

# Paul McNamara

*Curriculum Vitae is true and correct as at 23/11/16*

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## Credentials

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- Registered General Nurse Certificate (Royal Adelaide Hospital)
- Registered Mental Health Nurse Certificate (Glenside & Hillcrest Hospitals)
- Bachelor of Nursing (Flinders University)
- Authorised Mental Health Practitioner (as per S499 of the *Mental Health Act 2000*, Queensland)
- Credentialed by the Australian College of Mental Health Nurses Board of Credentialing since 2006
- Master of Mental Health Nursing (University of Southern Queensland)
- Certificate of Infant Mental Health (Child, Youth & Women's Health Service of South Australia)
- Current Registration with the Nursing and Midwifery Board of Australia (ID No: NMW0001444629)

## Professional & Community Interests

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- Member, International Journal of Mental Health Nursing Editorial Board since November 2016
- Professional Social Media portfolio: [meta4RN.com](http://meta4RN.com) since 2012
- Fellow, Australian College of Mental Health Nurses (ACMHN) since 2008
- Member, Queensland Nurses Union since 1995
- Social Media Facilitator, Australian Clinical Supervision Association, since February 2015
- Member, Queensland Clinical Senate (2012 – 2014)
- Member, QCPIMH National Perinatal Depression Initiative Steering Committee (August 2010 – June 2013)
- Member, Reference Group and Working Group of the Aboriginal and Torres Strait Islander Health Workforce Capacity Building – Perinatal Social and Emotional Wellbeing Project (October 2012 – June 2013)
- Founder & Facilitator, ACMHN Perinatal & Infant Mental Health Nurse eNetwork (2011-2013)
- Facilitator, ACMHN North Queensland Sub-Branch Email Network (2008 – 2009)
- Adjunct Lecturer, James Cook University (2007 – 2008)
- Inaugural Secretary, ACMHN Consultation Liaison Special Interest Group (2005–2007)
- Founder & Facilitator, Mental Health Consultation Liaison Nurse Email Network (2002 – 2010)
- Inaugural Member, Management Committee, Worklink Employment Support Group Inc. (1996 - 1999)

## Awards

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- 2012: The Health Roundtable, Innovation Award – Quality Care Stream (\$6000)  
<https://www.healthroundtable.org/GetNews/tabid/1457/itemid/162/amid/5205/default.aspx>
- 2007: Australian College of Mental Health Nurses (Queensland Branch), Student Award for Clinical and Academic Achievement in Mental Health Nursing
- 1996: Queensland Health, Quality Award for Excellence in Consumer Outcome Focus and Consumer & Caregiver Involvement (awarded to the Cairns MIT Team)

# Publications

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## Peer Reviewed Journals

Happell, B., Wilson, R. & **McNamara, P.** (2014) Undergraduate mental health nursing education in Australia: More than Mental Health First Aid. *Collegian (Royal College of Nursing, Australia)*  
<http://dx.doi.org/10.1016/j.colegn.2014.07.003>

Wilson, R., Ranse, J., Cashin, A. & **McNamara, P.** (2014) Nurses and Twitter: The good, the bad, and the reluctant. *Collegian (Royal College of Nursing, Australia)* 21(2) 111-119  
<http://dx.doi.org/10.1016/j.colegn.2013.09.003>

**McNamara, P.** & McCauley, K. (2013) 'Precovery': A proactive version of recovery in perinatal mental health. *Australian Nursing Journal* 21 (1) 38

**McNamara, P.**, Bryant, J., Forster, J., Sharrock, J. & Happell, B. (2008) Exploratory study of mental health consultation-liaison nursing in Australia: Part 2 preparation, support and role satisfaction. *International Journal of Mental Health Nursing* 17 (3) 189–196

Sharrock, J., Bryant, J., **McNamara, P.**, Forster, J. & Happell, B. (2008) Exploratory study of mental health consultation-liaison nursing in Australia: Part 1 demographics and role characteristics. *International Journal of Mental Health Nursing* 17 (3) 180-188

Usher, K., Foster, K. & **McNamara, P.** (2005) Antipsychotic drugs & pregnant or breastfeeding women: the issues for mental health nurses. *Journal of Psychiatric & Mental Health Nursing* 12 (6) 713–718

