

CRRAH Chatter





Newsletter from the jointly badged Centre for Rural and Remote Area Health

Spring 2007 Issue 3



CRRAH supports PhD Candidates and research Masters students

CRRAH, through both the University of Queensland and the University of Southern Queensland, has several students enrolled in research Masters and PhD programs. If anyone is interested in enrolling in a PhD or research Masters program CRRAH can advise them on their eligibility to meet both universities' admission requirements. CRRAH can also advise on the areas of expertise of the academic members of CRRAH and therefore the areas in which research can be undertaken.

The Centre has a number of students undertaking postgraduate studies at either UQ or USQ.

PhD Candidates:

Wendy Brodribb, UQ-School of Medicine: Breastfeeding knowledge and skills of GP Registrars.

Coralie Graham, USQ: What are the relationships of positive psychological constructs to measures of health status and quality of life in older Australians in low-level community and residential care?

Susanne Pearce, USQ: Healing Connections: The journey of recovering from cancer for rural Queenslanders who report a strong sense of connection to the land.

Odette Best, USQ: What are the experiences of Aboriginal nurses in Queensland from 1950 to 2005?

Carol Cleeton, USQ: Validity of using portfolios to validate endorsement as nurse practitioner-using legislative approach

Lisa Raith, USQ: Becoming a Mum: Fairytales and Home Truths

Masters of Health:

Kate Beyer, USQ: Depression in patients with cancer who are receiving adjuvant chemotherapy

Kayleen Bromley, USQ: How to offer MH services to Rural & Remote areas

Moira Greaves, USQ: The experience of socially isolated elderly people in accessing and navigating the health care system

Deanne Hellsten, USQ

Karen Mace, USQ: The Registered Nurse Preceptors' perceptions of preparedness for clinical teaching

Sam Moskwa, USQ: International philanthropic money and Indigenous Australian health

Roslyn Pay, USQ: Children with Type 1 Diabetes; the lived experience of insulin pump therapy

Maree Toombs, USQ: What factors do students say affect their social and emotional well-being while at University?"

Raelene Ward, USQ: Suicide in Indigenous Communities

Contact us

Centre for Rural and Remote Area Health (CRRAH)

USQ, West Street, Toowoomba Qld 4350

07 4631 5444 crrah@usq.edu.au www.usq.edu.au/crrah

If you wish to be added to our newsletter distribution list, please send an email to e.bowly@uq.edu.au. Copies of previous newsletters are available on the CRRAH website.

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Our mission:

Is to conduct and facilitate health-related research and training in rural and remote communities for the benefit of the community and the health workforce.

CRRAH Internal Grants Outcomes

Don Gorman: A project to explore the attitudes of nursing students toward domestic violence and Prof Lynne Hunt LTSU at USQ, Julie Harris, Lisa Beccaria, Rhonda Dawson and Don are undertaking the Australian component of the study.

Ultimately there will be publications, joint international conference presentations and an increased international network and recognition for CRRAH.

Rob Eley: Volunteering and the health service. This six month research project aims to determine whether the perceived changes in volunteering (i.e. police checks, food preparation laws, etc) have occurred and if so in what way. It will then determine whether service provision offered by organisations has been affected and whether those changes have been to the benefit or detriment of the recipients of the service. Both positive and negative effects of change will be determined.

The research will focus on the

views from both the organisations and volunteers that offer direct or indirect support to the health of their clientele. Comparison will be made of up to 8 organisations in a regional town (Toowoomba) with those in rural towns. Volunteering Queensland Incorporated is the peak body for volunteering in Queensland and will be consulted as part of the research activities.

The main output will be a report presenting the results of the study. Strategies adopted by organisations to promote their volunteers will be highlighted. Also contained within the report will be recommendations as to what actions may be required to address any identified issues will be made. The information will also be of benefit to organisations who wish to lobby for changes or supports to address additional requirements.

Diann Eley, Kath Rogers-Clark and Rob Eley:

Why nurses stay in nursing – character and personality variables

In order to address the worldwide shortage of nurses many studies of nurses have been undertaken to quantify turnover; calculated expected retention; presented the causes of intended departure; and determined the reasons for taking breaks. However, little is known about the fundamental workforce issue of why people stay in the profession. This project proposes to determine if there are character and personality traits that are associated with nurse retention. Funding: CRRAH Internal Grant (12 months)

Alfio Parisi: The funds will be used to purchase a four channel fibre optic multiplexer (model Fomux, StellarNet) that can be employed for the UV and visible wavelengths. The multiplexer will plug into an existing UV-visible portable spectroradiometer. The multiplexer will allow measurements from four points and undertakes high speed switching between each input to record the four inputs simultaneously.

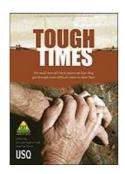
CRRAH's Activities - News on Centre Members' Current Projects

Delivering sport science and sport medicine services to regional, rural and remote athletes.

