**THE AGA KHAN UNIVERSITY**

**SCHOOL OF NURSING AND MIDWIFERY**

**RESEARCH UNIT REPORT**

**January 2018 – July 2019**

**Executive Summary**

Research at the Aga Khan University School of Nursing and Midwifery (AKU-SONAM) in areas such as maternal and child health, women empowerment, and nursing and midwifery education, has rapidly evolved over time and progressively developed to enhance evidence based practices.

AKU-SONAM efforts in improving research and providing adequate support to nursing students have resulted in success as more than 4,000 nursing graduates are serving in a variety of local, regional and international positions in over 27 countries with some alumni holding dean/head of the department positions in 12 nursing schools at national level. In fact, since the inception of AKU-SONAM, research became a strategic priority in 1988 and over time, the research capacity of AKU-SONAM has extended with larger, higher profile extramural grants for research being successfully secured by faculty.

With the Research unit becoming functional in early 2018, AKU-SONAM stands as the first nursing school in Pakistan to establish an independent research center that promoted the formation of a scientific body which has helped generate innovative solutions to strengthen the collaboration with national and international partners and stakeholders. The primary goals for research at AKU-SONAM aim at bringing all research units at the Aga Khan University on one platform in order to synergize and conduct high-quality, multidisciplinary research in nursing to improve the nursing practice and hence, the overall quality of healthcare provided to patients. For example, a “Community based new born care” research group has been developed with the support of medical college which has a team of researchers including faculty, nurses and doctors. Moreover, all researches conducting at AKU-SONAM are multidisciplinary including nurses, doctors and educationists etc.

The research unit conducted a number of activities to enhance research capacity of the nurses. Firstly, the training of the Research team was conducted, which enabled its members to have a better understanding of extramural grant’s policy and procedures at AKU while local and international research collaboration has also been able to attract a notable number of meaningful grants funds. Apart from this, there have been several efforts made by research groups to apply for the grants in the area of “physical and mental health of women and children” and “violence against women and children in the society”. Simultaneously, ongoing capacity building strategies include organizing approximately. 11 seminars, but also two research workshops to familiarize the faculty with possible innovative practices and techniques. In fact, the quantitative and qualitative research workshops were conducted in 2018 on systematic reviews, implementation of research, meta-analysis and grant/manuscript. Together with this, the development of Research Clinics has provided the platform for novice researchers as these clinics are conducted by the PhD-prepared faculty members, hence encouraging participation of the AKU-SONAM faculty in research related activities. Moreover, the research unit body had initiated for the development of a consortium which is a landmark achievement, while we are also simultaneously developing income generating activities for capacity building of the faculty in research and data analysis. Apart from this, on December 4, 2018, the Research Unit, under the program of Research Retreat, also conducted several activities that identified the faculty’s views upon current research and eventually resulted in them proposing possible innovative solutions to enhance research culture.

Furthermore, Time and Knowledge Nazrana (TKN) activities at AKU-SONAM have also been significant in achieving research outcomes. In 2018, three TKN volunteers supported The AKU-SONAM Research Unit, included Dr Zubeida Ramji, whose visit in 2018 assisted the faculty in capacity building and proposal development. Similarly, Dr Farhana Madhani also provided mentorship to the faculty in research and publications, assisted with proposal writing and review. While, Dr Gulzar Malik, an expert in evidence-based curriculum development, also provided mentorship to the faculty in flipped teaching and learning approach, and alongside with developing research grant proposals and manuscripts. The TKN initiatives resulted in active participation by the AKU-SONAM faculty in all activities, in addition, they wrote and published six books and a number of reviews.

Other stupendous efforts in research have also been recently conducted. For instance,the Research Publication and Ethics Committee**,** led by Dr. Tazeen Saeed Ali, is to provide a research forum aims to promote a rigorous research culture among nurses, midwives, students and faculty. Besides this, the committee regulates the discussions, reviews, and approves various research proposals.

