



## WOMEN'S HEALTH COLLEGE (NZNO) NEWSLETTER

January 2025



Kia ora, wishing you all a very happy, healthy and successful year ahead.

We are very excited about our upcoming conference at Jet Park in Auckland in May. The programme is looking great with a lot of very interesting and varied speakers who are all passionate about women's health. For all information and to register scan QR code on page two. We hope you can join us.

Remember too, we have a competition to go into the draw for a free registration to this year's conference. If you are an existing member, invite a colleague who is interested and/ or works in women's health to join the college. Once they join the college and the WHC Facebook page write your name and theirs in the comments section under the competition post on Facebook and you will both go in the draw.

The committee has identified important areas for advocacy and political lobbying. We want to advocate on social justice, equality and equity issues, particularly within the health sector to promote a more equitable society that empowers Wahine and build healthy communities.

We are starting with raising concerns of lack of access for all women to services and length of waiting lists, for example women with endometriosis.

### WHC COMMITTEE

Jill Lamb – Chair

Lauren Moore - Secretary

Jackie Gartell - Treasurer

Judith Beattie – Committee member –  
2025 Conference Organiser

Sandy Hamilton – Membership &  
Newsletter

Maya Bachu – Committee member

Sarah Marshall – Committee member

Nadine Riwai – seconded Committee  
member (until WHC AGM 2025) and

Juila Anderson – NZNO Professional  
Nursing Advisor



**WOMEN'S HEALTH**

# NZNO Women's Health College Annual Conference

15-17 May 2025

Jet Park Hotel Auckland Airport

Scan the QR Code below to register!



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## Call for Abstracts: NZNO Women's Health College Free Paper Award

The Women's Health College (WHC), NZNO, Tōpūtanga Tapuhi Kaitiaki O Aotearoa acknowledges the extensive knowledge possessed by health professionals working across women's health in New Zealand, Aotearoa. We invite our colleagues to submit an abstract paper for presentation at our annual conference, which will be held from 15-17 May in Auckland. This event offers a fantastic opportunity to share nursing wisdom, discuss the latest research & treatments and educate colleagues on the broad spectrum of women's health services today.

**Please let us know if this is your first time presenting a paper at any conference, as there is a \$250 award for the best first-time presenter.**

A \$500 prize will be awarded to the nurse who presents the best paper on women's health issues.

All abstracts must be submitted in the following format

- Title Presentation title
- Authors All authors are listed and presenter's name/s are underlined
- Organisation Presenter's organisations are listed, and
- Contact details Presenter's postal & e-mail addresses and phone number are provided.

*\*Please confirm whether you're happy for your contact details to be included in the conference booklet.*

The body of abstract can be formatted in two styles

1. Research abstract Aim, Methods, Results, and Conclusions.
2. Opinion piece Objective, Discussion, and Conclusions.

The abstract should be limited to 250 words, formatted in MS Word, rich text format, using 10 pt Times New Roman font and single-spaced.

**Abstracts must be submitted electronically** by email to **Jill Lamb** [jillian.lamb@cdhb.health.nz](mailto:jillian.lamb@cdhb.health.nz).

All accepted papers will have their abstract and author profile published in the conference booklet. Authors will be notified of the review committee's decision by 28 February 2025.

All presenters are required to register for the conference. Each presenter will have 10 minutes for their presentation, and 5 minutes for questions. Presentations must be in PowerPoint format and should be given to the sound technician on a memory stick at the conference.

**The closing date for abstract (paper) submissions is 20 February 2025.**

## Guidelines for Poster Presentations

The Women's Health College (WHC), NZNO, Tōpūtanga Tapuhi Kaitiaki O Aotearoa acknowledges the extensive knowledge possessed by health professionals working across women's health in New Zealand, Aotearoa. We invite our colleagues to submit an abstract for a poster presentation at our annual conference, which will be held from 15-17 May in Auckland. This event offers a fantastic opportunity to share nursing wisdom, discuss the latest research and treatments and educate colleagues on the broad spectrum of women's health services today.

A \$500 prize will be awarded to the nurse who presents the best poster on women's health issues.

All abstracts must be submitted in the following format

- Title Presentation title
- Authors All authors are listed and presenter's name/s are underlined
- Organisation Presenter's organisations are listed
- Contact details Presenter's postal & e-mail addresses and phone number are provided.

