

NAME: Emeritus Professor Helen Margaret COX  
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### **Educational Qualifications:**

1996 PhD The University of Adelaide  
 1992 MNS LaTrobe University.  
 1981 B.App.Sci (Advanced Nursing/N. Education).  
 Lincoln Institute of Health Sciences.  
 1976 Dip.N.Ed., Royal College of Nursing Australia.  
 1968 RN (Division 1) St. Vincents Hospital.

### **Current Professional Positions/ memberships**

2005-current Professor Emeritus Deakin University  
 Member Australian Society of Authors  
 Member Writers Victoria

### **Past Professional Positions**

2005 – 2013 Director, Institute of Music in Medicine  
 2003 & 2004 Professor, Chair of Nursing, School of Nursing, and  
 Director, Chronic Illness Research Unit, Deakin University  
 1999-2003 Professor, Chair of Contemporary Nursing  
 Director, Deakin/Epworth Hospital Centre for Clinical Nursing Research  
 1997 Associate Professor, Deakin University  
 1993 Associate Professor and Interim Head of the School of Nursing, Deakin  
 University  
 1987-92 Deakin University, Geelong Campus.  
 Director of Clinical Studies 1991-92  
 Senior Lecturer & Sub Dean 1988-92  
 1975-87 School of Nursing, St. Vincent's Hospital, Melbourne.  
 Principal 1984 - 87  
 Deputy Principal 1983  
 Senior Teacher/Program co-ordinator 1975-82  
 1971-75 RN, neurosurgical unit, St. Vincent's Hospital.  
 1970-71 RN medical & surgical nursing, St. Vincent's Hospital  
 1969 RN medical nursing Freemason's Hospital.  
 1968 Staff Nurse medical–surgical nursing St. Vincent's Hospital, Melbourne.

### **Past Professional Appointments**

Editorial Board Spirituality & Health International  
 Reviewer The Collegian: Journal of the Royal College of Nursing Australia  
 Reviewer International Journal of Nursing Practice  
 Reviewer Nursing Inquiry  
 Reviewer Australian Journal of Holistic Nursing

Reviewer	Contemporary Nurse
Reviewer	Journal of the Rehabilitation Nurses Association
External Examiner (Masters & PhD Theses)	University of Western Sydney, Macarthur, Faculty of Social Ecology. University of Tasmania, Faculty of Nursing. LaTrobe University, Dept of Nursing, Dept of History. Flinders University, Faculty of Health Sciences The University of Newcastle University of NSW Curtin University Southern Cross University Victoria University of Technology Victoria University of Wellington, New Zealand
Expert Advisor	New Zealand Vice Chancellor's Committee Representative to the New Zealand Qualifications Committee for approval and accreditation of the degree program, Manawatu Polytechnic, (1994 & 2000).
Member	DHS Strategic Research Investment Committee (SHRIC) clinical sub-committee (2002-2003)
Member	Research Advisory Committee, Nurses Board of Victoria (1998-2004)
Assessor	National Health & Medical Research Council (2004)
Acting Director of Operations	Epworth Hospital (2000)
Acting Chair	Nursing Advisory Council, Epworth Hospital (2000)
Member	Research and Ethics Committee Epworth Hospital (1999-2003)
Chief Researcher	Steering Committee Safety Innovations In Practice project, Epworth Hospital (2003)
Member	Review Panel, Chair in Nursing and Campus Nursing Research Unit, Australian Catholic University & St, Vincent's Hospital Sydney. 2000.
Editorial Panel	Australian Journal of Holistic Nursing.
Consultant	St. John of God Hospital, Geelong (1991-95)
Consultant	University of New England, Armidale (1992).
Member	Australian Council of Deans of Nursing (1993)
Member	Heads of Schools/Departments of Nursing, Victoria (1993)
Member	Advisory Committee, Diploma of Nursing Course, Bachelor of Nursing (Pre registration), Bendigo College of Advanced Education (Now Bendigo Campus of LaTrobe University) (1990-92).
Member	Advisory Group, Social and Community Services Programs, Gordon Technical College (1989-91).
Member	Advisory Committee, Institute of Catholic Education, Mercy Campus (now Australian Catholic University) (1990).
Member	Program Evaluation Committee: B.AppSci and Graduate Diplomas, Institute of Catholic Education, Mercy Campus (Now Australian Catholic University) (1989).
Member	Curriculum Development Committee, Diploma of Nursing Course. Institute of Catholic Education, Mercy Campus (now Australian Catholic University) (1983-85).
Member/Chair	Post Registration Education Advisory Committee, Health Department Victoria, Region 7. (~1985-87)
Member	Conference Organising Committee 4th National Nursing Education Conference: Myth, Mystery and Metaphor, Melbourne 1989-90.

