

Judith Lumley Centre

for mother, infant and family health research

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Bold Thinking

Family Violence and Alcohol: where to from here?

Angela Taft

La Trobe University is running a series of high profile public forums called the 'Bold Thinking' series at the Clemenger Auditorium of the National Gallery on St. Kilda Road. The intent is to showcase the progressive and relevant up-to-date thinking of La Trobe academics. The series began with a public forum between Emeritus Professor Robert Manne and Waleed Aly.

On Thursday 19th May, Judith Lumley Centre Director Professor Angela Taft, joined social commentator and feminist writer Clementine Ford, Police Deputy Commissioner Capability Wendy Steendam APM and Dr. Anne Marie Laslett from the Centre for Alcohol Policy and Research, in a forum entitled 'Family Violence and Alcohol: where to from here?' The event was opened by the Vice-Chancellor Professor John Dewar, chaired by Frances Leach and well attended with lively debate and discussion about this 'wicked' combination of social problems.

To watch the live stream of the Bold Thinking Series, follow the link below: http://www.latrobe.edu.au/bold-thinking/stream



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NEWS IN BRIEF

New Appointments

Congratulations to **Helen McLachlan** who has been appointed to the leadership role of Site Director (Bundoora) for the School of Nursing and Midwifery.

Congratulations to **Michelle Newton** who has been appointed as the Director of Teaching and Learning, School of Nursing and Midwifery.

Graduation and awards



Congratulations to **Leesa Hooker**, who recently graduated with her PhD. Her thesis by publication was titled *Strengthening maternal & child health nursing practice for women and children experiencing family violence*. She was supervised by Professors Angela Taft and Rhonda Small.

Kristina Evardsson won the Perinatal Society of Australia and New Zealand (PSANZ) New Investigator Award, Best Poster Presentation, Epidemiology and Public Health at the PSANZ 2016 20th Annual Congress, Townsville, Australia. The title of her oral and poster presentation was Physicians' experiences and views on the role of obstetric ultrasound in rural and urban Rwanda: a qualitative study.



Ringing Up about Breastfeeding (RUBY): a randomised controlled trial exploring early telephone peer support for breastfeeding

Fiona McLardie-Hore

Breastfeeding is important for both mothers and babies, and although most women in Australia start breastfeeding, many stop sooner than they had planned. Evidence on how to maintain breastfeeding in countries with intermediate to high breastfeeding initiation is sparse and many strategies aimed at increasing breastfeeding duration have not been successful. RUBY is the first Australian randomised controlled trial exploring if early telephone peer support helps women to continue breastfeeding, and is based on research conducted by Professor Cindy-Lee Dennis in Canada. The study is a collaboration between La Trobe University, the Royal Women's Hospital and the Australian Breastfeeding Association, with recruitment of participants from the Royal Women's Hospital, Monash Health and Western Health,

Over the past three years, 237 volunteers have been trained to provide breastfeeding support to the new mothers participating in the study who have been randomly allocated to receive this telephone support. The volunteers call mothers frequently in the early weeks after birth, when women are more likely to stop breastfeeding, with less frequent calls up until six months. Heather Grimes has been coordinating the volunteer program and is exploring the peer volunteers' perspective, collecting data from volunteer call logs, an online survey and focus groups, as part of her "Pass it on" sub-study.

Sunshine. Funding was provided by the Felton Bequest.



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Staff news



We warmly welcome two new staff members to JLC, who are working across a number of projects within the Transition to Contemporary Parenthood Program. Jasmine Love started working at JLC in

March on the 'EHLS@School' project.



Dr Stacey Hokke started at the Centre in May and is working on two projects -'Families@Work' and 'Recruiting and tracing research participants via social media: feasibility and ethics'.



We also welcome our new administrative officer, Taylyn Hulse. She started in May and has a background in psychological research administration within American Universities.

In the first half of this year, JLC farewelled two significant staff members who contributed greatly to the research work and to the supportive culture of the centre.



