

ILLAWARRA AND SOUTHERN PRACTICE RESEARCH NETWORK (ISPRN) NEWS CONNECT: UOW

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ISPRN PHCRIS 2014 Success

Please join the ISPRN staff in congratulating the successful ISPRN researchers who have summited abstracts to the Primary Health Care Research and Information Service (PHCRIS) Conference being held in Canberra from the 23-25 of July 2014. All four ISPRN member led projects have been accepted as either a poster presentation or a podium presentation. Details of their success are listed below, congratulations everyone!:

- ◇ Dr Lucie Stanford, Prof Andrew Bonney, Dr Rowena Ivers, Bridget Dijkmans-Hadley: "Another pair of eyes in the room: do patients want a chaperone for intimate examinations?" – accepted as a podium presentation
- ◇ Dr Dora von Conrady and Dr Bastian Seidel: "Is the use of Complementary and Alternative Medicine associated with low levels of Health Literacy?" -accepted as a podium presentation
- ◇ Dr Fiona Williams, Dr Carl Mahfouz, Dr Russell Pearson, Dr Rowena Ivers: "The Attitude of Patients over 65yrs to ceasing long term sleeping tablets"- accepted as a poster presentation
- ◇ Dr Duncan MacKinnon, Prof Andrew Bonney, Mr Darren Mayne, Dr Stephen Barnett, Bridget Dijkmans-Hadley: "Weighing in General Practice: Does it have an impact on weight management?" – accepted as a poster presentation

ISPRN member profile— Dr Russell Pearson



1. What is your training background?

I graduated from an MBBS degree at the University of NSW in February 1979 and I have been in general practice in Gerringong since 1980. I also had a brief career as an academic at the University of Wollongong (UoW) Graduate School of Medicine (GSM) from its inception til the end of the second iteration of Phase 3 (2007-2011).

2. How did you hear about ISPRN and what motivated you to join?

I heard about ISPRN from its beginning because I was situated nearby in the GSM. What motivated me to join was the crystallisation of my interest in general practice, its value to the community and in medical teaching and, also my concern for the welfare of my GP colleagues. ISPRN allows me to continue that interest and focus my research in that area.

3. How has ISPRN supported you so far?

Well firstly, by running educational events which has helped me grow my research knowledge and expertise. Secondly, this year in the support of a research team I am leading into GPs attitudes towards aged care facility visiting.

4. What was your level of research knowledge prior to ISPRN?

My academic career took my research knowledge from zero to sufficient to contribute to research teams and, more recently to lead a research team. ISPRN has been helpful in developing that knowledge, together with involvement as a colleague in a

number of research teams and I did a graduate certificate in health research at UoW. Working at the GSM also helped me develop my academic writing, my ability to read an academic article and also developed my reflective practice.

5. What are some of your professional and personal achievements so far in research in General Practice?

I was a member of several research teams that went all the way through to publication. It took my publication list from zero at probation to having a few articles published. I have Professor Nicky Hudson to thank for inviting me onto those teams. Secondly, with Professor Andrew Bonney and Professor Elizabeth Farmer's help, I was able to turn a failed grant application into an opinion piece that was published in the Australian Family Physician. That was very exciting in an academic kind of way! It's a really wonderful thing to be able to have an interest in an area, develop a research question, do a literature search, design a research project, have colleagues come on board and share the enthusiasm and, take it all through to completion. It is such an enjoyable experience that I'm keen to repeat it. I've been able to devote a half to one day a week to this kind of academic pursuit and it is something that I would like to grow and continue with ISPRN's help.

Research Development Conference 2014

Following our recent success at the PHCRIS Conference which not all of you may be able to attend, we are looking to hold the annual ISPRN Research Development Conference now in August 2014 at the Graduate School of Medicine, Lecture Theatre.

We would like to provide opportunities for ISPRN members to be able to share in the celebration of the networks research achievements since 2011. This will be in the format of a half day conference with a networking lunch at its completion.

A formal 'Save the Date' will be sent out in the near future.



New ISPRN projects

Dr Russell Pearson, Dr Eniko Ujvarry, Dr Judy Mullan and Prof Andrew Bonney- "No after hours... no nursing homes"

Dr Russell Pearson was successful in receiving a GSM clinical academic Continuing Professional Development (CPD) grant in addition to a Coast City Country General Practice Training (CCCGPT) grant to support GP Registrars to jointly undertake practice based research. The project aims is to elicit what GPs behaviours/attitudes are towards providing care in residential aged care facilities and what they perceive to be barriers and enablers to patient care in this setting. Insight will be obtained by purposefully recruiting GPs and GP registrars for focus groups to facilitate discussion of doctors' views. This project has received ethics approval and recruitment is currently underway for the focus groups.

