1. UPDATE

This is PCRC's 9th year in operation. Starting out in 2004 with just Prof Kath McPherson, Nicola Kayes (then a Research Officer and PhD student) and a Research Assistant, we are now a formally recognised Research Centre. We currently comprise sixteen core research team members, four with PhDs, five with Masters, and a growing number of associated research clusters. This year looks to be an exciting time consolidating collaborations and welcoming new staff including those who will be taking up new Research Fellow and Lectureship positions with us later this year.

- **Grants and funding:** AUT and ACC have entered into an agreement which will support a *new ACC Research Fellow* with PCRC, and ABI Rehabilitation is funding a *new Senior Lectureship in Translational Research* expected to start with PCRC in July this year.

- **Outputs:** The Centre had a strong showing at the recent NZ Rehabilitation Conference in Nelson (see section 5). The conference was stimulating and thought provoking, and the team's work was well received resulting in new collaborations and ongoing discussions. Several of the conference organisers are also members of PCRC.

- **Visitors:** We have had several overseas visitors already this year, working on collaborations, teaching or presenting: Associate Professor Barbara Gibson (Toronto University, Canada); Dr Caroline Ellis-Hill (Bournemouth University, UK); Dr Diane Jackson (Kings College London University, UK); and Professor Alan Tennant (Leeds University, UK) who spent a couple of weeks working with the Outcomes Cluster on collaborative research interests and the first series of Psylab courses on Rasch analysis and Structural Equation Modelling. Professor Gerben Dejong (Senior Fellow and Director of the Center for Post-acute Innovation and Research at the MedStar National Rehabilitation Hospital and Health Research Institute, and Professor of Rehabilitation Medicine Georgetown University School of Medicine) will also be visiting at the end of the month.

2. UPDATE FROM WORKFORCE & CAPACITY PORTFOLIO

PCRC's Workforce and Capacity Portfolio is lead by Kirk Reed and Peter Larmer. It transcends all aspects of the work PCRC does, and to this end we thought a regular update of activities from this group would be useful.

The aims of the cluster are to; explore the underlying concepts of person centred care to inform workforce developments, inform AUT programmes so that graduates are workforce ready in terms of person centred care, develop and consolidate (inter-)national collaborations with those interested in workforce development. To date there has been input to the rehabilitation pathway within the Bachelor of Health Science at AUT and the development of a pro forma for researchers within PCRC to develop a plan to disseminate their research findings to organisations, the general public and within AUT. The pro forma is a useful prompt for research teams to consider how findings can be translated for public consumption.
3. FOCUS— OUTCOMES CLUSTER

**Purpose**

To enhance the evaluation of rehabilitation and health outcomes through measurement development, measurement sciences, education, consultancy and community engagement

**Research Themes:**

1. To develop robust measures of process, outcome and quality of life in health and rehabilitation

2. To test and improve established measures of outcome

3. To explore predictors of rehabilitation and health outcome

**Core Team:** Paula Kersten, Richard Siegert, Peter Larmer, Rex Billington, Chris Krageloh

**Associated members:** Alain Vandal, Kath McPherson, Nicola Kayes, Robyn Tauroa, Hinemoea Elder

**Methodological expertise:** The development of new measures through robust qualitative research, the examination of new and established measures using traditional psychometric approaches as well as modern approaches such as Rasch analysis.

**Outcomes cluster news**

Since establishing the Cluster in January 2011 we have been joined by a number of researchers interested in the work we do. Most recently, the New Zealand WHOQOL (World Health Organisation Quality of Life) group came on board. Researchers in our group now include people with expertise in a range of outcome and screening tool for the measurement of rehabilitation, health and mental health recovery services.

In February the Outcomes cluster launched the Auckland Psylab. This is an educational initiative in collaboration with a number of international universities whose main aim is to build research capability in measurement sciences, led by the University of Leeds. We invited Professor Alan Tennant to support our first two courses on Rasch analysis and Structural Equation Modelling. Both courses were fully subscribed with 20 participants on each and feedback was excellent. A number of course participants are already working on writing up their analyses for publication.