In a nutshell, AKU-SONAM looks forward to building and strengthening collaborations internally within AKU as well as with external organizations. In fact, some critical future plans of AKU-SONAM have a profound concrete base by which we essentially work upon fulfilling our mission of positioning AKU-SONAM as a leader in research focusing on areas primarily governing the social issues in Pakistan. AKU-SONAM has been recently involved in collaborating with the Institute for Educational Development (IED) and with Health and Nutrition Development Society (HANDs) an NGO, in promoting education for girls, and the enhancement of research and health intervention, respectively. The AKU-SONAM faculty has been prominently collaborating with the Kohi Goth hospital to enable data collection and analysis in an attempt to reduce maternal and child mortality rates. Additionally, AKU-SONAM is also currently cooperating with institutions aiming to particularly improve maternal and child health. The Research unit also aims to have 50 publications in recognized peer reviewed journals by the end of 2019 and onwards. Conclusively, the AKU-SONAM is working tirelessly to advance available research facilities to enhance research activities and to offer potential individuals within the profession to contribute a variety of skills and experiences to the science of nursing care in Pakistan as well as globally.

**Research at AKU School of Nursing and Midwifery**

Nursing research has a tremendous influence on current and future professional nursing practice, thus rendering it an essential component of the educational process. Throughout the 21st century, the role of nurses has evolved significantly. Nurses and midwives work in a variety of settings, including hospitals, classrooms, community health departments, business sectors, home health care, and laboratories. Evidence-based practice ensures the interventions used by nurses and midwives in patient-centered care are the most current, relevant and effective, leading to the best possible outcomes. Nursing scope of practice is designated according to education, skill, and experience levels within Pakistan. For example, Registered Nurses (RN) provide an evidence-based care, whereas, Master of Science in Nursing (MScN) and Advanced Practice Nurses (APN) can provide evidence-based advanced care to patients and families, and conduct research under supervision to produce new evidence. Doctorate and Post-Doctorate level nurses are able to obtain funding and conduct their own research, as well as provide mentorship for research projects to junior nurses. Nursing research is a growing field in which individuals within the profession can contribute to a variety of skills and experiences to ensure evidence-based care to patients, families, communities and the society at large.

The Aga Khan University School of Nursing and Midwifery (AKU-SONAM) in Karachi is working towards positioning itself as a leader in research, focusing on areas including gender equity, maternal and child health, women empowerment, gender-related violence, women’s mental health, post-abortion care, and nursing and midwifery education. Continued efforts are being made to obtain research funding to facilitate research activities in the above areas. Key research funders are the Bill and Melinda Gates Foundation, the Higher Education Commission Pakistan, the National Institute of Health, Global Affairs Canada, the Aga Khan Foundation, the Aga Khan Development Network, Canadian Institutes of Health Research, Overseas Development Institute, the UK Department for International Development, the UK Medical Research Council, International Confederation of Midwives, UK Aid Direct Funds and the David and Lucile Packard Foundation. The majority of nursing research published from Pakistan is by AKU-SONAM alumni and faculty.

# AKU-SONAM Research Achievements (1983- 2016)

AKU-SONAM focuses on the capacity building of nurses to improve research and provide the support necessary to translate this knowledge and use it for the development and improvement of the healthcare system in Pakistan. The School’s 4,000+ graduates serve in a variety of local, regional and international positions ranging from advanced clinical nursing to administrative and leadership positions. The alumni hold the Dean/Chair/HOD positions in most of the Pakistani nursing schools and several others who manage and lead research projects across Pakistan. Globally, alumni are working in various academics, clinical and research positions in over 27 countries.

Research became a strategic priority area at AKU-SONAM since1988, when the school started its Post-RN BScN program. The first research course was introduced shortly thereafter, resulting in the first AKU-SONAM-led publications in online research databases. The first paper from School was published in 1989. Early research was limited to exploratory studies including secondary data analysis, and conceptual reviews, as well as small observational, qualitative and quantitative studies secured through smaller developmental grants. Over time, the research capacity of AKU-SONAM has grown, resulting in securing higher profile extramural grants (e.g. URC, seed grants, etc.) to conduct research by some faculty members.

