

# POSTER ABSTRACTS

## Nursing Research Symposium

Wednesday, 10 October, 2012

12:30-4.30 pm (lunch from 12 pm)

Robert Douglas Auditorium, The Townsville Hospital

### Recruiting for Lifestyle Modification Programs in the Workplace

Julie Twomey and Tracy Cheffins

Townsville-Mackay Medicare Local, Queensland

**Background / Aims:** Lifestyle modification programs (LMP) to prevent Type 2 diabetes mellitus were funded by the Department of Health and Ageing for people aged 40-49 years, on referral from a general practitioner (GP). Divisions of General Practice were funded to overcome barriers and improve participation in LMP. **Methods:** Workplaces within the Townsville GP Network region were approached to participate in a diabetes risk screening program, linked to the LMP in the area. Trained LMP facilitators assessed workers individually using the AUSDRISK screening tool. The age restrictions were removed, but high risk people were still required to attend a GP for referral to the LMP. Workers were shown the evidence for lifestyle change, and provided with paperwork to assist the referral process. Factors affecting recruitment and completion were explored. **Results:** Four workplaces participated, with 79 workers completing the screening tool (age range 18-60 years). Twenty were found to be at high risk and advised to see their GP for further assessment and referral to a LMP. Eight chose to continue with the referral process and completed the program. **Conclusion:** Results showed increased participation could be gained from: identifying a contact person in each workplace to assist worker participation;

simplification of forms to improve referral procedures; and giving more information to potential LMP clients. Removing age restrictions and the requirement for a GP referral into the LMP resulted in improved participation.

### Don't Burn the Baby: Advice from Australian Nurses Recommending Therapeutic Sun Exposure During Infancy

Simone Harrison and Jane Nikles

Skin Cancer Research Group, School of Public Health and Tropical Medicine, James Cook University, Townsville, Queensland

**Background / Aims:** To investigate inappropriate nursing advice advocating therapeutic sun exposure post-partum and during the first year of life. **Methods:** Questionnaires were completed by 363 nurses (57.2% response) responsible for the care of post-partum women in 11 maternity hospitals in Queensland (QLD) and the Australian Capital Territory (ACT). **Results:** A high proportion of nurses reported holding risky beliefs about the therapeutic benefits of sun exposure, including the treatment of: cracked nipples (QLD 41%, ACT 66%), neonatal jaundice (QLD 50%, ACT 75%), nappy rash (QLD 23%, ACT 17%) and acne (QLD 12%, ACT 30%) and made recommendations consistent with their beliefs. Relatively few nurses stipulated sunning through glass or specified exposure time limits. Approximately 40% of respondents thought people generally looked healthier with a suntan, and 79% [95% CI: 74.4% - 82.8%] of these respondents also had one or more risky beliefs about therapeutic sun exposure. Nursing staff in obstetric and post-natal wards working in public hospitals in Queensland were significantly more likely than nursing staff in private hospitals in Queensland to have one or more risky beliefs about therapeutic sun exposure ( $p=0.008$ ). However, being born in Queensland was borderline ( $p=0.08$ ) protective against having one or more risky beliefs about therapeutic sun exposure. **Conclusion:** As mothers are likely to intentionally expose their babies or themselves to sunlight if advised to do so by nursing staff, professional education is needed to change the beliefs and practices of those who make such recommendations, which could increase children's future risk of skin cancer.

# MEDICAL RESEARCH SYMPOSIUM PROGRAM

Thursday, 11 October, 2012 12:30-4.30 pm (lunch from 12 pm)

Robert Douglas Auditorium, The Townsville Hospital

TIME	TOPIC	SPEAKERS
12:00	LUNCH	
12:30	Introduction and Overview	Associate Professor Lynden Roberts
12:35	Factors Influencing Prescription of Anti-Emetic Medications in the Management of Nausea and Vomiting in the Emergency Department Setting	Dr Joseph England
12:40	The Increasing Incidence of Gonococcal Arthritis in North Queensland	Dr Gemma Robertson
12:45	Can Wideband Reflectance be used as an Adjunct Tool During Newborn Screening?	Mrs Sreedevi Aithal
12:50	The Equation of Care: The Queuing of Patients with Dementia in an Acute Hospital	Ms Cheryl White
12:55	Low Birth Weight Term Admissions to a Tertiary Perinatal Centre in Northern Queensland: A 10 Year Review	Dr Phylline Peppermint Tanchi
1:00	The Association of Visceral Adiposity with Abdominal Aortic Aneurysm Presence and Growth	Mr Oliver Cronin
1:15	Risk Factors for Wound Infection after Minor Surgery in General Practice	Associate Professor Clare Heal