



Martyrarini Budi Setyawati
Our last-minute lockdown PhD student



Reason

Research at the School of Nursing
The University of Auckland

EDITOR'S NOTE

On Thursday 18 June, the School of Nursing officially re-opened after Aotearoa New Zealand's lockdown period. Whaea Erana Poulson led the [staff in waiata](#) learned in daily online tikanga sessions with her.



Erana Poulson

The School also acknowledged staff who lost family/whānau during this time.

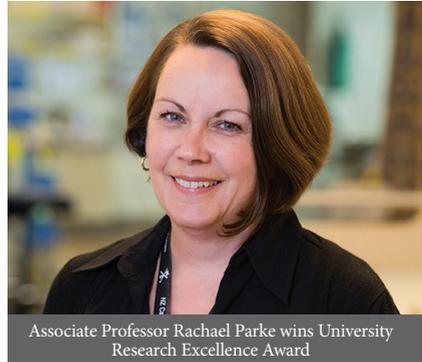
We give our sympathy to the families of the 22 people who died in this country as a result of Covid-19, and our hearts go out to our colleagues overseas who continue to battle the pandemic on the frontlines.

Covid-19 is woven through this issue of Reason – Tya Setyawati on our cover just squeaked into the country before the lockdown. She's profiled on p. 6. We have new grants awarded for research related to the pandemic and news on how staff produced broadcast media to help older Kiwis during lockdown.

Similarly, even though our borders are closed, staff are innovatively forging ahead with PhD supervision of students overseas. Dr Michelle Honey and Dr Julia Slark are supervising Elysabeth Tarihoran in Indonesia on the topic of eHealth support for secondary stroke prevention.

Dr Rosemary Frey and Professor Merryyn Gott are supervising Reza Mirsoleymani from Iran who is exploring issues associated with parents whose children have cancer. Dr John Parsons and Dr Willoughby Moloney are supervisors for Hemamali Madhushanthi from Sri Lanka who is looking at caregivers of patients with chronic kidney disease.

Best wishes,
Lisa Williams



Associate Professor Rachael Parke wins University Research Excellence Award

REAL WORLD RESEARCH IMPACT

Associate Professor Rachael Parke earned an Early Career Research Excellence award given by the University. 'Real-world impact' defines the research recognised for the Research Excellence awards. Vice-Chancellor Professor Dawn Freshwater lauded those being honoured in 2020 as 'they exemplify the vital role the University plays in fostering research that brings benefits to every aspect of our society. Our research has never been more critical as New Zealand seeks to reset and refresh the economy and society in the face of the global pandemic.'

The awards recognise excellence at four stages in the careers of researchers: from the best doctoral theses, leadership and achievement in early career researchers, through to the outstanding achievements of senior researchers. They also note the significant contribution of the University to research in industry and society through the Research Commercialisation award, sponsored by UniServices.

One area of Rachael's current research concerns the prevalence of bullying, discrimination and sexual harassment amongst ICU nurses in Australia and New Zealand. She also hosts the podcast [Critical 2 Your Success](#), which features critical care nurses and others discussing factors critical to their success.



Dr Deborah Balmer reports on death social practices in Residential Aged Care

DYING WELL IN CARE

Dying in residential aged care (RAC) is becoming more common for an increasingly diverse number of New Zealanders. Given this fact, it is important to know more about death social practices and rituals in RAC, says Dr Deborah Balmer.

Writing in *OMEGA—Journal of Death in Dying*, Deborah and her co-authors used data collected in the End of Life Dementia Experience Research (ELDER) study. The research explores death and post-death rituals in RAC facilities amidst the tensions they face between being places to live as well as places to die.

The findings cluster death social practices and rituals around four major themes: 1) A good death: never die alone 2) A good death: meeting family wishes 3) A good death: “who decides?”, and 4) A good death: after death practices and rituals.