## RESEARCH AND SCHOLARSHIP

### Completed projects:

1. The use of prescriptively played harp music in the special care nursery. H. Cox (2010) The Annie Danks Foundation
2. Expanding music-thanatology services in the Geelong region H. Cox (2009) United Way Geelong Region.
3. Establishing a music-thanatology service. H. Cox (2009 Tattersall's Foundation,
4. Relief of suffering at end of life: An Australian project to measure the effects of live harp music in palliative care settings. H. Cox, P. Roberts. (2005) Kings Foundation.
5. Long term recovery of youth from serious physical trauma. dS. Turner & H. Cox. Funded Central Research Grant, Deakin University.
6. Midwives health assessment of women: Recognition of substance abuse during pregnancy and following birth. D. Phillips, H. Cox, L. Ricciardelli. Funded Faculty of Health & Behavioural Sciences, Deakin University.
7. Identifying issues in the provision of nursing care to people undergoing cardiac surgery who have type 2 diabetes. H. Cox Competitive research grant, Faculty of Health & Behavioural Science.
8. A pilot nurse-led community intervention for patients with heart failure' H. Cox. Nurses Board of Victoria, Major Grant award 2002.
9. The safety chain: working the link between care evaluation and nurse workforce management. Safety Innovations in Practice Program Mark II., H. Cox. (2003) Australian Council for Safety & Quality in Health Care, Canberra.
10. 'Does a Gerontic Nurse Specialist Make a Difference in Acute Care?' H. Cox, L. Raven (2003) Nurses Board of Victoria.
11. Commonwealth Department of Health and Aged Care, Private Health Consumer and Provider Partnerships in Health Project - 'Best Practice in Consumer Participation - Information in Day Surgery.'
12. Commonwealth Department of Health and Aged Care, Private Health Consumer and Provider Partnerships in Health Project - 'Involving Consumers in Measuring and Reporting Key Dimensions of Quality'. M. Sheahan, H. Cox (2002).
13. Improving admission related medication safety. M. Sheahan, H. Cox (2001) Australian Council for Safety & Quality in Health Care
14. Narratives of Recovery from Traumatic Injury. H. Cox (2001) Competitive research grant, Faculty of Health & Behavioural Science.
15. Patient's perspectives on recovery after day surgery: A pilot study on symptom management. H. Cox (2001) Competitive research grant, Faculty of Health & Behavioural Science.
16. The impact of using multi-sensory environments for leisure activity on the wellbeing of residents and carers in an aged care facility. H. Cox, S. Savage, I. Burns (1999) Alzheimers Disease & Related Disorders Association of Australia.
17. Health Seeking Behaviours of Public Housing Tenants, a collaborative project with the Department of Human Services, Barwon South and Deakin University. H. Cox, co-researcher.
18. Non-metropolitan community based nurses' perceptions, understandings and responses to domestic violence. A pilot study in collaboration with the Barwon Domestic Violence Outreach Service.
19. 'Postoperative back pain – its frequency in patients undergoing surgery in supine or lithotomy position'. Multi site project. C. Beanland Chief Investigator, H. Cox Epworth Project Leader. Competitive research grant, Faculty of Health & Behavioural Science.

**Scholarships and Awards:**

1995/6 Australian Postgraduate Award, PhD studies, Faculty of Medicine, University of Adelaide.  
 1995 Barwon Region Nursing Research Association Award.  
 1994 Co-recipient, Marjory Taylor Foundation for Research and Education Award.  
 1981 Florence Nightingale Committee Scholarship.  
 1976 Florence Nightingale Committee Scholarship.

**PUBLICATIONS:****Books**

Cox H. & Roberts P (2013) *The Harp and the Ferryman*. Michelle Anderson Publishing, Melbourne.