## Acknowledgements & Contributions

De Costa, C. & Howat, P. (2007) *Clinical cases in obstetrics, gynaecology and women's health* McGraw-Hill – acknowledged for contribution of case vignette/source material (page ix)

Elder, R., Evans, K. & Nizette, D. (2005) *Psychiatric and Mental Health Nursing* Elsevier, Sydney - contributions of case vignettes to this textbook (pages 370, 373, 374 & 415)

## Other Publications

**McNamara, P.** (2014) *A Nurse's Guide to Twitter*, Ausmed Education <http://aus.md/tfn>

**McNamara, P.** (2011) *Perinatal mental health*, O&G Magazine, The Royal Australian and New Zealand College of Obstetricians and Gynaecologists, Vol 13, No 2, p. 56 (invited column)

**McNamara, P.** (2011) *PND: what the experts say*, Cairns Parenting Companion, Autumn (March) Issue, p. 10 (invited column)

**McNamara, P.** (1998: revised 2001, 2007 & 2008) *That was bloody stressful: what's next?* (staff resource re stress management) Queensland Health Electronic Publishing Service (QHEPS) intranet:  
<http://qheps.health.qld.gov.au/cairns/docs/12553.pdf>

**McNamara, P.** (2003) 'Movies, myths, mistakes', *The Cairns Post*, 14 August, p.13 (invited guest column re common misrepresentations of schizophrenia)

**McNamara, P.** (2003) 'Humanity to man', *The Cairns Post*, 29 March, p.19 (invited guest column re men in nursing)

## Conference Presentations (last 5 years only)

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**McNamara, P.** (2016) *Mental health and cognitive changes in the older adult*. Invited presentation at 'Cairns Nurses Conference', Ausmed Education, Cairns.

**McNamara, P.** (2016) *Using Twitter in your profession (aka Twitter is a Vector\*)*. Invited presentation at 5<sup>th</sup> International Conference, Australasian College for Infection Prevention and Control, Melbourne.

**McNamara, P.** (2016) *What can mental health nurses learn from the amazing story of a catholic patron saint?* Poster presentation at 'Nurses striving to tackle disparity in health care', 42nd Annual International Conference of the Australian College of Mental Health Nursing, Adelaide.

**McNamara, P.** (2016) *Why on earth would a Mental Health Nurse bother with Twitter?* Presented at 'Nurses striving to tackle disparity in health care', 42nd Annual International Conference of the Australian College of Mental Health Nursing, Adelaide.

**McNamara, P.** (2015) *Understanding and managing anxiety disorders*. Invited presentation at 'Cairns Nurses Conference', Ausmed Education, Cairns.

**McNamara, P.** (2015) *Social media and digital citizenship for health professionals*. Invited presentation at 'Cairns Nurses Conference', Ausmed Education, Cairns.

**McNamara, P.** (2015) *Social media for nurses and midwives*. Keynote presentation at 'Australian Nurses & Midwives Conference', Australian Nursing & Midwifery Federation (Victorian Branch), Melbourne.

**McNamara, P.** (2015) *Health professionalism and digital citizenship*. Keynote presentation at 'Primary Mental Health Care in the Digital Age', Australian College of Mental Health Nurses, Canberra.

**McNamara, P.** (2014) *Mental health in the general hospital*. Invited presentation at 'Cairns Nurses Conference', Ausmed Education, Cairns.

Happell, B., Wilson, R. & **McNamara, P.** (2013) *Beyond band-aids: Defending the depth and detail of mental health in nursing education*. Presented at 'Collaboration and partnerships in mental health nursing', the 39<sup>th</sup> Annual International Conference of the Australian College of Mental Health Nursing, Perth.

**McNamara, P.** (2013) Turbocharging mental health nursing collaboration and partnerships: professional use of Twitter. Poster presented at 'Collaboration and partnerships in mental health nursing', the 39<sup>th</sup> Annual International Conference of the Australian College of Mental Health Nursing, Perth.

**McNamara, P.** (2013) *Omnipresent and always available; a mental health nurse on twitter*. Plenary session at the 11<sup>th</sup> ACMHN Consultation Liaison Special Interest Group conference, Noosa.

