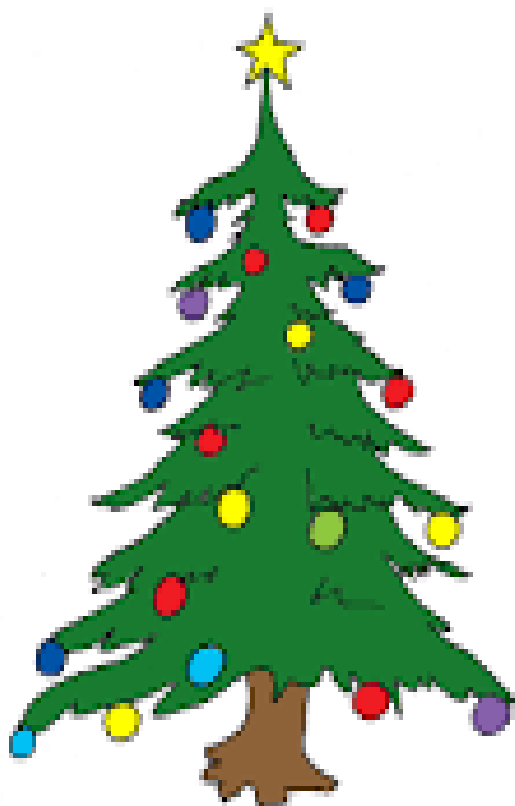


DECEMBER 2018 NEWSLETTER



CONTENTS:

- 2018 NZNO AGM & Conference Feedback to Women's Health College
- Articles of Interest and links
- Feedback from Recipients of Education Grant from WHC
- Next Conference Details
- Hints and tips for presenting at Conference
- Membership of College

Annual NZNO Conference Feedback



**Health is a
Human Right**
OPTIMISING NURSING
TO MAKE IT HAPPEN

AGM & CONFERENCE • 19 -20 SEPTEMBER 2018

MUSEUM OF NEW ZEALAND TE PAPA TONGAREWA • WELLINGTON

2018 NZNO AGM & Conference Feedback to Women's Health College

The NZNO held its annual AGM & Conference in Wellington on 19th – 20th September 2018. College Chairperson Denise Braid and I attended to represent the College at the AGM and stayed for the conference. My attendance came at the end of a really long, really difficult year at work for me but I came away feeling inspired and enthusiastic and most importantly I came away with renewed passion for the difference nurses can make to the lives of their patients.

The theme resonated with me and reminded me of the work the committee did earlier in the year supporting University of Otago Research Fellow, Dr Sarah Donovan's proposal that PHARMAC fund menstruation management products (MMPs) for girls in New Zealand schools on the basis that access to MMPs are a basic human right of all young women and essential to upholding their dignity and self-respect and for maintaining their mental emotional and physical growth and wellbeing.

The **AGM** was a surprisingly interesting look at the democratic process in action. It began with short presentations from **Kerru Nuku, the NZNO Kaiwhakahaere** about her 2017 address to the United Nations Permanent Forum on Indigenous Rights in New York to support the case of Māori nurses, **NZNO Hamilton organiser Deb Chappell** who offered advice on dealing with bullying in her presentation "Respectful Workplaces" and **Industrial Services Manager Cee Payne** fed back about learnings from the 2018 MECA negotiations.

The October edition of Kai Tiaki gives an excellent overview of the happenings at the AGM & conference so if you haven't already I encourage you to get it out and have a read. I just want to share a couple of the absolute highlights of the Conference for me.

The keynote speaker **Rachel Callander** gave an incredibly moving presentation called ***"The impact and implications of Language, Effective Communication Strategies in Healthcare"*** about the birth and life of her late daughter Evie, who was born with a very rare genetic condition and died at 2 ½ yrs of age.

Rachel told us of her first experience of health professional use of medical terminology not long after Evie was born when the Doctor and the Midwife came to her room to discuss Evie's condition and used terms such as "dysmorphic" and "retarded" and "abnormal". Rachel learned a lot about the positive and negative effects language in the health system during Evie's short life.



She has spent the years following Evie's death years continuing to explore the impact and implications of how it is used by health professionals and developed a health language matrix for health professionals.

