

Women's Health College Newsletter

July 2017



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- **Committee**



It's winter again and we are all warmed up from the successful WHC conference in Auckland.

Front page picture: Dinner at the Orbit Sky Tower, Picured Liz Bilton, Keryn Anderson, Meegan Farbeh Tabrizi, Sulekha Ali and Sam Tamati

**Women's Health Conference
2017
Inaugral College Conference**



Conference opening speaker **"Chloe Swarbrick"**



Womens Health Committee during the AGM



Celebrations and congratulations to Kate Weston and Dianna Morrison for all the work they have done to progress the Section to a college.

Cake celebrates College success.



From Dianna Morrison

2017 Conference Co-Chair and Pharmacology Study day Treasurer

A very successful NZNO Women's Health Conference was held in Auckland from Thursday 25th till Saturday 27th May 2017 at the weekend and attended by 120 nurses from throughout New Zealand. Also an independent NZNO pharmacology workshop was undertaken immediately prior to the conference for Auckland nurses

Christchurch Hospital Cardiology CNS Murray Hart received glowing comments for his excellent and informative two presentations on Cardiac Medications: MI, angina, & antiarrhythmics and Cardiovascular Disease in Women.



We were very fortunate also to have GP Dr Jane Nugent from Australia attend also who has a passion for educating nurses in relation to medicines, outcomes and expectations.



We are now planning to develop their presentations into a road show which will expand to cover additional content including illicit drugs and their effects with a powerful and illuminating presentation from Senior Constable Bruce Lamb. Planning is underway for a repeat pharmacology study day in Auckland later in the year.

Thanks to NZNO Women's Health College

Yours sincerely

Dianna Morrison

2017 Conference Co-Chair and Pharmacology Study day Treasurer

Conference Review from

Meegan Farbeh-Tabrizi - National Committee-Women's Health College -Secretary

May 25-27 2017 saw NZNO Women's Health College celebrate their inaugural college and 15th Annual conference at the Stamford Plaza in Auckland.

The theme of Women on Top was kicked off with the participants networking at the evening meet and greet. Followed by opening speaker Chloe Swarbrick - Green Party Candidate and entrepreneur, inspiring attendees with stories of her burgeoning political career and what she has achieved at a young age with perseverance, fortitude and education.

Day one was opened by M.C. for the conference senior constable Bruce Lamb husband of organising committee member and former national committee member Jill Lamb, who kept the attendee's up to date with any changes in the programme or interesting facts and funnies. Later in the day Bruce himself took to the presentation podium sharing heartfelt and real life experiences of his career and the resilience it takes to come back from a life changing event.

Day one participants were presented with a broad range of interesting subjects from heavy menstrual bleeding, cardiovascular disease in women and nurse /midwife contraception clinics to Dr Gary Fentiman updating attendees on the HPV guidelines for 2018.

Bridgette Jackson change maker for local sanitary protection brand OI presented us with the facts on using organic sanitary protection, the mission of her company is to inform and encourage women to use organic products that are healthier for their bodies none of the OI products contain plastics.

We had two amazing presentations from NZNO members Caroline Wilson, who spoke about the research she completed for her masters around "Mothers' accounts of the challenges of raising prematurely born babies and Susan Rae who spoke about being seconded from a nursing role to a managerial role and what she learned along the way. Both presenters were presented with prizes sponsored by the NZNO Women's health college national committee.

The day was rounded out by Pharmacology Guru Jane Nugent who kept us on our toes with a presentation aptly named "What do nurses really know about Medicines: Expect the unexpected." Sharing her knowledge of pharmacology and bioscience with the aim of educating nurses to, "minimize the risk of making medication errors and improving their clinical confidence and competence."

At the end of day one dinner was well suited to the theme of "Women on top" held at the Sky tower in the Orbit restaurant, participants were treated to a fabulous three course meal fitting for the inaugural conference dinner and a stunning view of the city at night as the restaurant turned 360 degrees twice throughout the meal.