The research team gathered their data from healthcare professionals working in 49 RAC facilities that participated in the ELDER project. Dr Rosemary Frey, Professor Merryn Gott, Dr Aileen Collier and Associate Professor Michal Boyd were co-authors on the paper titled, [‘A Place to Live and to Die: A Qualitative Exploration of the Social Practices and Rituals of Death in Residential Aged Care.](#)



Covid-19 research explores older New Zealanders' lockdown experiences

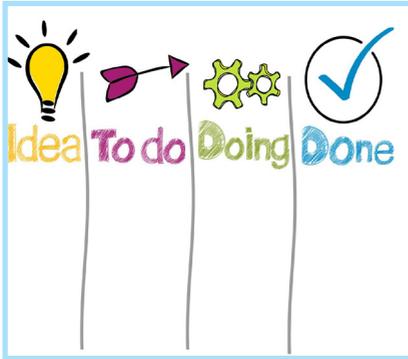
HOW WAS YOUR LOCKDOWN?

A new grant is asking just that question of those 70 and older. Funded by the Auckland Medical Research Foundation, it is enabling a team led by Professor Merryn Gott to explore the Covid-19 experiences of older New Zealanders. One purpose of the research is to help counter the mainstream media’s simplistic analysis of the issues. To achieve this, the researchers are conducting interviews and asking people in this age group to write letters about what it was like for them during lockdown.

‘By talking directly with this age group (rather than at them) we intend to gather data useful for informing future messaging by the media as well as the Government’s public health directives,’ said Merryn.

The impetus for the study stemmed from Government and mainstream media messages to those 70 and over. ‘The over 70s tended to be lumped together and characterised as passive and vulnerable. What was really clear was that there was a lot said about older people, but very little actually reported that was said by them.’

Those interested in writing letters can visit the project website (haveoursay.org) With letter-writer permission, the letters will become part of an archive held at the Auckland War Memorial Museum.



SUMMER STUDENTS SIZZLE

School of Nursing summer students have proven their mettle with their publishing prowess in recent months. Kenzie Roberts and her supervisors, Dr Gigi Lim, Dr Dianne Marshall and Dr Michelle Honey recently published, [‘Factors that influence RN Designated Prescribers antibiotic prescribing practices’](#) in the journal Nursing Praxis in Aotearoa New Zealand.

Eve Sullivan, who worked with Associate Professor Melody Smith, was first author on a review of policies for children’s co-design. Melody, Dr Victoria Egli and Dr Niamh Donnellan were co-authors on the paper titled: [‘Policies to enable children’s voice for healthy neighbourhoods and communities: a systematic mapping review and case study’](#). It was published in Kōtuitui: New Zealand Journal of Social Sciences Online in June.

Summer student Donna Huang, supervised by Dr Victoria Egli, was first author on a paper discussing bus stops and school advertising. Victoria and Associate Professor Melody Smith were among the co-authors. See: [Bus Stops Near Schools Advertising Junk Food and Sugary Drinks](#) that appeared in Nutrients.

Charlotte Aitken, who worked with Dr Aileen Collier, published in April’s edition

of Palliative Medicine. Aileen, Associate Professor Michal Boyd and Lorraine Nielsen were co-authors on, [‘Medication use in aged care residents in the last year of life: a scoping review’](#).

In addition, Michelle Honey and Michael Crossan have published a paper with their post-graduate student Susan Atherton: [‘The impact of simulation education amongst nurses to raise the option of tissue donation in an intensive care unit’](#) in Nursing Praxis in Aotearoa New Zealand.

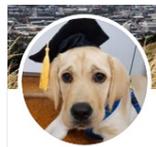
AWARD-WINNING RESEARCH

Dr Rosemary Frey has earned The International Journal of Older People Nursing (IJOPN) 2019 Award for Outstanding Methodological Innovation in Gerontological Nursing Research. Editor-in-Chief Sarah Kagan noted the excellence of the paper stating, ‘All members of the selection committee agreed that it was a pleasure to review your very interesting work.’

Titled [‘What factors predict the confidence of palliative care delivery in long-term care staff? A mixed-methods study’](#) the paper examined factors that contribute to palliative care delivery confidence and explored the social reality shaping those factors for long-term care staff.

Her co-authors were Dr Deborah Balmer, Dr Jackie Robinson, Associate Professor Michal Boyd and Professor Merryn Gott.

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Health Research Council Co-project leaders
Dr Jackie Robinson and Professor Merryn Gott

END OF LIFE AND DEPRIVATION

An inter-disciplinary team led by Dr Jackie Robinson and Professor Merryn Gott will explore palliative care in communities experiencing socio-economic hardship. Recipients of a \$1.2 million Health Research Council (HRC) grant, the team will investigate the strengths and challenges such communities experience at end-of-life. The researchers will work in partnership with communities to identify strategies that will improve their experience.