Dr George Albert, Dr Stephen Barnett and Prof Andrew Bonney- GPs attitudes towards their ongoing lifelong learning in general practice.

Dr George Albert was also successful in receiving a GSM clinical academic CPD grant. The research team is currently refining the research protocol before applying for ethics approval.

ISPRN project updates

Active ISPRN member projects

Dr Fiona Williams- The attitude of patients over 65 years to ceasing long-term sleeping tablets (hypnotics)

Dr Fiona Williams, a GP from Thirroul, is conducting a qualitative study to assess elderly patients' use and knowledge of benzodiazepines and their attitudes to cessation. This will provide general practitioners with further insight to deal with a difficult consultation and potentially effect outcome. Final patient interviews are underway . The team are currently collating results from their data analysis for their final report to CCCGPT.

Dr Duncan Mackinnon - What is the effect on weight by regularly weighing 20-70 year old attendees in general practice?

Dr Duncan Mackinnon, a GP from Bega, is conducting a study to assess whether the weighing of patients at every consultation (over an eight-month period), followed by usual care, has an impact on healthy weight maintenance of 20-70 year old general practice attendees. The project has wrapped up with evaluation interviews with staff and patients underway to assess the feasibility of the pilot in general practice. Thank you to all practices who were involved in this study.

Dr Lucie Stanford - Chaperone use in Australian General Practice: current practice attitudes of general practitioners and patients

Dr Lucie Stanford is in the process of analysing data from her study, which involved cross-sectional surveys of patient attitudes to chaperone use, as well as a pilot survey of general practitioners' attitudes, and their current practices, regarding chaperone use for intimate physical examinations. Dr Lucie Stanford has been accepted for a podium presentation at the Primary Health Care Research Information Service (PHCRIS) conference in July 2014 to present on the results of the patient survey data.

Dr Meike Flore - Why are GPs asked to remove Implanon contraceptive implants early?

Dr Meike Flore, a GP from Milton, is conducting a qualitative study seeking to understand the reasons why women ask to have their Implanon device removed early. Four GP practices have been recruited into this study to assist with patient recruitment but are also important members of the team. The team are currently analysing the interview data using a constant, comparative method and are collating results for the final report for CCCGPT.

Dianna Fornasier - Development and validation of an insulin proficiency assessment tool for insulin self management in adults with type 2 diabetes mellitus

The mixed methods study has involved three stages of development and validation of an insulin proficiency assessment tool. Dianna has finalised stage three of the project, which entailed a pilot of the tool with 40 patients. The assessment tools are under going peer review, to check for the reliability of the final assessment scores for each patient. The transcripts will also be reviewed by the expert review panel.

Dr Carl Mahfouz- GP attitudes towards hospital discharge summaries

Dr Carl Mahfouz is a GP (FRACGP) in the Illawarra and a CMO (Career Medical Officer) in SESIAHS hospital system (mainly Port Kembla Hospital) for the last 17 years. He is also the Regional Community Academic Leader for Phase three medical students in the Illawarra at the Graduate School of Medicine. Dr Mahfouz is conducting cross-sectional surveys to investigate GP satisfaction of hospital discharge summaries received over the previous 12 months. The aim of this study was to undertake preliminary investigations which will contribute to quality improvement in hospital to primary care discharge communication. Data collection is nearing completion for this study and preliminary analysis is underway.

ISPRN project update cont.

Electronic Medical Data (EMD) Interest Group– Benchmarking Study

The EMD Interest Group has been successful in developing a research protocol to conduct a benchmarking study. De-identified data from electronic records of a sample of ISPRN practices will be involved in the study, which aims to compare the data from these practices with the Bettering Evaluation and Care of Health (BEACH) National data set. The group has received ethics approval for the study and is currently refining the data query before conducting the data collection.

Dr Andrew Dalley (CI), Dr Lindsay Oades, Prof Andrew Bonney, Dr Fiona Williams-Wellbeing in medicine: formative research

The ISPRN big idea project on wellbeing in medicine has successfully applied for ethics and has conducted its first data collection point using a survey instrument. This is the formative phase of a longitudinal study observing changes in wellbeing of medical students and doctors as they progress through their careers.

Ms Elizabeth Lyons, Dr Leila Matar, Mr Brian Corless, Dr Fiona Williams, Dr Jenny Woods, Dr Russell Pearson et al. —Major Depression Patient Decision Aid

Ms Elizabeth Lyons is a psychologist for the Southern Highlands and South Coast. She is currently undertaking a project aiming to create a decision aid for patients who have been diagnosed with depression. This decision aid will enable GPs and their patients to discuss different preferences for their treatment. The team are in the process of developing the evidence to support the decision aid.

