



“Growing and Nurturing a Culture of Research – The Importance of Relational Issues”

Dr Denise O’Brien UCD



Setting the Scene

The big move and the implications for midwifery practice.....





Midwifery Education/Research: Translating Evidence into Practice

- Midwifery Transferred into University in 2006 four years after Nursing.
- The culture of all assimilating tutors was focussed on teaching, rather than research.
- Concerns about a significant break in the link between education and practice following the move to University.
- Outside of PhD/MSc studies minimal Midwifery Research in Ireland.
- A recognition to change a predominantly teaching-focussed culture to one of academic research excellence.



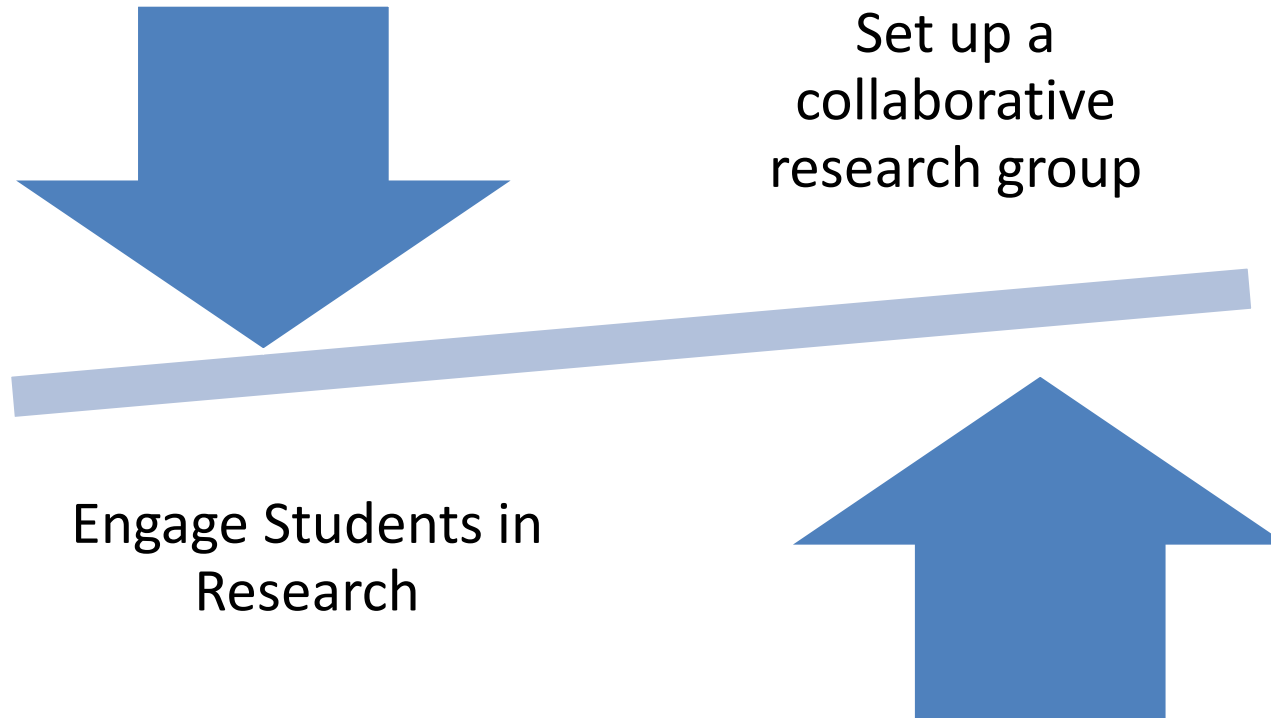
Need to immerse Research into Midwifery Education and practice .

- Developing a culture of research
 - The importance of relationships
- This can only occur collaboratively
 - A bottom up approach
 - Non-hierarchical





Creating a community of Researchers- Getting The Balance Right





Collaborative Research

- Creating Authentic communicative spaces
- Parity in relationships- an important step towards achieving this shared-decision making
- Learning together ‘in relationships’



Established in 2007 to foster research collaborations between Midwifery and Nursing staff at the National Maternity Hospital in Dublin and UCD School of Nursing, Midwifery and Health Systems.