‘Overseas research shows that people in areas of deprivation have reduced access to specialist palliative care services. They are less likely to die in a hospice or access other palliative care services that help them to die at home. Yet we have no corresponding evidence here,’ Jackie said.

She also stated that there was no NZ-based information from communities located in areas of deprivation about the reasons for current patterns of end-of-life health service utilisation. ‘We don’t know what people’s aspirations are for end-of-life care or their experiences of it.’

Though the grant proposal was written long before Covid-19, the pandemic has highlighted inequities in health service access, including in the areas of death and dying. ‘That makes exploring the social determinants of end of life

experience both timely and of critical importance,’ Jackie said.

In addition to Jackie and Merryn, School staff on the project include Te Ārai researchers Dr Tess Moeke-Maxwell, Dr Lisa Williams, Stella Black and Dr Jinfeng Zhao. Colleagues from the School of Population Health (A/Prof Janine Wiles and A/Prof Dan Exeter); Auckland and Waitemata DHBs (Dr Andrew Old) and Bay of Plenty DHB (Dr Emily Gill), as well as community partner Rākau Tautoko – led by Tara Moala – are taking part.

RAPID RESPONSE GRANTS

Nine researchers have been awarded Covid-19 rapid response grants by the School of Nursing. Each grant focuses on aspects of the lockdown as experienced by different groups of people.

Dr Rosemary Frey and Dr Deborah Balmer: End of life Choice Act 2019, COVID-19, and New Zealand adults over 60 years: Vulnerabilities, safeguards and understandings.

Dr Stephen Jacobs and Mrs Susan Waterworth: Nurses’ experiences of nursing leadership during Covid-19. Dr Victoria Egli: Mental distress and diet quality of adult New Zealanders during lockdown; Findings from the Covid Kai Survey.

Dr Jackie Robinson: The impact of isolation and quarantine on the health and wellbeing of residents living in aged care facilities during the Covid-19 pandemic. Natalie Anderson: More than mortality data: A media analysis of Covid-19 related deaths during New Zealand’s lockdown. Dr Melissa Carey: Covid-19 and the use of IT to access health information among kaumātua: Māori whānau perspectives.

Dr Aileen Collier: Critical connections: Policy and perspectives on ‘visiting’ and palliative care during the Covid-19 pandemic.

PERSONAL EXPERIENCE, PERSEVERENCE SHAPE PHD JOURNEY



Martyarini Tya' Setyawati has joined the School from Indonesia. She tells us about her PhD research, her work back home and how

she made it into Aotearoa New Zealand hours before the country shut its borders.

What prompted your research?

My research topic is about informal caregivers who care for their families with Parkinson's disease. I am interested in this topic because of my personal experience. At the end of 2014, I could barely keep myself from staring at my father who was suffering from Parkinson's. His difficulties walking and sleeping, his emotional problems, and coordinating and producing speech resulted from this disease.

Caregiving can be like a rollercoaster. My desire is to develop a better understanding of those in the same situation and then do something to help them. From a Muslim perspective, I plan to examine what people feel when they become informal caregivers and what the effects are on their lives. I also want to find out what it is like for caregivers in a predominantly Muslim country compared to a country where they are the minority, like New Zealand.

Tell us a little about life in Indonesia

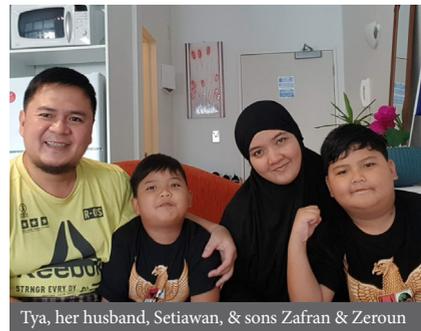
I'm from Purwokerto, Central Java province. I came here with my husband, Setiawan Mangkunegara, and our two sons, Zeroun and Zafran. I'm a Nursing Lecturer (Adult Nursing) at the University of Harapan Bangsa.

