

Women's Health Section Newsletter



July 2016

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Welcome to the Winter newsletter!

The Women's Health Section has had their annual conference and this year Hamilton hosted. Well done Meegan and her team, great speakers, venue and of course food and band.

Conference 2016
"At the heart of it all"
May 12 - 14

By Pauline Thomas

Conference Chairperson

The 14th Annual NZNO Women's Health section Conference was held in Hamilton on 12th – 14th May 2016. The theme was "At the heart of it all", appropriately held in the Atrium at WINTEC and the opening evening was on International Nurses' day. The title also reflects the way that we should care for ourselves first, our whanau, that women and babies are at the heart of our practice and that we have the heart to provide a safe and nurturing environment for women in healthcare.

Although attendance was lower than expected the "aroha" of the occasion was eminent and portrayed by many of the speakers, all experts in their respective fields and by the diverse number of hearts decorating the venue. There were only about 50 present. The lack of DHB funding is a major factor therefore nurses are required to fund themselves makes it a very expensive exercise!

The keynote speaker, Cheryl Atherfold, the Associate Director of Nursing Practice and Education for the Waikato DHB, opened the conference. Her goal is to lead, develop and support growth of a team of nurses and

midwives across the care continuum to optimise patient experiences with good health outcomes. The first presentation Friday morning was by Merrhis Majurey, a clinician involved with Sleep Medicine at Waikato Hospital. Merrhis' role is mainly clinical and co-ordinates a 4-bedded sleep laboratory. She explained the progression of a normal sleep pattern to the condition of sleep hypnoea and apnoea.

This was followed by "Perinatal Mental Health" Charge Nurse Manager, Jacqui Coates-Harris and her role to provide more holistic and collaborative services. This was needed to go forward and included clients being treated by COC – a 'circle of care' by all health professionals and whanau involved in treatment. She also encourages mindfulness. Jacqui commented that she has noticed a rise in G.P.'s prescribing diazepam for mothers who are breast feeding for anxiety; apparently Quitiapine is a better option. Other issues mentioned include the lack of attachment to the new baby, for example mother busy on Facebook instead of engaging with the baby; or lack of father's engaging also. Affirmation and practical exercises are offered and feeding issues that raise anxiety are explored. Other help is also provided from social pressures such as finance, study and relationship break-up.

Stephanie-Campbell Wilson spoke of her role of the Gynae/Oncolgy Clinical Nurse Specialist and mentioned the adverse use of sprays involved with possible cause of ovarian cancer. This was followed by a presentation on "Oestrogen Dominance" by GP/Integrative medicine practitioner, Dr Bill Reeder. He explained the roles of progesterone and oestrogen ratios and the importance of balance, the protective function of progesterone and oestrogen mimickers such as chemicals, sprays, body and household cleaners, BPH in plastics and nail polish. Health issues may arise when all these are put together in a "chemical cocktail".

Following lunch, Susan Rae, the Early Pregnancy Clinic Nurse Specialist at Waitemata DHB spoke

about a nurse's role providing compassionate care to women experiencing miscarriage. Maori women are more likely to miscarry often due to violent relationships, smoking and alcohol so is necessary to acknowledge the loss and help these women with different issues.

Dr David Schroeder then presented a holistic overview of obesity in women including bariatric surgery, psychological drivers, environmental factors and how his clinic deals with complex weight loss issues. The factors involved include epigenetics, people are eating more processed food and alcohol which switches off the control centre of the brain. The psychological drivers include economy ie; "the need to spend more"; media, advertising and a "scarcity mentality" – never enough! Mindfulness, visualisation, goal setting, support and challenges are used in the practice. Self discipline is encouraged by use of texts, emails and exercise partners. Cooking sessions are also provided to teach healthy eating.

"Sexuality in the 3rd age" was the topic of Helen Conoglen's talk, a clinical psychologist specializing in issues involved with sexual dysfunction and the ways of helping to adjust to sexuality and intimacy in later years. Research concluded that 57% of people of 65-69 years of age had sex each month. With age, estrogen, collagen and elastin becoming depleted resulting in dryness, irritation and itching, discharge, dysuria and incontinence. Remedies include oestrogen cream and lubricating gel. Helen also stated that communication is important when dealing with body image and anxiety can impact on pelvic floor problems. Women who were interviewed in a study about couples with sex problems spoke of the lack of useful information available.

Saturday commenced with 3 paper presentations. The winning topic was by Susan Rae speaking about "Molar pregnancy – Nurse led follow-up." Molar pregnancy is part of a disease spectrum of Gestation Trophoblastic Disease which affects 1:200-1000 pregnancies in New Zealand (2014). It is more likely to affect

Asian women and women over 40. A molar pregnancy presents as a threatened miscarriage, can be partial or whole and beta HcG is abnormally high; this requires surgical evacuation. The nurse's role is to help women cope with an unsuccessful pregnancy as well as the possibility of potential serious health implications. These women can feel a sense of isolation due to the unusual nature of the condition and the condition is not well understood by the general public. "Research shows that clear, factual information given in a supportive, empathetic environment can do much to assist the emotional recovery of affected women."

(Waitemata DHB, 2015).

Dr Narena Dudley, lead investigator for the PRINCESS trials then provided an update on the research assessing quality of life associated with conservative management of CIN2 in women under 25; the study suggests that there is negative impact. The next topic was titled "Living with HIV as a woman". Caroline Wharry – a Clinical Nurse Specialist's view of the medical and psychosocial perspective of those affected by HIV was explained. Marama Pala, an HIV positive woman, then shared her story and how she has become a national and international advocate.

The Women's Health section AGM was then held. The agenda included matters involved with progression to College status, involving a strategic plan for years 2016 – 2020 and the WHS standards of practice was adopted. Two new members were welcomed onto the Women's Health Section committee.

The final session welcomed Sue Saunders, a fertility counsellor who gave an overview of infertility and the treatments available including ethical decisions. Infertility affects 1:4 NZ's and Fertility Associates advise preconception preparation for 4 months. Male infertility may be due to genetic development e.g. undescended testes with high body heat, physical injury, chemicals, stress, hormone imbalance, obesity (BMI <28), medical causes

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and lifestyle factors including alcohol consumption, computers on lap, tight underwear and hot water. Males are often low in zinc and selenium and need antioxidants. Men who smoke and have a child may result in 4 times the risk of childhood cancer. The treatments available include IVF (if the sperm is satisfactory); ICSI (if the sperm count is low or previous fertilisation issues); IMSI (if repeated previous cycles or recurrent miscarriages); egg freezing, donor eggs, donor embryo, IUI, donor sperm, PGD/PGS – genetic testing. PGS is done for miscarriage. Surrogacy needs to go to an ethical committee.

Dr V.P. Singh, a nationally and internationally renowned Gynaecologist concluded the conference with an update of causes and treatments for abnormal menstrual bleeding.

As a final farewell it was announced that the next Women's Health conference is to be held in Auckland, 2017.



Women's Health Section is continuing to work towards College Status and hopes to achieve this milestone by the end of 2016. Dianna & Kate will provide a more detailed update. WHS has been invited to the RANZCOG Clinical Leaders meeting in May and will be discussing working together with this group, possibly developing a letter of agreement with them. Letters of Agreement are also being followed up with NZ Family Planning and other groups.

WHS is working towards having a broader and more inclusive women health focus – moving away from the more traditional focus on issues associated with gynaecology. This year WHS has developed the Standards of Practice for Womens health document that will hopefully be endorsed later in this meeting. This document is based on the NZNO Standards for Nursing Practice document and is intended to provide guidelines for practice for nurses working across the spectrum of women's health. It has been widely consulted with the membership and Te Runanga who have recommended some changes that will also be discussed when the document is presented.

WHS have held a number of very successful Pharmacology Study days which have been in high demand. These have only been offered in Canterbury, but will now be offered at other venues around the country. Thanks to Jill and the Christchurch NZNO team for working hard on these very successful days which have been hugely popular and over-subscribed.

Thank you to the organising committee for bringing this conference together and to the Women's Health national committee for their support and work this year.

Wendy Gregory
Chairperson WHS
April 2016

Membership

Currently the Women's Section of NZNO has 480 members. Please encourage your colleagues to join.

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

Click this link for the online application form:
[Women's Health Section – Join us](#)

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

College application

The women's Health Section is in the process of applying for College status.

RANZCOG Update June 2016

On 23 May, Kate Weston, Keryn Umaga-Anderson and Denise Braid were invited to present to the NZ Clinical Committee of RANZCOG and afterwards to have lunch with them. Unfortunately Denise was unwell on the day, so only Kate and Karen attended.

A brief overview of NZNO and the Womens Health Section was given to the group who seemed genuinely interested in the work of Womens Health Section. The newly endorsed 2016-2020 Strategic Plan was presented and discussed. Of particular concern to RANZCOG are the staffing issues in the larger secondary and tertiary maternity units.

There has been communication between both groups subsequent to the meeting and a draft

letter of agreement has been reached, which should be able to be signed later in the month by Denise Braid as incoming Chair WHS and also Dr Ian Page who is the RANZCOG NZ President. As part of the agreement, WHS will attend clinical meetings from time to time and RANZCOG have extended an invitation to nurses and midwives who are WHS members to be able to attend their educational forums.

Kate Weston
Professional Nursing Adviser
NZNO

Professional development

- National Council Of Women NZ Conference 2016 "Gender Equality" September 15-17 In Wellington
<http://ncwnzconference2016.grow.co.nz/>
- RANZCOG Fellowship Updates. Current topic "Postpartum Contraception, the benefits of early contraception straight after birth and the recent evidence -
<https://www.ivvy.com/event/XF2016/>
- A whole range of research reviews can be found on the WHS website -
[WHS Newsletter and Research Reviews](#)

Pharmacology Study Day

Linking Pharmacology to Clinical Practice

On May the 28th 2016 another education day was held working on critical thinking in relation to pharmacology. This day was supported by Jane Nugent, Murray Hart and Catherine Palmer who provided sessions which included Early Warning Score Key concepts, MI, Atherosclerosis and thrombosis, antidepressants, analgesia opioids, medication errors, contraception and interactive session after lunch. This was the fourth session held and the final one for the year in Christchurch. As the study day was over prescribed again the venue was changed to accommodate 240 staff rather than the 60. It was wonderful to see the session so well supported and thank you to all the staff attending as well as the team providing the education.

Planning is underway for the NZNO Women's Health Conference on the 26th and 27th May 2017 in Auckland and Dr Jane Nugent has agreed to be a speaker at this conference. Consideration is being given to holding a Pharmacology Day on the 25th of May prior to the conference.



Dr Jane Nugent

Committee Members 2016

- Meegan Farbeh-Tabrizi: Nurse Educator – Women's Health, Waikato.
- Elizabeth Bilton: Midwife – Maternal and Fetal Medicine Team, ADHB.
- Keryn Anderson-Umaga: Registered Nurse, - Gynaecology Ward, Wellington Hospital
- Wendy Diack: Registered Nurse - Gynaecology/Colposcopy Outpatients Department, Wairau Hospital, Blenheim
- Robyn Kemp: Nurse Practitioner - Family Planning, Sexual Health, Blenheim
- Janice Grant: Registered Nurse - Colposcopy/Hysteroscopy Outpatient Department, Christchurch Women's Hospital
- Denise Braid: Charge Nurse Manager- Women's Clinics, Wellington Hospital
- Ann Simmons: Registered Nurse, Women's Outpatients, Wellington Regional Hospital