

# Australia and New Zealand Chapter IFNA



**Newsletter Number 16: February 2022**

**Australian and New Zealand Chapter News**

Welcome to February newsletter. [Covid-19 and the influence on nursing](#)

This month I wanted to share some research about the **changing role of nurses related to Covid-19**. Completing a simple search across Cinahl database using keywords Covid, Nurs\*, role of the nurse, 90 articles were found with 13 completed with Australia or New Zealand nurses. Eleven articles were included which explored the change of nurses role during Covid-19. The common theme across the articles was the high levels of stress and the need for improved self-care practices for nurses.

The pandemic has changed the way nurses provide care. Nurses have become innovative in the ways to maintain a therapeutic relationship with their patients and family. They have become the nurse and the family in a lot of the areas.

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Nurses showed resilience and ability to change, work closely in teams even though they were separated (Arcadi et al., 2021). A study of Italian nurses explored their experiences of working during Covid -19 with a resultant theme exploring changes in the meaning of 'to care' (Arcadi et al., 2021). *'Seeing these people die in total solitude struck me very much as they had absolutely no way to communicate with relatives or with the people important to them. There was only us.'* The nurses described a sense of fear

related to getting and sharing the virus with their family and helplessness as they cared for their patients. There was also a sense of responsibility to care and duty to their patients (Arcadi et al., 2021).

Garcia et al. (2021) explored the stress of nurses working in United States who had young family highlighting that working in the pandemic and going home to your own family caused high levels of stress for these nurses. Recommendations from this study was the need for support for nurses to maintain a work life balance and skills in self-care practices (Garcia et al., 2021). Previous research has found that nurses often need reminding and support to engage in self-care practice and the organisation should be active in their role to support nurses to care (Hossain & Clatty, 2021).



Arcadi, P., Simonetti, V., Ambrosca, R., Cicolini, G., Simeone, S., Pucciarelli, G., Alvaro, R., Vellone, E., & Durante, A. (2021). Nursing during the COVID-19 outbreak: A phenomenological study. *Journal of Nursing Management*, 29(5), 1111-1119. <https://doi.org/10.1111/jonm.13249>

Garcia, A. S., Carotta, C. L., Brown, R., Da Rosa, P., Pravecsek, B., & Carson, P. (2021). Parenting stress, self-efficacy and COVID-19 health risks as predictors of general stress among nurses. *International journal of nursing practice*, 27(6), e13009-n/a. <https://doi.org/10.1111/ijn.13009>

Hossain, F., & Clatty, A. (2021). Self-care strategies in response to nurses' moral injury during COVID-19 pandemic. *Nursing ethics*, 28(1), 23-32. <https://doi.org/10.1177/0969733020961825>

## Australian and New Zealand Chapter research project

*What is nurse's role with family?*

*Here is an opportunity to be involved in a research study to help us understand what nurses see as their role with families.*

"Nurses attitudes toward the importance of families and perceived outcomes of family involvement in nursing care" [FAMinCare]. ([GU: 2021/371]

As nurses, you are involved in caring for patients who are mainly supported by family members. When nurses can create a relationship and work with the family towards both physical and psychosocial healing, there is a subsequent decrease in suffering among family members. Evidence suggests family involvement in care is beneficial for the patient however implementing this is often difficult. This study seeks to understand nurses' attitude towards family involvement in care and the development of a family-nurse relationship.

Participation in the study will involve the completion of an online survey less than 20 minutes.

If you would like to participate in this study, we ask that you read the information sheet at the start of the online survey and complete the online survey.

<https://prodsurvey.rcs.griffith.edu.au/prodls200/index.php/415994?lang=en>

Join our family nursing chapter and increase your connection with family nursing colleagues.