Firstly, Simone Pakin, who has been the driving force of sound administration and social wellbeing in the centre for the past five years, left to join her husband

in his business. Simone had the formal title of Research and Grants Officer, but her ability to organise efficient systems for recording our work, to organise our rooms and resources, to maintain and beautifully design our website and publications and keep them up to date, was fundamental to the successful public face of the Judith

Recruitment of all 1152 participants concluded in December 2015, with over 1000 follow-up interviews completed so far and 348 completed surveys about women's experiences of peer support. We expect to finish collecting all the study data by September this year. For my PhD research, I will be exploring women's experience and satisfaction of receiving peer support, through data collected from the experience of peer support surveys and face to face interviews with participants.

Two conference abstracts have been accepted for oral presentation at the 31st triennial congress of the International Confederation of Midwives in Toronto 2017. Della Forster will be presenting the primary outcomes and I will be presenting women's satisfaction with telephone peer support for breastfeeding.

Chief Investigators: Della Forster, Helen McLachlan, Mary-Ann Davey, Lisa Amir, Lisa Gold, Rhonda Small

Associate Investigators: Kate Mortensen (ABA), Nanette Shone (ABA), Anita Moorhead (Women's), Patrice Hickey (Sunshine), Jenny Tenni (Sunshine), Fiona McLardie-Hore (Women's), Cindy-Lee Dennis, Chris East (MMC), Heather Grimes (JLC)

Continuity of care by a primary midwife (caseload midwifery) increases women's satisfaction with antenatal, intrapartum and postpartum care – more findings from the COSMOS randomised controlled trial



Della Forster

Continuity of care by a primary midwife during the antenatal, intrapartum and postpartum periods has been recommended in Australia, and many hospitals have introduced a caseload midwifery model of care. The model includes antenatal, intrapartum and postpartum care from a primary midwife with back-up provided by another known midwife when necessary. We conducted the COSMOS (COmparing Standard Maternity care with One to one midwifery Support) randomised controlled trial (the world's largest trial of caseload midwifery and the first in Australia) and found that women allocated to care with a known midwife had better outcomes overall compared with women who received usual care, and their babies did as well. Women had fewer caesarean births, and fewer interventions in labour and birth overall. Their babies were less likely to be admitted to the special care or neonatal unit, and less likely to have a low weight at birth. Women also reported a better experience in many aspects



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Lumley Centre. More than this, Simone with her generosity of spirit and her organisational skills contributed to the social wellbeing of the centre, organising Christmas in July, decorating the centre, making sure gifts reached those whose event it was, and keeping us clean and well-organised. "You know I'm Austrian", she would say. She is much missed.



Our second farewell was to Mridula Shankar. Her Masters from Berkeley University in the US on sexual and reproductive rights and services in India, in addition to her interest and commitment to public

health and women's human rights made her an ideal Research Fellow for the JLC Director, Angela Taft. Mridula coordinated the study of access and equity to medication abortion in Australia and also the feasibility study of Harmony - the trial of a GP system intervention pairing bilingual GPs with bilingual advocates to reduce and prevent family violence in South Asian communities. Mridula's thoroughness, intelligence, attention to detail and great personal charm ensured that the studies were well conducted and completed. She leaves us to commence a PhD in Global Public Health at Johns Hopkins University.

Congratulations to Dr. **Liz Westrupp** and her partner Dave on the birth of their daughter Daphne in July.



of their birth, for example they were more likely to say they were proud of themselves and less likely to feel negative about labour and birth.

Another aspect we explored in the COSMOS study was the effect of caseload midwifery on women's satisfaction with care across the maternity continuum. We asked women's views using a questionnaire when we first recruited them to the study, and by a follow-up questionnaire sent at two months after the birth. We recruited 2,314 women attending the Royal Women's Hospital in Melbourne to the trial, and of these, 1,156 were allocated to receive caseload care and 1,158 were allocated to the standard options of care. Compared with standard care, caseload care was associated with higher overall ratings of satisfaction with antenatal care.

Our conclusion was that for women at low risk of medical complications, caseload midwifery increases women's satisfaction with antenatal, intrapartum and postpartum care. For more details, you can read the full article, which is published in an open-access journal. The reference is below.

Funding: NHMRC Project Grant

Citation: Forster DA, McLachlan HL, Davey M-A, Biro MA, Farrell T, Gold L, Flood M, Shafiei T, Waldenström U. Continuity of care by a primary midwife (caseload midwifery) increases women's satisfaction with antenatal, intrapartum and postpartum care. The COSMOS randomised controlled trial. *BMC Pregnancy and Childbirth*: 2016; 16: 28.