How did you get here in the midst of a global pandemic?

My trip to reach Auckland was very thrilling. My husband and I decided to

advance our flight schedule, from March 26 to March 19 when we got word about three confirmed cases in NZ. Four hours before my flight departed, my friend in Auckland said that the border would close on March 20, 2020 at 00.00 NZT.

You can imagine how stressed I was. All the tickets and lodging reservations would be forfeited, plus I wouldn't be able to go to New Zealand for an indefinite period because of this pandemic.



Tya, her husband, Setiawan, & sons Zafran & Zeroun

As I said, I was destined here, thanks to the help of John Parsons, Bobbi Laing, and Julia Slark. I arrived at Auckland airport at 11 am, and exited the gate at 3.30 pm after a long immigration check. They needed to make sure that I would be safe during self-quarantine and understood all the rules.

We had to quarantine ourselves for 14 days. Luckily we were ready with 10 kilos of rice and dozens of instant noodles in our suitcase, and I have supervisors who are very, very attentive. They bought me necessities on the second day I arrived in Auckland. Their generosity taught me a lesson that I will apply when returning to Indonesia. I promised myself I would treat my students like my own family, supporting them not only academically but in their lives.

Tya's PhD supervisors are Associate Professor John Parsons and Dr Bobbi Laing.

GRANTS ON BOTH SIDES OF THE TASMAN

Dr Aileen Collier's research maintains a focus here and in Australia. Her application submitted with Adelaide colleagues was one of 17 out of 70 to receive a South Australia Health Palliative Care 2020 grant. She will explore what brilliant palliative care looks like from the perspectives of new and emerging communities in Northern Adelaide. In Aotearoa New Zealand, she will work with lead Dr Felicity Bright of AUT University's Centre for Person Centred Research on a Health Research Council-funded ethnographic study. The team will explore aspects of stroke care.



Dr Aileen Collier



Dr Tess Moeke-Maxwell and Whio Hansen Wharemate



Natalie Anderson celebrating submitting her thesis

KAUMĀTUA CARE CRITICAL

Whānau care and support is critical for kaumātua as they near death. Such care includes helping their wairua transition from physical life to a metaphysical form.

These are the views expressed in Dr Tess Moeke-Maxwell's new book chapter titled, 'Wairua Manuake—Flight of the Wairua: Māori End of Life Preparation. The chapter appears in [*Death Down Under: Twenty-first Century Dying, Death, Disposal and Memorialisation in the Antipodes*](#).

Tess examines the contributions of whānau and the enablers for and barriers to assisting kaumātua at this critical time. Tess and her co-author Linda Waimarie Nikora, Professor of Indigenous Studies at Te Wānanga o Waipapa, University of Auckland, assert that knowledge of indigenous peoples' end of life caregiving experiences is critical to the improvement of health and palliative care.

PANDEMIC NO BARRIER FOR PHD

Excellence and adaptability have earned Natalie Anderson's PhD thesis a place on the Dean's list. Submitting it just prior to the national Covid-19 lockdown, meant her viva (oral examination) occurred 'virtually' online. The examiners noted the quality of her thesis, which included seven published manuscripts, and she passed with 'no revisions'. Making the Dean's List is a distinction that only a few earn each year, out of all the University of Auckland doctoral candidates completing theses.

Natalie's thesis used mixed methods to explore paramedic decisions to start, continue or stop resuscitation. Her research revealed that resuscitation decision-making can be challenging, even for the most experienced ambulance personnel. Her PhD supervisors were Professor Merryng Gott and Dr Julia Slark.



Tiny beach clean-up volunteers

CLEAN-UP CREW HITS THE BEACH

The novelty has not worn off of being able to congregate freely post-lockdown. When the opportunity arose to see each other in person, volunteers from the School, their families and dogs met in June at a local beach to collect rubbish. The group discovered it was a clean beach, and some sleuthing was necessary to collect significant amounts of litter. Dr Victoria Egli won the prize for the largest item, finding an abandoned car seat. The volunteers worked with Sustainable Coastlines, a charity that delivers clean-up events and other projects and programmes.