**McNamara, P.** (2012) *Deploying complex information via a QR Code*. Presented at 'Innovations Workshop and Awards', The Health Roundtable, Sydney. [NB: recipient of 2012 Innovation Award, Quality Care Stream]

**McNamara, P.**, Horn, F. & Dalzell, M. (2012) *Developing, designing and deploying a perinatal mental health referral pathway*. Poster presented at 'The fabric of life', the 38<sup>th</sup> Annual International Conference of the Australian College of Mental Health Nursing, Darwin.

**McNamara, P.** (2012) *The nature of nurture: lessons from a baby, story of a saint*. Opening plenary presentation at the 10<sup>th</sup> ACMHN Consultation Liaison Special Interest Group conference, Melbourne.

**McNamara, P.** (2011) *Between the flags, but beyond the breakers; addressing perinatal mental health in calmer, deeper water*. Presented at 'Mental health nurses: swimming between the flags?', the 37<sup>th</sup> Annual International Conference of the Australian College of Mental Health Nursing, Gold Coast.

Trott, R. & **McNamara, P.** (2011) *Mental health interventions targeted at youth*. Presented at 'Nurturing, Providing, Gathering for Better Health', the 2<sup>nd</sup> Indigenous Women's Health Meeting of the Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG), Cairns.

**McNamara, P.** (2011) *Establishing a Perinatal Mental Health Service*. Presented at the Perinatal Mental Health Forum, Queensland Centre for Perinatal and Infant Mental Health, Brisbane, 30<sup>th</sup> November 2011.

## Workshop Facilitation

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**McNamara, P.** (2005-2013) *Perinatal mental health*. Multiple sessions at multiple sites [meta4RN.com/links](http://meta4RN.com/links)

Bailey, P. & **McNamara, P.** (2009-2014) *Introduction to supervision*. Queensland Centre of Mental Health Learning (QCMHL) one day clinical supervision workshop, QCMHL code QC8; multiple sites [www.health.qld.gov.au/qcmhl/supervision\\_res.asp](http://www.health.qld.gov.au/qcmhl/supervision_res.asp)

Bailey, P. & **McNamara, P.** (2009-2014) *Supervisor*. Queensland Centre of Mental Health Learning (QCMHL) two day clinical supervision workshop, QCMHL code QC4; multiple sites [www.health.qld.gov.au/qcmhl/supervision\\_res.asp](http://www.health.qld.gov.au/qcmhl/supervision_res.asp)

**McNamara, P.**, Butterfield, C. & Mignacca, E. (2013) *Engaging with social media*. Australian College of Mental Health Nurses 39th International Mental Health Nursing Conference, Perth [meta4RN.com/tweets](http://meta4RN.com/tweets)

Casella, E. & **McNamara, P.** (2015) *The use of Social Media in Nursing.*, Australian College of Nurses workshop, James Cook University, Cairns [research.jcu.edu.au/cnmr/news-and-events/news/hits-for-nurses](http://research.jcu.edu.au/cnmr/news-and-events/news/hits-for-nurses)

Rayner, N. & **McNamara, P.** (2016) *Supervising supervisor*. Queensland Centre of Mental Health Learning (QCMHL) two day clinical supervision workshop, QCMHL code QC12 [www.health.qld.gov.au/qcmhl/supervision\\_res.asp](http://www.health.qld.gov.au/qcmhl/supervision_res.asp)

## Education

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**Certificate of Infant Mental Health** 2012

*Child, Youth & Women's Health Service of South Australia*

- 10 week course of lectures, tutorials & immersive learning

**Master of Mental Health Nursing** 2006

*University of Southern Queensland*

- High Distinction in all graded subjects; Grade Point Average (GPA) = 7.0
- Australian College of Mental Health Nurses (Queensland Branch), Student Award for Clinical and Academic Achievement in Mental Health Nursing

**Bachelor of Nursing** 1993 to 1995

*Flinders University of South Australia*

- six subjects awarded Distinction & one High Distinction; GPA = 5.86

**Mental Health Nursing Certificate** 1993 to 1994

*Glenside & Hillcrest Hospitals*

- theoretical components structured on the tertiary education model
- successfully merged theory with practice during this eighteen month course
- placements included acute admission inpatient unit, slow- and fast- stream rehabilitation units, forensic inpatient unit, and community based services

**Graduate Nurse Certificate** 1992 to 1993

*Royal Adelaide Hospital*

- a twelve month course to consolidate abilities in team management and clinical practice