*\*Please confirm whether you are happy for your contact details to be included in the conference booklet.*

The body of the abstract can be formatted as follows

1. Research abstract Aim, methods, results, and conclusions.
  2. Opinion piece Objective, discussion, conclusions and criteria.
- The abstract should be in MS Word or rich text format, limited to 250 words, formatted in 10 pt Tahoma, and single spaced.
  - All abstracts must be submitted electronically to Jill Lamb at [jillian.lamb@cdhb.health.nz](mailto:jillian.lamb@cdhb.health.nz) as only electronic submissions will be accepted.
  - The maximum dimensions for posters are 100 cm x 150 cm.
  - All accepted posters will have their abstract and author profile published in the conference booklet.
  - Authors will be notified of the review committee's decision by 28 February 2025.
  - All presenters must be registered for the conference.

**The closing date for abstract (poster) submissions is 20 February 2025.**

You will not be expected to present your poster to conference delegates. Instead, you will be allocated a time to discuss the background of your poster and answer any questions.

## COMPETITION FOR CONFERENCE 2025

Be in the draw to win a free registration to the Women's Health College (WHC) May 2025 conference (incl. flights, accommodation & other costs not included)

Two ways to enter the draw

1. Become a new member of the WHC and join the WHC Facebook page and/ or
2. Be an active member of the WHC and our Facebook page, and successfully invite someone with an interest in Women's Health to join both the college and its Facebook page.

Once completed, find the "Competition for conference 2025" post on our WHC NZNO Facebook page. Write in the comment section your name if you are a new member, or your name and the name of the person you recruited if you are an existing member.

We will draw the winner at the end of February 2025 and make an announcement on our Facebook page. 😊

*NOTE: Please refer to the post below for details on how to be accepted to the Facebook page.*

## WHC EDUCATION FUND

**Closes 14<sup>th</sup> February 2025**

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

**Applications are assessed annually at WHC Committee face-to-face meeting in February and must be received by 14 February.**

**Applicants are advised of the outcome by 28 February.**

**Members must be an active member of the WHC.**

**To find the form and to read the details, go to [College's and Sections](#) page on the NZNO website.**

**Scroll to the bottom and click WHC, then click Education Fund in the left column to read the details.**

## FACEBOOK PAGE

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

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

To protect our group, we 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

# YOUNG PEOPLE, PORN & THE NEW ONLINE SEXUAL LANDSCAPE IN AOTEAROA

UNDERSTANDING AND RESPONDING

Workshops for Health Professionals

Online sexual content and porn is a reality for most young people in Aotearoa, shaping sexual culture in new and diverse ways. The Light Project provides evidence based workshops for youth professionals, with information, strategies, tools and resources on understanding the evolving sexual landscape, building resiliency in young people to safely navigate their online sexual world, and responding effectively to online and porn related concerns.

## Who should attend?

Any health professionals working in youth health, sexual health, mental health, sexual violence, school or tertiary health. Workshops 1 & 2 can be delivered separately or together.

[www.thelightproject.co.nz](http://www.thelightproject.co.nz) (adults)

[www.intheknow.co.nz](http://www.intheknow.co.nz) (youth)

Contact: [hello@thelightproject.co.nz](mailto:hello@thelightproject.co.nz)

## WORKSHOP 1: UNDERSTANDING THE LANDSCAPE

**The new online sexual landscape:** Porn industry, content, nudes, ethical porn, AI porn, themes, trends, new platforms, sextortion, revenge porn.

**NZ young people and porn:** Prevalence, usage, vulnerable groups, impacts, NZ youth research.

**Porn and sexual violence:** SV research, sexual scripts, messaging, coercion & aggression, rough sex & choking, racism, porn and HSB.

## WORKSHOP 2: RESPONDING WELL

- **Engaging and equipping young people:** Tools for building critical thinking, risk mitigation, shame reduction, 'ethical sexual citizenship', risk and protective factors.
- **Understanding & responding to harms:** Assessment tools, strategies and resources for porn related concerns, navigating diverse sexual behaviours, and online image-based abuse.
- **Problematic porn usage (PPU):** Understanding 'addiction', shame, clinical presentations & pathways.
- **Supporting Whānau and communities:** Tools, resources and NZ support services



UNDERSTANDING



ENGAGING & EQUIPPING



RESPONDING WELL



## COMMITTEE NEWS 😊😊

We are so fortunate to welcome Nadine who is a new committee member seconded until College AGM 2025

**Nadine Riwai** (Goldsmith) is of Ngāti Porou, Te Aitanga a Mahaki, Te Uri o Hau, Ngai Takoto, and Indian descent. Born and raised in Gisborne, she has spent 18 years living in Waikato. She is married to Craig, and Mum to daughter Kesha. Their whanau also includes their two dogs, Pia and Phoebe, and two pussycats, Pipi and Pango.