CRAAH members, **Andrea Lamont-Mills** and **Steve Christensen**, have been working with a \$5 000 grant from the NSW Department of Sport and Recreation to disseminate information on providing sport psychology, nutrition, and physiotherapy education and skills to talented athletes living throughout the vast New England and North West region of NSW. Working in partnership with Peter Annis-Brown, the Executive Director of the Northern Inland Academy of Sport, Andrea and Steve have presented papers at the Qld and NSW state conferences for Sport Medicine Australia (SMA). Peter, Andrea and Steve recently presented a symposium on servicing regional, rural and remote athletes and their families at the SMA National Conference in Adelaide in October 2007. Copies of these conference papers can accessed through USQeprints http://eprints.usq.edu.au/.

In the News

Dr Cath Rodgers-Clark spoke on ABC morning radio on 1 August about men, depression and the CRRAH publication *Tough Times*, which resulted in numerous sales of the book. This narrative-style publication is available from the Centre for \$5 including postage. Please contact Annette Nanka on 46315444 to place your order.



PhD Candidate, **Susanne Pearce** (right), recently appeared in a local newspaper recruiting rural participants who have been diagnosed with cancer over 12 months ago for her research. If you or anyone you know who may be interested, please contact Susanne on 0419 738 804. Confidentiality is assured.



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Recent Papers Published

Brodribb, W., Fallon, A. B., O'Brien, M. L., & Hegney, D. "Why women decide to breastfeed". *Journal of Human Lactation*

Buikstra, E., Eley, R. and N. Hindmarsh. 2007. "Informing rural and remote students about careers in health: factors affecting career decisions". *Australian Journal of Rural Health* 15 (5) 289 – 295.

Buikstra, E., Fallon, A.B. and R. Eley. 2007. "Psychological services in five south west Queensland communities – supply and demand". *Rural and Remote Health* 7 (online), 543. http://www.rrh.org.au

Craig, I., Aravinthan, V., Barnes, G., Bradbury, R., Coop, P., Fellows, C., Foley, J., Hancock, N., Lamb, D., Morrison, P., Misra, R., Mossad, R., Pittaway, P., Rees, S., Schmidt, E., Symes, T. & Turnbull, D. 2007, "Evaporation, Seepage and Water Quality Management in Storage Dams – a review of research methods," *Environmental Health*, vol 7:3 84-97.

Downs, N. & Parisi, A.V. 2007. "Patterns in the Received Facial Ultraviolet Exposure of School Children Measured at a Sub-tropical Latitude." in press *Photochemistry and Photobiology*.

Downs, N., & Parisi, A.V. 2007, "Three dimensional visualisation of solar UV exposure to the human face". *Photochemical Photobiological Sciences*. vol 6, pp 90-98.

Eley, D., Young, L., Baker, P., Hunter, K., Hunter, E., Hannah, D. 2007. "Perceptions of mental health service delivery by staff and Indigenous consumers: it's still about communication". *Australasian Psychiatry*. Vol 15:2: 130-134.

Eley, D., Young, L., Shrapnel, M., Wilkinson, D., Baker, P., Hegney, D. 2007. "Medical students and rural GPs: Congruent views on the reality of recruitment into rural medicine". *Australian Journal of Rural Health*. vol 15: 12-20.

Eley, R.M., Buikstra, E., Plank, A., Hegney, D. and V. Parker. 2007. "Tenure, mobility and retention in nursing in Queensland, Australia: 2001 and 2004". *Journal of Nursing Management* 15:285-293.

Eley R.M, Hegney, D., Buikstra, E., Fallon, T., Plank, A, and Parker V. 2007. "Aged care nursing in Queensland - the nurses' view". *Journal of Clinical Nursing*. 16(5) 860-872.

Eley, R., Hindmarsh, N., & Buikstra, E. 2007. "Informing rural and remote students about careers in health: factors affecting career decisions. *Australian Journal of Rural Health*. 15 (5) 289-295.

Eley, R., Hindmarsh, N., & Buikstra, E. 2007, "Informing rural and remote students about careers in health: the influence of health careers workshops on course selection". *Australian Journal of Rural Health*. 15 pp 59-64.

O'Brien, M.L., Fallon, A. B., Brodribb, W. & Hegney, D. 2006 "Reasons for stopping breastfeeding: What are they, what characteristics relate to them, and are there underlying factors?" *Birth Issues*

Parisi, A.V., Sabburg, J., Turner, J. & Dunn, P.K., 2007. "Cloud observations for the statistical evaluation of the UV index at Toowoomba, Australia." in press *International Journal Biometeorology*.

Parisi, A.V., Turnbull, D.J. & Turner, J. 2007. "Calculation of cloud modification factors for the horizontal plane eye damaging ultraviolet radiation." in press *Atmospheric Research*.