'Supporting breastfeeding In Local Communities' (SILC)



Helen McLachlan

Breastfeeding provides infants with the optimal start to life, yet despite recommendations from the World Health Organization and high rates

of breastfeeding initiation, exclusive breastfeeding for six months is uncommon in Australia. Increased breastfeeding support at home early in the postpartum period may improve breastfeeding maintenance.

The Victorian Department of Education and Early Childhood Development (DEECD) provided funding to try two ideas aimed at increasing breastfeeding duration in Local Government Areas (LGAs) in Victoria, and to compare them with usual care women received. 'Supporting breastfeeding In Local Communities' (SILC) was a three-arm cluster randomised controlled trial evaluating whether two specific community-based interventions would increase the percentage of women continuing to feed at least some breast milk in those LGAs. Ten LGAs with a lower than average rate of any breastfeeding at hospital



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Visitors

Dr. Jane Koziol-McLain



Professor Jane Koziol-McLain is Professor of Nursing, and Director of the Centre for Interdisciplinary Trauma Research, Auckland University of Technology. Her internationally renowned research

focuses on improving the health system response to violence against women and children, especially among culturally diverse communities. Professor Koziol-McLain has led research documenting the prevalence of partner violence among women in the New Zealand health care setting and consulted for the UNFPA on violence against women in the Asia-Pacific, including Vanuatu, Kiribati, Marshall Islands and Fiji. She has worked in teams that have investigated health care site-based partner violence screening acceptability and effectiveness, measured nursing professional family violence curriculum in the tertiary sector, and evaluated policy and employers' responses to family violence.

Jane visited the JLC for several weeks in May, gave seminars in Franklin St and Bundoora and met with scholars interested in family violence and health system research. Jane is returning to the JLC in October to further this developing work and to give a plenary presentation at the Nursing Network on Violence International (NNVAWI) conference, hosted by La Trobe University School of Nursing and Midwifery through JLC.

discharge; more than 450 births per year; and that agreed to participate were randomly allocated to one of three trial arms:

- 1. Standard care; or
- 2. Early postnatal home-based breastfeeding support visits to women at risk of breastfeeding cessation; or
- 3. Home-based breastfeeding support visits plus access to community-based breastfeeding drop-in centres.

Home visits were conducted by experienced Maternal and Child Health Nurses (SILC-MCHNs). Breastfeeding drop-in centres were staffed by SILC-MCHNs. The interventions ran for a nine-month period from July 2012 to March 2013.

Compared with the women in LGAs which had care as usual, there was no difference in breastfeeding at four months in the women in LGAs who had extra home visits, nor in women in LGAs with home visits plus drop-in centres. There was also no difference in breastfeeding at three or six months, nor in any LGA before and after the intervention.

Study findings

Four LGAs were randomised to the comparison arm and provided usual care (n=2414 women); three LGAs were randomized to home visits (n=2281 women); and three LGAs to home visits plus drop-in centres (n=2344 women).

Early home-based and community-based support proved difficult to implement. Interventions to increase breastfeeding in complex community settings require sufficient time and partnership building for successful implementation. We cannot conclude that additional community-based support is ineffective in improving breastfeeding maintenance given the low level of adherence to the planned protocol.

Publications to date:

- McLachlan HL, Forster DA, Amir LH, Cullinane M, Shafiei T, Watson L, Ridgway L, Cramer R, Small R. Supporting breastfeeding In Local Communities (SILC) in Victoria, Australia: a cluster randomised controlled trial. *BMJ Open* 2016;6 (2):e008292 doi:10.1136/bmjopen-2015-008292.
- 2. Ridgeway L, Cramer R, McLachlan HL, Forster DA, Cullinane M, Shafiei T, Amir LH. Breastfeeding support in the early postpartum: Content of home visits in the SILC Trial. *Birth*, accepted 8 June 2016.

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Dr. Cindy Lee Dennis



Professor Cindy-Lee Dennis visited JLC for 2 weeks in early 2016. During her visit, she worked with Touran Shafiei and the research team from JLC to develop

research proposals and grant applications about peer support intervention to prevent perinatal depression and anxiety. She also presented two seminars, titled: 'Mothering transitions research program" and "How to develop an international program of research'.