A photographer by trade, Rachel went on to produce the "Super Power Baby Project" a book that celebrates the lives and abilities of children with chromosomal or genetic conditions. This book won Outstanding Book of the Year Award 2015 IPPY New York, Super Power Baby Project.

Here is the link to Rachel's amazing conference presentation:

<https://www.nzno.org.nz/Portals/0/Files/Documents/AGM/2018%20AGM%20Conference/2018%20NZNO%20Conference%20Presentation%20Rachel%20Callander.pdf>

And the link to her remarkable book: <https://www.superpowerbabyproject.org/>

But if nothing else, I implore you to spend some time reading Rachel's presentation on Effective Communication in Healthcare:

<https://static1.squarespace.com/static/5553f79ae4b01ea315d07df1/t/5a6eae0e4966b35d93a657f/1517203285676/Effective+Communication-A+White+Paper+by+Rachel+Callander.pdf>

The other highlight of the conference was a presentation by **Annie Butler, the Federal Secretary of the Australian Nursing & Midwifery Federation (ANMF)** who gave a riveting presentation called ***"Falling through the cracks: is healthcare accessible to all?"*** about the ANMF's political campaign called *"It's time to act for Ruby"* for aged care staffing ratios using the premise that Australia has strict staff ratios for childcare but there are no ratios for aged care and comparing "Ruby" as a toddler and then as an older adult. The ANMF created 4 television ad's from the perspective of 4 real people associated with the aged care sector – a client, a family member, a carer and a nurse.



Here is the link to Annie's fantastic conference presentation:

<https://www.nzno.org.nz/Portals/0/Files/Documents/AGM/2018%20AGM%20Conference/2018%20NZNO%20Conference%20Presentation%20Annie%20Butler>

[%20-
%20Falling%20through%20the%20cracks%20is%20healthcare%20accessible%20to%20all.pdf](#)

Here's the link to the ANMF's webpage about safe staffing ratios for aged care:

<http://anmf.org.au/campaign/entry/ratios-for-aged-care>

The afternoon of the Conference saw delegates break out into three different sessions. Four nurses: Joey Domdom, Judith Salamat, Mayie Pagalilauan, Toga Katyamaenza lead a panel discussion on the *"Experience of migrant health workers in New Zealand"*. Louise Weatherall and Megan Karena from Christchurch presented *"The Rehua Marae Adaptive Rehabilitation Programme - a cross cultural and cross sector collaboration"* and Department of Corrections Clinical Quality Assurance Adviser Kay Sloan presented about *"Rights or Fights - fights for rights? Insights into health models in a prison environment"*. I chose to attend Kay Sloan's presentation which built nicely on what I learned from Lyn McIntyre's presentation at the 2018 Conference in Blenheim in May about working with women prisoners from a nursing perspective.

All in all, a very worthwhile conference to attend. The **2016 NZNO AGM and Conference "Nurses - a force for change will be held in Wellington on Monday 5th - Wednesday 7th September 2016"**

Report by Susan Rae, Vice Chairperson, Women's Health College Committee



Articles of Interest:

- ✓ Midwifery Research Review

<https://www.nzno.org.nz/Portals/0/Files/Documents/Groups/Womens%20Health/2018-11-13%20Midwifery%20Research%20Review%20Issue%2020.pdf>

- ✓ Smoke and Mirrors: is vaping useful for smokers who cannot quit?

<https://bpac.org.nz/2018/vaping.aspx>

- ✓ Family planning advice

<http://www.familyplanning.org.nz/advice>

<https://www.stuff.co.nz/life-style/well-good/107359721/pharmac-urged-to-subsidise-cost-prohibitive-but-highly-effective-contraceptive-option>

<http://www.publish.csiro.au/HC/HC18024>

<https://healthcentral.nz/one-third-of-kiwi-women-forced-to-miss-school-work-because-of-period-poverty/>

✓ Breast, Lung and Colorectal Cancer Research Review

<https://www.nzno.org.nz/Portals/0/Files/Documents/Groups/Womens%20Health/2018-12-11%20Breast%20Lung%20and%20Colorectal%20Cancer%20Issue%207.pdf>

✓ Fertility Research Review

<https://www.nzno.org.nz/Portals/0/Files/Documents/Groups/Womens%20Health/2018-12-11%20Fertility%20Research%20Review%20Issue%2018.pdf>

FEEDBACK FROM RECIPIENTS OF EDUCATION GRANT

Allie Gillan-Sutton – Staff Nurse

I recently attended an Introduction to Contraception course at Wellington Family Planning offices, funded by yourselves.

