

PROFESSIONAL SUPERVISION

WHAT'S THIS ABOUT?

The professional supervision project is designed to increase the use of professional supervision in mental health nursing. The project is now in its pilot phase, which involves delivering a training programme to nurses, both supervisors and supervisees, at Northland District Health Board (DHB). The training involves two foundation days and one follow-up day plus ongoing support. There will be a thorough evaluation of the supervision experience and infrastructure. The pilot runs from June-December 2009. There are plans for a national roll-out of the supervision training plan and model, conditional on the results of the pilot evaluation.

WHY IS TE POU INVOLVED IN THIS WORK?

Professional supervision can assist nurses and other professionals to grow and develop in their role and reduce burnout.

In 2008 Te Pou contracted the University of Auckland's Centre for Mental Health Nursing Research to survey what is actually happening with regards to professional supervision in New Zealand. The survey results indicated that there is great variation within the models and adherence to professional supervision in the country. The results of this survey guided the development of *Professional Supervision Guidelines for Mental Health and Addiction Nurses*. These guidelines form the basis of a teaching plan on professional supervision.

WHO IS INVOLVED?

Expressions of interest for piloting the training were sought from DHBs, with Northland DHB selected as the pilot site in April 2009. Bernie Cameron, clinical nurse specialist for Northland DHB, was contracted by Te Pou as the field coordinator for the project with Jane Simperingham as project sponsor. Jane is the nurse leader for Northland DHB. Fiona Howard and Bev Burns were contracted to provide the training. Mark Smith, clinical specialist, is the project lead for Te Pou.

HOW IS THE PROJECT BEING EVALUATED?

Training pilot evaluation is a fundamental part of the work being carried out in Northland. The evaluation uses a pre-training, a mid-pilot and final pilot approach to assessment. Surveys assessing the objectives of the pilot will be completed by both supervisors and supervisees. Focus groups and telephone feedback will also be used. The results of the evaluation will be available as report in early 2010.

KEY CONTACT

Mark Smith

Clinical specialist, (07) 857 1278

mark.smith@tepou.co.nz



For more information about this project please visit www.tepou.co.nz