'HEALTHY FOR LIFE' RESEARCH ON TV

Far from stopping them in their tracks, the Covid-19 pandemic spurred School of Nursing researchers into action. The team of 20 collaborators led by Associate Professor John Parsons, organised a television programme aimed at older New Zealanders in lockdown. Titled 'Healthy for Life' it aired on TVNZ in May. Programme highlights included a strength and balance exercise programme alongside advice on health and wellness, including home safety, nutrition, sleep, brain and mental health and the maintenance of social links. Dr

Kathy Peri and Professor Vanessa Burholt took part in the project as did others in the Faculty and external partners. After the programme, the team completed 248 phone interviews with older people to solicit their views and suggestions. 'We'll use these interviews to develop evidence to support more content with strategic partners,' John said. 'Healthy for Life' is available on [TVNZ on Demand](#). The team is exploring opportunities to continue the development of health promotion and advice for older people that can be delivered through TV and other media and integrated with health and disability support services.



Dr Cynthia Wensley

STAYING 'CALM': PATIENTS' VIEWS ON COMFORT

Dr Cynthia Wensley offers insight into what comfort means to patients. Incorporating interviews with people undergoing heart surgery, her new paper aims to influence practice and quality initiatives.

A unique feature of the research is its 'Comfort Always Matters' (CALM) framework. It describes factors which influence comfort. 'For patients, comfort means more than just the absence of pain,' Cynthia said.

She and her co-authors, including Dr Ann McKillop, and Professor Alan Merry, Deputy Dean of the Faculty, found that patient ideas about what influences their comfort can be divided into four inter-related layers: personal (often private) strategies; the unique role of family; staff actions and behaviours; and factors within the clinical environment.

See: [Maximising comfort: how do patients describe the care that matters? A two-stage qualitative descriptive study to develop a quality improvement framework for comfort-related care in inpatient settings.](#)



RESEARCH TO HELP NURSES THRIVE AT WORK

Dr Willoughby Moloney is investigating how nurses and managers can collaborate to create new workforce management systems that help primary healthcare nurses to thrive at work. 'While there has been a focus on professional resilience, it's also important to enable nurses to thrive in the workplace, which contributes to their wellbeing.' She added that the study is especially pertinent given the extra stress nurses faced during the pandemic. To participate, primary healthcare nurses in Aotearoa New Zealand can complete a [short online questionnaire](#).



Mrs Louise Carrucan-Wood
& Dr Michelle Honey

OUTSTANDING TEACHERS COME IN PAIRS

Mrs Louise Carrucan-Wood and Dr Michelle Honey have been recognised by the Faculty for their outstanding contributions to teaching. Both have received Butland teaching awards.

Louise's Butland Innovation in Teaching award recognises not only her innovative teaching and learning activities but their sustainability and potential transferability as a model to other areas.

Michelle's Sustained Teaching Excellence award is in acknowledgement of her consistent high-quality teaching over a number of years. Some of the other considerations

factored into Michelle's award include her responsiveness to learner diversity, student response and evidence of achievement of learning outcomes.

Regarding their success, Head of School Julia Slark said, 'in the School, we've witnessed Louise and Michelle's impact, and it's satisfying to see they are now being recognised more widely.'

MENTAL HEALTH EDUCATOR EXPERTISE CELEBRATED

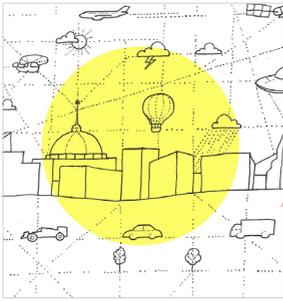
Congratulations to Tracey Forward for receiving a Dennis Pickup Clinical Educator Award. The award, given by the Faculty of Medical and Health Sciences, acknowledges her contributions to mental health nursing clinical education.

Among her many accomplishments, Tracey has supported the development of advanced practice in mental health nursing and strengthened links between Auckland District Health Board's (ADHB) mental health services and the School of Nursing.

'We are immensely grateful to Tracey and have profound respect for what she has achieved,' said Head of School, Julia Slark. The award is named in recognition of the contribution to clinical education made by Dennis Pickup, a former CEO of Auckland Healthcare (now known as the Auckland District Health Board).

