Welcome to our Autumn March 2009 edition of SARHNI, the Sexual and Reproductive Health Nursing Information Newsletter for Family Planning NSW

As always, it is hard to believe that March is here already, and that International Women's day has been celebrated this month in Australia and around the world. A group of FPNSW stalwarts joined the march in Sydney, and of course there are still issues of equality and women's rights to be addressed here and internationally. One of the many pressing issues is that of paid maternity leave and family friendly workplaces and practices – which not only impact on individual women but on the community as a whole. Without access to paid maternity leave the decision for women to even start having children is affected. The announcement this week by the Foreign Affairs minister Stephen Smith comes as welcome news for many working in the field of sexual & reproductive health - following a government review there will be a change to the Family Planning Guidelines for Australia’s overseas development assistance program to support the same range of family planning services for women in developing countries as are supported for women in Australia, subject to the national laws of the relevant nation concerned. Avoiding terminations through family planning services and advice will continue to be the focus of Australian funded activities.

Other exciting news is the launch of the second edition of *Contraception: an Australian clinical practice handbook* and a new FPNSW resource for those of you working in Aboriginal communities called *Hey Sister! Hey Brother!* I recommend them both to you.

Finally I would like you to encourage you or any nurses you know to consider applying for one of the fantastic and generous FPNSW nursing scholarships that we offer every year at this time. We have had recipients from all over NSW benefit from these scholarships. Closing date is 31st March.

**Don’t just Sit there Campaign**

I encourage those of you interested in cervical screening to take a look at this recently released report. It shows some very interesting and positive results from the 2007 Don’t Just Sit there campaign which you may have noticed is running again at the moment on the television.

Some interesting findings were:

- Nearly six in 10 women (59%) who had seen the and indicated that it had an impact on their Pap test behaviour or intentions.

- Almost one in five women (19%) who saw the ad were prompted to take some form of action including having a Pap test or making an appointment (a total of 7%) and discussing Pap tests with their daughter (4%).

- In six communities with high proportions of women from culturally and linguistically diverse and/or low socioeconomic backgrounds with historically low cervical screening participation, Pap screening increased by between 23 percent and 37 per cent during the campaign compared to the same period in 2006.

- The Don’t Just Sit There advertisement was effective in reminding nearly eight in 10 women about the need to have regular Pap tests and in challenging the discomfort barrier. Most women found the advertisement to be relevant and it was.

Don’t Just Sit There advertisement has shown that mass media is an effective strategy to increase cervical screening.


**Contributed by Shane Jasiak, Director of Nursing**
Family Planning NSW Congratulates Ann Hutchings...

Ann is currently Clinical Nurse Specialist & Nurse Education Coordinator at Family Planning NSW and in late 2009 was awarded the Coral Lloyd Memorial Trophy, an award recognising the "advancement of the nurse role beyond the normal expectation of that person's appointment with Family Planning." The prize was awarded by Sexual Health & Family Planning Australia (SH&FPA), a national group representing all of the family planning organisations in Australia.

Ann was recognised for her enthusiasm and dedication to the education and training of nurses, only surpassed by her passion and integrity during her 26 years of contributing to reproductive and sexual health in NSW.

In 2003, Ann took on the challenge of a dual role and became the clinician/clinical instructor and nurse education coordinator, with the state-wide responsibility for implementing and delivering the Well Women's Screening Course. It's through Ann's stewardship that the Well Women's Screening course is such a success for both Family Planning NSW and its participants. Many of you will have had contact with Ann clinically and in education and training over the years and join me in congratulating her for receiving this award as she is a most worthy recipient.

Contributed by Shane Jasiak, Director Nursing

Important new information about Premarin or Premia Continuous prescription for your clients:

"From the 1st of June 2009, when you go to the pharmacy to fill your prescription of Premarin or Premia Continuous, you will be charged a higher price. The rising cost of manufacturing has made it necessary to increase the price of Premarin and Premia Continuous and remove the products from the Schedule of Pharmaceutical Benefits (the ‘PBS’).

Premarin and Premia Continuous will continue to be available for sale throughout Australia as private prescription items.

In the event that these changes concern you, speak to your doctor about your treatment options. Further information is also available by calling Wyeth Medical Information on 1800 500 498”

Wyeth Australia, Baulkham Hills. ABN 16 000 296 211 W20090098 10/02/2009 M1290
Healthline: Questions and Answers

Sex Matters - Healthline
Family Planning NSW answers questions about reproductive and sexual health over the phone and by e-mail. Our experienced nurses are available to answer your reproductive and sexual health questions from A to Z.

Can having bacterial Vaginosis increase your risk of miscarriage?

Bacterial Vaginosis, or BV as it is commonly known, is a vaginal condition caused by an imbalance of the vaginal bacteria. It's usually not a dangerous condition but most women will decide to have treatment because the symptoms of vaginal discharge and odour can be quite unpleasant.

