

# The Foundation of Nursing Studies



ANNUAL REPORT

FEBRUARY 2001 – FEBRUARY 2002



**The Foundation of Nursing Studies**  
*Developing Practice • Improving Care*



*By supporting patient-centred care the Foundation of Nursing Studies helps to improve relationships and strengthen the professional aspects of care.*

### *Mission Statement*

The Foundation of Nursing Studies works in partnership with nurses, midwives and health visitors to develop, promote and improve patient care.

### *We operate within these core values:*

- Listening to nurses
- Valuing the contribution of patients and carers
- Maintaining our independence so we can make a unique contribution
- Working in true partnership with practitioners
- Supporting nurses to bring together knowledge and practice
- Upholding our charitable principles.

# Welcome and Summary



*From Fay Buglass, Director (on right), and Theresa Shaw, Deputy Director*

The Foundation of Nursing Studies works with nurses to develop, promote and improve patient care. In 2001 we continued to expand our activities, but also did a great deal of consolidation and planning work. We have grown dramatically over the last three to four years and needed to carry out a thorough review of all our work to ensure we have a solid base from which to support nurses and their patients in the future.

## *New developments and consolidation*

2001 saw a number of new activities. We offered two new nursing awards, added our own conference as a flagship event in our already extensive conference programme, extended our "small grants" programme considerably and took on the support of new practice development projects and a consultancy project.

As well as initiating these exciting new activities, 2001 was a time of consolidation. We are proud that we give long-term support. We do not believe in starting up projects and then dropping them after a year or two, so in 2001 we continued with our core work, which includes professional network administration and support of larger practice development projects.

## *Planning ahead*

The Foundation has grown enormously in the last few years. We have followed a policy of not planning too far ahead so that we could always be responsive to the needs of the nursing profession. Our flexibility has been our strength and

we hope to maintain this. However, we must also recognise the different disciplines we face now that we are becoming a larger, more active organisation. Some of our needs have changed, and planning a framework for the next five to ten years is essential to our continued success. We now have a robust vision for the future of the Foundation, and an operational plan to make that vision real.

For more about the way forward for the Foundation of Nursing Studies, and what it means for you, please take a look at our Chair and Vice-Chair's "Vision for the Future" near the end of this report.

## *Making life easier for you*

We recognise that nurses are now more confident about their role in using research and evidence in practice, but many still need support. More nurses are turning to us for that help as expectations of nurses continue to rise. To make life easier we have included "What action can you take now?" sections on every page of this report. These sections outline practical ways you can use the services of the Foundation of Nursing Studies to make developing practice and improving patient care easier for you, your colleagues, your staff or students.

*Fay Buglass*, Director  
*Theresa Shaw*, RN, BA (Hons), RNT, Deputy Director

# *We are Unique. We Give Added Value.*

*As an independent charity, the Foundation of Nursing Studies is uniquely placed to give added value in the healthcare arena. We work in partnership with NHS Trusts, Universities and other organisations to support the good work nurses are doing, and to encourage new areas of excellence.*

## *We Are Unique*

The Foundation of Nursing Studies is unique. We are the only charity in the UK whose sole business is encouraging nurses to use research and evidence to improve patient care. This means we can maintain the day to day focus it can be easy for larger organisations to lose.

We are also apolitical. As an independent charity we have the freedom to support the projects we believe to be the most effective for nurses and their patients. Usually we find ourselves working in tandem with government policy, but we are also one of the first organisations to start suggesting new ideas. It is important for nursing to have an organisation like the Foundation of Nursing Studies around to act as an extra voice.

Our relatively small size and simple structure means we are not burdened by red-tape or lengthy bureaucratic processes.

If a nurse comes to us with a great idea and we have the resources to support it, we can get things going very quickly.

## *We Give Added Value*

We work alongside all sectors of healthcare, and the education system, giving added value to the continuing work of practitioners. A great deal of our work is done collaboratively with hospital, community and primary care trusts and universities. Sometimes we are full partners, sometimes we help with just one part of a programme, such as dissemination.

Many nurses working in healthcare today may feel isolated or unable to keep up with practice developments, but they all want to provide the best possible care for their patients. The Foundation of Nursing Studies exists to help with this. For

example, in 2001 we supported the National Network for Learning Disability Nurses. Many of the 878 nurses who belong to this network work within the NHS, but others are employed in the independent sector. By giving these nurses a professional network that helps them to share good practice, support each other and help their clients, we give added value to all those learning disability services.

## *What action can you take now?*

Are you a Director of Nursing? Do the nurses in your Trust know that the Foundation of Nursing Studies can offer them support to change and develop practice? Please visit [www.fons.org](http://www.fons.org) to find out more about us - then circulate this information to your nurses - they'll need your support too!



*Putting research into practice; the Foundation of Nursing Studies works independently, but alongside the NHS, to help nurses make positive changes for their patients.*



# *Developing Practice, Improving Patient Care*

*Patient-centred care is at the heart of the Foundation of Nursing Studies' work. All the practice development projects we support aim to improve patient care - some directly, some more indirectly by improving the working lives of nurses. In 2001 we extended our awards programme, which celebrates excellence in nursing, to reflect more visibly our commitment to patient-centred care.*

## *Developing Patient-Centred Practice*

The Foundation of Nursing Studies supported 22 practice development projects in 2001 - a full list can be found on our website. Key projects included "Breaking Bad News", "Perineal Care" and "Developing Gerontological Nursing in Scotland". All these projects are substantial and have improving patient care at their core.