Cindy-Lee is an international leader in maternal mental health. She is a Professor at the Lawrence S. Bloomberg Faculty of Nursing, University of Toronto. She holds a Canada Research Chair in Perinatal Community Health at the University of Toronto and the Shirley Brown Chair in Women's Mental Health Research at the Women's College Research Institute in partnership with University of Toronto's Psychiatry Department and the Centre for Addiction and Mental Health. Her research focus areas include: detecting, preventing and treating perinatal depression and anxiety; examining the health of immigrant mothers and infants; developing postpartum interventions that include fathers and improving breastfeeding outcomes.

Early Home Learning Study (EHLS) at School

Meabh Cullinane

EHLS at School is a follow-up of the Early Home Learning Study (EHLS), which ran from 2010 to 2013 in Local Government Areas across Victoria. EHLS was a cluster randomised controlled trial of a parenting support program called *smalltalk*, and aimed to identify the best way to support parents experiencing difficult social circumstances to create a rich home learning environment for their young children. More than 2000 Victorian parents of children aged from birth to three years participated in EHLS. The findings showed that, compared to controls, *smalltalk* participants had greater gains in parent-child interactions, the home environment and children's communication and social skills at the end of program delivery and at a 5-month follow-up.

EHLS at School follows the original EHLS cohort up between 7-8 years of age, and aims to investigate whether positive early effects of the *smalltalk* program are sustained to early school-age. Data are being collected from parents, children and their teachers. Data collection began in January 2016 and will continue until the end of 2018.

A major focus of the study is a home visit to collect data from parents and children. In January 2016 an initial mail-out was sent to 991 families providing them with information about the study and inviting them to update their contact details. Since then, the research team has been busy contacting all families to update their contact details, book assessments that are due, and identify families who will require additional effort to trace. The team began conducting home visits in April 2016, and has since collected data from approximately 80 families, with more assessments due before the end of 2016. The team is looking forward to a busy end to 2016, and will begin collecting data from teachers and schools in August 2016.

Funding: EHLS at School has been funded by a National Health and Medical Research Council Partnership Project between the research team at La Trobe University (LTU), Murdoch Childrens Research Institute (MCRI), Deakin University, and Queensland University of Technology (QUT) and the Victorian Department of Education and Training.

Research Team: Jan Nicholson (LTU), Elizabeth Westrupp (LTU), Naomi Hackworth (LTU), Sheena Reilly (Griffith University), Fiona Mensah (MCRI), Penny Levickis (MCRI), Lisa Gold (Deakin), Donna Berthelsen (QUT)



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Grants

Angela Taft and Ingrid Wilson joined with the Centre for Alcohol Policy Research (CAPR) to win significant funding from a La Trobe University Centre of Excellence bid designed to bring together scholars from differing schools and colleges with national and international colleagues around major public challenges. They are currently drawing up a development plan for the next two years to establish their program titled Tackling domestic violence and alcohol misuse: a multidisciplinary research program toward strategies to prevent and reduce alcohol-related domestic violence.

Leesa Hooker received MAEVe/MSEI Seed Funding, University of Melbourne & Western Health for *My Safety App: Scoping a safety and communication app for children experiencing family violence.*

International Conference Presentations

Work and Family Research Network (WFRN) Conference, Washington, DC:

Jan Nicholson: How parents' income, time and job quality affect children's health and development. Work and Family Research Network Conference, Washington, DC. 23-25 June, 2016

Paper presented as part of a symposium: Parents' Work Conditions, Parenting and Child Development.

Amanda Cooklin: Change and stability in work-family conflict and mothers' and fathers' mental health: longitudinal evidence from an Australian cohort. Work and Family Research Network Conference, Washington, DC. 23-25 June, 2016

Postgraduate updates:

A new informal lunchtime education session for HDR students has commenced at JLC: 'Nuts & Bolts'. The session runs once a month and focuses on sharing information about the basics of undertaking a higher degree by research, and further encouraging a supportive postgraduate culture. 'Nuts & Bolts' is the creation of PhD Candidate, Maggie Flood.

