



JULY 2018
NEWSLETTER



Our local chairperson Wendy Diack and Robyn Kemp were super organised and there was over 100 delegates from around the country to listen to the fabulous speakers.

Check out the link to read about what the speakers had to say.

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

AT THE CONFERENCE

Delegates gather with their conference bags on the evening meet and greet.



Dressed in Pink for Anti Bullying day



Shots from the conference





Chairperson's report from AGM:

Nurses – Diamonds of Diversity
Strengthening Bonds
Chairperson's Welcome - 2018

Welcome to our 2nd Conference as the Women's Health College. It also the second time Blenheim has hosted our conference and if the last one is anything to go by this one will be very informative and enjoyable. It has been a busy year for the National Committee with written and oral submissions to

- PHARMAC that Hormonal implant intrauterine devices such as Mirena to be funded for contraception – this was received positively and the PTAC committee recommending that PHARMAC give it “high priority”
- Parliamentary Committee on Domestic Violence – effects of family violence on women
- A oral submission to the Law Commission on Abortion as a health issue. Written submission to follow.

A sub-committee made of Dianna Morrison, Jill Lamb, Maya Bachu and Kate Weston have reviewed the Standards for Nurse Colposcopist Training Standards and Clinical Training Programme Recommendations. This has been an enormous task and is now in the final stages. Thank you all for your dedication and commitment to this piece of work.

The National Committee would like to thank Wendy Diack, Robyn Kemp and Susan Rae for all of the planning and hard work attached to running a conference. From what I hear Wendy may have enlisted most of the Marlborough Region in some way to help with sponsorship, donations for time or goods.

The programme is amazing and there is a diverse selection of presentations so hopefully there is something for everyone.

2018 has been a challenging year for Nurses and Midwives. I hope that you are all able to absorb some new information, meet some old friends, make some new ones, relax and enjoy your time in Blenheim.



Celebrate the WHC New Honorary Member

At the AGM in May, Honorary Membership of the Women's Health College was conferred on Dianna Morrison to acknowledge her significant and ongoing commitment to the College.

Dianna has been involved with the Women's Health College since its inception as the Gynaecology Nurses Special Interest Group, then as the Women's Health Section.

Dianna was key in the transition to becoming the Women's Health College - which was achieved in February 2017 and celebrated in the Inaugural College Conference and gala dinner (also largely planned and organised by Dianna) in May 2017. Dianna led the College Sub-Committee" and collated the evidential requirements – a huge task. Dianna has also been central to the development of the Nurse Colposcopist Training Standards and has been key to the two subsequent reviews – including the current review. Even in intervals between committee membership, Dianna has remained engaged with sub-committee work and planning education such as the very successful Pharmacology days held in 2017.

Dianna has served several terms on the committee, holding various roles including Treasurer and Chair. Her contribution has truly been outstanding.



Denise Braid WHC Chair left and Dianna Morrison right

Feedback from the Education Fund Grants

Viv Steel: Medico Legal Forum

"I attended a Medico Legal Forum at the Rydges Hotel in Christchurch organised by NZNO in February this year and was lucky enough to have it funded by the Women's Health College. This was a really good day touching on many topics including informed consent, and included very thought provoking workshop and discussions on some of the ethical, moral and legal aspects that nurses can face during our work lives. A very good day at a great venue with great morning and afternoon teas and a lovely lunch. Thanks to the Women's Health College for giving me the funds to attend."

Rachell Webb: NZNO Women's Health College Conference 2018

"I was very appreciative of the chance to attend the Women's Health College Conference in Blenheim on the 18th and 19th of May. I found both full days of the conference extremely informative and the speakers excellent. I have covered the Friday conference speakers and NP Robyn Kemp has reviewed the Saturday programme."

Mirjam van der Stoel presented first on Friday morning and I really enjoyed her portrayal of her journey to Nurse Practitioner as well as what her current role within Older Persons Health entails now she has more autonomy in her practice. Mirjam spoke very comprehensively about the effects of an ageing population on healthcare in NZ and what the nursing role will entail. There was an emphasis on how nurses can work to improve health outcomes in the elderly by encouraging healthy lifestyles earlier."

Professor Don Wilson presented a very relevant report on the effects of pelvic floor dysfunction in women and the importance of pelvic floor training on improving health outcomes for women with high risk. He discussed the effects of vaginal delivery versus C section on pelvic floor dysfunction and new screening tools for identifying risks of PFD based on factors such as family history, BMI, age, foetal size."

Tammy Pegg was a fantastic speaker and gave a thought provoking presentation about Advanced care planning for end of life care. She discussed the reality that due to medicine now enabling patients who have serious health conditions and events to not only survive but live longer, we now have an ageing population commonly presenting with a comprehensive medical history and several comorbidities. Having discussions with patients and their families early before end of life events occur can ensure that appropriate medical and comfort care is provided without the need for extensive futile medical management. New advanced

care methods can replace old DNR documents and would only need to be completed once and then shared with all healthcare providers.

Carrie Sopata spoke about the different causes of early pregnancy bleeding and the management of complications such as ectopics, miscarriage, sub chorionic haematoma and molar pregnancy. I found this presentation very relevant to my clinical practice where we are often assessing clients in early pregnancy and need to make decisions on management based on their clinical symptoms.

