



**WOMEN'S HEALTH COLLEGE  
DECEMBER 2019 NEWSLETTER**

# Season Greetings from the Women's Health College

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Leaving No One  
Behind -  
Health For All



## 2019 NZNO Conference Report

The 2019 NZNO Conference “*Leaving No One Behind - Health For All*” was held on Wednesday, 18 September at the Museum of New Zealand Te Papa Tongarewa, Wellington.

It followed a Special General Meeting held on Monday, 16 September at which Grant Brooks narrowly retained his position as NZNO President and the Annual General Meeting and Colleges & Sections afternoon held on Tuesday 17 September.



### Keynote Speaker

**Dr Jamie Boyd**, PhD, a Professor at the University of Hawai'i and Family Health Nurse Practitioner opened the conference with her presentation “*Expanding Historical Nursing Roles To Include Holistic Healing Practices In Response To The Health Needs Of Communities*” and set the scene for the day.

In her presentation Dr Boyd discussed holistic nursing and spiritual holism. She discussed how we can better support clients and communities to achieve their perceived highest level of well-being and how we can begin integrating holistic care and theory into practice, education and training as well as how she incorporates complementary and alternative (CAM) therapies into her daily practice

Dr Boyd's presentation was incredibly interesting and can be found at this link: <https://www.nzno.org.nz/Portals/0/Files/Documents/Resources/Presentations/2019-09-18%200920%20Expanding%20Historical%20Nursing%20Roles%20-%20Jamie%20Boyd.pdf>

### The highlight (even with all its horrifying statistics!)

The absolute highlight of the conference for me was the third presentation of the day by **Children's Commissioner Judge Andrew Becroft**. Judge Becroft was appointed a District Court Judge in 1996. In 2001, he became the Principal Youth Court Judge of New Zealand; a role that he held until he was appointed the Children's Commissioner in 2016.



Judge Becroft is a dynamic presenter who held the audience's attention with several t-shirt changes and some fairly disturbing statistics about child health in New Zealand.

His presentation outlined our four biggest challenges: 1. Understanding the impact of "child poverty". 2. Doing better for at risk tamariki Māori and Pasifika children and young people. 3. Understanding the prevalence and effects of neurodevelopmental disabilities and 4. Being truly "child-centred".

Judge Becroft's presentation is an absolute must read and can be found at this link:

<https://www.nzno.org.nz/Portals/0/Files/Documents/Resources/Presentations/2019-09-18%201025%20Being%20Child%20Centered%20Fad%20or%20Foundation%20-%20Judge%20Andrew%20Becroft.pdf>

### **Focus on Pacifica Health**

The three subsequent presentations centred around Tongan health: **Dr Sione Vaka**'s presentation "*Pacific Mental Health*" outlined his research into Tongan Mental Health. Registered Nurse **Annalyn 'Ulangā** gave a presentation entitled "*Hospice Nurses: Vital link in meeting cultural and palliative needs in terminally ill Tongan patients and their families*" and **Seletute Vave Patterson**'s presentation "*School-based health care through an equity lens*" outlined her work outlined typical health scenarios she sees as a Public Health Nurse at Auckland District Health Board.

### **Breakout Sessions**

The day ended with 3 breakout sessions. Delegates were able to attend one of three presentations:

- **"Health Equity For Rough Sleepers" by Garrick Martin** a Mental Health Nurse at Auckland DHB
- **"Anyone For Tennis?" by Kate Calvert**, Service Planning & Integration Manager at Hutt Valley DHB
- **"Mental Health Screening Tool in Canterbury Prisons" by Heather Symes** a Registered Nurse at Te Whare Rangihau, the Forensic Community Team based at Hillmorton Hospital in Christchurch

I attended Garrick Martin's excellent presentation about Health Equity for Rough Sleepers where he discussed definitions and degrees and described homelessness as a socially generated health crisis caused by 4 intergenerational trauma, mass incarceration, a housing 'crisis' amongst other things. He discussed co-existing problems – ie: a lifetime prevalence of psychosis in 23% for men and 46% for women compared to 1% in the broader community and an almost 50% prevalence of alcohol disorders in men. He discussed the health services response his team had implemented to encourage contact ie: Engagement focused relationship, Outreach and Mobile services, Drop in and co-location of clinics, and collaborations with other mental health services. It was an interesting and truly though provoking presentation and I came away with an excellent contact for guidance about how better to engage a homeless person needing assessment and treatment should I need it.

### **PowerPoint Presentations**

To view the PowerPoint presentations of other presentations which the link has not been included follow this link: <https://www.nzno.org.nz/resources/presentations>

Report by: Susan Rae  
Secretary & Vice Chair  
Women's Health College Committee





## Women's Health College Education Fund

**Did you know that the Women's Health College has a small education fund of \$5,000 per annum available to assist members with ongoing professional development?**

**Did you know that we never use the entire \$5000 set aside each year for members because we never get enough applications!?!**

**Do you have an education or study day, a course or conference that you think will expand your knowledge and positively enhance your care of patients and their whanau?**

## Apply now!

The applications are assessed quarterly at the Women's Health College Committee face-to-face meetings. While meeting dates vary, applications must be received by 1 February, 1 May, 1 July and 1 October each year.

