



April 2019 Newsletter

- Next Conference Details
- Annual General Meeting taking place on 24 May at 14:30 – Lucky spot prizes (Ultimate Prize – free Entry to WHC Conference 2020)
- Farewell To Meegan from the WHC Committee
- Hints and tips for presenting at Conference (including how to do a powerpoint from Susan)
- Membership of College
- Trudy Galer – NZ's Newest Nurse Colposcopist

Next WHC
Conference is in
Wellington, 23rd
25th May
[James Cook Hotel](#)



to

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

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- Resources
- Conferences & Events
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Check out here for
conference info

Check out here for info
regarding education grants

Link for conference details:

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



**Stay in your seat during the AGM, spot prizes,
ultimate prize of free entry to
2020 Conference.**



Nurses: Working, Living, Giving

James Cook Hotel Wellington 23 – 25 May 2019

DRAFT PROGRAMME

Thursday 23 May

6:30pm – Registrations

7:00pm Drinks and nibbles, mix and mingle

Guest speaker: Angela Swann-Cronin, Air NZ Pilot and a whole lot more

Friday 24 May

08:00	Registrations
08:30	Welcome
09:00	Opening speaker: Dr Jill Clendon – Intergenerational workforces
10:00	Dr Jay Marlow – Maternal Foetal medicine NIP testing
11:00	Ann Simmons, Charge Nurse Manager Te Mahoe Unit Wellington - Abortion Law Reform: Why is it needed? Where is it going?
12:00	Trish Burke, Maternal foetal medicine midwife – Who cares for the midwife?
12:30	LUNCH
13:30	Deb Chappell, NZNO Organiser – Respectful Workplaces
14:30	Women's Health College AGM
15:15	Afternoon tea
15:30	Pathmini Murugesan: CNS Gynaecology Oncology – enhanced recovery after surgery
16:00	Housekeeping, day closes

7:00pm Conference dinner at James Cook Hotel - Entertainment TBC

Saturday 25 May

08:30	Registrations
09:00	Tracy Bentall, Sexual Health Nurse – Following my bliss
10:30	Izzy Weeks, Physiotherapist – The Nurse's Bladder!
11:15	Paper presentation and posters
12:00	LUNCH
13:00	Breakout Groups: 1. Wendy Diack – Yoga and mindfulness 2. Dr Bev Lawton – Looking after yourself through menopause 3. Dr Margaret Pack – Self-help for health professionals
14:00	Afternoon tea
14:15	Amanda Tristram, Gynae-Oncologist Wellington – Larry the chimp
15:00	Sam Gadd, Managing Director Humankind – Designing great employee experiences
15:45	Close of Conference

Farewell to our secretary Meegan

It is sad to say goodbye to Meegan and thank you for all your hard work over the last 5 years. It is a busy job being the secretary on top of a nursing position. Meegan also managed to organise a great conference in Hamilton during her term on the committee with the help of her colleagues. We also want to thank Meegan's husband who helped with all the technical/computer issues.

All the best for the future and keep in touch and we hope to see you at upcoming conferences.



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 if crucial – its 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-nerve.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

From the Otago Daily Times:
Dunedin Hospital nurse colposcopist Trudy Galer is just the fourth person to qualify as a nurse colposcopist in New Zealand. *Photo – Peter McIntosh*



Trudy Galer has one of those jobs people enter medicine for - she can save lives.

Ms Galer has just qualified as just the fourth nurse colposcopist in New Zealand - a job in which she identifies cancer-causing cell changes, and then treats patients.

"It's challenging but it's really rewarding," she said.

"You get to meet the patient, assess the patient, formulate a plan, undertake the plan, and then follow up and discharge ... you can pick up cervical cancer as a pre-cancer, treat it, and almost eliminate their chances of getting a cancer.

"You are preventing cancer in women who could otherwise go on and get cancer."

A colposcopist uses a colposcope to examine the cervix, vagina, and vulva. As well as assessing women with abnormal smears and symptoms, they can treat lesions under local anaesthesia and carry out follow-up treatments.

The role is common overseas, but rare in New Zealand.

Ms Galer - who has worked in the oncology department and also as a clinical nurse specialist in Women's Health - trained under the supervision of University of Otago senior obstetrics and gynaecology lecturer Helen Paterson for a year.

Having an experienced mentor teaching her techniques normally performed by doctors was a privilege, Ms Galer - who performed more than 200 colposcopies as part of her training - said.

"She was a fantastic teacher, very skilled," Ms Galer said.

"It's not difficult but it was a bit frightening because you are undertaking a minor piece of surgery.

Before I treated anyone, Helen and I came in one evening with precooked sausages and I practised treatment on those.

"I probably did about 30 treatments on sausages before I started on a human."

Ms Galer knew what she was getting into with her role: as lead colposcopy nurse for many years she knew the process well, and a visiting British specialist had encouraged her to undertake the training.

However, steering the machine herself was still a milestone.

"It is a different perspective for a nurse and there is a stage of transition into that - I am going into a doctor-orientated part of the profession - but so far so good, I have been welcomed with open arms."

Details of Ms Galer's new role were still being finalised, but she was likely to hold three clinics a week, with six patients per clinic.

"With each of those women I will also have an administrative session to go through their results."

There was also a possibility Ms Galer might take her new skills to the more remote areas of the SDHB region, but that is to be confirmed.

"It is a sensitive area and everyone is different: you have to take the patient as you see them when they come through the door, but you very quickly work out what approach to take."

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Trudy is a member of the WHC Committee NZNO



MEMBERSHIP OF COLLEGE

Membership 546. It is possible to be a member of 3 colleges or sections at once.