Bryony Simcock discussed ovarian cancer and the current management of this disease. She discussed current research regarding the benefits of chemotherapy before surgery and vice versa. Screening for ovarian cancer in women is still very difficult and a lot is still unknown. Genetic testing can provide women who carry the gene for ovarian and breast cancer the ability to have preventative surgery. She gave some great information regarding the research that ovarian cancer begins in the epithelium of the fallopian tubes and subsequently moves to the ovaries.

Amanda Tristram was very amicable and gave a great presentation about vulval conditions such as lichen sclerosis and vulval carcinoma. She discussed current trends in the management of VIN – surgery is no longer the gold standard due to a high degree of disease recurrence. Topical application of Imiquimod and Cidofovir can result in better outcomes and lessen the impact of invasive and painful surgery. She discussed the concern that clients can present very late with vulval conditions due to embarrassment. Vaccination for HPV is reducing the rates of vulval cancer.

Sarah Donovan discussed the issues in menstrual management for women and girls. She presented her research which described barriers to management such as cost of sanitary products and the lack of access due to this because of poverty, and the rights of women to funded menstrual products. She discussed the importance of terminology changes – moving away from ‘sanitary products’ to menstrual management products or necessities.”

Sam Watts: NZNO Women’s Health College Conference 2018

“The 2018 NZNO Women’s Health College Conference was a brilliant, jam packed couple of days held in Blenheim. The presenters ranged from passionate professionals in their field of expertise to a patient’s perspective of the nursing care they received as an inpatient, which was I am sure, a stunning insight for all of us. We faced the good and bad sides of the care that we may give and how we can do better from the patients’

point of view, never forgetting that it is the patient that is central to all that we do as nurses.

The presenters covered topics such as the care of the ageing population and how to enable people to have a good life to the very end, including the types of conversations to have to help achieve this, to the potential problems women may have to endure during pregnancy through to childbirth and beyond. Within the 2 days we looked at the types and incidence of ovarian cancers, vulval conditions and how we can look after ourselves better (no soap!), from obesity and its associated problems and how as carers we need to look after ourselves to then be able to look after others and their mental wellbeing. We got to appreciate a nurse's perspective of looking after women in prison, as well as how the teenage brain works with the stresses and strains of the 21st century, and a very moving talk from a family violence survivor and how her experience has shaped the services offered to women and their families.

Then to top off these days, as if it could not get any better, we were bussed out to the Wither Hills Winery for divine food and drink, music and dancing, allowing the opportunity to catch up with old acquaintances and friendships nurtured from previous years at the Women's Health College Conference and to forge new ones.

I would certainly recommend this conference if ever you have the opportunity to attend. One of the speakers, who had travelled from another conference, said as soon as she walked into the hall she could feel the love and warmth of everyone wanting to be there for the same purpose, and that certainly sums it up for me also."

Lesley Potgieter: NZNO Women's Health College Conference 2018

"I would like to express my appreciation for funding to attend the recent Gynaecology Nurses' Conference held in Blenheim.

It was an inspiration to be amongst so many like-minded, passionate nurses, and to be able to share experiences and learn from each other. From the opening night reception and address, and throughout the conference, the speakers were knowledgeable and engaging. Question time at the end of each session was well utilised, proving that we nurses are interested and keen to learn.

Maria Tahau broke our hearts with her personal story of family violence, and many of us were in tears listening to her describe how, with support, she was able to break the cycle of violence that had been so prevalent in her family and community. It is to her credit that she has developed into a leader able to show others the way out of

violent circumstances to a safer future.

For my particular area of nursing, I was pleased to hear from Dr Carria Sopata, Gynaecologist from the USA, who spoke about bleeding in early pregnancy and management of early pregnancy miscarriage – a field that I am involved in here at Christchurch Women's Hospital, and to have confirmation that management offered here concurs with management elsewhere in the developed world.

I think that a rather surprising "take home message" for all of us was delivered by Dr Amanda Tristram, who spoke on vulval conditions, particularly vulval carcinomas – NEVER USE SOAP!! This has sparked much debate and conflicting opinions amongst our nursing staff, some in agreement, and some totally horrified!

All in all, I found the conference a really good experience, which was extremely well organised and enjoyable. Thank you again."



WHC Committee

Welcome back Denise, Ann and Robyn and to our new member
Trudy from the south.



Hi, my name is Trudy Galer.

I have spent most of my working life in women's health ranging from maternity high dependency unit, sexual assault, gynaecology surgery and colposcopy. More recently I have worked as the gynaecology oncology nurse at Dunedin hospital, which lead on to my current position as a cancer nurse coordinator for the Otago and Southland rural community. This has proved a challenge, as it has required me to cover all tumour streams and coordinate care for both women and men!!

A continued passion for women's health and a love of colposcopy has resulted in a return to women's health whereby I am undertaking nurse colposcopist training...when I am not cancer nurse coordinating that is. I continue to work 0.7 FTE as a cancer nurse coordinator and 0.3FTE nurse Colposcopy training.

Plans to complete my masters are underway with a research practicum to commence in semester one of 2019. Getting my research topic is proving more

difficult than I had anticipated so I definitely require the remainder of this year to come up with something worthwhile but that is not too complicated....help?!

Future plans include providing a nurse colposcopist service for the Otago and Southland region with the ability to travel to more remote rural areas to enable more equitable access to colposcopy for rural women.

I have a strong focus on equity which compliments most issues relating to health policy for women. It is with great privilege that I now hold a place on the NZNO Women's Health College Committee. I hope to contribute meaningfully and provide representation for the Southern region.

Thank you for the opportunity.



Returning members:

Wendy, Meegan, Susan and Janice



Check out our NZNO facebook page