Firstly, thank you for funding this very worthwhile course. I am relatively new to women's health having started in April this year.

I work in Te Mahoe Unit in Wellington Hospital, where we provide abortion services for the greater Wellington catchment area. We provide abortion services, pre and post abortion counseling and contraception to women referred to our clinic. Contraception is a huge part of our role. We ensure that each woman has been given comprehensive contraception information so they can make informed choices for themselves. Depending on their choice we can do it here in Te Mahoe, provide a script or provide them with an IUD to have put in post procedure. For these reasons, it's fundamentally important to have a sound knowledge of the contraception options.

Attending this study day was a fabulous opportunity to go over each contraceptive option and understand it well, and in turn being able to pass that knowledge on. The resources provided are clear and concise.

Thank you for making attending so easy.

Allie Gillan-Sutton
Staff Nurse
Te Mahoe Unit

Sophie Esler – Registered Nurse

I am writing to you as part of the requirement of receiving your support to attend the Family Planning Introduction to Contraception study day.

The study day began with a detailed overview of the menstrual cycle which to me, being fairly new to women's health, was a useful refresher. Over the day we reviewed the various contraceptives like the combined and the progestogen pill, injectables, implants and intrauterine devices/ systems, the emergency contraceptive pill as well as natural fertility awareness.

Along with covering how the contraceptives work, other points of discussion were efficacies, advantages, side effects and suitability for prescription using the Medical Eligibility Criteria (MEC). This last point helped improve my knowledge around red flags when it comes to what method is safest for which population, particularly those interested in the combined pill which has a myriad of considerations to take note of. Although we may not be prescribing these methods, we can act as a double check or guide the women who may be new to contraception. We can make sure those who enter our care are well informed and leave with the most appropriate contraception for them.

The Points to Remember When Teaching Pill Taking resource has already changed my practice positively. I am more thorough and have more confidence in providing the education as I have more understanding of what I am teaching. Learning, that avoiding grapefruit completely when on the pill is not such a thing anymore made me smile. I remembered many of my fertile peers always being vigilant for this pesky juice hiding in beverages.

We were given resources like pamphlets and flip cards which we can take back to our workplaces to share the knowledge gained. Carrying on the sharing spirit, as part of my upcoming portfolio I will be presenting a teaching session summarising what I have gleaned from this study day to my colleagues in Women's Health.

Although fitting six hours of content into 20 minutes means some serious selectiveness, hopefully they will walk away with the salient points which Family Planning Nurse Educator Ashleigh communicated to all of us so clearly.

Thank you for your support to attend this incredibly useful day.

Sophie Esler
Registered Nurse
Te Mahoe

The Women's Health College Committee thanks you both for your feedback.



Next WHC
Conference is in
Wellington, 23rd to
25th of May 2019
James Cook Hotel

[Check out Women's Health College NZNO website
for Conference and Education Grant Info](#)

[menu](#)



In this area:

Resources

Conferences & Events

Newsletters

Scholarships & Grants

Nurse Colposcopist

Check out here for
conference info

Check out here for info
regarding education grants

Interested in Presenting at Conference

Top Tips for Effective Presentations

1. What is the aim of your presentation?

Prepare your presentation around what you want audience to get out of the presentation. Always need to bear in mind what will the audience need and want to know about your topic?

2. Keep it simple

Moving on from Tip 1, decide what key points you want the audience to get out of your presentation – just a handful (max 3-5) and aim your presentation towards them. Stay focused- if what you are planning to say doesn't contribute to your aim, it isn't necessary.

3. Practice, practice, practice!

Practice in front of your family, your work colleague or in front of the mirror. Say the words over and over again until it starts to become second nature. Check your timekeeping. **Speak slowly** – almost to the point it feels too slow. This will also help your nerves! Think about the types of questions that your audience may ask and get your practice audiences to ask you practice questions.

