**PERSON CENTRED REHABILITATION**

Health & Rehabilitation Research Centre, School of Rehabilitation and Occupation Studies, AUT

APRIL 2008

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**1. UPDATE**

Welcome to the 4th edition of the PCR Team Newsletter updating progress on various studies and activities over the last four months. It has been a very productive period (in more ways than that of research alone) with two of our team delivering healthy babies in February. Greta Riley and Nicola Kayes are therefore, both on maternity leave—see back page for photo evidence.

Nicola is continuing with her PhD investigating activity engagement for people with Multiple Sclerosis. Currently the pilot of a novel intervention designed to affect participation in activity amongst people with MS is underway.

- **Outputs:** This month will see the second issue of a new online publication called the Rehabilitation Research Review. This publication is funded by ACC but coordinated here at AUT and edited by Kath McPherson. Aimed at helping health professionals keep up-to-date with research about chronic health conditions and rehabilitation, it provides a summary of ten recent papers and a commentary on them. Subscription for this is free. Go to [http://www.researchreview.co.nz](http://www.researchreview.co.nz)

- **Grants:** Our team has been awarded a grant from the ACC to investigate a new rehabilitation planning and assessment tool to assist vocational rehabilitation professionals. We have also been awarded an AUT contestable grant to explore the experiences of fatherhood for men experiencing disability. For more information on these projects please see page 2.

**New Study Opportunities in Rehabilitation:** In addition to the Concepts of Rehabilitation paper that runs at AUT in the first semester, we have introduced a new paper entitled ‘Innovative Strategies: Engaging in Rehabilitation’. This paper provides an overview of concepts, theories, and research related to helping people engage in and get the most out of rehabilitation, and investigates how they can be applied in practice. It is designed to compliment and extend on the Concepts of Rehabilitation paper. Both papers contribute to post-graduate qualifications in Health Sciences and Health Practice. For more information about this contact Marta Leete, mleete@aut.ac.nz

**2. FOCUS**

The newest member of our team is Bernadette Guerin and in this issue we focus on the skills and experience she brings. Bernadette has recently submitted her PhD in Psychology at the University of Auckland. Prior to this she gained a Bachelors degree in Psychology and Sociology from the University of Canterbury before completing a Masters degree in Psychology with first class honours through the University of Auckland. She has tutored in psychology at the University of Auckland and lectured in psychology at AUT University. Bernadette has worked as a research assistant on a number of other projects before joining the PCR Team, and has helped facilitate the research of many others during her 10 years working as a librarian at the University of Auckland whilst completing her own studies. She is currently undertaking further clinical psychology training alongside her position with the team.

Bernadette is employed as a Research Officer on the Motherhood and Disability project working closely with the principal investigators Prof Kath McPherson, and Dr Deborah Payne from the Centre for Midwifery and Women’s Health Research. The project is formally entitled: ‘Improving pre-pregnancy, maternity and early childcare health interventions and support for women experiencing disability*’. To date little research has been carried out, and none in New Zealand, to indicate or respond to the facilitators and barriers to pregnancy, birth and motherhood for women with impairments.

*Applicants: Kath McPherson, Deborah Payne, Ruth Delioursza, Lynne Giddings, Dianne Roy, Cynthia Farquhar, Matire Harwood

Bernadette (centre back) with some of the team involved in the Motherhood and Disability project. Back row from left: Dr Dianne Roy, Bernadette Guerin, Dr Matire Harwood. Front: Dr Huhana Hickey, Bronwyn Hayward, (both of whom have been acting as disability advisors on the project), Dr Deborah Payne, and Prof Cynthia Farquhar.
FOCUS CONTINUED

The purpose of the first part of this HRC funded study is to identify and explore the issues disabled women experience in considering, becoming and/or being mothers. One-on-one interviews and focus groups will explore the experiences of women with physical or sensory impairment and try to identify how best to support them. The second part of the study will then explore how health and social care professionals might best respond to the needs women identify in the first phase. We would like to talk with women in New Zealand aged 18 to 45 years who have a physical or sensory impairment (either from birth or acquired), and have had a pregnancy within the last five years. We also are keen to interview women with physical or sensory impairments who have not pursued pregnancy and motherhood. The main focus of the interviews and focus groups will be around their decision-making surrounding motherhood (or non decision-making if the choice was taken away from them), and the factors and people who influenced their experiences over this time in their lives. Recruitment for the first phase of this study is about to begin with interviews and focus groups to be held in Auckland, Whangarei, Hamilton, Wellington, Gisborne, Christchurch, Dunedin, Invercargill and Greymouth.

If you have further inquiries or are interested in being part of this project please contact Bernadette Guerin on (09) 921 9731 or Free Phone 0508 WOMENDIS (0508 966 363), email bguerin@aut.ac.nz or the principle investigators: Dr Deborah Payne on (09) 921 9999 ext 7112, email DPayne@aut.ac.nz Kath McPherson (09) 921 9999 ext 7110, Kathyn.McPherson@aut.ac.nz

Later phases of the project will involve interviewing maternity professionals, childcare health providers and health care professionals to obtain their views, opinions and experiences of providing care for women with disabilities and their families, and coming up with a list of recommendations about what needs to change in health and disability on the basis of information collated from all of the interviews. Findings will inform the development of future strategies, professional education, and policy, aiming to minimise the disabling barriers and consequences for women with impairment before, during, and after, pregnancy.