### Criteria for applications

- Members must have belonged to the Women's Health College for a minimum of 2 years at the time of their application
- A College member can only apply for funding once every 3 years, i.e. a subsequent application will only be accepted for review 3 years after the date of the previous application.
- \$400 per person is the maximum contribution
- Retrospective applications cannot be accepted
- Funding goes to the person who applied and cannot be transferred to another person
- All successful funding recipients must write a short report about what they learned on their education/conference/course, and how it has improved their practice and send it to the College. This report will be published in a subsequent Women's Health College newsletter.

**Application forms currently available from Women's Health College Administrator Sally Chapman at [sally.chapman@nzno.org](mailto:sally.chapman@nzno.org)**



## WHC Education Fund Feedback:

I recently attended a study day on Maori Health Nursing at Ara In Christchurch and had to complete a case study assignment. Something I haven't done for a few years.

I found the study day interesting. We had an update on our local and national statistics relating to Maori health and the predicted issues in the future for Canterbury.

There was talk about the issues the Maori face in our public health system, One speaker talked about how this paper has changed her practice. I enjoyed the day and meeting nurses who work in other areas and their challenges in their work places.

I then spent many hours reading the suggested reading which I gave me an insight on the culture and in particular their spirituality and values within their families.

I was interested in the Hui Process now taught to medical students in Otago Medical School and try to bring some of the knowledge I have gained to my practice although we have time limits with our patients in an outpatient setting.

I am pleased to say I got my case study completed in time and I passed.

Thank you to the WHC Committee for funding my study.  
Janice Grant



Women's Health College Membership: 555

Please encourage your colleagues working in Women's health to join.

Check out WHC NZNO Page.

[https://www.nzno.org.nz/groups/colleges\\_sections/colleges/womens\\_health\\_college/join\\_us](https://www.nzno.org.nz/groups/colleges_sections/colleges/womens_health_college/join_us)

## WHC Committee Bio's

(more next newsletter)

### Robyn Kemp



I am the Treasurer for Women's Health College living in Blenheim and work as a Nurse Practitioner in Sexual and Reproductive Health primarily for Family Planning and also run a Sexual Health clinic weekly for NMDHB. I am also part of the local Sexual Assault team.

I have a passion for Women's Health having worked in this area for over 35 years and Nurses now have the opportunity to advance and extend their practice to help improve the health of women. I enjoy encouraging and supporting Nurses to work to the top of their scope of practice.

### Tracey McLeod

I'm Tracey McLeod and I have been working in Gynaecology Outpatients at Hutt Hospital for the past 8 years, and have been the lead Gynaecology and Colposcopy nurse for the past 4 years. I am currently halfway through completing my Masters in Nursing while also juggling two kids and a husband. I am passionate about Women's Health and supporting nurses to provide specialised and individual care to all women. I am working hard at present to develop more nurse-led clinics within our department and increase the role of the nurse.



### Janice Grant

Hi I am Janice Grant and I work at Christchurch Women's in Colposcopy/Hysteroscopy Outpatients, where I have been for the last 9 years.

I began my nursing career as a Registered Community Nurse and later on retrained at Polytechnic completing my Comprehensive Nurse in Invercargill. Over the years I have worked in operating theatre, surgical and medical wards, occupational health, practice nursing and have managed a small resthome.



I enjoy working in women's health and have enjoyed belonging over the last 5 years to the Women's Health College committee. I have completed several post grad papers at polytech related to the areas I



have worked and have found that having a family and now grandchildren and working as a nurse is a fine balancing act.



**Susan Rae**

I am the Vice Chair & Secretary for the Women's Health College. I am passionate Women's Health, having worked in this area for the majority of my 25 years nursing, and about education for nurses. I live in Auckland and currently work as the Peri-Operative Nurse Coordinator Lead for Urology at North Shore Hospital - that's a really fancy title for I manage the Urology Booking & Scheduling team! Waitemata District Health Board is currently working on moving care of its urogynaecology patients from both the Urology and Gynaecology services into a new stand-alone Female Pelvic Medicine & Reconstructive Surgery service which will result in a huge improvement in patient care for women and is really exciting to be a part of.

**Trudy Galer**

I have been a committee member for the past two years and am responsible for membership.

Most of my working life has been centred around women's health ranging from maternity high dependency unit, sexual assault, gynaecology surgery and colposcopy. In 2018, I completed training as a nurse colposcopist and have worked the past year as a colposcopist while working towards a nurse practitioner role in Women's Health.

I have a strong focus on equity. Plans include providing a nurse colposcopist and general gynaecology service that encompasses both primary and secondary care for the Otago and Southland region with the ability to travel to more remote rural areas to enable more equitable access for rural women.




**Save the date 21–23<sup>rd</sup> May, WHC Conference, Dunedin**  
**Check WHC conference page on web in the new year for programme and other details.**

*Southern Pearls and Other Hidden Gems*  
**Location:** Dunedin Public Art Gallery, Dunedin.  
Any queries to: [trudy.galer@southerndhb.govt.nz](mailto:trudy.galer@southerndhb.govt.nz)







# *Southern Pearls and other Hidden Gems*

*New Zealand Nurses Organisation  
(NZNO Women's Health College)  
presents:*

*Annual Women's Health Conference  
Dunedin*

*Save the date  
May 21-23 2020*

*The Dunedin Public Art Gallery*



We wish you a  
**Merry Christmas**

May Christmas bring  
joy to your heart and  
happiness to your  
home.



**All the very best wishes for 2020 from the  
Women's Health College Committee**