However, BV can increase the risk of miscarriage and premature birth, so it's important to seek treatment if you are pregnant.


Healthline Nurse

What's New from Healthrites bookshop:

1. Where did I Really Come From? Sexual intercourse; DI; IVF; pregnancy; birth; surrogacy; adoption by Narelle Wickham & Ingrid Urh $19.95. The answers today are not so straightforward as they used to be and this book offers simple non-judgemental explanations.

2. Down There 2nd Edition – DVD FPNSW $49.95. Using men and women from different cultural backgrounds to present information about women’s bodies, reproduction, preventative health care and Contraception.


Resources:

http://www.andrologyaustralia.org/docs/HealthyMale_ed28_sperm_08.pdf
http://www.andrologyaustralia.org/pageContent.asp?pageCode=FACTSHEETS
http://www.andrologyaustralia.org/docs/Factsheet_Diabetes_08.pdf


Can having bacterial Vaginosis increase your risk of miscarriage?

Bacterial Vaginosis, or BV as it is commonly known, is a vaginal condition caused by an imbalance of the vaginal bacteria. It's usually not a dangerous condition but most women will decide to have treatment because the symptoms of vaginal discharge and odour can be quite unpleasant.

However, BV can increase the risk of miscarriage and premature birth, so it's important to seek treatment if you are pregnant.


NEWS FLASH......

Hey Sister! Hey Brother! is a fabulous new resource for those of you working in Aboriginal Communities, uses simple English and pictures to explain all contraceptive options for both men & women!
Nursing Education Courses 2009

FPNSW Health Certificate in Sexual & Reproductive Health (Nursing) – Distance Mode

This course is designed to prepare registered nurses to function in an extended clinical role as a practitioner in the specialty of sexual and reproductive health.

Intake 1 2 February 2009, compulsory workshop: 25-27 May 2009
Intake 2 1 June 2009, compulsory workshop: 21-23 September 2009
Intake 3 2 November 2009, compulsory workshop: 22-24 February 2010
Module 1 & 2: $1950.00
Module 1 only: $1050.00
Module 2 only: $900.00 (for those who have completed Module 1 interstate)

FPNSW Conference and Open Day

The 3rd annual Conference and Open Day
Topics will include:
• Issues in Indigenous Adolescent Health, PCOS, New Research in Contraception as well as an update on STIs including HIV and its impact on Women.

Workshops will include:
• HRT or not? - Menopause; How to Manage Erectile Dysfunction; Implanon Training for GPs; Sex and the Baby Boomers.

Date: Saturday 15 August 2009
Time: 9.00am-5.00pm
Cost: $175 or $150 early bird special
Venue: FPNSW Ashfield

Funded positions available to eligible participants
Fee assistance can be negotiated for the above course by contacting the Director of Nursing on 02 8752 4314

SARHNI Newsletter

“SARHNI” is a free quarterly newsletter for nurses working in the area of sexual and reproductive health. Our aim is to provide information on new research findings, treatments and procedures, as well as providing information about upcoming education opportunities.

To be added to the mailing list, please call Stephanie 02 8752 4384 or email stephaniek@fpnsw.org.au

For further information: contact the Course Coordinator on:
Phone: 02 8752 4328 or 02 8752 377
Fax: 02 8752 4392 Email: education@fpnsw.org.au

All FPNSW Nurse Education courses are exempt from GST

WELL WOMEN’S SCREENING COURSE

Dates:
Monday 23 February Campbelltown
Saturday 28 March Parramatta
Wednesday 29 April Illawarra
Wednesday 8 July Ashfield
Monday 10 August TBA
Monday 7 September TBA
Monday 2 November TBA

Time: 9.00am - 5.00pm
Cost: $1600.00

GYNAECOLOGICAL NURSING

This popular one-day program has been developed to support nurses working in gynaecology units, outpatients and in specialist and GP practices.

The program covers common gynaecological conditions, current management and nursing interventions.

Presented by experts in the field.

Date: Wednesday 21 October 2009
Time: 9.00am – 5.00pm
Cost: $150.00
Venue: FPNSW Ashfield

Tony McGrane and McCarthy Green Scholarships

These two scholarships are funded for nurses to complete the Family Planning NSW Post-Graduate Certificate in Sexual and Reproductive Health. Up to $6,000 will be awarded for tuition, travel and away from home living expenses.

Applicants must be registered nurses with at least two years post-basic experience working in rural/remote or with Aboriginal Communities in NSW. Australian citizens or permanent residents and able to commence study in 2009.

Application form and information, can be downloaded at www.fpnsw.org.au/news or call 1300 658 886

CLOSING DATE: 31st March 2009

Healthline News

Healthline is our telephone information service. When you call, a nurse who specialises in reproductive and sexual health will answer your questions using up-to-date information. The service is anonymous and confidential and open Mon-Fri, 9am-5.00pm EST. Call on 1300 658 886 or TTY for Deaf 02 8752 4360. (Local call costs apply and may be higher from mobiles.)