**Book Chapters**

Cox, H. (1998) 'Women in bushfire territory' in E. Enarson & B. Hearn Morrow (eds.). *The gendered terrain of disasters: Through women's eyes*. Praeger, Westport, Connecticut.

Cox, H. (1994) The Australian Experience - "The Lecturer Clinician Role: Faculty Practice" in *Unifying Nursing Practice and Theory* . J. Lathlean & B. Vaughan (eds.). Oxford: Butterworth Heinemann.

Cox, H. Hanna B & Peart K (1994) The Australian Experience - "The Joint Appointment" in *Unifying Nursing Practice and Theory*. J. Lathlean & B. Vaughan (eds.) Butterworth Heinemann Oxford.

Cox, H. Hickson P. & Taylor B. (1991) Exploring Reflection - Knowing and constructing the practice of nursing' in *Toward A Discipline Of Nursing* G. Gray & R. Pratt (eds.) Melbourne: Churchill Livingstone.

**Monographs**

Cox H. (2003) (Ed). 'Did I cross the line? Managing professional relationships' & 'Death in acute care: Can we manage it well?'. Epworth Hospital/ Deakin University Monograph Series, Deakin University Press. Melbourne.

Cox H. (2002) (Ed). 'Moments of Consequence & Transformative Leadership'. Epworth Hospital/Deakin University Monograph Series, Deakin University, Melbourne.

**Research Reports**

Cox H. (2010) The use of prescriptively played harp music in the special care nursery. Report to the Annie Danks Foundation.

Cox H. Roberts P. Expanding music-thanatology services in the Geelong region. (2009) Report to United Way Geelong Region

Cox H. (2009) Establishing a music-thanatology service. Report to The Tattersall's Foundation.

Cox H (2006) Relief of suffering at end of life: Report from an Australian project to implement and evaluate a live harp music-thanatology program. Report to Kings Australia & St John of God Hospital, Geelong.

Phillips D., Cox H et al (2005) Midwives Health Assessment of Women: recognition of substance abuse during pregnancy. A Report on research conducted at RWH pp1-49, Deakin University Australia.

Cox H. & Ski C. (2004) Evaluating a nurse-led intervention for patients with heart failure. Report to the Nurses Board of Victoria.

Sheahan M. & Cox H (2003) The safety chain: Working the link between care evaluation and workforce management Report to the National Council for Safety and Quality in Health Care.

Cox H. & Raven L. (2003) 'Does a Gerontic Nurse Specialist make a difference in acute care?' Report to the Nurses Board of Victoria.

Cox H. (2002)'Gynaecological procedures in day surgery: Working with consumers to develop a targeted communication strategy for women with endometriosis'. A Private Health Consumer and Provider Partnership in Health Project. Report to the Commonwealth Department of Health & Ageing.

Sheahan M & Cox H (2002) 'Quality indicators in acute cardiac services' A Private Health Consumer and Provider Partnership in Health Project. Report to the Commonwealth Department of Health & Ageing.

Clarke, V. Savage, S. Hanna B, Neilson, P. & Cox, H. (2001) 'Health Promoting Behaviours of Residents o Government Housing'. Report to Deakin University & DHS Barwon South Western Region.

Cox H. Burns, I. & Plant. H (2000) 'The impact of using multi-sensory environments as leisure activity on the well being of residents and carers in an aged care facility'. Report to the Alzheimer's and Associated Diseases Association of Australia.

### **Refereed Journals**

Wellard S. Bhujoharry C. Cox H. (2007) Issues in the provision of nursing care to people undergoing cardiac surgery who also have Type 2 diabetes. *International Journal of Nursing Practice* 13(4):222-228.

Cox H. & Roberts P (2007) From music into silence: An exploration of music-thanatology vigils at end of life. *Spirituality & Health International* 8:80-91.

Phillips D., Cox H.et.al. (2007) Factors that influence women's disclosures of substance abuse during pregnancy: A qualitative study of midwives and pregnant women. *The College of Criminology & Criminal Justice, The Journal of Drug Issues* 37(2):357-376.