4. Relax & breathe

Easier said than done when you are nervous right? It hard to be calm and relaxed when you are nervous. Start by concentrating on your breathing. Adrenalin causes your breathing to shallow. By deliberately breathing deeply, your brain will get the oxygen it needs, and the slower pace will trick your body into believing you are calmer. Make sure that you pause for a full breath during your presentation too. You could even put them into your presentation notes as a reminder.

5. Smile and make eye contact

Easier said than done when you are nervous right? Smile and make eye contact with a couple of friendly faces helps you feel more like you are talking to individuals, not a big group of people.

6. Be passionate about your topic

It's hard to relax when you're nervous so pick a topic you know inside out and are passionate about – because that will shine through. It's much easier to research and deliver a presentation about something you enjoy.

7. Start Strongly

Grabbing your audience's attention at the start of your presentation is crucial – it's easier to hold it than regain it. No need to explain who you are – that'll be in the conference booklet. Start by entertaining the audience - a story or a joke - something to get the audience invested in you and your presentation

8. Use your Voice Effectively

Varying the speed, the pitch and volume and tone all help to make your voice more interesting. Pauses are powerful - they can highlight the preceding statement or to gain attention before an important message.

9. Use your Body Too

Three quarters of communication is non-verbal, so body language is crucial to getting your message across. Smile, make eye contact and avoid negative body language such as crossed arms or hands held behind your back or in your pockets

10. The 10-20-30 Rule for PowerPoints

PowerPoints should:

- o Contain no more than 10 slides
- o Last no more than 20 minutes
- o Use a font size of no less than 30 point (great for ensuring you don't put too many words onto a slide). Consider a handout if you want to provide more information.

11. Tell stories and use examples

Nurses love stories/examples from practice - stories hold people's attention and help them remember things. Starting with a story gets the audience's attention or intersperse them throughout your presentation.

Reference:

Abridged information from

<https://www.skillsyouneed.com/present/presentation-tips.html> by Susan Rae,
Vice Chairperson, Women's Health College Committee.

Managing Presentation Nerves – it's all simple stuff really.

Leading up to the presentation

1. Practice, practice, practice!

Enough said – see Tip 3 of Top Tips for Effective Communication

2. Keep Your Mind and Body Healthy

Easier said than done sometimes but nervousness can be heightened if you're not feeling 100%.

3. Avoid alcohol and reduce or avoid your caffeine intake

Stimulants will increase your nervousness

4. Exercise

Try and get some exercise the day before your presentation. You'll be more likely to sleep better, and wake refreshed.

Try and get a short walk in the fresh air in on the day of your presentation. This will release endorphins which make you feel better.

Immediately before the presentation

1. Practice Deep Breathing

See Tip 3 of Top Tips for Effective Communication

2. Drink Water

Adrenalin can cause a dry mouth, which in turn leads to getting tongue-tied. Take sips before you start your presentation and occasionally during your presentation, especially when you wish to pause or emphasize a point.

3. Chew Gum

This one surprised me too! Research has shown that the act of chewing can increase your alertness and help to reduce anxiety. (Probably a good idea to get rid of the gum before you start your presentation!)

4. Use Visualization Techniques

Imagine that you are delivering your presentation to an audience that is interested, enthused, smiling, and reacting positively. Cement this positive image in your mind and recall it just before you are ready to start.

5. Self-Massage

Press and massage your forehead will energize the front of the brain and speech centre. Everything helps!

During the presentation

Getting started usually the hard part but it's important to remember to:

1. Pause

Just before you start talking, pause, make eye contact, and smile. This last moment of peace can be very relaxing (seriously!)

2. Smile

Smiling is a natural relaxant that sends positive chemical messages through your body.

3. Slow Down

Speak more slowly than you would in a conversation and leave longer pauses between sentences.

4. Move Around

If possible, move around a little during your presentation as this will expend some of your nervous energy.

5. Stop Thinking About Yourself

Remember the audience is there to learn and your job to get information across to them. They are most likely in awe of you and more than a little jealous you are able to put your nerves aside and put yourself out there.

