise Physiologist role implementation and evaluation in CCUs
- Co-locating an Accredited Practicing Dietician to an adult community mental health service: an exploratory study
- Physical healthcare attitudes, knowledge and skills of nurses in acute adult inpatient mental health units
- Functional performance of the lower limbs of people with severe mental illness during inpatient admission
- Perceived barriers and facilitators to addressing consumers’ physical health in community mental health settings: multidisciplinary perspectives

**Research Theme 2: Safety and Wellbeing of Consumers, Carers, and Staff**

- Resilience program for nurses in acute adult inpatient mental health units: a feasibility study
- Resilience and mental health nursing: an integrative review
- Victorian mental health nurses’ workplace stress, resilience and wellbeing: cross-sectional survey

**Research Theme 3: Models of Care Delivery**

- Family-focused practice of mental health nurses: a national survey
- Undergraduate nursing students’ stigma and recovery attitudes during mental health clinical placement
- Improving physical health outcomes for people with severe mental illness: an evaluation of nurse practitioner candidate practice.
Higher Degree Research Students

In 2018, staff in the unit supervised four Doctor of Philosophy (PhD) students and one Masters of Nursing Dissertation student.

**Cynthia Delgado**

*Doctor of Philosophy Candidate (Part-time)*

**Title:** Workplace resilience and emotional labour of Australian mental health nurses: A mixed methods study.

**Supervisors:** Prof Kim Foster, A/Prof Alicia Evans, A/Prof Michael Roche

**Sophie Isobel**

*Doctor of Philosophy Candidate (Part-time)*

**Title:** Trauma, intergenerational trauma and Trauma Informed Care: a program of interpretive qualitative research

**Supervisors:** Prof Kim Foster, Dr Trentham Furness, Dr Melinda Goodyear

**Geraldine Rebeiro**

*Doctor of Philosophy Candidate (Part-time)*

**Title:** The phenomenon of interpersonal relationships between registered nurses and student nurses as described by registered nurses who interact with student nurses in their workplace.

**Supervisors:** A/Prof Alicia Evans, Prof Kim Foster, Dr Gylo Hercelinskyj

**Jo-Ann Giandinoto**

*Doctor of Philosophy Candidate (Part-time)*

**Title:** A qualitative inquiry into the experience of physical health care for mental health consumers in acute medical care settings.

**Supervisors:** Dr Alicia Evans, A/Prof Michael Roche, Dr Val Goodwin, Prof Kim Foster

**Elizabeth Currie**

*Masters of Nursing Dissertation (Part-time)*

**Title:** Physical healthcare attitudes, skills and knowledge of nurses working in acute mental health inpatient units.

**Supervisors:** Prof Kim Foster, Dr Trentham Furness

*Successfully completed October 2018.*
NWMH and ACU have a joint strategic goal to enhance the profile and dissemination of nurse-led research. To meet this goal, and to provide nurses and staff at NWMH with information on existing research and upcoming opportunities, in 2018 the MHNRU made regular contributions to the NorthWestern Mental Health News, an electronic newsletter shown in Figure 1.

In 2018, the MHNRU also worked with the NWMH Senior Nurse Advisory Group (SNAG) to develop a research dissemination strategy.

This focused on the most effective manner in which to disseminate completed research findings to clinicians and promote translation to practice.

The agreed strategies included a poster, shown in Figure 2, and a brief PowerPoint for presentation at clinical meetings.
In addition to journal articles and conference presentations, as part of wider dissemination of our work, the unit contributed to the Australian College of Mental Health Nurses Newsletter, June-August 2018 edition, with a discussion piece entitled, “Mental Health Nursing: What’s Resilience Got to Do With it?”

This piece provided College members across the country (~N=3,200) with information on the concepts of resilience and how these applied to the work of mental health nurses. The article also informed nurses of the Promoting Adult Resilience (PAR) program which was trialled at NWMH as an effective strategy to help nurses build resilience in their workplace as shown in Figure 3.

In 2017, the unit initiated an online web presence through the relaunched NorthWestern Mental Health website shown in Figure 4.

In 2018, the unit’s webpage was visited 824 times.
Research Activities and Outputs

In 2018 the Mental Health Nursing Research Unit met the Strategic Plan goals of:
• growing the scale and impact of nurse-led mental health research activities and outputs;
• building an engaged culture of research and capacity; and
• increasing the number of NWMH clinicians involved with research activities

The unit was highly productive with:
• 25 peer-reviewed journal publications
• 3 invited conference presentations
• 11 national and international conference presentations

Unit Publications

Peer-reviewed Journal Articles


**Research Reports to External Funders**


**Invited Conference Presentations**


**National and International Conference Presentations**


**Foster, K. & Furness T.** (2018). Addressing the challenge of mental health professionals’ mental health and wellbeing: Clinician perspectives on resilience education. *7th Qualitative Research in Mental Health: Rising to a Global Challenge*, Berlin, Germany, September.

**Foster, K., & Furness, T.** (2018). Not asking nurses to do more or better: Prioritising wellbeing and building a resilient workforce. *44th International Mental Health Nursing Conference*, Cairns, Australia, October.