* The impact factor (IF) of publications from AKU-SONAM has increased from an average IF of 1.03 in 2016-2017 to 1.28 in 2018.
* Three AKU-SONAM faculty members enrolled in PhD programmes.
* Seven faculty members are in a process of enrolling into PhD programmes in 2019 (2020) with completed research proposals.
* An organogram was approved and a research associate was hired to facilitate research activities at AKU-SONAM.
* Play therapy strategies to reduce violence against women in Pakistan were studied through the “Right to Play” project. Findings were disseminated in December 2018.
* The Reproductive & Sexual Health Consortium (RaSHC), a national consortium of academics, CSOs and government stakeholders was formed to improve sexual and reproductive health rights in Pakistan. Its inauguration took place on Friday April 27, 2018.

***2018 Highlights***

# Establishment of Research Unit (2018)

First time ever in the AKU-SONAM history, a Research Unit was formalized in early 2018.

The Unit aspires to achieve the following goals through its scholarly research activities:

1. To recognize leaders in the nursing and midwifery research with national and international reputation
2. To promote the development of a scientific body and knowledge that addresses the need of the local culture by generating innovative, context grounded, evidence-based solutions to improve quality of life
3. To strengthen collaboration with national and international partners and stakeholders to enhance research output

Since its inception, AKU-SONAM has had over 223 publications. AKU-SONAM faculty holds 17 active intramural and extramural research grants, with the highest active grant amounting to $1,000,000. Today, AKU-SONAM is proud to be the first nursing school in Pakistan with its own research excellence center.

**Vision**

Improved quality of healthcare through evidence-based practice.

**Mission**

To conduct quality research, build capacity through strong associations and networks of academics and other stakeholders by providing a common platform that centralizes and synergizes research activities, outputs and outcomes.

### Goals for Research

AKU-SONAM aims to achieve the following goals through its scholarly research activities:

1. Build research capacity of university faculty
2. Conduct impactful, high-quality, multidisciplinary research
3. Share research findings with relevant stakeholders (including policy makers) and contribute to the development of evidence-based policies
4. Inculcate a culture of financial sustainability in research
5. Develop multilateral and bilateral collaboration in research

**Strategies to achieve the goals**

* Ensuring to offer research opportunities for faculty to learn from international best practices by continuous mentoring, trainings and workshops
* Developing and implementing short, mid and long term plans to maintain the funding pool of the department
* Building partnerships with bilateral, multilateral and philanthropy organizations to conduct multidisciplinary research and generate future funding for more robust research
* Developing institutional policies and processes to support research and enable the establishment of a regional nursing research consortium

**Way Forward:**

The School of Nursing and Midwifery Research Unit has devised a five-year action plan to strategize the goals of the School. In the first phase, the School aims to strengthen the existing capacity in research by establishing a scientific body that will oversight and revise policies and procedures related to research and its dissemination within the School and university-wide. In the next phase, the AKU-SONAM plans to develop associations and build networks by connecting with the Aga Khan Development Network to improve overall research outputs, at the national and international levels.

Finally, the AKU-SONAM aims to bring all nursing research activities at the Aga Khan University Pakistan on one platform in order to synergize and conduct quality research in nursing to produce evidence to improve nursing practice and the overall quality of healthcare provided to the patients.

**Research Unit Activities**

AKU-SONAM Research Unit activities fall under seven broad categories, which include: 1) Training of research team, 2) Research collaboration and higher education, 3) Grants and awards, 4) Research groups, 5) Ongoing capacity building, 6) Publications, and 7) Research retreat.

**1. Training of Research Team**

Training was conducted by the Research Office on April 17, 2018 to better understand extramural funding policy and procedures at AKU. Mr. Amir Sarfaraz, Research Unit, Research Assistant, was trained in Research Management and Facilitation Workshop for Research Administrators. This training allows him to assist faculty with preparing the PeopleSoft checklist, an identified historical barrier to extramural grant applications.

**2. Research Collaboration and Higher Education**

**Local:** This includes the development of a consortium of CSOs, not-for-profit organizations, government stakeholders and the AKU-SONAM Research Unit. The purpose of this consortium is to apply for extramural grants to support research and development. This consortium collaborated and applied for three grants from international funding organizations including DFID-DAFPAK, Grand Challenges Canada, MRC-UK and one request for information to collaborate on International Multidisciplinary Development Framework by DFID and hopefully the result will be announced in this year by June 2019. The amount of grant is 12,812,377 GBP.