**Current Cluster Research Projects**

**Supporting our children through early assessment**

**Lead researchers:** Paula Kersten (Principal Investigator) K McPherson, H Elder, S Nayar, A Vandal, M Oliver, M Dudley.

**Funding:** Ministry of Health

This is a validation study of the Strengths and Difficulties Questionnaire (SDQ) used as part of the Before School Check in New Zealand (B4SC). As part of the study we have run focus groups with New Zealand European, Māori, Asian and Pacific parents/whānau, individual interviews with these groups and with new immigrants to New Zealand, and interview discussions with teachers/kaiko and B4SC providers. The purpose of the discussions is to explore how family think about their children’s emotional and behavioural well-being and how this matches with the way in which our children/tamariki are screened during the B4SC. At the same time we have trained nurses to assess the emotional and behavioural well-being of Māori children in the home setting. We are then comparing the nurses findings with those from the SDQ to see if this questionnaire accurately informs us which children would benefit from further support. Our nurses work from the Waikato to the Northland region. **Contact:** Paula Kersten or the researcher on the study **Robyn Tauroa**

**NZ Reference Values for the WHOQOL-BREF**

**Lead Researchers:** Rex Billington, Chris Krageloh, Sari Andajani, Jessica Gu.

**Funding:** AUT Summer Research Award

This study involves the calculation of the item mean averages and variances for well people who have answered the brief version of the WORLD Health Organization Quality of Life Scale (WHOQOL-BREF) in NZ. Data has been collected from 12 studies involving 3125 people who consider themselves well. There are 2 other studies that will provide further data of a further 400 people or so to be included in the final analyses. Values are being calculated according to gender, age and education level. The term “reference values” is used because the pool of data is not sufficient nor broad enough across New Zealand to produce reliable norms. But it is a start. Final completion should be within the month and the tables obtainable for legitimate use from the PCRC outcomes cluster. The values can be used as baseline comparative data for studies using the WHOQOL-BREF. They can also be used as a clinical reference tool so that clients, patients and those in recovery may see how they compare on each facet of the WHOQOL with people who report themselves to be well. The latter use is being trialled in some New Zealand NGO mental health recovery services. **Contact:** Rex Billington

Person Centred Rehabilitation Centre (PCRC),
http://www.aut.ac.nz/pere
Selected recent cluster refereed publications


4. CURRENT PCRC PROJECTS

RECRUITING…

Supporting our children through early assessment
Applicants: Paula Kersten (Principal Investigator) Kathryn McPherson, Hinemoa Elder, Dr Shoba Nayar, Alain Vandal, Melody Oliver, Margaret Dudley, Funding: Ministry of Health Research Assistant: Robyn Tauroa

This is a validation study of the Strengths and Difficulties Questionnaire used as part of the Before School Check in New Zealand (B4SC). See page 2

Interviewing the Interviewers
Led by Alice Theadom, Kath McPherson and Paula Kersten
Funding: PCRC

This study aims to address a unique gap in research by focusing on the experience of the researcher working with people who have experienced a brain injury and their families and to identify strategies to support the implementation of best practice in supporting researchers working in this role. Interviews are about to begin.

ONGOING PROJECTS …..Thank you to all the participants for hanging on in there!

Living well with cancer
Applicants: Julie Reeve, Nicola Kayes, Kath McPherson, Dr Rod MacLeod, Greta Smith, Jill Bennett, Sarah Bonham Lloyd
Funding: NZPA Research Assistant: Christine Cummins

There is evidence to show that physical activity and exercise is beneficial for people following a diagnosis of cancer. However, people report a reduction in physical activity following diagnosis and treatment as well as difficulty taking up activities again thereafter. We would like to understand from the perspectives of people living with cancer what helps or hinders their participation so that we can better support their involvement in physical activity and exercise following their diagnosis. Interviews are continuing on this project, and results will be available shortly after these have been completed.