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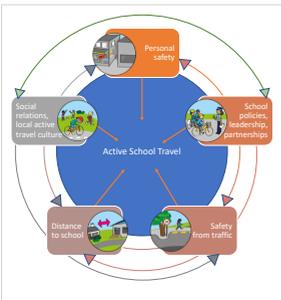
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GRANTS SUPPORT STAKEHOLDER ENGAGEMENT

Dr Victoria Egli and Dr Niamh Donnellan received travel grants from the FMHS Post Doctoral Society. They will visit Taranaki to undertake stakeholder engagement and relationship building in the region for both of their respective research projects Victoria: Healthy Messages for Healthy Kids; Niamh: Knowing Your Neighbourhood.

While the two projects are independent of each other, they are aligned and complementary; they focus on the social and environmental determinants of children's health behaviours in Taranaki.



ACTIVE TRAVEL TO SCHOOL

What influences how children travel to school? Associate Professor Melody Smith and co-authors report on this question in the [Journal of Transport & Health](#). Their goal was to generate a model that offers insight into the factors that contribute to Active School Travel (AST), how they interact and how we might promote change. Such change is important given Aotearoa New Zealand's low rate of AST compared to other countries.

'We looked at recent research conducted with children, their parents or caregivers and school representatives and

also studies that assessed built environments. What we found is that – among other factors – things such as distance from home to school and ensuring child safety were strongly associated with children's AST; Melody said. Dr Niamh Donnellan, Dr Victoria Egli and Dr Jinfeng Zhao were co-authors.



SANDY OSTER NAMED CHAIR OF NPNZ

Professional Teaching Fellow Sandy Oster has been elected the Chair of Nurse Practitioners NZ (NPNZ), a division of the College of Nurses Aotearoa. She will serve a two-year term beginning in November. NPNZ boasts a membership of more than 300 NPs. The organisation provides an independent steer in strategic direction and a voice for nurse practitioners in Aotearoa New Zealand.

Sandy notes that she is 'looking forward to leading the NPNZ executive and continuing the work that has been breaking down barriers to NP practice nationally.'

She stated that NPNZ is on track to having its 500th NP registered this year. 'NPs are working throughout primary, secondary and tertiary care. They are in neonatal right through to mental health, aged and palliative care settings. In all sectors, NPs are making extensive contributions to the health and wellbeing of New Zealanders. I'm proud of the work they are doing.'



LONELINESS IN RETIREMENT LIVING

New research shows many older people living in Aotearoa New Zealand retirement villages (RVs) report feelings of loneliness. Those particularly affected were people without partners, at risk of depression and decreased quality of life and those who had moved into RVs to increase social connections. Writing in *Psychogeriatrics*, Associate Professor Michal Boyd and colleagues stated that early identification of factors for loneliness in RV residents could support interventions to improve quality of life and positively impact their health and well-being.



PERIOD POVERTY AFFECTS YOUTH

About 12% of youth say they have experienced period poverty, and for 5% this happens monthly. This has important implications for engaging in education, with 8% saying that they had missed school because they didn't have menstrual items.

For Māori and Pacific students the impact is much more limiting with around 15% missing school due to period poverty. This [fact sheet](#) offers details on the findings.

The information originates from the Youth19 Rangatahi Smart Survey co-led by Associate Professor Terryann Clark

from the School of Nursing and Dr Terry Fleming from Victoria University, Wellington. Both received Health Research Council project funding for the project.

The Youth19 survey asked 7,894 young people aged 12-22 years about their health, social, family and community wellbeing. This is the fourth wave in the Youth2000 survey series that has been tracking trends in youth wellbeing since 2000. One of the new questions for 2019 concerned period poverty.

These data have been used to highlight the extent to which period poverty affects youth in Aotearoa New Zealand. 'It has been really satisfying to see our data being used to advocate and create solutions to address the issue' said Terryann. The Government has rolled out \$2.6 million to trial free period products in 15 Waikato schools, and while 'this is a great start, our research shows this is widespread and a more comprehensive programme is required to ensure that youth have access to period products so they can continue to engage in education and not miss out on opportunities they are entitled to,' she added.

For more information about the Youth19 survey see the website: www.youthresearch.auckland.ac.nz or www.youth19.ac.nz.

To read more on period poverty:

[Northland Schools Face Long Wait for Free Period Products](#)
[Pacific Students Speak Out About Period Poverty](#)