Nadine's current role as Charge Nurse Manager of the WHIRI Hohipera team at Waikato Hospital. Nadine focuses on supporting whānau with outpatient appointments through a caring and holistic approach.

Before this, she worked as a Senior Relationship Manager at the National Cervical Screening Programme and has extensive experience in nursing and cervical screening.

Nadine is a Smear Your Mea Trust member and Hei Ahuru Mowai member. She also holds roles with Midlands Pinnacle, Sexual Wellbeing Aotearoa, Wahine Connect and DAA Group. Nadine is passionate about whānau-centric health and has dedicated years to making cervical screenings accessible by bringing them to homes, communities, and events. She follows the inspiring words of Te Puea Herangi: "mahia te mahi hei painga mo te iwi," meaning "do the work for the betterment of the people."

Fun fact - Nadine is an only child, but her dad is one of 15, and her mum is one of four. She's got over 200 in her parent's immediate whanau lines and knows most of their birthdates and where everyone fits in age - she's that 'go to' cousin.

**Would you like to be part of the  
Women's Health College NZNO Committee?**

Are you passionate about women's health and want to  
contribute to this wonderful community?

If you are interested, please contact  
[whcnznosec@gmail.com](mailto:whcnznosec@gmail.com)



# Remarkable healthcare advocate for wāhine Māori

Wahine Māori health practitioner Professor Bev Lawton (Ngāti Porou) NZOM, from Te Herenga Waka—Victoria University of Wellington, has been recognised with a prestigious award named after esteemed Māori cancer researcher Dr Maarire Goodall.

Published 1 October 2024 in Victoria University of Wellington publication.

The Maarire Goodall Award recognises excellence in leadership and long service commitment in advancing Māori health. The award was presented at the Te Ora Hui ā-Tau and Scientific Conference in Rotorua on 28 September 2024. This conference is the annual meeting of Te Ohu Rata o Aotearoa, The Māori Medical Practitioners Association.

“I’m really privileged to do the work I’m doing, so I’m even more delighted that me and my team have been recognised by our peers for it,” says Professor Lawton. “It’s a difficult time now for Māori health, a lot of things have been rolled back on us. I had the chance to do a presentation, and it was good to be able to talk about the work we are doing at the centre that is impacting people’s lives positively.”

Professor Lawton is the founder and director of Te Tātai Hauora o Hine, National Centre of Women’s Health Research Aotearoa. Known for her lobbying to see HPV testing for cervical cancer, which replaced smear tests from mid-September last year, used as a primary screening method, her research on women’s and children’s health has led to changes in policy and practice in Aotearoa and internationally.

Professor Rawinia Higgins, Deputy Vice-Chancellor, Māori and Engagement says Professor Lawton is a remarkable advocate of health care for wāhine Māori.

“Her successful campaign for HPV self-testing to be used as a simple way of screening for cervical cancer will have a life-extending effect on all women, but particularly wāhine Māori, who are more than twice as likely as non-Māori women to be diagnosed with cervical cancer.” Professor Lawton is an Officer of the New Zealand Order of Merit, and a Distinguished Fellow of the Royal College of General Practice. She also received the 2021 Women of Influence Award in the Innovation, Science and Health category, the Royal Australia and New Zealand College of Obstetricians and Gynaecologists Māori Women’s Health Award in 2020, and the Health Research Council’s Beaven Medal for excellence in translational health research in 2023. “For me it was quite an important award to receive,” says Professor Lawton. “It’s the recognition of the science, and then it’s the advocacy to get the programmes going, and that feeds into activism. It was so great within the HPV project to be able to use the science to translate into usual care, working with the Ministry of Health in real time.”



## EXCITING EDUCATION OPPORTUNITIES

### Ever Dreamed of Becoming a Midwife? Here's Your Chance!

Looking for a meaningful career change or ready to fulfil your dream of becoming a midwife? The University of Waikato's Master of Clinical Practice (Midwifery) offers a ground-breaking, accelerated pathway to join this rewarding profession in just two years! Why choose this programme?