**Registered General Nurse Certificate** 1988 to 1991

*Royal Adelaide Hospital*

- a three year course which provided the opportunity to apply theory in practice across a diverse range of speciality inpatient units

# Employment History

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## Clinical Nurse Consultant

July 2015 – current  
June 2013 – November 2014  
July 2000 – August 2010

*Consultation Liaison Psychiatry Service  
Cairns & Hinterland Hospital & Health Service (based at Cairns Hospital)*

- demonstrated professional leadership re mental health care in the general hospital setting
- significant contribution to the development of this role: it has become a highly respected & valued component of Cairns Hospital's multidisciplinary approach to care
- negotiated highly effective inter-department & inter-agency referral relationships
- proven capacity for innovation and a proactive approach to problem resolution
- contributions to the development of CL practice at state & national levels
- regular provision of inservice/staff education
- annual co-facilitation of QMCHL clinical supervision workshops
- regular provision of clinical supervision

## Lecturer

December 2014 – June 2015 [temporary contract]

*College of Healthcare Sciences  
James Cook University*

- Subject Coordinator: Mental Health - nursing undergraduate subjects NS3360/NS3361/NS3362
- revised and delivered lecture program
- revised teaching/learning activities and workbook for Professional Experience Workshops (PEWs)
- delivered PEWs for four cohorts of students
- recruited sessional staff to deliver PEWs across four JCU sites
- reviewed and revised exam content
- tutor for 1<sup>st</sup> year subject 'Communication in Nursing and Midwifery' HS1111
- tutor for 2<sup>nd</sup> subject 'Law and Ethics for Nursing and Midwifery' NS2015
- delivered lecture: 'Social Media Use for Nurses and Midwives'

## Clinical Nurse Consultant

August 2010 – June 2013

*Perinatal Mental Health  
Cairns & Hinterland Mental Health Service*

- established and developed this newly-created position
- established outpatient clinical assessment and treatment across three sites
- developed and delivered a recurrent program of inservice education & half-day workshops to clinical staff in the primary care sector, tertiary health sector & mental health services
- workshop evaluations (participant qualitative assessments) have been very positive
- established an online presence [www.health.qld.gov.au/cairns\\_hinterland/html/pmh\\_referral\\_pathway.asp](http://www.health.qld.gov.au/cairns_hinterland/html/pmh_referral_pathway.asp)
- a number of conference presentations, including invited Opening Keynote Address at Australian College of Mental Health Nurses conference
- two publications
- 2012 Innovation Award, The Health Roundtable (Quality Care Stream)

## Employment History

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### **Online Facilitator**

Dec 2009 – Feb 2011 [part-time]

*PrimEd/Medeserv*

- Primed/Medeserv delivered much of the content to Queensland Health's online education portal: the Clinician Development Education Service (CDES)
- Online Facilitator for three courses: Mental Health (QLTH5209), Social Dysfunction (QLTH5208) & Diagnostic and Pharmaceutical Processes (QLTH5212)
- demonstrated ability to facilitate a positive learning environment across a number of subjects using information technology and asynchronous communication
- very positive feedback on performance via the Education Services Manager

### **Nursing Professional Leader: Clinical Supervision**

October 2009 – June 2010 [0.4FTE temporary position]

- appointed via Queensland Health Office of the Chief Nurse, position hosted by Cairns & Hinterland Mental Health Service
- co-facilitated workshops for Clinical Supervisees and Clinical Supervisors
- proven capacity to implement workplace initiatives that drive change
- demonstrated ability to collect and present workplace survey findings
- proven ability to move segments of the workforce towards best practice
- integration of Clinical Supervision with mental health nurse transition program
- alignment of Clinical Supervision with Authorisation as a Mental Health Practitioner
- reporting relationship with the Office of the Chief Nurse