**International:** In early 2018, the Dean of AKU-SONAM, Dr. David Arthur, along with Dr. Tazeen Saeed Ali and Ms. Farzana Karim Haji visited Karolinska Institute, Sweden and Ghent University, and Belgium University to further enhance research development for faculty. As a result of these visits, the school facilitated 02 PhD placements for AKU-SONAM faculty in these two prestigious institutions. The amount of USD 36,000/- granted to Ambreen Tharani and CAD 10,000/-, PKR 1.8M from URC and USD 25,000 as FDA granted to Ms. Shireen Shehzad.

**3. Grants and Awards**

AKU-SONAM Research Unit successfully obtained the following grants and awards:

**Intramural Grants-URC**

* “Using Simulation as a Strategy for Teaching End-of-Life care in Palliative Care course in the undergraduate nursing program” (PI: Zohra Kurji), worth PKR 410,400. Duration: January 2018 to December 2018.
* “Nursing Students and Faculty Experiences of Integrated Module Using Blended Learning Strategy” (PI: Shirin Rahim), worth PKR 155,872. Duration: January to December 2018.
* “Nurse-Led culturally relevant smoking cessation interventions for the patients with cardiovascular disease in tertiary care hospital setting” (PI: Dr. Rubina Barolia), worth PKR: 2,110,000. Duration: Two years.
* “Resilience, depression and anxiety among pregnant women in Pakistan: Development and testing of intervention” (PI: Shireen Shehzad), worth PKR 1,800,000. Duration: Two years.
* Let’s Talk: A Nurse-Led Intervention to Promote Mental Health in Patients with Cardiovascular Disease: A Randomized Controlled Trail (Dr. Rubina Barolia CoPI), worth PKR 1,121,500 2019 - 2020

**Intramural Grants-Seed**

* “School based physical activity amongst 12 to 14-year-old children in Karachi” (PI: Saleema Gulzar), worth PKR, 500,500 PKR. Duration: Two years.
* “Role of health technology in improving the Antenatal Care coordination among Lady Health workers and Community midwives in Tando Allah Yar, Sindh, Pakistan: A pilot Pre and Post study” (PI: Marina Baig), worth PKR: 641,200. Duration: 2018 to 2020.
* “Factors Associated with Marital Adjustment among Infertile Couples presenting to infertility center of Karachi, Pakistan: An Analytical Cross Sectional Study” (PI: Shireen Shehzad), worth PKR 632,250. Duration: 2017 to 2018.

**Extramural Grants**

* “Psychosocial distress during pregnancy and pathway to preterm birth: Building evidence in LIMC to guide targeted psychological interventions” (PI: Sahirfa Lalani), worth CAD $30,000. Duration: 2017 till 2020

“Psychosocial distress during pregnancy and pathway to preterm birth: Building evidence in LIMC to guide targeted psychological interventions” (PI: Kiran Shaikh), worth CAD $30,000. Duration: 2017 till 2020.

* “Resilience, depression and anxiety among pregnant women in Pakistan: Development and testing of intervention (Perinatal - MHN & MNCH)” (PI: Shireen Shehzad), worth CAD $10,000 (University of Calgary’s Queen Elizabeth II Diamond Jubilee Scholarship). Duration: 2018 to 2019.
* “Psychosocial distress during pregnancy and pathways to preterm birth: Building evidence to LMIC to guide targeted psychosocial interventions” (PI: Sharifa Lalani and Kiran Shaikh), worth CAD $531,830 (CIHR & University of Calgary’s Queen Elizabeth II Diamond Jubilee Scholarship. Duration: 2017 to 2020.
* “Capacity building of Community Midwives of Pakistan for Helping Baby Breathe (HBB)” (PI: Kiran Mubeen), worth PKR $415,467. Duration: 2017 to 2019.
* “Umee-d-Nau-Innovation life skill building education” (PI: Rozina Karmaliani and Tazeen Saeed Ali), worth USD $947,108. Duration: 2016 to 2019.
* Right to Play MRC UC - Disability (PI: Rozina Karmaliani) UKP 317,787. 2015-2018
* Right to Play MRC UC – school children (PI: Rozina Karmaliani) UKP 3,813. 2017-2018
* Evaluation of poverty eradication Interventions in the Health Care settings of Sindh People Health Programme (SPHP): A mixed methodology approach. (PI: Dr. Tazeen Saeed Ali) Pkr 32, 30, 511. May 1 – August 31, 2019
* Bedari - Life Skills Building Education (PI: Dr. Rozina Karmaliani & CoPI: Hussain Maqbool) Can $ 99,751 July 1, 2019 – June 30, 2020.
* MEMORANDUM OF UNDERSTANDING (PI: Lubna Ghazal) PKR 2,530,816 Jan 1, 2019 – June 30, 2019.