- NZ's first graduate-entry midwifery programme - starting February 2025. • Designed for registered health professionals with a Bachelor's degree, offering a flexible and supportive learning environment.
- Perfect for mature students balancing work, family, and financial commitments. Study three days a week and work the other two
- Be part of history as one of the first graduates of this innovative programme in New Zealand. Applications close **Friday 24 January 2025** - applications will be assessed as they are received, and shortlisted candidates will be invited to interviews.

Take the leap and change lives-including your own.



**THE INTERNATIONAL SOCIETY FOR GYNECOLOGIC ENDOSCOPY**  
PROMOTING VAGINAL SURGERY  
Training 1982  
From Vaginal To Robotic and Beyond

# ISGE NURSE COURSE

*Stronger Together in Hysteroscopy: Bridging Theory and Practice for Nurses*

Thursday - Friday  
March 20 - 21, 2025

Antwerp - Belgium

**ADMISSION**

- ✓ ISGE Member : 195 €
- ✓ Non Member : 250 €

**REGISTER NOW**



ISGE Nurse Course, an educational program designed specifically for nurses specializing in surgical and gynecological endoscopy procedures. This course provides an excellent opportunity to enhance your knowledge, refine your skills, and connect with like-minded professionals from around the globe.

**Contact Us**

+62 812-2377-5498 | [eventcoordinator@isge.org](mailto:eventcoordinator@isge.org) | [www.isge.org](http://www.isge.org)





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*Celebrating another of our amazing members:  
Rebecca Cornish Registered nurse and midwife.*

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I have been a nurse for 25 years and a midwife for 21 years now.

I work at Wellington Hospital in the Women's Acute Assessment Unit and in Antenatal Clinics.

As a dual registered Nurse/ Midwife, it was hard to find a role where I could use both professions. Twelve years ago, I joined the Acute Assessment team at Wellington Hospital which sees Gynaecology and Obstetrics patients for acute problems. This was the perfect job to complement and extend my skill set, and I gained excellent clinical experience working with women across the lifespan.

Over the years I have also taken on an increasing role in Antenatal Clinics and last year began doing the Obstetric Triaging, alongside a Specialist Obstetrician. Obstetric triage is a clinical decision-making process to prioritise patients based on maternal and foetal factors. This process enables us to allocate resources and medical care to provide appropriate treatments at the right time and place.

Referrals come in and I review them. I identify the acuity and severity of any individual risk factors and create a plan in consultation with the triaging Obstetrician. This may be to provide advice only regarding scans, blood tests, monitoring or to prioritise appointment schedules for individuals, or it may be to make a comprehensive pregnancy plan through to birth.

My role in triage ensures that the pregnant person will receive appropriate diagnostic services, and referrals, to facilitate informed decision making and a safe pregnancy pathway. Through this process I am in a strong position to ensure that the person can access the Specialist Obstetrician who is best able to meet their unique needs, with a strong focus on cultural responsiveness. It is known that significant access inequities exist across maternity and post-natal care, for Māori and Pacific women. Te Puna Wairua is an outreach Antenatal Clinic that has been established within our community to provide services under one roof for hapū mama to access the support they need, when they need it. My role is to ensure that people can access this service, improving wellbeing and pregnancy outcomes where hapū mama are able to provide their pepi with the best possible start in life.

My role in triage has increased my clinical knowledge significantly to help me identify the things we need to be worried about in pregnancy and how to manage them. With such significant advances in reproductive technology and in Obstetric care, we are seeing more pregnant people with complex medical histories, who prior to these advances, weren't able to get pregnant or were advised against it.

A complex pregnancy can involve psychosocial or biomedical risk factors that affect the health of the mother or baby. People may have significant cardiac conditions, diabetes, renal failure, cancer, syndromes and diseases, and pregnancy can have significant health impacts for the mother or compromise the wellbeing of the foetus.

I am able to draw on my broader health knowledge from my nursing background to better understand the needs of these patients and frequently liaise with other disciplines to assist in triaging - Obstetric Physician, Cardiology, Neurology, Endocrine, Social Work. Triageing in a busy hospital is a diverse but challenging and busy job. It is great to be able to use my combined health knowledge to complement the role.

