



NZNO WOMEN'S HEALTH COLLEGE NEWSLETTER

October 2024



Women's Health College (WHC) committee update

Kia ora, welcome to the new members of the college! We are so happy you have joined us. Thank you to all our loyal college members, we wouldn't have a college without you.

It has been another busy year for the committee. In May, this year we ran a very successful conference, called "*Remarkable Women*" in beautiful Queenstown. For those who came thank you for making it a brilliant conference. In the last year, we also supported 18 of our members to attend a conference. which was brilliant.

The committee made a submission about the women's health strategy, and we are currently giving feedback on the clinical practice guidelines for cervical screening.

Two WHC committee members also attended the NZNO AGM so our college had a voice. NZNO is currently going a constitution review. Look out for information on this so you can have your say.

We have been working hard behind the scenes to increase membership and in the last year we have grown our membership from 517 to 635 and created a Facebook page. If you would like to join us the details are below.

If you would like to contribute to the WHC newsletter or Facebook page about what is happening in your area, about you as a clinician or education opportunities, please let us know. We want to be the voice of our members.

WHC COMMITTEE

Chair

Jill Lamb

Secretary

Lauren Moore

Treasurer

Jackie Gartell

Committee members

Maya Bachu

Sarah Marshall

Conference 2025

Judith Beattie

Membership & Newsletter

Sandy Hamilton

NZNO Professional Nursing

Advisor - Julia Anderson



WOMEN'S HEALTH

CONFERENCE QUEENSTOWN MAY 2024

The Rydges Lakeland resort hosted our three days in amazing Queenstown. The conference started on Thursday with a practical session so participants could have a go at Implant and Mirena insertions, Colposcopy, Hysteroscopy and Pessaries. The day finished with a well-deserved welcome drink and get together.

The next two days were filled with a range of speakers on a diverse range of topics relating to the health and well-being of wāhine/ women. Thank you to our speakers. You are all inspirational and we were so grateful to have you share your knowledge with us.

Thank you to those who joined us for the conference dinner. Other than the fire alarm going off during dinner and the cold wait outside. It was so much fun, chatting, dancing and making new connections.



NZNO AWARDS 2024

Our wonderful women's committee Chair Jill Lamb received this year's well deserved national service award in recognition of the contribution made to NZNO.

Jill started as an enrolled nurse. She is now a nurse practitioner and nurse colposcopist, and has nearly completed her training in hysteroscopy.

This is what a few of her colleagues had to say about her:

Jill is the most fantastic and hardworking nurse practitioner who has dedicated many years of service to the colposcopy team. Jill continuously goes above and beyond to support nurses, medical students, TI, registrars and even SMOs to be educated or complete their colposcopy training.

It is a very rare shift that Jill doesn't have someone learning with her in her clinic. She never complains and is always so excited to teach the next generation her skills and knowledge.

Jill uses her personal lunch break (between morning and afternoon clinics!!!) to educate nurses in primary health about cervical screening and smears.

Nurse Practitioners around the motu know her as a fantastic educator. Working with Jill for a week is the goal of Nurse practitioners and Nurse Colposcopists in training.

Jill chairs the NZNO Women's Health College which allows her to promote educational opportunities for nurses working in Women's Health. Jill was instrumental in developing the training guidelines for Nurse Colposcopy.

Patient focused



GREAT NEWS FROM PHARMAC

Pharmac, Te Pātaka Whaioranga has decided to fund oestradiol gel. It is estimated that 18,000 people will benefit from this type of hormone treatment in the first year.

“We think the number of people choosing to use oestradiol gel will continue rising to 47,000 over the next five years,” says Pharmac’s Director of Equity and Engagement, Dr Nicola Ngawati. “We’ve heard very clearly that the gel is a good option for many people, so we’re pleased to be able to fund it from 1 November.”

About 85,000 New Zealanders used oestradiol in some form in the 2023/24 financial year. In the past three years, demand for oestradiol patches has tripled - growing from 1.3 million patches dispensed in 2020/21 to over 4.7 million patches in 2023/24. Demand is expected to continue to increase.

Oestradiol is mainly used as a hormone treatment for people whose bodies don't produce enough oestrogen, usually as a patch placed on the person's skin. However, global supply issues mean that the patches are not always available in New Zealand.

With the gel, people can rub it onto their skin to increase the levels of hormone in their bodies.

“People also talked about how stressful it's been for them dealing with the shortage of patches, and we think that having the gel available will help to relieve some of that supply pressure.”