Day two as day one had a myriad of fabulous presenters and subjects starting with Catherine Cook presenting her research on Endometrial Cancer: New Research which

highlights "the need for health professionals to educate women and the community regarding symptoms of endometrial cancer to improve awareness." (Available in the International Journal of Gynaecological cancer, Vol 26:1086 Co- Authored by AL Tan, M, Brunton and T Pukepuke). The topics again diverse from maternal fetal medicine, pregnancy, exercise and the pelvic floor and forensics for sexual assault.

After the well attended AGM Dianna Morrison (long time member and previous WHS chairperson), Denise Braid (current chairperson) and Kate Weston NZNO PNA presented and cut a beautiful cake with the WHC logo on it.

Eseta Nicholls from Dress for success- showed us how assisting women with clothing and interview skills are improving the success of women in getting jobs and helping their confidence and self-esteem.

Dr Mary Birdsall discussed cancer and fertility options for men and women post treatment, while Catherine Healy from the New Zealand prostitutes collective updated us on law and policy that surrounds prostitution in New Zealand.

Closing out the conference was a sobering presentation from Karen Vince from CADS discussing addiction assessment and diagnosis and what substances are currently rife in New Zealand.

Another successful conference was completed with thanks to the organising committee, Dianna Morrison, Jill Lamb, Susan Rae and Susan Hunter.

We look forward to the 16th annual conference in Blenheim 17-19th May 2018.

Membership

Currently the Women's Section of NZNO has 580 members. Please encourage your colleagues to join.

Members of NZNO may join up to two colleges or sections. Membership is free.

See this link for the online application form

http://www.nzno.org.nz/groups/colleges_section/s/sections/womens_health/join_us#online_application

Members of this section have access to limited funding for study or professional development. See link below

http://www.nzno.org.nz/groups/colleges_sections/sections/womens_health



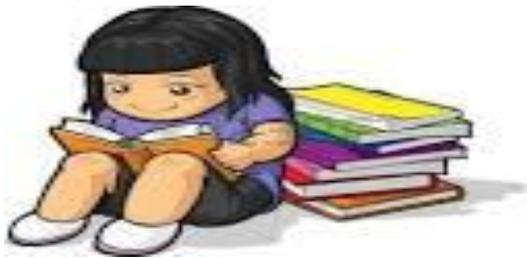
<https://www.facebook.com/groups/215771465995/>

Check out NZNO public page

Professional Development

<http://learnonline.health.nz>

Check the above website out for elearning with the Ministry of Health



Have you seen our links on the NZNO Website

http://www.nzno.org.nz/groups/colleges_sections/sections/womens_health

Domestic Violence-Ann Simmons



On Thursday 15th June NZNO presented at the Parliament Select Committee hearing into the Green MP Jan Logie's bill that will provide 10 days leave not attached to Annual Leave or Sick leave for victims of domestic violence.

You can read my presentation below.

The other presenter, Carol Beaumont a NZNO organizer from Auckland spoke of a nurse who had left her family home. Her former partner attacked her 22 more times before finally being stopped from harassing her.

In that time she had multiple visits to medical staff, counseling sessions for herself and her son, visits to the Police - but only in 'office hours', had to arrange for security alarms for her house, builders to fix damage to her house, panel beaters to fix damage to her car.

All this takes time and she received support and leave from her employer to do it.

Also presenting was Countdown Supermarkets, who after the murder of one of their staff by her estranged husband, have put in a package of care for all staff who disclose domestic violence to their Team Leader. This includes 10 days paid leave over and above annual and sick leave. Security at work, a system of follow up if she has not turned up at work and none of this goes onto to her work record.

Countdown management found this policy to be "cost neutral" but would have put the policy in place anyway as it was a "no Brainer"

After this presentation I have decided to ask you the Women's Health College members to help me on a mission to make all employers of nurses put this policy in place starting with the NZNO itself.