Rasmussen B. O'Connell B. Dunning P & Cox H. (2007) Young women with Type 1 diabetes' management of turning points and transitions. *Qualitative Health Research* 2007;17;300

Cox H. (2006) Profile: Peter Roberts. *Spirituality & Health International* 7(1): 24-27.

- Cox H. & Roberts P (2006) Music-Thanatology: reconstructing end of life care. Published abstract. *International Journal of Human Caring Special Issue* 10(2):26. Proceedings of the 28<sup>th</sup> Conference of the International Association for Human caring.
- Turner dS & Cox H. (2004) Facilitating Post Traumatic Growth. *Health and Quality of Life Outcomes*. 2:34-48 BioMed Central Ltd, United Kingdom <http://www.hqlo.com/content/2/1/34>
- Turner dS. & Cox H. (2004) Hope: metaphorically speaking. *Australian Journal of Holistic Nursing* 11(1)16-24.
- Cox H. Burns I. Savage S. (2004) Multisensory Environments for Leisure: Promoting wellbeing in nursing home residents with dementia. *Journal of Gerontological Nursing*. 30(2) 37-45.
- Cox, H & O'Connell B (2003) Recovery from gynaecological day surgery: Are we underestimating the process? *Journal of Ambulatory Surgery* 10(3); 114-121
- Cox H., Ski C. & Wood R. (2003) Endometriosis, an unknown entity: The consumer's perspective. *International Journal of Consumer Studies* 27:200-217
- Cox H. Andersen N. Henderson L. Cagliarini G., & Ski C. (2003) Endometriosis: Struggle, loss and the medical merry-go-round. *International Journal of Nursing Practice*, 9(1) 2-9.
- Cox H., Henderson L. Wood R & Cagliarini G. (2003) Learning to take charge: Women's experiences of living with endometriosis. *Complementary Therapies in Nursing & Midwifery* 9(2) May 2003
- Cox H. Turner dS & Penney W (2002) Narratives of recovery from traumatic injury: Issues in nursing care of patients in rehabilitation. *Journal of the Australian Rehabilitation Nurses' Association* 5(3): 8-15.
- Clarke V. Savage S. Hanna B. & Cox H. (2002) Self reported health beliefs of government housing tenants. *Australian Health Review*. 25(4): 132-140.
- Cox, H. Cash, P. Hanna, B. D'Arcy-Tehan F. & Adams, C (2001) Risky Business: Rural Community Nurses work with Domestic Violence. *Australian Journal of Rural Health* 9, 280-285
- Cox, H. (2001) Ecological cosmology: a framework for caring encounters. *Sacred Space: The international journal of spirituality and health*. 2(1), 6-14
- Cox, H. & Cox D (2000) 'Hospitals without walls: A journey through the health care system. *International Journal of Nursing Practice* 6(2), 105-109.
- Cox, H. Burns, I. Plant, H. (2000) Leisure or therapeutics? Snoezelen and the care of older persons with dementia. *International Journal of Nursing Practice* 6(3), 118-126.
- Cox, H. & Holmes, C. (2000) 'Loss, healing and the power of place'. *Human Studies. A Journal for Philosophy and the Social Sciences* 23:63-78.

Cox, H. (1997) 'Disaster relief work: Nurses and others in bushfire territory'. *International Journal of Nursing Practice* 3(4):218-223.

Cox, H. (1997). Nursing lifespaces: Places of care and healing. *Australian Journal of Holistic Nursing*, 4(1) 4-10.

Cox, H. (1996). Dwelling in the lifespace: Space, place and human connectedness. *Australian Holistic Nurses Journal* 3(2) 4-11.

Cox, H. (1996). Cosmology, Enchantment and Postmodern Science: An ecology of healing. *European Nurse* 1(4) December 1996.

### **Book Reviews**

Cox, H. (1997) 'The Ecological Self in Australian Nursing' D. Lacroix (Ed.). Reviewed in *The Collegian, Journal of the Royal College of Nursing Australia* 4(2) April 1997.

### **Conference Presentations – Invited**

Cox H. & Roberts P. (2006) Reflections and Insights: the Australian Music Thanatology Project. Keynote paper presented at the Music-Thanatology Association International conference: Advances in research & education. Portland Oregon, USA October 2006.