New Student Perspective:

Sara Stelfox



I am very happy to be undertaking my PhD here at Judith Lumley Centre. It has taken more time than I anticipated to take the leap and now that I have, I am excited by the opportunity to share journeys with fellow students and researchers here. I am looking forward to a valuable and unique professional and personal journey, an opportunity to develop new skills and become connected with a wider network of researchers working in women's health. I am studying part-time and I am a midwifery lecturer and course

coordinator at another university. My practice background is almost entirely midwifery based and I enjoyed working in all midwifery areas but concentrated on the care of women and their babies after birth. I have held clinical and education based roles in hospitals and have always enjoyed working with students and newly graduated midwives, this led to roles in universities and eventually to JLC.

My PhD will focus on postnatal depression and ways to better support women by using technology to reduce isolation and improve social connectedness. Postnatal depression and anxiety have a significant impact on women, partners and the wider family and remains tainted by stigma and other barriers to seeking help. Overcoming these barriers to be able to improve women's access to effective support and treatment can help to improve women's experiences and the outcomes for their children.

Sara is supervised by Helen McLachlan, Della Forster, and Touran Shafiei.

Global Burden Disease (GBD) Technical Training Workshop

Beatriz Paulina Ayala Quintanilla

In May 2016, I had the opportunity to attend the Global Burden Disease (GBD) Technical Training Workshop which was hosted by the Institute for Health Metrics and Evaluation (IHME) of the University of Washington. The workshop



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Cattram Nguyen: Missing data in analyses of work-family conflict: a case study using data from the Longitudinal Study of Australian Children. Work and Family Research Network Conference, Washington, DC. 23-25 June, 2016 Papers presented as part of a symposium: Work and family health and wellbeing.

International Society on Early Intervention (ISEI) Conference, Stockholm:

Naomi Hackworth: What influences parental engagement in early intervention? Predictors of recruitment, enrolment, retention, and involvement of vulnerable families. *International Society on Early Intervention Conference*: Stockholm, Sweden. 8-10 June, 2016.

Jan Nicholson: A cluster randomised controlled trial of an early home learning intervention for disadvantaged children: outcomes and implications for implementation. International Society on Early Intervention Conference: Stockholm, Sweden. 8-10 June, 2016.
Papers presented as part of a symposium: Collaboration and co-production: supporting disadvantaged families through universal early childhood services.

Shannon Bennetts: Comparing parent-reported and directly-measured child language and parenting behaviors. *International Society on Early Intervention Conference*: Stockholm, Sweden. 8-10 June, 2016

was held in Greece and the IHME provided full financial support for my participation. Professor Emmanuela Gakidou, Global Health Director and Academic Development and Training of the IHME, and her team delivered the opening speech to 65 participants. Participants were from a diverse range of lower, middle and higher income countries across the world. Professor Christopher J.L. Murray, Director of the IHME, led the closing ceremony and explained the future directions and work of the GBD.

The workshop focused on diseases and injuries across countries, which produced a diverse set of comparisons defined by time, age and gender. The intensity and engagement of this workshop enabled participants to have an interactive exchange of ideas in relation to mortality, causes of death, non-fatal outcomes, and risk factors. During this workshop, I also expanded my skills to utilise and analyse data with the GBD advanced methodological framework. Using GBD data, I learned how to predict health trends over time, identify health inequalities and risk factors, as well as estimate figures such as years lived with disability (YLDs), years of life lost (YLLs), disability-adjusted life years (DALYs), and healthy life expectancy (HALE). These skills and figures can have a high impact on intervention implementation and policy decision making in relation to GBD. I look forward to applying these new skills during my PhD studies and in the future.

Everyone is welcome to be part of the GDB by joining the GBD collaborator network at: http://www.healthdata.org/gbd



Beatriz (Front row, 4th from the right) and other workshop attendees



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Lunchtime seminars

We hold lunchtime seminars on the **first Wednesday of every month** from February
to December, from 12.30 - 1.30 pm and **extra seminars** at alternative times.

These seminars showcase the work of our colleagues as well as national and international academics and researchers visiting the Centre.