Isobel, S., **Foster, K.**, & Goodyear, M. (2018). A philosophical inquiry into the concept of trauma. *7th Qualitative Research in Mental Health: Rising to a Global Challenge*, Berlin, Germany, September.

Isobel, S., **Foster, K.**, Goodyear, M., **Furness, T.**, & Gladstone, B. (2018). The aporia of psychiatry and trauma: a critical discourse analysis. *7th Qualitative Research in Mental Health: Rising to a Global Challenge*, Berlin, Germany, September.


**NorthWestern Mental Health Supported Conference Presentations**


Currie, E., **Foster, K., & Furness, T.** (2018). Physical healthcare attitudes, skills, and knowledge of nurses working in acute mental health inpatient units. *19th Victorian Collaborative Mental Health Nursing Conference*, Melbourne, Australia, August.

In 2018, Professor Kim Foster continues as a Chief Investigator on a National Health and Medical Research Council (NHMRC) Partnership Grant in Paediatric Trauma, and as Principal Investigator on a longitudinal study on Parent Psychosocial Wellbeing in Paediatric Trauma funded by the Day of Difference Foundation. She also collaborates with the Worldwide Universities Network Resilience Research Group and is a member of the Prato International Research Group.

In 2018 the Mental Health Nursing Research Unit received an external research grant, project funding from the Department of Health and Human Services (DHHS), and funding from the Royal Melbourne Hospital Foundation. The unit submitted one external grant application and supported two NWMH Seed Grant applications.

**External Funding Awarded**


**Internal Funding Awarded**


International Visiting Scholar

Professor Kim Foster met with Dr Cheryl Giscombe and graduate students of University of North Carolina Chapel Hill School of Nursing to discuss shared research interests on resilience and prevention of burnout.
Professional Affiliations

Professor Kim Foster

External Advisory Committee and/or Expert Membership

2018: Key Informants Reference Group; National Framework for Mental Health Content in Pre-registration Nursing Programs, ACMHN
2017-present: Director, Nursing and Midwifery Health Program Board Victoria
2016-present: Member, Victorian Branch ACMHN
2016-present: Member, Victorian Senior Mental Health Nurses Forum
2016-present: Editorial Board, The Journal of Parent and Family Mental Health
2015-present: Member, NSW Paediatric Trauma Project Advisory Committee, NHMRC Partnership Grant
2015-present: Editorial Board, Advances in Mental Health Journal
2014-present: Vice-President (2018-) and Director, Australian College of Mental Health Nurses Board
2014-present: External assessor, NHMRC Project Grants
2013-present: Member, Worldwide Universities Network (WUN) Resilience Research Working Group

Fellow, Australian College of Mental Health Nurses (ACMHN)

Member, Australian College of Nursing

Internal Advisory Committee Membership

Melbourne Health/NWMH
2018-present: Member, Centre for Mental Health Learning Partnership Advisory Group
2017-present: Acting Chair, NWMH Research Committee
2017-present: Member, Melbourne Health Research Week Committee
2017-present: Member, Melbourne Health Research Advisory Council
2017-present: Member, Nurse Practitioner Steering Group

2016-present: Chair, NWMH Nursing Research Meeting
2016-present: Member, NWMH Physical Health Committee
2016-present: Member, NWMH Senior Nurse Advisory Group

ACU
2017-present: Member, School of Nursing, Midwifery and Paramedicine Research and Research Training Committee

Dr Trentham Furness

External Membership

2018-present: Member, Accredited Exercise Scientist (AES), Exercise and Sports Science Australia (ESSAM)

Internal Advisory Committee Membership

Melbourne Health/NWMH
2017-present: Member, NWMH Safewards Committee
2013-present: Member, NWMH Physical Health Committee

ACU
2017-present: Member, School of Nursing, Midwifery and Paramedicine Research and Research Training Committee

Ms Jo-Ann Giandinoto

External Membership

Member, Australian College of Nursing

Internal Advisory Committee Membership

ACU
2018-present: Member, School of Nursing, Midwifery and Paramedicine Research and Research Training Committee (HDR Student Representative)
**Key Affiliates**

**International Affiliates**
- Akershus University Hospital (Norway)
- Auckland University of Technology (NZ)
- Auckland Regional Forensic Psychiatry Services (NZ)
- Brandeis University (USA)
- Centro Universitário Serra dos Órgãos
- Members, Prato International Research Collaborative
- Members, WUN Resilience Research Group
- Ohio University (USA)
- Universidad do Estado do Rio de Janeiro (Brazil)
- Universidad de Sevilla (Spain)
- University of Oklahoma (USA)
- University of Reims Champagne-Ardenne (France)

**National Affiliates**
- Emerging Minds National Workforce Centre for Child Mental Health
- La Trobe University
- Macquarie University
- Monash Health
- Monash University
- Parenting Research Centre
- Queensland University of Technology
- Swinburne University of Technology
- University of New South Wales
- University of Sydney