Link to family nursing<sup>1</sup>

## Why is family important during health adversity?

'Partnering with consumers' is recognised as a key element in safe and quality health care to improve health outcomes of consumers (Australian Commission on Safety and Quality in Health Care, 2018). Partnering with consumers or family is particularly important for clients with complex chronic diseases, where physical, social and psychological concerns need tailored support to achieve optimum client outcomes (Wissen et al., 2017). When the nurse is able to develop a partnership of care, they can promote consumer inclusion in shared decision-making and self-management of care. The nurse develops a relationship with the client which is built on trust and with the nurse providing care and guidance to the client (Gallant et al., 2002). This relationship is often one where the nurse is in a position of power, to develop a partnership with the client the nurse surrenders some of the power with an aim for mutual respect, collaboration and sharing of information (Oxelmark et al., 2018).



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<sup>1</sup><https://youtu.be/bLHOvxQGlic>

## Has the partnership with clients changed over the pandemic?

Nurses must be able to develop a relationship of trust with the patient and family in an environment of masks. This adds complexity to providing care and causes stress for both the nurse and the consumer [patient and family] (Wittenberg et al., 2021). One of the positives from Covid-19 is the progression of telehealth (Monaghesh & Hajizadeh, 2020). But we must not forget the benefit of touch and close care (Oakley et al., 2020).



## Supporting nurses hesitant to have the Covid-19 vaccination?

As vaccinations are being mandated across society there are nurse who are questioning and not being vaccinated (Al-Amer et al., 2022). Health professionals are expected to role model and advocate for best practice, yet at times this is not always achievable. During the current pandemic, registered nurses (RN) on the frontline of the Covid-19 pandemic, are at most risk of exposure during the delivery of clinical care, yet they have been identified as the professionals most vaccine hesitant (Al-Amer et al., 2022; Kwok et al., 2021).

Cultural, religious, political and societal reasons are highlighted as the reason behind vaccine hesitancy (Lin et al., 2021). Vaccine hesitancy in registered nurses has an influence not only on their health and their patients but also their influence with their social network (Paterson et al., 2016).

To improve the uptake of vaccines by registered nurses who are hesitant, **specific and transparent information** should be provided. The clinical area should **encourage role models and leaders to understand and work with staff** who are hesitant to be vaccinated (Burden et al., 2021).



Guest presenter for next meeting Valda Frommolt, sharing her experience of teaching students how to engage with family. All welcome to link in to hear Valda's ideas and research in this area.

## REASONS why YOU should Become a Member of IFNA

Currently fees for Chapter members NEW IFNA Member - \$75.00 (USD) is 40% off the usual membership fee for a limited time.

<https://protect-au.mimecast.com/s/iUQDC81ZPoh67nkRqInSSZq?domain=internationalfamilynursing.org/> (*about:blank*)

### Benefits of joining IFNA

To interact with a global community of nurse scholars and practitioners who care about the health and healing of families.

Develop international friends and mentors.

To attend webinars about family nursing theory, practice, and research

**Don't forget to connect** with the main International Family Nursing Association and join to access extensive family nursing resources. <https://internationalfamilynursing.org/> (*about:blank*)

## And have a look at the refreshed IFNA website.

Especially the new Australian and New Zealand Chapter page with new features.

Next meeting Wednesday • March 9th, 2022 1100-1200 AEST Teams link <sup>2</sup>

Written by Dr Elisabeth Coyne

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<sup>2</sup>[https://teams.microsoft.com/l/meetup-join/19%3ameeting\\_NzZjYmQzOTEtMzgyOS00NDQ2LWlzMGEtZDZkNWUyZTRjZjM5%40thread.v2/0?context={\"Tid\":\"%3a\"5a7cc8ab-a4dc-4f9b-bf60-66714049ad62\"%2c\"Oid\"%3a\"2fa526d7-e268-410f-9277-42360c0b3876\"}}](https://teams.microsoft.com/l/meetup-join/19%3ameeting_NzZjYmQzOTEtMzgyOS00NDQ2LWlzMGEtZDZkNWUyZTRjZjM5%40thread.v2/0?context={\)

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