Upcoming seminars:

- Aug 3 Laura Biggs, PhD Candidate, Judith Lumley Centre: A mixed method evaluation of the PANDA Perinatal Anxiety and Depression Australia National Perinatal Depression Helpline
- Sep 7 Dr. Carla Pascoe, Historical and Philosophical Studies, The University of Melbourne, Memories of maternal transition: the history of becoming a mother in Australia since 1945
- Oct 5 Dr. Kay Cook, Centre for Applied Social Research, RMIT University, Impact of social policy on relationships between the state, individuals and families
- Nov 2 Associate Professor Lisa Amir, Judith Lumley Centre, Breastfeeding in public
- Dec 7 Professor Sue McDonald, Judith Lumley Centre, Estimated blood loss in the birth pool

For more information, please refer to our website at www.latrobe.edu.au/jlc/news-events/seminars-and-clubs

If you would like to be added to our mailing list or update your details, please email us at *jlc@latrobe.edu.au*.

Work and Family Research Network Conference, Washington DC, 23-25 June, 2016

Amanda Cooklin

The Work and Family Researchers Network (WFRN) is an international membership organization of interdisciplinary work and family researchers. Members of the Transition to Contemporary Parenthood Team (Amanda Cooklin, Jan Nicholson, Cattram Nguyen) with partners from Australian National University (Lyndall Strazdins, Liana Leach, Huong Dinh) and University Massachusetts Amherst, USA (Maureen Perry-Jenkins; Rachel Hermann; Hillary Halpern) had two symposia accepted for presentation at the WFRN bi-ennial conference held in Washington DC in June, 2016.

The first symposium "Work and Family Health and Wellbeing" was presided by Lyndall Strazdins who outlined the pathways through which the work-family interface influences family life and health outcomes. Two papers then evidenced this model showing a link between work-family conflict and parents' mental health (or depression) from the transition to parenthood and beyond. The third paper presented a phenomenon common to all cohort studies - the handling of missing data — and showed the implications of various treatments on study results. Tammy Allen (University of South Florida) led the Discussion for this session.

The second symposium, 'Parents' work conditions, parenting and child development', comprised of three papers examining how conditions of employment, including work hours and work-family conflict are related to both parenting quality and children's developmental outcomes across Australia and USA. Jan Nicholson gave an overview of the importance of longitudinal cohort data to address these questions and Maureen Perry-Jenkins led the discussion.

The overall goal of these symposia was to highlight how work conditions shape parents' health *and* child development and, in so doing, highlight potential sites for workplace interventions that can support working parents.

I was invited to present a paper in a third symposium, 'Work and family in relation to health and wellbeing', organised by Dr Mara Yerkes (University of Utecht, The Netherlands). I presented the paper, 'What matters for working fathers? Job Characteristics, work-family conflict and enrichment and fathers' postpartum mental health'.



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In the media

Amanda Cooklin was interviewed by Jon Faine on ABC 774 on 19 April, discussing mothers' and fathers' work-family conflict and the effect on their health and wellbeing. She was also interviewed on radio in Sydney and Perth on 4 March, commenting on fathers' low use of paternity leave in Australia following the release of an OECD report.

Della Forster was interviewed by *The Herald Sun* for her reunion with a Corowa woman she cared for 23 years ago. This woman was born premature at 25 weeks and was only the size of a pen. The feature highlighted the excellent care at the Royal Women's Hospital. http://tinyurl.com/glrlbc7

Lisa Amir was featured in an interview about her career and research. See the link to The RED Alert blog to read the article. http://tinyurl.com/hgqobps

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research

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Strengthening healthcare systems to promote safety and health of women and families

21st Nursing Network on Violence Against Women International Conference 2016

Professor Angela Taft, Director of the Judith Lumley Centre, is chairing and coordinating the 21st Nursing Network on Violence Against Women International Conference, which will be held 26 - 28 October 2016 in Melbourne.

Save the date!

Keynote Speakers:

- Dr Claudia Garcia-Moreno, MD, MSc, World Health Organization, Geneva, Switzerland
- Prof Jacquelyn Campbell, PhD, RN, FAAN, Johns Hopkins School of Nursing, Baltimore, USA
- Prof Jane Koziol-McLain, PhD, RN, Auckland University of Technology, Auckland, New Zealand
- Prof Kelsey Hegarty, MBBS, FRACGP, DipRACOG, PhD, Department of General Practice, University of Melbourne, Australia
- Ms Rosie Batty, Family violence campaigner, Australian of the Year
 2015

Early Bird Registration ends 31 August 2016.

Find more information at $\underline{www.latrobe.edu.au/jlc/news-events/NNVAWI-Conference-2016}$