Auckland Regional Community Stroke Study (ARCSOS IV), measuring and reducing stroke burden in New Zealand: Part 3 qualitative study
Applicants: Professor Kathryn McPherson (Project Lead), Professor Valery Feigin, Dr. Alice Theadom, Ms Suzanne Barker-Colo, Ms Varsha Parag, Professor Max Abbott, Professor Alan Barber, Professor Ruth Bonita, Dr. Paul Brown, Associate Professor Bruce Arroll.
Funding: HRC Research Officer: Sandy Rutherford

Previous studies have provided information about the measurement of Stroke. Our new study (ARCSOS: Part 3) also looks at the meaning for people and their family/whanau. We are planning to talk to a large number of people who have been affected by Stroke over a 3 year period. We would like to know:

• How Stroke affects people and how this may change over time
• What is helpful or unhelpful in managing difficulties after Stroke
• How people and their family/whanau have adjusted to living with Stroke

We hope to use the findings to improve the health care and support that people receive after Stroke in the future.

Experiences of recovery and adaption after disabling traumatic brain injury
Applicants: Kathryn McPherson (Principal Investigator); Alice Theadom, William Levack, Joanna Fadyl, Matire Harwood, Nicola Kayes, Nicola Starkey, Grant Christy, Valery Feigin
Funding: Health Research Council Project Manager: Alexia Channon

This is a longitudinal qualitative study exploring the experiences of recovery and adaption after a traumatic brain injury for both the individual injured and their family/whanau. 50 people who have...
experienced a TBI and are experiencing persistent difficulties and their whanau/family are being interviewed for the study. The findings will be used to gain a better understanding of the impact of TBI. The interviews are currently ongoing.

**STUDIES IN ANALYSIS PHASE………**

Goals and self regulation skills in brain injury rehabilitation: a RCT

Lead Investigator: Kathryn McPherson. Funding: Health Research Council

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**5. PUBLICATIONS FIRST QUARTER 2013**

**PEER Reviewed Publications**

See page 3 for Outcomes cluster publications


**BOOKS, MEDIA AND BOOK CHAPTERS**


**CONFERENCE PRESENTATIONS & POSTERS.**

**NEW ZEALAND REHABILITATION CONFERENCE—REBUILDING, CONNECTING, LIVING, NELSON, NZ. (2013, MARCH 8-10)**

**Bright, F., Kayes, N.M., Cummins, C., McPherson, K.M. & Worrall, L.** "There needs to be some connectivity there": The role of therapeutic connections in facilitating engagement in rehabilitation.

**Channon, A., Shannon, K., Theadom, A., McPherson, K.** “Take a toughy pill and harden up”: Exploring Kiwi experiences of recovery from Traumatic Brain Injury.

**Channon, A., Kayes, N.** Considering the impact of parental brain injury on children within the family: A review of the literature. (poster presentation).—*Awarded ‘Best Poster Presentation’*

**Cummins, C., Bright, F., Kayes, N.M. McPherson, K.** I’m just lazy that’s the problem: who is responsible for engagement in rehabilitation.

**Evans M, Hocking C, Kersten P** (2013). The Extended International Classification of Functioning, Disability and Health Core Set for Stroke: Does it capture community stroke interventions?


**Kayes N.M., Bright F., van Lit, A., McCann, C., & McPherson, K.M.** Hope in neurorehabilitation: Blind optimism or an untapped resource?


**Mudge, S., Kayes, N., Stavric, V., Channon, A., Kersten, P., McPherson, K.** Living well with a disability: needs, values and competing factors.

**Mudge S, Streton C, Kayes N.** Are physiotherapists comfortable with person-centred practice? An autoethnographic insight.

**Rutherford, S., McPherson, K., Theadom, A., Hocking, C.** on behalf of the ARCOS IV Research team. Capturing the stories behind the numbers: Initial findings from The Auckland Regional Community Stroke Study (ARCONS IV) Part 3 qualitative study.


**Siegert, RJ, Opening address to the New Zealand Rehabilitation Association Biennial Conference, Rebuilding, connecting, living,**


**Siegert RJ.** Do frogs have lips? An exploration of the place of ‘mind’ in rehabilitation. Presentation to the Rethinking Rehabilitation Network meeting.


**Teachman G, Fadyl JK.** What do postmodern theories have to do with rehabilitation?