After the presentation (Hooray! You've finished!)

It's important to focus on the positives of your presentation once you've finished.

1. Get feedback

Ask for constructive feedback from someone you trust on your presentation. Listen to what they say and focus on areas that need improvement. Try to see any feedback that feels negative as learning opportunities for future presentations.

2. Use reflective practice

Reflective practice is a useful technique to help you think about and analyse your experiences and can be used for many aspects of life. The use of reflective practice for a presentation can be particularly useful for helping to minimise feelings of nervousness for future presentations. See our page of Reflective Practice for more help and information.

3. Don't beat yourself up

Like most things, presentations are unlikely to be perfect and there are always ways you can improve. Think about what went well and what you'd do differently next time and don't dwell on the negative.

4. Treat yourself

Well done! Treat yourself to something that you'll enjoy. Perhaps a glass of wine or a piece of cake - something to make you feel a bit special and recognise your achievement.

Reference:

Abridged from <https://www.skillsyouneed.com/present/presentation-nerves.html> by Susan Rae, Vice Chairperson, Women's Health College Committee.



Putting together a Paper Presentation

Preparing a presentation can feel overwhelming if you haven't done one before. These steps will help you break down this process into easy to follow steps. Use these in conjunction with the Guidelines for Paper Presentations the Conference Committee put out.

Step 1: Know your audience

Delegates at Women's Health College Conferences come from a wide range of work places. Some work in Hospitals, both Secondary and Tertiary facilities - in clinics and theatre or on women's and general surgical wards. Others work in the community in Family Planning Clinics and GP Practices. They all have one thing in common – they are keen to learn more and expand their knowledge of all areas of women's health.

Step 2: Select a topic

Select a topic you know and are passionate about and one you think will be of interest to the audience. It's so much easier to research a topic and deliver a presentation about something you enjoy and think the audience will be interested in. Remember to keep notes about where you got info from for your reference list.

Step 3: Define the objective of the presentation

Write the objective of the presentation in a single concise statement. What exactly do you want your audience to learn from your presentation? Base the objective and the level of the content in your presentation on the amount of time you have

allocated. Refer to this objective as you work on your presentation, particularly if you are unsure about whether to add content or not.

Step 4: Prepare the body of the presentation

Determine how much information you can present in the amount of time allowed. Start with bullet points and add information to each bullet point until you have enough to start writing.

Use your knowledge about the audience to prepare a presentation with the right level of detail. You don't want to plan a presentation that is too basic or too advanced.

The body of the presentation is where you present your ideas/information. To present your ideas/information convincingly, you will need to illustrate and support them. Strategies to help you do this include:

- Present data and facts
- Read quotes from experts
- Relate personal experiences
- Provide vivid descriptions

It's important to provide variety. Mix things up – the audience may quickly become bored by lots of facts or they may tire of hearing story after story.

Step 5: Prepare the introduction and conclusion

Once you've got the body of the presentation, it will be so much easier to decide how you want to begin and end the talk.

Introduction

Make sure the introduction captures the attention of your audience and the conclusion summarizes and reiterates your important points. In other words:

1. Tell them what you're going to tell them.
2. Tell them.
3. Tell them what you've told them."

It's important to attract the audience's attention and build their interest.

Suggestions for making introductions relevant to the audience:

- Ask questions to stimulate thinking
- Share a personal experience
- Begin with a joke or humorous story
- Make a stimulating or inspirational statement

During the opening you want to clearly present your topic and the purpose of your presentation. Clearly articulating the topic and purpose will help the listeners focus on and easily follow your main ideas.

Conclusion

Reinforce the main ideas you communicated. The audience won't remember your entire presentation, only the main ideas. By reinforcing and reviewing the main ideas, you help the audience remember them.

Reference:

Abridged information from: <https://www.skillsyouneed.com/present/presentation-tips.html> by Susan Rae, Vice Chairperson, Women's Health College Committee



MEMBERSHIP OF COLLEGE

Membership of the Women's Health College has risen from 526 to 548. It is possible to be a member of 3 Colleges/Sections at once.



*From the Women's Health College
Committee*