**4. Research Groups**

The following research groups were formed in AKU-SONAM in 2018:

Community-Based Newborn Group: To promote knowledge on current practices of newborn care, breastfeeding, neonatal curriculum and to build capacity of health care professionals to enhance the physical and mental health of women and children. This group has been developing research proposals and conducting research activities to reduce the infant and child mortality rates in Pakistan and counteract child malnutrition through the promotion of breastfeeding practices. The group has three sub thematic areas including: 1) Early Childhood Development 2) Lactation 3) Kangaroo Mother Care. AKU-SONAM Faculty members: Dr. Tazeen Saeed Ali (Lead, Associate Professor), Laila Pirani, Zohra Jetha, Mehtab Jaffer, Laila Cassum, Nimira Asif, Fatima Jawad, Amina Aijaz, Shamim Chandani, Zohra Kurji, Saima Sachwani. Other faculty members include Dr. Rehana Rehman (Biological and Biomedical Sciences) and Zafar Fatmi (Community Health Sciences).

Women’s Empowerment & Violence against Women: To promote the development of a scientific body and knowledge that addresses local cultural needs generate context-based solutions to reduce violence in society, particularly against women and children. The focus area of this research group is to create strategies to reduce violence against women and advocate for women’s rights through evidence-based research and practice. It was formed after the launch of Umeed-e-Nau project funded by Bill and Melinda Gates Foundation. AKU-SONAM Faculty members: Dr. Rozina Karmaliani, Dr. Tazeen Saeed Ali, Dr. Saima Hirani, Shireen Shehzad, Hussain Maqbool, Yasmeen Somani, Saleema Gulzar, Dr. Naseem Zahid (research specialist), Zahid Khowaja, Shiraz Lalani.

Perinatal Mental Health: To reduce the prevalence of psychological health issues among women and promote awareness about anxiety, depression and postnatal depression among women of reproductive age. Through field-based research, this group is building an understanding of the association between emotional distress during pregnancy (i.e. perinatal distress or PD), biological measures of emotional distress, and preterm (early) birth (PTB) in women from low- and middle-income countries (LMIC). AKU-SONAM Faculty members: Dr. David Arthur (Lead, Dean AKU-SONAM), Sharifa Lalani, Kiran Shaikh. Other faculty members include: Dr. Imtiaz Jehan, Dr. Shahirose Premji, Dr. Nicole Letourneau, Dr. Illona Yim, Dr. Aliyah Dosani, Dr. Dunkel Schetter, and Dr. Ayesha Main.

**5. Ongoing Capacity Building Strategies**

**Research Seminars:** AKU-SONAM conducted 11 seminars in 2018 and 2019; Capacity building sessions reflect SONAM research culture. Topics of past seminars included: core research skills including quantitative and qualitative research, implementation of research, systematic reviews, meta-analysis and grant/manuscript writing. These seminars are aimed towards the development of faculty capacity for facilitating and supervising Masters and PhD thesis.