Cox H. & Roberts P. (2006) Relief of Suffering at the End of Life. Keynote paper presented at the conference *Spiritual Care: An Essential Part Of Caring For Patients*. The Pastoral Services Department of Providence St. Vincent Medical Center. Portland, Oregon USA. October 16, 2006

Cox H. (2006) Journeying with the dying: Spirituality and the human encounter in suffering. Keynote paper presented at the conference *Spiritual Care: An Essential Part Of Caring For Patients*. The Pastoral Services Department of Providence St. Vincent Medical Center. Portland, Oregon USA. October 16, 2006

Cox H. (2002) Information needs of women with endometriosis facing day surgery for laparoscopy' *DSSIG, VPNG, & VSPAAN Seminar*. March 2002.

Cox H. (2001) Ecospirituality: 'New Age' Or Right Thinking For A New Millennium? *Health & Welfare Chaplains' In-Service Education Continuing Education Program*, 11<sup>th</sup> July 2001

Cox H. (2001) Postmodern Myths and Cosmic Stories: Nursing in the New Millennium *Public Lecture Viborg School of Nursing, Viborg Denmark* June 2001.

Cox H. & Creedon N (2001) Patients' perspectives on recovery from day surgery: A pilot study on. symptom management. *DSSIG, VPNG, & VSPAAN Seminar*

Cox H. (2001) Elderly Patients In Acute Care Settings. *5<sup>th</sup> National Night Duty Nurses Conference*. Ausmed.

Cox H. (2001) 'Sensory Activities in Aged Care' *Enhancing Communication and Participation through Sensory Stimulation National Conference* Sept 2001.

Cox H. (2000) 'Reflections on Home Based Nursing: issues for Hospital Nursing'. Keynote paper at the *Australian Home and Outpatient Intravenous Therapy Association*, Melbourne October 2000.

Cox H. (2000) 'Moments of Consequence' *Inaugural Professorial Lecture*, Deakin University / Epworth Hospital May 2000.

Cox H. (2000) 'Emerging Global and National Health Issues and Directions in the New Decade: International Perspectives' Invited keynote paper, *3<sup>rd</sup> Thomasian International Nursing Conference GIRDing for the Challenges of the New Millennium*. University of Santo Tomas, Manilla Philippines January 2000.

Cox H. (2000) 'Contemporary Thinking on Integrative Healing'. Invited paper, *3<sup>rd</sup> Thomasian International Nursing Conference GIRDing for the Challenges of the New Millennium*. University of Santo Tomas, Manilla Philippines January 2000.

Cox, H. (1999) Invited paper 'The impact of using multisensory environments for leisure activity on the wellbeing of residents and carers in an aged care facility' *RCNA Vic Chapter Symposium: Clinical research – The role of students and clinicians*, May 1999 Monash Medical Centre.

Cox, H. (1999) Invited Keynote Paper for the Symposium 'In praise of the Spiritual Dimension of Nursing: defending spiritual care in an era of economic rationalism' April 1999, Royal Adelaide Hospital/University of Adelaide.

Cox, H. (1998) 'A new cosmology for nursing'. Keynote Paper presented at the *Spirituality in Nursing Conference*, The European Nursing Development Agency & The Sacred Space Foundation (NHS), Cumbria, England, September 1998.

Cox, H. (1997) 'Disaster and healing: a cosmological perspective'. Paper presented at the *Spirituality, Health and Healing Conference*, The European Nursing Development Agency & The Didsbury Trust (NHS), Durham, England, September 1997.

Cox, H. (1997) 'Balancing, Holding and Maintaining Excellence' Occasional Address, International Nurses Day Celebration, *The Geelong Hospital* May 1997.

Cox, H. (1995) 'Cosmology, Enchantment and Postmodern Science: Exploring Healing Environments'. *The Inaugural Nursing Practice Conference*, The University of Adelaide Department of Clinical Nursing and The Royal Adelaide Hospital, December 1995.

Cox, H. (1995) 'Up By Its Bootlaces: Community recovery from Disaster.' Keynote Speaker at the 5th National Conference of the Australian Community Health Association, *Innovations in Community Health*. Brisbane, May 1995. Extended abstract published.

