

Paul McNamara

Curriculum Vitae is true and correct as at 12/12/2022

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Cairns Q 4870
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Credentials

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 Section 305(1)(i) of the Mental Health Act 2016, 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

Social Media Editor, International Journal of Mental Health Nursing, since November 2016
Professional Social Media portfolio: meta4RN.com (2012-2022)
Fellow, Australian College of Mental Health Nurses (ACMHN), since 2008
Member, Queensland Nurses & Midwives Union, since 1995
Member, Australian Clinical Supervision Association, renewed 2021
Social Media Facilitator, Australian Clinical Supervision Association (February 2015 – July 2018)
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

2020: Excellence in Education Award, Cairns and Hinterland Hospital and Health Service
2012: The Health Roundtable, Innovation Award – Quality Care Stream (\$6000)
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 Mobile Intensive Treatment Team)

Publications

Larcombe, E. & **McNamara, P.** (2022) Emergency Department: Person with personality disorder presenting with deliberate self-harm. In P. Marks (Ed), *Mental Health in Emergency Care*, (pp. 131-143), Elsevier

McNamara, P. (2022), Happy anniversary IJMHN. *International Journal of Mental Health Nursing*, 31(4)

McNamara, P. (1998: revised multiple times, last October 2021) *That was bloody stressful: what's next?* [staff resource re stress management] Queensland Health Electronic Publishing Service (QHEPS) intranet.

McNamara, P. & Usher, K. (2019) Share or perish: Social media and the International Journal of Mental Health Nursing. *International Journal of Mental Health Nursing*, 28(4)

McNamara, P. & Callahan, R. (2018). Diagnostic Overshadowing. *News, Summer 2018 edition* (published December 2018), Australian College of Mental Health Nurses, page 17.

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)*

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

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

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., 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

Sharrock, J. (2021). Professional self-care. In Foster, K., Marks, P., O'Brien, A. & Raeburn, T. (Eds.). *Mental health in nursing: Theory and practice for clinical settings* (5th ed.). (pp. 93). Elsevier Australia – acknowledged for contribution of content.

Wilson, R. (contribution by **McNamara, P.**) . (2017). E-mental health. In Procter, N., Hamer, H., McGarry, D., Wilson, R., & Froggatt, T. (Editors.), *Mental health : a person-centred approach, second edition* (pp. 360-362). Cambridge University Press, Port Melbourne, Australia. Online excerpt: meta4RN.com/book

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)

Conference Presentations

- McNamara, P.** (2022). *Self compassion and social media*. Invited presentation at North Queensland Nurse Practitioner Masterclass, Cairns.
- McNamara, P.** (2021). *Mental health in the general hospital*. Invited presentation at ANMF Victorian Branch & NMHP wellness Conference, Melbourne (via videoconference).
- McNamara, P.** (2019). *How can we be integrated if nobody knows about us?* Keynote presentation at 45th Annual International Conference of the Australian College of Mental Health Nursing (ACMHN), Sydney.
- McNamara, P.** & Usher, K. (2018). *Conversations, not just citations, count: Social Media & the International Journal of Mental Health Nursing*. 44th Annual International Conference of the ACMHN, Cairns.
- McNamara, P.** (2017) *First Thyself – Surviving Emotionally Taxing Work Environments*. Invited presentation at 'Breaking Point: Ice & Methamphetamine Conference', Ausmed Education, Cairns.
- 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 5th 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 42nd Annual International Conference of the ACMHN, Adelaide.
- McNamara, P.** (2016) *Why on earth would a Mental Health Nurse bother with Twitter?* Presented at 42nd Annual International Conference of the ACMHN, 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', ACMHN, 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 the 39th Annual International Conference of the ACMHN, Perth.
- McNamara, P.** (2013) Turbocharging mental health nursing collaboration and partnerships: professional use of Twitter. Poster presented at the 39th Annual International Conference of the ACMHN, Perth.
- McNamara, P.** (2013) *Omnipresent and always available; a mental health nurse on twitter*. Plenary session at the 11th 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 38th Annual International Conference of the ACMHN, Darwin.
- McNamara, P.** (2012) *The nature of nurture: lessons from a baby, story of a saint*. Opening plenary presentation at the 10th ACMHN Consultation Liaison Special Interest Group conference, Melbourne.

Workshop Facilitation

McNamara, P. (2015 – current) *Self-compassion: Surviving and thriving in emotionally taxing work environments*. Graduate RN transition to practice workshops, multiple sessions at Cairns Hospital.

McNamara, P. (2018 – current) *Responding to trauma*. Graduate RN transition to practice workshops, multiple sessions at Cairns Hospital.

McNamara, P. (2015 – 2017) *Specialising in the general hospital/Looking after yourself*. Assistant in Nursing orientation/refresher day, multiple sessions at Cairns Hospital.

Rayner, N. & **McNamara, P.** (2016) *Supervising supervisor*. Queensland Centre of Mental Health Learning (QCMHL) two day clinical supervision workshop, QCMHL code QC12

Casella, E. & **McNamara, P.** (2015) *The use of Social Media in Nursing.*, Australian College of Nurses workshop, James Cook University, Cairns

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

Bailey, P. & **McNamara, P.** (2009-2014) *Supervisor*. Queensland Centre of Mental Health Learning (QCMHL) two day clinical supervision workshop, QCMHL code QC4; multiple sites

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

McNamara, P. (2005-2013) *Perinatal mental health*. Multiple sessions at multiple sites

Formal Education

Understanding Dementia 2018

University of Tasmania and Wicking Dementia Research & Education Centre

- Massive Open Online Course (21 CPD hours)

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

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 1st year subject 'Communication in Nursing and Midwifery' HS1111
- tutor for 2nd 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 (participator qualitative assessments) have been very positive
- established an [online presence](#)
- 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

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 1st 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

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: 1997 – 1998

Transitional Care Program

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: 1996 & 1997

Department of Nursing Sciences

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: 1995 – 1996

Psychiatric Emergency Team and Crisis Assessment & Treatment Team

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

**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

Omitted from online version

Omitted from online version