**Research Workshops:** Research workshops are continuing education sessions that are conducted to familiarize the faculty with the latest research techniques, innovations and implementation practices. AKU-SONAM conducted two workshops with the support of TKN volunteers on student performance in clinical nursing practice, and on programs to support at-risk mothers’ reflective function and their children, conducted by Ms. Zehra Amin Allana on Friday July 20, 2018

**Research Clinics:** With an aim to stimulate the growth of clinical nursing research by means of writing grant applications and publications, the PhD-prepared faculty members at AKU-SONAM provide consultation to junior faculty members on a variety of topics including: research ideas, grant submission, research setting, protocol writing, manuscript development, publication process, ERB application. The ultimate goal of this research activity at AKU-SONAM is to encourage participation of faculty in research related activities and dissemination of research through scholarly forums.

**Time Knowledge Nazrana (TKN):** TKN activities at AKU-SONAM typically involve placement of a research expert (TKN assignment) with a local faculty member via the international office to facilitate the development of research and scholarly work of AKU-SONAM faculty members. In 2018, four TKN were placed with AKU-SONAM to support the Research Unit:

* Dr Zubeida Ramji visited AKU-SONAM in the first quarter of 2018. During her tenure, she assisted faculty in proposal development, capacity building in the area of need assessment, reviewed evaluation frameworks and assisted in other tasks related to research, monitoring and evaluation. She worked on development of proposal on birth damaging effects of folic acid deficiency; evaluation framework for public health stream and mental health stream plan for 2019.
* Dr Farhana Madhani visited the School in the second quarter of 2018 and provided mentorship to the faculty in research and publications, identifying content relevant to clinical models for students, and proposal writing. During her assignment period, she conducted seminars, provided assistance to the faculty on development and implementation of evaluation frameworks, reviewed proposals and manuscripts developed by the faculty.
* Dr. Gulzar Malik, who is an expert in evidence-based curriculum development visited the School in the last quarter of 2018 and provided mentorship to the faculty on flipped classroom training, innovative educational techniques and publications. In addition to providing mentorship to faculty, she also assisted the Assistant Dean Research and Graduate Studies. Moreover, she reviewed the curriculum of BScN, teaching modules. During her TKN assignment she also conducted a seminars and facilitated the development of research grant proposals and manuscripts.
* In 2018 Ms. Nazleen Somani who is currently working as a clinical faculty and clinical supporter at The Sick Children Hospital, Toronto, Canada visited the school, as a TKN volunteer, and conducted sessions for BScN year III students and AKUH NICU staff. She facilitated a session on Pediatric Oncology, “How to manage end of life (EOL) support and its care” for students and staff. She introduced the role of Pediatric Advanced Care Team (PACT) in palliative care and gave a session on “Management of Hypoxic-Ischemic Encephalopathy (HIE) through advanced technology” and introduced “Hyperbaric Oxygen Treatment for Neonatal HIE”. She participated in clinical rounds and shared some of the suggestions to include as discussion points focusing on the developmental care of the newborns. She helped to develop the small baby protocol. She demonstrated different ways of comfort care to very preterm and low birth weight babies with the help of modalities.

There are 5 planned or ongoing TKN placements since 2019: We added one more as TKN

* Dr. Zohra Lassi, from Australia whose area of research is women and child health and systematic review began her TKN assignment in 2019. Dr. Lassi is helping faculty members with the development of research proposal and manuscript writing in the area of maternal and child healthcare.

1. **Publications**

**The list of publications categorized according to research steams at SONAM can be viewed here:**[Research groups at SONAM >>](https://www.aku.edu/sonampk/research/Pages/research-groups.aspx)

1. **Reviewers**

**Internal and external thesis reviewers:** The faculty of AKU-SONAM is also involved in the evaluation of thesis on campus and as well as off campus. A total of 154 theses of Masters and PhD students in nursing and other healthcare domains from AKU were examined by AKU-SONAM faculty members. As external reviewers, the faculty of AKU-SONAM reviewed thesis of students from Dow University of Health Sciences, Health Services Academy, Quaid-e-Azam University, and Jinnah Sindh Medical University.