Meet our new committee member

I'm Sarah and the newest member of the Women's Health College Committee! I am also the Charge Nurse Manager of Gynaecology Outpatient Services in Waitaha, Canterbury at Christchurch Women's Hospital.

I am super passionate about women's health and supporting nurses and staff to gain knowledge and skills in this space so we can improve health outcomes for wāhine!

In my spare time I love anything outdoors from skiing, mountain biking and taking my dog on adventures up the Port Hills.

If you are reading this, you obviously have something to do with women's health. Thank you for everything you do. It's not easy out there in the current healthcare landscape so a big acknowledgement to you all 😊





SAVE THE DATE
CONFERENCE 2025

We are excited to inform you of the
**Women's Health College
2025 Conference**
*"Wings of Change:
transforming the landscape
of women's healthcare."*

It will be in Auckland

15th to 17th May 2025

Details to follow

We would love you to join us.

**COMPETITION FOR
CONFERENCE 2025**

- Go in the draw to win to a free registration for our May 2025 conference. The prize does NOT include:
 - Flights
 - accommodation
 - other related costs, eg
 - meals
 - taxi/ uber/ mileage etc.

Two ways to enter the draw:

- Become a new member of the Women's health college and then join the Facebook page
- Be a current member of the Women's health college and Facebook page and successfully invite someone with an interest in women's health to join the College and then the Facebook page.
- Once completed find the post Competition for conference 2025 on our Women's health college NZNO Facebook page and write in the comment section either your name for new members or your name and person you have recruited for existing members
- We will draw the winner in mid-February 2025, and we will announce the winner on our Facebook page. 😊

NOTE: Please see the post about being accepted on the Facebook page.

CELEBRATING ONE OF OUR INSPIRATIONAL MEMBERS

My name is Rachell Webb. I am a Nurse Practitioner (NP) working in the field of Sexual and Reproductive Health.

I started work at Sexual Wellbeing Aotearoa (*formerly Family Planning*) in 2013, and went on to do my community nurse prescribing when it originated in 2017. Then I completed my Master of Nursing and gained registration as a Nurse Practitioner in 2022.

Currently I work as a NP across three different work areas

- Sexual Wellbeing Aotearoa
- Sexual Health at Te Whatu Ora/Health NZ, and
- as a forensic examiner for MEDSAC.

I am passionate about women's health and absolutely love the people I connect with on a daily basis. It is so rewarding to make a difference to women as they navigate their way through the different stages of their reproductive lives. I work with

- adolescents through to post-menopausal women
- dealing with contraception
- altered fertility
- sexual health concerns
- menopause issues and
- gynaecological complaints to name just a few...

My work in MEDSAC allows me to journey with a client who has experienced sexual assault/ abuse (and in an initial forensic capacity if required), through to ongoing therapeutic care and follow up. This is a challenging and demanding role; however it leaves me feeling satisfied and privileged to provide the sensitive care required in these cases. My goal is that my clients always feel safe and supported to make decisions about their care and treatment.

I love the autonomy to provide the full spectrum of care as a NP and am so pleased I chose this path in nursing. This is my second year as an NP. My days are busy and full, and I still learn every day, but I am lucky to be surrounded by likeminded colleagues who are as committed to women's health as me, so I always feel supported and reassured that I can reach out for help at any time.



JOIN US

This QR Code will take you to the Women's Health College page to join us, if you are not a member of the college, or you want to look at our website.



FACEBOOK PAGE

We now have 136 members on our Facebook page. We would love you to join us too 😊

If you would like to join, search Women's Health College NZNO on Facebook, answer the questions and apply to join.

To maintain the integrity of the page we will only let WHC members join.

NOTE: If you are a new member or go by a different name on Facebook, please look out for my messenger message so I can help get you accepted

Thanks

Sandy Hamilton

Membership Coordinator



WHC EDUCATION FUND

Applications now open for 2025!

The WHC has a small education fund of \$7,000 available annually to assist WHC members with study, training days, courses or conferences that will expand knowledge and positively enhance the care of their patients/clients and whānau.

Applications must be received by 14 Feb 2025 to be reviewed at the February WHC face-to-face committee meeting.

Applicants will be advised of the outcome by 28 Feb 2025.

Members must belong to the Women's Health College.

To find the form and to read the details:

Go to

1. NZNO's [Colleges and Sections](#) page
2. Scroll to the bottom for the Women's Health College and
3. Click on Education Fund to read the details or
4. Use the QR code