## *Celebrating Excellence - The Foundation of Nursing Studies' Awards*

In past years we have offered the Mallabar Awards for Improvements in Patient Care, but in 2001 we also gave the Richard Tompkins Award for Nurse-Led Care and the Birmingham Hospital Saturday Fund User Involvement in Care Award. All three awards were open to nurses, midwives and health visitors working in practice at any level.

### *The winning projects included:*

- Development of a nurse-led outreach contraceptive service in conjunction with youth and drug outreach services
- Skills training programme for ward nurses
- 'Gateway Clinic' for multiple sclerosis patients in Leeds
- Integrating service users' views into developing service provision.

Thanks to Mrs Elizabeth Tompkins, the Birmingham Hospital Saturday Fund Medical Charity and Welfare Trust, Elsevier Science and Thornbury Nursing Services for their support for the 2001 Awards.

## *What action can you take now?*

- Are you involving patients/users as much as you could? Visit [www.fons.org/projects/users.htm](http://www.fons.org/projects/users.htm) for a report on how to involve users in your practice developments
- There might be some award-winning work going on in your Trust! Are you or one of your staff members running a great, patient-centred practice development project? Visit [www.fons.org/awards](http://www.fons.org/awards) for more information on how to enter



*The Foundation of Nursing Studies works with nurses, midwives and health visitors to improve patient care in the community and in hospital.*

# *A Little Goes a Long Way*

*The Foundation of Nursing Studies knows that a small amount of money can go a long way. This is why over the last year we have expanded our small grants programme which supports smaller practice development projects and conferences.*

*We also find that a small amount of initial funding (or pump-priming) from us often means larger organisations are then willing to support a project further - meaning that it can go ahead.*

## *Small Grants*

Our small grants programme is so popular with nurses, and has shown such positive patient outcomes, that in 2001 we expanded it considerably. We give amounts of money up to £1500 to fund practice development, or to sponsor conferences or study days. As with the larger projects we fund, all small grants come with the full support of one of our two Nurse Advisors - so the nurses who benefit always have a helpful expert to turn to.

### *A few examples of nurse-led practice development projects supported by small grants in 2001:*

- Breathlessness training; a multidisciplinary approach
- The reduction of falls in an acute general hospital
- The development of a Research and Education Council for the implementation of evidence based practice
- "Healthy Happy Babies" - developing information for families whose first language is not English to promote weaning practices.

## *Pump-Priming*

Sometimes the Foundation of Nursing Studies is not able to afford to give a project the full amount of funding it needs. However, by giving some money and offering our professional support, the project goes ahead because other organisations feel confident to make up the difference.

For example, in 2001 we funded the first year of a three year

project to implement evidence based nursing for older people in Bolton Hospitals NHS Trust. We are now helping the project leader seek further funding from other sources to complete the project. The Foundation of Nursing Studies is proud that other organisations know that if we are willing to back a project, they can be sure it is worthwhile. In this way we can act as an advocate for nurses and their projects.

### *What action can you take now?*

Are you interested in applying for a small grant? Or would any of your staff or colleagues be interested? Please tell them they can apply for up to £1500 from the Foundation of Nursing Studies. Visit [www.fons.org/funding/](http://www.fons.org/funding/) to read our criteria.





*A small amount of money and support from us can help a hospital save large amounts. For example, in 2001 we supported a project that uses patients' own drugs rather than disposing of them when they enter hospital. A full report of this project is on our website.*

# *Cultural Competence in Healthcare*

*Cultural competence in healthcare is everybody's business - whether you are a Director of Nursing, a lecturer or a nurse on the ward. The Foundation of Nursing Studies is helping nurses celebrate diversity by supporting the Transcultural Nursing and Healthcare Association. In this way we hope to bring an end to health inequalities for people from minority ethnic groups in Britain.*

*Nurses try to provide the best, most appropriate care for their patients. But sometimes what is appropriate for a person from one culture is not best practice for someone else. For example, if you are Muslim, running water is essential when bathing, so bed/blanket bathing may feel very inappropriate.*

## *The Transcultural Nursing & Healthcare Association*

The Transcultural Nursing and Healthcare Association (TCNHA) exists to help healthcare professionals work in culturally competent ways by sharing information and providing a forum for discussion. The Foundation of Nursing Studies has been supporting the TCNHA for several years. In 2001, thanks to funding from the Department of Health, we were able to increase our activities in this area substantially.

### *Two new initiatives begun in 2001 were:*

- The Transcultural Nursing and Healthcare Association Award. The winning entry, from Sue Salas and Sushrut Jadhav at Camden and Islington Mental Health NHS Trust, will work towards the provision of culturally competent healthcare for Muslim service users by enhancing staff knowledge of Islamic culture and religion. This award will be offered again in 2002.
- The Culturally Competent Knowledge Base - this web-based information provides a place for TCNHA members to share their knowledge and learn about new ways of providing care. The information is also free to non-members. Visit [www.fons.org/networks/tcnha](http://www.fons.org/networks/tcnha) to view.

In 2001 we also helped the Transcultural Nursing and Healthcare Association increase their membership numbers by 105% (from 80 members to 165 members). We are pleased with this increase, but still feel that we have a long way to go in encouraging all nurses in all Trusts to realise that cultural competence is important for them.

### *What action can you take now?*

- Do you, your staff, or your students care for people from different cultures? Are you sure you are providing appropriate care? Visit [www.fons.org/networks/tcnha](http://www.fons.org/networks/tcnha) for more information about giving culturally competent care
- The Transcultural Nursing and Healthcare Association welcomes all healthcare professionals, so if you are serious about cultural competence join up today! Call 020 7233 5750 for a membership form.