You can do this by getting as many nurses as possible to join our College as their second point of interest. After all women are 50% of the demographics so all nurses, nurse women sometime, as our numbers grow so does our power within the Union and so we can more effectively push for change.

Anyone who wants to communicate with me contacts are below:

Ann.simmons@ccdhb.org.nz

Or Private Message me on Face Book.

One last comment - Countdown Supermarket is now my supermarket of choice!

Ann Simmons

Member Women's Health College.

Ann's Presentation:

Me: Registered Nurse and Midwife with 40 years experience in Women's Health

I have worked as a forensic assault nurse

I have worked as a volunteer support worker at Rape Crisis and Women's Refuge

I was the Nurse/Midwife Advisor for the Abortion Supervisory Committee.

I am a member of the national committee of the Women's Health College

I am the chair of the Wellington Regional Council NZNO

At my present place of work I am the Family Violence Champion encouraging all staff at all points of contact to ask about Family Violence.

This issue is important to me personally and to all nurses working in the community and hospitals. Most family violence is aimed at women - 1:4 women will experience violence in her home at some time of her life.

That translates into 1:4 of my friends and colleagues at work.

1:4 of the patients I work with.

As trusted health professionals Nurses are often the first person told about abuse.

The broader aspects of the effects of family violence concerns me and our organization we know we need to help lead community/societal change to alter the appalling statistics in NZ.

This is not an issue confined within the parameters of poverty or race it happens in all strata's of society.

1:4 of the women in this room have felt first hand the effects of violence.

A Nurse with 2 children needed to flee her home late one night. She had been living in a violent relationship for the 4 years of her eldest son's life.

She came home from an afternoon shift about an hour later than expected. A busy shift was not an excuse her partner would accept. He punched her in the face and stomach threw her across the room and raped her. Soon after that he passed out as he was extremely drunk.

The nurse rang a friend and within half hour the friend's brother arrived. He stood guard while belongings were hurriedly thrown into bags and they drove to a house he was renting out that was luckily empty of tenants at the time. There they stayed for 7 days hiding out with a security guard around the clock. The Police had arrested perpetrator charged him and released him when he was sober but to her he was the incredibly dangerous.

She needed to tell her boss a 'story' she couldn't go to work.

A white university graduate woman, mother of 2, needed to say 'I am a victim of Family Violence and I cannot come to work'.

That is SO hard to do. She had no annual leave and had used most of her sick leave due to previous assaults and staying home to protect her children.

Work suggested she resign.

If there had been some leave available to her she may have been able to hold onto her job and not become yet another solo mum on the DPB.

This story is me. But this is not now this is in the past.

I have seen a comment on my HR file from that employer: it said words to the effect that this employee tends to bring her troubled home life to work and that this affects her performance.

Women need their employers to understand how hard it is to maintain a 'normal' life in the eyes of society when all they know is violence and control in their home life.

As nurses we ask all patients over 16 when we meet

'Is home a safe place for you and your children?'

The majority of women are safe but they appreciate being asked. Some will say we are now! Statistics show that it will take about 7 times of asking for a woman to disclose violence.

Every now and again some will look at you and say 'No, we are not safe please help'.

Leaving a violent relationship is far harder than staying put. You are at your most vulnerable physically emotionally and financially.

How wonderful if by this small step of passing this bill we as nurses could say there is some respite, there is a space where you will be paid to get help and begin the journey of sorting life for you and your children. Wouldn't it be wonderful if saying 'I am a victim of violence within my home' is not shameful but met with the emotional and physical help that I received, adding some space with pay, to start another life path.

"Leave for nurses who are domestic violence victims will be considered in the MECA negotiations this year"

Ann Simmons

Committee Members 2016

Denise Braid - Chairperson

Elizabeth Bilton - Treasurer

Meegan Farbeh-Tabrizi - Secretary

Robyn Kemp - Vice treasurer

Ann Simmons - NZNO Submissions

Janice Grant - Newsletter

Susan Hunter - newly elected

Wendy Diack - Website update