### **Lecturer in Nursing**

August 2008 – July 2009

*School of Nursing, Midwifery & Nutrition*

*James Cook University of North Queensland*

- Subject Coordinator for NS1211 Foundations of Nursing 1 (a 1<sup>st</sup> year undergraduate subject that had over 250 students enrolled in 2009, across four campuses and externally)
- developed, delivered and recruited guest lecturers for a program of lectures delivered via video conference to campuses in Cairns, Townsville, Mount Isa & Thursday Island
- developed and delivered podcasts and slidecasts of lectures via the subject website
- created and maintained a dynamic subject website for student and staff access to subject materials, discussion boards, grades and announcements
- developed and implemented a tutorial guide for the eight tutors teaching into this subject
- developed and implemented an assignment marking guide to promote inter-rater reliability
- elected to the School's Strategic Planning Committee
- lectures and tutorials for mental health, crisis management and grief/communication subjects

### **Tutor/Laboratory Leader/OSCE Assessor**

casual contracts:

2002 – 2003, 2005 – 2010

*School of Nursing, Midwifery & Nutrition*

*James Cook University of North Queensland*

- deliver components of the undergraduate nursing degree curriculum using a range of teaching methods
- utilised small group work in a tertiary, adult education setting
- assessment of written assignments, acquired skills and learning participation
- student appraisal of my teaching was overwhelmingly positive

## Employment History

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### **Youth Health Nurse (Clinical Nurse)**

1999 – 2000

*School-Based Youth Health Nurse Program*

Cairns District Community Health (based at Cairns High & Yarrabah State Schools)

- established this newly created position
- attracted appropriate resources, including recruiting & establishing clinical supervision
- demonstrated capacity to across sectors with a broad range of people
- delivering health promotion and curriculum support including an educative role

### **Nurse Educator**

12 month secondment:

*Transitional Care Program*

1997 – 1998

*Cairns District Community Health*

- established this newly created position
- targeted skills-development program in wound management & infection control
- provision of outreach education services to Nurses and Indigenous Health Workers in Yarrabah, Cooktown, Wujal Wujal, Hopevale and Laura

### **Case Manager (Clinical Nurse)**

1995 – 1997 & 1998 – 1999

*Mobile Intensive Treatment Team (MITT)*

*Cairns Integrated Mental Health Program*

- founding team member of this successful team established as a QHealth pilot project
- demonstrated success through collecting and reporting on data
- in 1996 the team received the *Queensland Health, Quality Award for Excellence in Consumer Outcome Focus and Consumer & Caregiver Involvement*

### **Clinical Nurse Educator**

casual contracts:

*Department of Nursing Sciences*

1996 & 1997

*James Cook University of North Queensland*

- proven ability to facilitate experiential learning and consolidate theoretical learning for Bachelor of Applied Science (Nursing) students
- utilised a creative and pragmatic approach to assist students to gain "hands on" experience in mental health & drug and alcohol services
- assessment of written and practical skills

### **Community Mental Health Nurse (Clinical Nurse)**

after-hours on call:

*Psychiatric Emergency Team and Crisis Assessment & Treatment Team*

1995 – 1996

*Cairns Integrated Mental Health Program*

- proven ability to assist clients requiring acute assistance on the teams which were the precursors to the Cairns & Hinterland Mental Health Service's Acute Care Team (ACT)

### **Mental Health Nurse (Registered Nurse)**

1993 – 1994

*Glenside & Hillcrest Hospitals*

*South Australian Mental Health Service*

- experiential learning across acute, forensic, rehabilitation & residential care inpatient units

### **Registered General Nurse**

1992 – 1993

*High Dependency/Intensive Care Units and Neurology/Neurosurgery Unit*

*Royal Adelaide Hospital*

- experiential learning across a diverse range of clinical settings
- mentored student nurses and new graduates

## Employment History

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**Registered General Nurse  
Clinical Nurse** 1991 – 1992

*Miroma Nursing Home Pty Ltd*

**Registered General Nurse** 1991 – 1992

*Nurses Specialising Bureau*

**Student Nurse** 1988 – 1991

*Royal Adelaide Hospital*

- experiential learning across a broad range of medical, surgical and speciality units
- as per the orthodoxy of hospital-based nurse education in a large teaching hospital, mentored student nurse peers and juniors

**Warehouse Manager**

*Herbalife Australasia*

- demonstrated capacity to provide leadership and deliver change

**Sales Representative**

*Dairy Vale-Metro Cooperative Ltd*

- proven capacity to engage with a diverse range of people

**Accounts Clerk**

*Dairy Vale-Metro Cooperative Ltd*

## Referees

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Professor Lee Stewart  
Dean  
College of Healthcare Sciences  
James Cook University  
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