Membership

Current Chairs

Dr Denise O'Brien Head of Subject Midwifery UCD
Lucille Sheehy Clinical Practice Development Co-ordinator/ADOMN National Maternity Hospital

Co Chairs

Sarah Cullen National Maternity Hospital
Dr Barbara Coughlan UCD

Membership: open to all Midwives and Nurses

Founding members in 2007

Mary Brosnan, Director of Midwifery and Nursing, National Maternity Hospital, Adjunct Associate Professor, UCD School of Nursing, Midwifery and Health Systems.

Professor Michelle Butler, Executive Dean for Health and Science, Dublin City University, Dublin.



JRN Philosophy: Midwives, Academics and Students Working Together in a Community of Practice and Research



- Co-creators of Knowledge/Evidence.
- Authentic Communicative Spaces.
- Democratic Process Co-Researchers.
- Developing Expertise and Informing Practice and Maternity Care Policy.





Activities of the JRN



Regular meetings (every 2-3 months)

Midwifery, Academic staff and Students

Identification of potential clinically relevant research topics.

Sharing of research interests

Clinical research/ audit

Research methods

Data Analysis

PhD /academic research

Development of Proposals and applications for funding.



The Difficulties along the way

- Getting to meet.....
- Who's going to do the minutes.....
- Funding... recession



Benefits of the JRN

- ✓ We are focusing our research activity around issues of significance to midwifery and nursing practice in maternity care.
- ✓ We are growing our research capacity and clinical/academic collaboration with other health care professionals.
- ✓ We are supporting the learning environment for students through creating a culture of research integration into practice.
- ✓ We are co-partnering ideas, adopting a relational approach, rising to challenges and making new friends along the way...!



Engaging Students in Research

Engaging in Research



UCD School of Nursing,
Midwifery and Health Systems

UCD School of Nursing,
Midwifery and Health Systems

UCD Nursing, Midwifery and Health Systems
MSc RESEARCH PROGRAMME

**MSc
Midwifery Practice**

The Research Masters programme at UCD School of Nursing, Midwifery and Health Systems is a comprehensive training programme that enables students to develop and deepen their understanding of their chosen topic whilst refining their research techniques. The purpose of this research programme is to develop skills and competencies required to conduct effective research.

Academic expertise and research experience provided by faculty members supports students throughout their Research Masters programme. Progress is monitored through regular face to face meetings and guidance.

Our Research
Leading education, research and professional practice to improve healthcare.

Our Mission
We prepare nurses, midwives and other professionals to promote and protect health, wellbeing and dignity across the lifespan through skilled, ethical and careful practice based on best evidence and sound judgement, and we develop and disseminate disciplinary knowledge through research and scholarship.