**7. Research Publication and Ethics Committee:** The purpose of this committee is to promote research culture among nurses, midwives, students and faculty members. The committee provides a ‘research forum’ to promote a culture of research, discuss research proposals and oral presentations, and promote rigor in research. The committee also reviews and gives feedback on research proposals after presentation within the research forum, and reviews and approves ERC applications at the departmental level prior to final submission to the university ethics review committee. Faculty Members: Dr. Tazeen Saeed Ali (lead), Salma Jaffer; Salima Taufiq, Rozina Khimani, Sajida Chaghani and Nadia Mulji (Co –lead).

**Research Retreat**

On December 4, 2018, the research unit conducted a preliminary half day departmental research retreat that aimed at identifying the faculty aspirations, needs, and support required to actively contribute as researchers. Several thoughtful activities aimed at identifying faculty reflections, and expectations about research from a variety of perspectives. The later part of retreat highlighted the possible solutions proposed by faculty themselves based on the learning from this preliminary retreat; a mega retreat is expected to be held in mid- 2021.

**Future Research Plans**

AKU-SONAM looks forward to building and strengthening collaborations internally within AKU as well as with external organizations.

* Opportunities with the Institute for Educational Development related to research promoting girl’s education are being explored. A joint grant proposal between the two departments was submitted.
* Health and Nutrition Development Society (HANDs, a well-known health-focused NGO in Pakistan, has offered to provide support in their catchment areas to AKU-SONAM for research or health intervention.
* AKU-SONAM faculty with expertise in midwifery are collaborating with the Kohi Goth administration on reduction in child and maternal mortality. Ms. Fatima Jawad from AKU-SONAM conducted interviews with the Kohi Goth Hospital and obtained secondary data to guide the design of a larger research study to understand population characteristics for her research on newborn health. The secondary data has been analyzed and the findings of the preliminary research will soon be published as short communication in a local journal, which has been already drafted and under review.
* AKU-SONAM signed a Memorandum of Understanding to participate in research and assessment of student theses. AKU-SONAM faculty including Dr. David Arthur and Dr. Tazeen Saeed Ali visited the AKU Medical College in 2018, where both departments agreed on focusing on research promotion activities including mutual publications, reviewing of manuscripts submitted to Journal of Ayub Medical College and forming a Dean Consortium.
* AKU-SONAM is also in contact with AKU affiliates including: Aga Khan Development Network, Aga Khan Hospital, Center of Excellence in Women and Child Health and Maternal and Child Health Program Sindh to work together on projects aimed at improving health of the populations, with a particular focus on maternal and child health.
* There will be Research Fair and mega research retreat at AKU-SONAM annually.