#### ***Conference Proceedings - Refereed.***

Cox H. & Roberts P. (2006) Music into Silence: Relief of suffering at end of life. Presented at the 2006 Mayo Spiritual care Research conference 'Life near end of life: Spiritual Research and Evidence based Support Interventions. Mayo Clinic, Rochester Minnesota USA. November 2006.



Cox H. & Roberts P (2006) 'Music-Thanatology: reconstructing end of life care'. Published abstract. *International Journal of Human Caring Special Issue* 10(2):26. Proceedings of the 28<sup>th</sup> Conference of the International Association for Human caring.

Cox H. (2004) Chronic Illness: Scepticism, Science and Sagacity. In sickness and health: *Shaping health care: power and agency*. International Conference, University of Iceland, June 2004.

Cox H. (2002) Wellspring work: A 'sustaining caring in chaos' initiative. *International Association for Human Caring*, Boston Massachusetts May 2002.

Cox H. (2001) Treading Lightly: An Ecology Of Healing. *International Council of Nurses Conference*, Copenhagen Denmark June 2001.

Cox H. (2001) Creating Healing Environments: Right Action For Caring Spaces And Places. *International Association for Human Caring Conference*, Stirling Scotland. June 2001.

Cox H. (2000) Creating Healing Environments. *New Century New Directions Conference*, Melbourne, August 2000.

Cox, H. (1999) Collaboration in action: Subject development in a distance education Masters Degree. Proceedings of the Australasian Nurse Educators Conference *All Nurses are Educators*, Queenstown, New Zealand September 1999.

Cox, H. (1995) 'My Patch Of Dirt: Environmental factors in loss and healing following a disaster' Proceedings of the 4th National Nursing Forum, *Sustainable Nursing: Health of the Future*. Royal College of Nursing Australia, Launceston, Tasmania. May 1995.

Cox, H. (1995) 'Community Reconstruction Following disaster: Loss and Gain' Proceedings of the National Multidisciplinary Conference *Understanding Loss and Managing Change*, Royal College of Nursing Australia (SA Chapter) Adelaide, March 1995.

Cox, H. (1994) 'Ecophilosophy: The environmental spectrum for nursing research' Proceedings of the 3rd Annual Conference *Nursing Research, Scholarship for Practice*. Deakin University, Geelong.

Cox, H. (1990) 'Minor Surgery - Minor For Whom?', Proceedings of the *Women and Surgery Conference*, Melbourne University, (Healthsharing Women) included because it is still cited.

### ***Selected Unpublished Papers***

Cox H. (2006) 'The Simple But Daring Gift Of Genuine Presence': The Human Encounter In Suffering. Paper presented to a faculty twilight seminar, University of British Columbia, Okanagan, November 2006.

Cox H. (2006) Reconstructing End-Of-Life Care. Paper presented to the Master of Nursing, Knowledge 500 class, University Of British Columbia, Okanagan, November 2006.

Cox H. (2006) 'Music-Thanatology: Report of a study into live harp music at end of life'. *Highton Kardinia Rotary Club*, 14<sup>th</sup> June 2006.

Cox H. (2006) 'Relief of suffering at end of life: Report from an Australian project to implement and evaluate a live harp music-thanatology program'. Launch of the research Report. *St John of God Hospital Geelong*. 21<sup>st</sup> March 2006.

Cox H. & Roberts P. (2006) 'Music -Thanatology: Report of a study into live harp music at end of life'. *Rotary Club of Geelong*. 18<sup>th</sup> April 2006.

Cox H. (2002) 'Wellspring work: A 'sustaining caring in chaos' initiative. *International Association for Human Caring*, Boston Massachusetts May 2002.

Cox H. (2001) 'Treading Lightly: An Ecology Of Healing'. *International Council of Nurses Conference*, Copenhagen Denmark June 2001.

Cox H. (2001) 'Creating Healing Environments: Right Action For Caring Spaces And Places'. *International Association for Human Caring Conference*, Stirling Scotland. June 2001.

Cox H. (2000) 'Creating Healing Environments'. *New Century New Directions Conference*, Melbourne, August 2000.

Cox, H, & Cox D. (1998) 'Hospitals without walls: A consumer perspective'. Paper presented at the 4<sup>th</sup> *International Nursing Practice Conference*, Adelaide, November 1998.