Presenting at Conferences





UCD NMHS Summer Scholarships 2010-2018



Stage 3 Students from BSc Midwifery & BSc Nursing Degree Programmes



**Midwifery led Care and
Domino Home Birth**

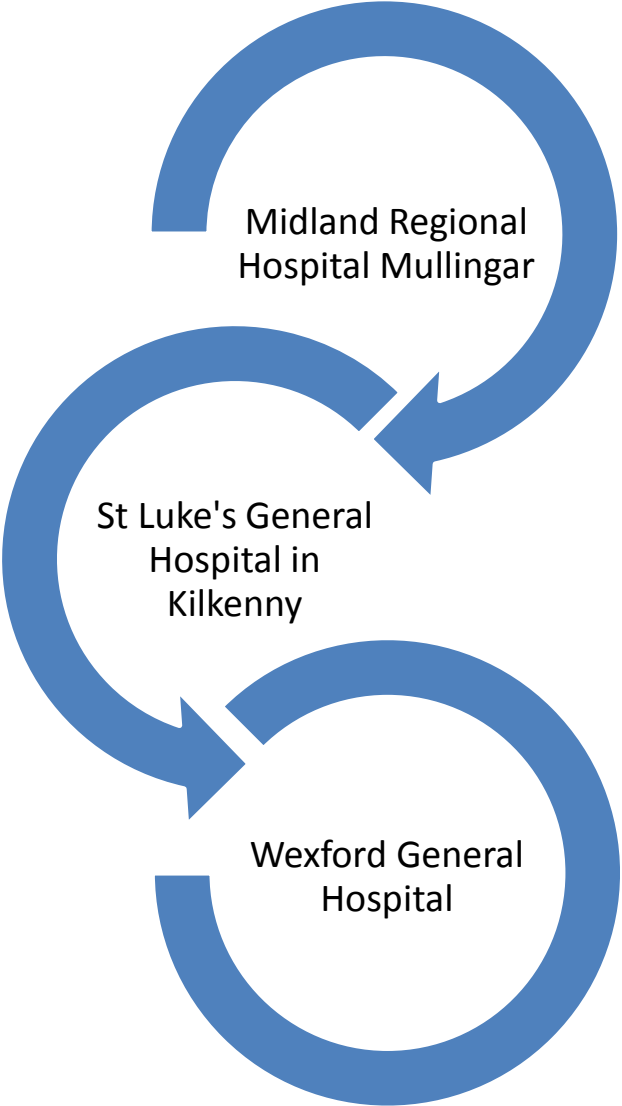
Clinical Issues in Labour

Baby Friendly Hospital

Loss and Bereavement



Building New Research Partnerships in Maternity Care Services in 2017.....





Expanding /Rebranding with the formation of the IEHG



1st Joint Research Network Conference

"Nurturing a Culture of Research and Clinical Audit to Enhance Women and Infant Health"

An Example of one of our Collaborations



Sinead Thompson, designed and produced a visual framework entitled 'labour hopscotch'



EVALUATION OF THE LABOUR HOPSCOTCH FRAMEWORK

- The framework was designed as a tool to support women on their labour journey.
- In addition the framework was developed to support midwives as an alternative means of supporting women to achieve a physiological birth.
- The fundamental principle of the labour hopscotch is to inform both women and midwives of the importance of the steps necessary to remain active during labour and in this way possibly reduce interventions such as epidurals.
- A key benefit of the framework is its transferability as women can undertake the steps in their home environment and are provided with an opportunity to avoid early admission to hospital setting.

RESULTS: DESCRIPTIVE STATISTICS

- 94% found the steps easy to follow
- 94% found Hopscotch useful
- 40% would have liked more information earlier in pregnancy
- 79% supported by birth partner in use of Hopscotch

Most Beneficial Steps	%
Mobilising	80
Birthing Ball	56
Stool	53
Water	41
Toilet	32
Alternative Therapies	23
Mat	18

RESULTS: CONFIDENCE TO COPE

- 49% reported feeling fully confident to cope with labour because of LH
- Those on their first birth were significantly less likely to be confident than multiparous women
- Women attending community midwives were 2.2x as likely to report confident than women in private clinic
 - 1.6x than semi-private, 2x than women in public, and 1.8x than midwives clinic.



Challenges Ahead



- To keep communication pathways open and effective when dealing with interconnected and individually complex organisations.
- As we grow bigger so do the demands, leading to pragmatic problems such as an increase in workload for the members and the need for an administrator to support the JRN activities.
- To engage with maternity care service users in generating research ideas.
- To maintain the identity of Midwifery/Nursing Led Research at the forefront of the JRN.





Acknowledgement

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Sincere Thank you to the



Mothers, Fathers, Partners and their Families, for their continued support of our research.

National Maternity Hospital, Executive Management Team.

Head of School, UCD School of Nursing, Midwifery and Health Systems.

Our Colleagues in the National Maternity Hospital and University College Dublin.

Our Colleagues in our Partner hospitals in the Ireland East Hospital Group.

Nursing and Midwifery Planning Development Unit HSE.



go raibh mile maith agat