

ICCHNR 1-Minute Wash-up

The **1-Minute Wash-up** invites community nurse researchers to present their work in one minute – the length of time needed to properly wash your hands¹. Hand washing is one of the most important ways to protect against Covid-19², and a wash-up is a pause for reflection at the end of a project for the purpose of identifying actions to take forward into subsequent projects³. We want to showcase compelling accounts of community nursing research as part of our support for Nursing Now in this 2020/1 Year of the Nurse and Midwife.

Your **1-Minute Wash-up** presentation should explain clearly:

- The aim of your research and your research question
- What you did and who your participants were
- What you found out
- One key thing you learned that will inform your future practice as a community nurse researcher or your engagement with research as a community nurse

This competition is open to all community nurses who have led a research project in a topic of relevance for community nursing. Your project could have been undertaken as part of a masters or PhD programme, as clinical practice development or as service development. You can also present a research project that is not yet completed, but you must be able to provide a compelling account that answers the questions above.

Each submission will be reviewed by a small academic panel, and successful submissions will be subject to minor editing prior to posting as part of a collection on the ICCHNR website. The criteria for review are as follows:

1. Does the research address a topic of significance for community nursing? Is the research aim and question clearly stated?
2. Is the approach to the research methodologically sound? Is the study design capable of answering the research question?
3. Are the findings of the study clearly explained, and do they relate directly to the research question? If the research is not complete, is there a compelling account of the insights so far?
4. Does the presenter provide a concise reflection on key learning that will inform their future practice as a community nurse researcher/their engagement with research as a community nurse?

Please read the detailed guidance carefully and make sure your presentation meets the requirements before you submit.

¹ World Health Organisation (2020) *How to Handwash?* Available at: https://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf

² World Health Organisation (2020) *Water, sanitation, hygiene and waste management for SARS-CoV-2, the virus that causes COVID-19.* Available at: https://apps.who.int/iris/bitstream/handle/10665/333560/WHO-2019-nCoV-IPC_WASH-2020.4-eng.pdf?ua=1

³ Kerth, N. (2001) *Project Retrospectives: A handbook for team reviews.* New York: Dorset House Publishing.

Detailed Guidance

Introduction

The **1-Minute Wash-up** invites community nurse researchers to present their work in one minute – the length of time needed to properly wash your hands¹. Hand washing is one of the most important ways to protect against Covid-19², and a wash-up is a pause for reflection at the end of a project for the purpose of identifying actions to take forward into subsequent projects³. Being able to talk about your research in a focused and engaging way is a highly useful skill, and this is a great opportunity to showcase your work to an international network of community nurse researchers.

By the end of your **1-Minute Wash-up** presentation, we want to know:

- The aim of your research and your research question
- What you did and who your participants were
- What you found out
- One key thing you learned that will inform your future practice as a community nurse researcher/your future engagement with research as a community nurse

Eligibility

- Research project led by a practising registered community nurse who can provide evidence of registration in their country (or other evidence where there is no national registration body). Practising can refer to clinical, academic, education or management roles.
- Research project conducted within the last 5 years
- We are particularly interested in hearing from community nurses working and undertaking research in low and middle income countries

Preparing your presentation

- Structure your presentation in advance and make sure your key points are clear
- Practice often, so you know your presentation well and you know the timing is right
- Speak slowly, and try to vary the tone and speed of your voice to help keep your audience interested
- You should prepare your presentation so that you can speak to the camera without showing any additional slides, images or film footage
- Other

Video recording

- Total length of the recording must be one-minute +/- 10%. This allows a range of 54-66 seconds; please be aware that we will not accept submissions outside this range
- Please record your video in landscape, and where possible in MP4 format
- Find a quiet space to record, where you won't be disturbed, and steady your phone
- Use natural light where possible, but make sure it's not directly behind you
- Try a test video to check your position in the frame, and check your audio is clear

- Don't worry about pressing the screen to start and stop recording, we can edit this out
- Begin with a few seconds of silence and stillness as this will help with the edit

Video submission

- Please complete the Submission Form on the ICCHNR website and follow the instructions to submit your video clip.

Submission Form

<https://www.icchnr.org/icchnr-1-minute-wash-up/>

Video and photographic consent

By signing this form/submitting your video, you agree that:

- All material collected by ICCHNR can be used to promote and advertise [...]
- This includes any video material, excerpts, stills and video transcripts from the video
- ICCHNR will safely store the video and associated material within on-site data storage
- All of the above will be held in perpetuity by ICCHNR

ICCHNR will take steps to ensure that materials provided under the terms of this consent will be used in an appropriate manner. However, ICCHNR cannot be held responsible for use of materials by third parties.

The individual agreeing to this must complete the consent section below to confirm their understanding of, and agreement to, the terms and conditions listed.

Participants are asked to agree to:

- The storage of materials in the ICCHNR archive
- The use of material for which they have given approval by researchers, historians, lecturers, ICCHNR staff and people to whom they may grant permission for use according to the terms and conditions detailed below

I consent to the use of my video and photographs as described and I agree with the terms and conditions below.

Signature:

Print name:

Date:

Email:

I consent to the supply of:

- Video material, excerpts, stills and video transcripts from the video

Terms and conditions for use of the materials

I understand that all the materials I have consented to above will be used by ICCHNR to promote [...] These materials will be primarily used by ICCHNR but may be made available to partner organisations, organisations approved by ICCHNR, and the individuals who are granted permission for their use.

I understand that the materials I have consented to may be used in a variety of formats and platforms including but not exclusive to:

- Publications (both printed and online/digital)
- Leaflets
- Posters

- Presentations
- Advertising
- Websites (including external social media websites)
- Broadcast media

Distribution of these materials may be geographically diverse and I understand that the general public worldwide may see extracts from the materials. Both text and images may be edited to enable use in a variety of formats, but this will not change the sentiment of the views expressed therein.

I hereby give my informed consent for the materials to be used as set out above. I know I will not be paid for allowing the materials to be used and I am giving this consent freely.

I assign copyright of all materials to ICCHNR

Signature:

Print name:

Date:

Witness signature:

Witness print name:

Date: