

Women's Health College

Newsletter



Women's Health College NZNO - 2018 Conference - 17-19 May

2018 Marlborough Convention Centre, Blenheim

NURSES: DIAMONDS OF DIVERSITY

To register click link below

<https://www.regonline.com.au/builder/site/?eventid=2043611>

Open to find overview, registration, Programme, venue, speakers, accommodation and activities for partners.



Get your bag packed

Snippet from our conference line up:

We are delighted to have Henare O'Keefe QSM JP as our conference opening speaker.

A humble, kind, loving, caring man of the people proactively working against violence. Henare's creation of self-driven, hands-on approaches are spearheading practical initiatives to build community, especially in disadvantaged areas; reversing negative stereotypes; all with a can-do energy and a solid belief in the goodness of people. Henare O'Keefe brings together warmth and drive in a combination that supports people to make positive change in their own lives. From his social housing discussions at a central government level to his late-night operation of mobile bbq Tunu Tunu battling family violence head on, Henare is all about empowering individuals, building communities and champion's social growth. Growing up in a low socio-economic household, but influenced by the strong core values that lie at the heart of his large family, Henare has a deep commitment to uplift and inspire his community, his people and his country. He has a thirst to reverse negative social statistics and is dedicated in both thoughts and actions to combating family violence, mentoring youth and assisting in the reintegration of prisoners. Henare and wife Pam have fostered more than 200 children over a period of 17 years. Although world renowned opera singer Phillip Rhodes is perhaps the O'Keefe's' most famous foster child many of their 'kids' have achieved their own goals and aspirations. For many years Henare has worked across New Zealand against violence in the family and community. This has entailed fronting the New Zealand Police Keeping Ourselves safe programme (KOS) in tandem with the Police Youth Education Service (YES). In 2008 Henare responded to violence in his own community in a very personal way by organising the Enough is Enough hikoi with the purpose of galvanising public concern and action. Over five thousand people joined that momentous march. The hikoi sparked a number of community-generated projects and Henare has worked at the centre of most of them. Achievements: 2010 awarded the Lloyd Morgan Lions Clubs Charitable Trust Honoured Membership. Only the second time in its 30 year history it has been awarded to someone outside of Lions. 2011 awarded the Queen's Service Medal.

2012 named Kiwi Bank New Zealand's Community Hero of the Year, this ahead of the Pike River Dam disaster and Christchurch earthquake. 2013 presented with the Paul Harris Fellow award by Rotary International. 2017 appointed the official Ambassador of Hastings City and named Keep New Zealand's Beautiful Ambassador.



**PREFERRED ACCOMMODATION PROVIDERS FOR THE
CONFERENCE:**



The Chateau Marlborough



Seenie Circle Marlborough



Quality Hotel Marlborough

***Round Friday off with the dine
and dance at the
Wither Hills Winery***



WHC Membership Status

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:

https://www.nzno.org.nz/groups/colleges_sections/colleges/womens_health_college/join_us

Revised Colposcopy Standards

The WHC Nurse Colposcopist Standards were first developed in 2007 & are currently under review by Jill Lamb (NP, Nurse Colposcopist) Maya Bachu (CNS, Nurse Colposcopist) , Dianna Morrison and Kate Weston . They are a great resource and have been used to support nurses to become Nurse Colposcopists. The role of Nurse Colposcopists is to provide clinically effective diagnostic and therapeutic care. It has proven to be cost effective, reduces waiting times, improves attendance and provides more choice for women. In this third review, the standards have been updated to include more information on informed consent and cultural safety and awareness in practice, also the clinical requirements to assist nurse colposcopists to meet the RANZCOG C-Quip accreditation requirements. These standards are now being more widely used in NZ and there has been a request from Australia.

You will receive an email that will link you to the draft document – your feedback is welcome by the end of April. The final document should be available for endorsement at the AGM in Blenheim in May hope to see you there. Don't forget to register. www.nzno.org.nz/groups/colleges_sections/colleges/womens_health_college/conferences_events

International Women's Day March 8th 2018



Open link to read Carol Beaumont blog on the New Zealand Nurses Organisation affirming its commitment to working to remove barriers to full equality for women.

<https://nznoblog.org.nz/2018/03/07/on-international-womens-day-2018-the-nz-nurses-organisation-affirms-its-commitment-to-working-to-remove-barriers-to-full-equality-for-women/>

Addressing Barriers to Menstrual Management for New Zealand Schoolgirls

The Women's Health College supports Dr Sarah Donovan Research Fellow/Professional Practice Fellow | Department of Public Health in applying to Pharmac about the need for affordable pads/tampons for child/adolescent wellbeing. This allows participation at school and social inclusion/participation. The health equity issue is another important issue – girls from already economically and socially disadvantaged families then also missing education.

Dr Sarah Donovan is speaking at the Womens Health Conference in May. Her Topic is “Hidden Burdens for Women and Girls: Why is Menstrual Management not on the Public Agenda in OECD Countries?”



Article from Kai Tiaki Nursing New Zealand March 2018
by Marilyn Head - NZNO Senior Policy Analyst

Menstrual management – an equity issue

Until menstrual management products in schools are funded, girls who cannot afford them will continue to face discrimination and poorer educational outcomes.

By NZNO senior policy analyst
Marilyn Head

Last year, Pharmac rejected a proposal to fund sanitary products. This prompted widespread discussion among NZNO members and staff about whether menstrual management products (MMPs) were an appropriate target for public funding, given Pharmac's role of providing funded access to pharmaceuticals.

Input and insight came from members of Te Rūnanga, the College of Child and Youth Nurses, the College of Primary Health Care Nurses, the Women's Health College, school nurses, Family Planning and sexual health nurses, and NZNO's nursing, policy and research advisers.

That discussion led to NZNO supporting the new proposal by University of Otago researcher and former midwife Sarah Donovan* for Pharmac to fund MMPs for school girls.

Costs for MMPs over a lifetime have been estimated to be \$2640.¹ With just under one quarter of our population being under 18,² this suggests an annual cost of approximately \$4 million. Although this cost is not easily matched to a specific medical condition, NZNO argues that access to affordable, hygienic MMPs is a critical factor in promoting the health and well-being of young girls/women, particularly those most vulnerable to cost, and cultural and social barriers.

Using unsafe alternatives

Practice, school and public health nurses report that girls who cannot afford or, in some cases, even ask for MMPs, can resort to using very unsatisfactory alternatives, eg socks, newspaper and various

objects to stem the flow. This can lead to chaffing and infection, and may also mask more serious factors such as heavy bleeding and pain.

The main reason some girls do not use MMPs is cost. Access to MMPs in school would remove a form of structural discrimination and inequity.

Impact on mental health

The impact of the lack of MMPs can have devastating and lifelong effects on girls' mental health and their interaction with others. Girls can face a range of sometimes ignorant and insensitive responses as they go through their school's logistical hoops (eg form-filling) to "prove" they need sanitary items. Many won't ask or prefer not to go through the ignominy of asking, unless they have direct contact with an empathetic teacher/nurse, who often supply the items themselves. Repeated exposure to acute anxiety, shame and embarrassment; the social opprobrium that accompanies poor hygiene; and interrupted education through missing school do not contribute to building a young woman's self esteem and confidence.

Nurses are unequivocal that being unable to afford MMPs, even in the enlightened schools that do provide them free of charge, is a real source of stress for girls, particularly when they have to make the same request every month.

Schools provide basic health and hygiene products – soap, toilet paper, plasters – to promote and manage good health, prevent infection and treat injury. MMPs come under that category.

Some schools fund hygiene and menstrual supplies, as part of their health centre budget, while others don't. Some supplies are purchased by a contractor rather than the school; other schools rely on charity, including that of teachers/nurses. Funding MMPs in schools would remove access barriers and inconsistencies within and between schools.

Other benefits would include promoting healthy, non-discriminatory attitudes to menstruation, and, by implication, to women.

Groups particularly affected include Māori and Pacific peoples, who have a higher proportion of young women, and socio-economically disadvantaged people, including non-Pākehā, refugees, transient families and those not enrolled in a primary health organisation.

Funding MMPs is likely to have a positive impact on education and social equity. NZNO members and teaching affiliates know there are girls who choose not to go to school when they have their periods because they cannot manage their menstruation in a hygienic, socially acceptable manner. Funding MMPs in schools would help vulnerable young women feel more comfortable and thus more open to learning.

Primary schools neglected

The proposal has already drawn attention to issues in primary schools. Some schools, for instance, have no waste disposal system for pupils and there are no requirements that they do, despite the fact there have always been girls who start menstruating during these years.

Universal funding of MMPs in schools is a low-risk and relatively low-cost primary health care strategy that would not only help address fundamental issues of poverty and inequality for some young women, but would also provide opportunities to promote healthy management of menstruation. •

** Donovan will be talking on this topic at the Women's Health College conference in Blenheim in May.*

References

- 1) Kerr, F., & Forrester, G. (2017, April 22). *Counting up the cost of sanitary items*. Retrieved from <https://www.stuff.co.nz/life-style/well-good/teach-me/91775660/Counting-up-the-cost-of-sanitary-items>
- 2) Office of the Children's Commissioner. (2016, June). *Population, ages and ethnicities of children*. Retrieved from <http://www.occ.org.nz/assets/Uploads/StatsOnKids/demographics2016.pdf>