### 3. UP COMING CONFERENCES

Kath McPherson has been invited to speak at the 2008 Combined Conference of the Australasian Faculty of Rehabilitation Medicine and the Australasian Faculty of Occupational and Environmental Medicine entitled “People at work managing complexity”. This is being held in Adelaide 6-9 May. For more details visit [http://dconferences.com.au/conferences.php](http://dconferences.com.au/conferences.php)

Four of the team have had presentations accepted for the 10th International Congress of Behavioural Medicine in Tokyo in August. The theme for this conference is “Drawing from traditional sources and basic research to improve health of individuals, communities and populations” For more information visit [http://www.icbm2008.jp](http://www.icbm2008.jp)

The Rehabilitation International Conference is being held in Quebec 25-28 August 2008. The theme for this conference is Disability Rights and Social Participation: Ensuring a society for all. For more information visit [www.riguebec2008.org](http://www.riguebec2008.org)

The Occupational Health and Safety Industry Group Inaugural Nation Conference, 11-12 September 2008 in Auckland aims to promote the science and practice of addressing health in the work place. This conference brings together researchers, practitioners, regulators and others to discuss issues that affect health at work. For more information visit [http://oshsig.org.nz](http://oshsig.org.nz)

The Australian & New Zealand Spinal Cord Society Conference will be held this year in Christchurch 26—28 November 2008. The conference theme, “Where to from here? Asking the Questions” is intended to encompass the rapidly developing area of health care within the specialised field of spinal cord rehabilitation. For more details visit [www.anzcos2008.org.nz](http://www.anzcos2008.org.nz)

### 4. NEW GRANTS

Two new projects have been awarded funding over the last few months and will soon be underway:

**Testing a new measure of work-ability**

**Applicants:** Kath McPherson, Jo Fadyl, Lynne Turner-Stokes

**Funding:** ACC

Our team have been awarded a contract by ACC to investigate the feasibility of a work-ability measure being developed by Kath McPherson and her colleague Lynne Turner-Stokes from the Department of Palliative Care and Rehabilitation, King’s College, London. This proposed measure is designed to be an assessment tool and to assist rehabilitation planning. The first phase of this study will involve getting feedback from key stakeholders to reflect what they consider to be important factors in successful reintegration into the workforce with testing of the measure to follow.

For more details about this project you can contact: Jo Fadyl on (09) 921 9999 ext 7675 or email jfadyl@aut.ac.nz or Kath McPherson at Kathryn.McPherson@aut.ac.nz

**Men with impairment and experiences of fatherhood – a qualitative study**

**Applicants:** Marta Leete, Kath McPherson, Philip Patson, Kate Diesfeld

**Funding:** AUT contestable fund

The study aims to identify the issues of concern for men in their role as fathers and find out how these issues can be addressed to enable their full participation in ‘ordinary life’. Philip Patson from Diversityworks™ is a co-applicant assisting the team with this project. By identifying barriers and facilitators the findings will inform research and policy to improve the wellbeing and participation of disabled men and their families, and contribute towards realising the vision of the New Zealand Disability Strategy of a fully inclusive society.

If you are interested in finding out more about this project you can contact Marta Leete on (09) 921 9154 or email mleete@aut.ac.nz
5. RECENT REFEREED PUBLICATIONS


MacLeod, R. and K.M. McPherson, Care and compassion: part of person-centred rehabilitation, inappropriate response or a forgotten art? Disability and Rehabilitation, 2007. 29(20-21), 1589-1595.


6. STAFF NEWS

Aside from having babies our team have been very successful over the summer months. Two of our researchers have been awarded scholarships to further their post-graduate studies.

Joanna Fadyl (3rd from left in back row) has won a Kate Edgar scholarship to assist her undertake a thesis towards a Master of Health Sciences. Jo is presently completing a study that explores factors influencing decision-making about seeking paid employment amongst people recovering from spinal cord injury.

Marta Leete (4th from left in back row) has been awarded a Health Research Council scholarship to assist her to embark on a PhD. Marta is focusing on parenthood and disability and her PhD will extend the work associated with the AUT contestable grant (see page 2 for details). She is also overseeing the MS and activity pilot study and acting as paper co-ordinator for the Concepts of Rehabilitation course while Nicola is away.

7. CONTACTS

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On maternity leave until August 2008:

Greta Riley, Research Officer
greta.riley@aut.ac.nz

Nicola Kayes, Senior Research Officer
nkayes@aut.ac.nz

Greta’s baby: Ella May Mackenzie Smith b 23.02.08

Nicola’s baby: Jayden Ryan Kayes b 28.02.08

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