Parisi, A.V., Turnbull, D.J. & Kimlin, M.G. 2007. "Dosimetric and spectroradiometric investigations of glass filtered solar UV." *Photochem Photobiol.* Vol 83 777-781

Parisi, A.V., Turnbull, D.J. & Turner, J. 2007. "Influence of cloud on pre-vitamin D₃ effective solar UV exposures." *Environmental Health*. vol 7:3 75-83.

Schouten, P., Parisi, A.V. & Turnbull, D.J. 2007. "Evaluation of a high exposure underwater solar UV dosimeter." *Photochemistry and Photobiology*, 83:4 931-937.

Soar, J., Yuginovich, T., and Whittaker, F. 2007. "Reducing avoidable hospital admissions of the frail elderly using intelligent referrals" *eJHI - electronic Journal of Health Informatics*, Vol 2:1 e2.

Turnbull, D.J. & Parisi, A.V. "Optimising Solar UV Exposures for Vitamin D₃: Comparing Global and Diffuse Spectral UV," in press Radiation Research accepted 17 Oct 2007.

Zareai, M, O'Brien, M L & Fallon, A B. 2007 "Creating a breastfeeding culture: A comparison of breastfeeding practises in Australia and Iran". *Breastfeeding Review*. 15(2); 15-20.

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A Chat with...



Name: Maxine O'Brien
Title: UQ Research Officer

Maxine is a registered psychologist who has recently completed her PhD with the Centre for Rural and Remote Area Health in Toowoomba.

Maxine has enjoyed a mixed career including both nursing and clinical psychology, combined with many years of clinical breastfeeding experience with the Australian Breastfeeding Association. This led her into breastfeeding research in 2001, where she has since been actively involved in numerous research projects. Her PhD research focused on the psychological characteristics of mothers, and how these may influence breastfeeding duration.

More recently, Maxine has been developing her research interests in areas including domestic violence, rural medicine, cultural competence and cognitive coping skills

Maxine has published numerous papers and reports in the area of breastfeeding.

She has presented her work in this field widely, both in Australia and in Northern Ireland and has recently been invited to attend the Australian Breastfeeding Association's Queensland branch conference as a guest speaker in 2008. Maxine's growing expertise in this field was also recognised by an invitation to give evidence at the House of Representatives Inquiry into Breastfeeding in April this year.

Maxine is currently working on several projects. After working as a clinician with the victims of domestic violence, these include a funding submission to design and trial a targeted therapeutic intervention to assist domestic violence victims. This project also targets the special needs of rural and remote women by including a telephone-based intervention as one condition in a randomised controlled trial.

Welcome...

Mrs Raelene Ward

Project Officer—Aboriginal suicide prevention project

Raelene is a registered nurse with a professional background and interest in Indigenous health issues. She is also currently enrolled in the Maters of Health by research at USQ.

The project will disseminate successful Indigenous suicide prevention activities that have been developed in one community – Yarrabah, to two regional communities in Cape York, one rural setting in Southwest Queensland (Dalby) and a correctional facility in which the majority of prisoners are Indigenous.

Dr Andrea Lamont-Mills & Mr Steven Christensen

who are both CRRAH members will be in the Centre one day a week working on their current research.

Dr David Turnbull

Research Fellow-Vitamin D and UV Radiation

We also welcomed David to the Team in 2007. David's research interests include cancer prevention, shade, vitamin D and ultraviolet radiation.

David is well published and currently conducting research on 'beneficial vitamin D3 producing UV compared to damaging overexposure' with funding from The Cancer Council of Queensland worth \$156 000 over 2 years. A Vitamin D deficiency can lead to health problems such as osteoporosis, rickets, and various cancers. Vitamin D levels have also been linked to diabetes, bacterial infections, schizophrenia, multiple sclerosis and inflammatory bowel disease.

Currently, there is a major gap in knowledge in order to optimise the beneficial effects related to vitamin D3 effective wavelengths compared to reducing the biologically damaging overexposure to UV radiation.

Nicole (surname suppressed for security reasons)

Student on placement from Monash University—ARC Linkage Submission

Nicole, who already has completed Psychology and Counselling degrees, currently enrolled in a graduate entry social work degree and working full time at Domestic and Family Violence Prevention Service, is assisting UQ Research Officer Maxine O'Brien with the preparation of a submission for ARC Linkage funding with partner Domestic and Family Violence Prevention Service. Nicole will be in the Centre on placement until the end of November.

Mrs Loe Stanford-Wilson

Research Assistant—Information literacy and clinical decision making in nursing

The purpose of this project is to design evaluative tools to determine if integrated/embedded information literacy instruction facilitates student learning and confidence in information seeking and management and how the application of these skills transfers into the development of beginning Clinical Decision Making in nursing students.

Loe has recently completed her Bachelor of Psychology and hopes to commence her honors in 2008.

He said...

One's work may be finished someday but one's education never. A. Dumas

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