ISPRN partner projects

Feasibility study for a randomised controlled trial of shared continuity for Type 2 Diabetes Management in primary care

This study aims to determine the feasibility of an appropriately powered randomised controlled trial of shared-continuity for Type 2 Diabetes Management (T2DM) in primary care.

Participants will be randomised to shared-continuity or usual care for management of T2DM over an eight month period. The study variable is structured chronic disease management for T2DM by a practice nurse-GP registrar team with the regular GP being called in to check management each visit. The trial with two practices has been completed with follow-up data now being collected.

RESEARCH CORNER: The who, what, how, of conference presentations

A timely topic to report on regarding the success of ISPRN projects at the PHCRED Conference in Canberra July 2014.

WHO should the presentations be targeted at?

Most audiences have a mixture of knowledge levels. Some are experts in your specific area, some have a general idea of the topic and others know little or nothing about the topic. Therefore, **the aim of your presentation should be make your points accessible to all these groups.**

WHAT makes a good presentation?

In typical bad presentations the presenter uses slides which have too much text on them, they often read from their slides, speak in a dead tone, use sentences which are long and complex, and use technical words and phrases.

An effective talk must do two things:

1. Persuade you audience with evidence
2. Be interesting and entertaining.



HOW should I present my slides?

A basic structure for your slides would be:

1. **State the motivation and problem statement** (approx. 1-2 slides) -Why should anyone care?
2. **Methods** (1 slide) -It's best to cover this quickly in short talks
3. **Results** (4-6 slides) -Present key results with implications. This is the main body of the talk. Do not cover all the results. Cover the key results well.
4. **Summary** (1 slide)
5. **Future Work** (0-1 slides)

PRESENTATION IS KEY:

The presentation of the slides is key to ensure the audience is able to follow what you are presenting to them. Some handy hints for presentation involve:

- Fonts should be 24 points or larger as the audience is sitting further away from the screen than you are.
- Bullet points should be a few words, not a complete sentence
- Approximately six lines of text per slide is enough
- Balance images with words
- Simplify charts– the headings you use should tell people what you want them to look for on a chart.
- Include your name and contact details on the last slide during question time.

References

Pugsley, L 2010, 'How to design an effective PowerPoint presentation', *Education for Primary Care*, vol. 21, pp. 51-53.
Wallace S, *How to present a paper at an academic conference*, accessed 24 April 2014, www.editing.tw/files/SpeechD.ppt.



ISPRN blog– Public

To ensure ISPRN members can access blog updates and educational modules more easily, the ISPRN blog has become a public site. Past discussions of research ideas have been moved to a password– protected ‘members only forum’.

Hosted by the UOW the ISPRN blog enables multiple discussions to be carried out, can archive threads and acts as a bulletin board. It also houses a series of educational resources focusing on how to develop research ideas.

Visit: <http://uowblogs.com/isprn/>.

News and events

Telehealth Skills Training and Implementation Project

The Telehealth Skills Training and Implementation Project, funded by a grant awarded through the Department of Education is now well underway. This research project has successfully recruited over ten practices to participate in undertaking real-life patient telehealth consultations as a teaching tool. This component of the project specifically targets Phase 3 students working with practices who have been recruited for the project, during their longitudinal integrated placement. These practices are located in various areas of NSW.

The project team have also successfully delivered two one-day training modules on practical telehealth skills targeted at GPs and their Practice Staff. These training sessions were delivered at the University of Wollongong (Wollongong Campus) and the University of New England. Participants were provided with hands-on experiences to assist in preparing their practices for telehealth consultations during the session. The training modules were well received.

In parallel to the real-life patient telehealth consultations and training modules, *virtual clinic* learning opportunities are continually being delivered every month during university session. Viewers can interact with the presenters from the session via Twitter and an online poll. Topics that have been covered to date include Skin Cancer, Deep Vein Thrombosis (DVT), Dementia and Mental Health. Past *virtual clinics* can be viewed

on the project’s website at <http://nbntelehealth.weebly.com>.

The next *virtual clinic* will be discussing *The Painful Red Eye*. Users will be required to have VLC player and its relevant plug-ins installed along with a password to view the *virtual clinics*. For more information on viewing these videos or to be included into a mailing list for future *virtual clinics*, please email: telehealth-project@uow.edu.au or submit a request via the “Contact Us” form on the website.

Current ISPRN Practices

Region	Number of practices involved in ISPRN
ACT	3
Illawarra	9
Mudgee	1
Murrumbidgee/Riverina	9
Shoalhaven	8
South Coast	1
Southern Highlands	4
Tasmania	1

LEARN MORE

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