**Annexure**

**Strategic goal-wise Performance of AKU-SONAM Research Unit in 2018.**

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| --- | --- | --- | --- | --- |
| **S. No.** | **Performance Indicators** | **Date** | **Responsibility** | **Updates** |
| **Capacity building** | | | | |
| 1. | Conduct monthly Continuing Education Sessions on contemporary, relevant research issues for Nursing Faculty members in Pakistan, East Africa and Afghanistan. | To continue in 2020 | Assistant Dean Research | Regular sessions were conducted including Seminars and Workshops.  Faculties were also sponsored to attend research related sessions. |
| 2. | Promote a culture of multidisciplinary research | On going | Stream Heads | New born group has been developed with the support of medical college which has a team of researchers including faculty, nurses, doctors, etc.  All researches are multidisciplinary such as RTP had all nurses, doctors and educationists.  VAW is another multidisciplinary research. Resilience and depression grants are also being led by multidisciplinary researchers.  Intramural grants are also focusing on multidisciplinary research. |
| 3. | Organize workshops on quantitative and qualitative research including implementation of research, systematic review, meta-analysis and grant/manuscript writing within AKU | Ongoing in 2020 | Assistant Dean Research | Workshops on Data analysis and management using SPSS, Systematic review, outcomes, quantitative and qualitative research including implementation of research, systematic review, meta-analysis and grant/manuscript were successfully conducted. Faculty has started developing proposals and mentorship is being provided to them. |
| 4. | Run workshops to develop faculty capacity for facilitating/supervising Masters and PhD thesis, so that at least 30% can facilitate MSc Thesis and 15% PhDs. | Semester 1 and 2 2020 | Dean AKU-SONAM and Assistant Dean Research | Out of 21 faculties, 8 are pursuing PhD while 4 other are also expected to start their PhD in 2020. Their proposals have been already developed and they are seeking opportunities to apply. |
| 5. | To have at least four successful research grants, with AKU-SONAM Faculty as PI with other entities of AKU, as well as other national and international institutions. | By end of 2018 | Dean AKU-SONAM, Assistant Dean Research and Stream Heads | Already successful; having 4 active research grants including RTP, VAW, Resilience and depression.  For 2019, targeted to secure 2 to 3 extramural grants. |
| 6. | To have 50 publications in recognized peer reviewed journals, in the preceding year | By end of 2019 | Assistant Dean Research | Published 46 manuscripts in high-impact journals during 2018 and 2019. |
| 7. | Conduct a bench mark exercise for AKU-SONAM research output based on three Top 50 ranked nursing schools’ RAE | In 2018 | Dean AKU-SONAM and Assistant Dean | To reach this benchmark, striving to publish more researches in high impact journals and building capacity of the faculty through doctoral education. |
| **Establishing a research culture** | | | | |
| 8. | Stimulate the growth of 6 clinical nursing research themes nurtured within the Clinical Streams, and encouraged to flourish through grant applications, seed funding and publications. | On-going 2020 | All Faculty | Still in progress. Stream is putting in efforts to secure projects and achieve more grants to build in Masters students and have more publications. Streams are encouraged to maintain data base. |
| 9. | From Jan 2018 provide protected time to AKU-SONAM faculty for research and scholarly work | Beginning 2018 with Faculty Appraisal | Dean AKU-SONAM and Senior Leadership Team | So far those who have been enrolled in the PhD have been assigned protected time. The percentage has been built-in according to the rank. |
| 10. | In early 2018 identify research active (RA) Faculty and modify their workloads to encourage more time for research | Beginning 2018 with Faculty Appraisal | Dean AKU-SONAM, Senior Leadership Team and Supervisors | Since it requires approval from senior leadership of AKU and AKU-SONAM, it is still under progress. |
| 11. | Encourage participation and celebration of research through forums for scholarly and research work of faculty members (best researcher of the month etc) | Ongoing | Assistant Dean Research | In 2019, a retreat was conducted followed by a mega research retreat.  Development of consortium is another achievement.  Also income generation activities such as workshops on data analysis, research methods and manuscript writing were conducted in the last quarter of 2019. |
| 12. | Develop a research seeding mechanism for each Clinical Stream to encourage at least one team application from each stream for an international competitive research grant | With the budget in 2018 | Assistant Dean and Stream Heads | Research Unit has also introduced a component of research publication and ethics committee. Also, in the process of developing a data base for research which is in addition to the current goals of the strategic plan. |

**Research Unit Structure**

**Research Unit**

**(TSA)**

**Finance Person**

**(RT)**

**Research Associate**

**(SA)**

**AS**

**TKN- volunteers**

**Internal Approval /PeopleSoft**

**TSA**

**Response to AKU departments Research**

**R&P Ethics Committee (DREC**)

**YP**

**Research Seminars**

**AA**

**SD**

**Research Groups**

**RaSH Consortium Management**

**Data Base**

**Research Workshop**

**LL**

**SS**

**SSh**

**TSA**

**TSA**

**Research Clinics**

**AS**

TSA: Tazeen Saeed Ali SA: Saher Aijaz

SSh: Shireen Shehzad SD: Saadia Dawoodani

SS: Saima Sachwani AS: Aamir Sarfaraz

AG: Ambreen Gowani RT: Rahim Touryani

SH: Saima Hirani YP: Yasmin Parpio

MM: Michael Menezes

AA: Abdul Aziz

LG: Lubna Ghazal

SA: Saher Aijaz

**Faculty/Research Lead:** Tazeen Saeed Ali, Saima Sachwani, Shahnaz Shahid, Yasmeen Parpio, Laila Ladak

**Research Staff:** Saher Aijaz, Aamir Sarfaraz, Rahim Touryani, Abdul Aziz, Saadia Dawoodani

**RaSH:** Reproductive and Sexual Health Consortium

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