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Sue Matthews (CEO, Royal Women's Hospital), Lisa Amir (JLC), Anita Moorhead (JLC), Della Forster (Royal Women's Hospital and JLC) and the Hon Robert Cameron (Bendigo Health)

Victorian Public Healthcare Award for the DAME Research team

Anita Moorhead and Della Forster

The Diabetes and Antenatal Milk Expressing (DAME) team won a Victorian Public Healthcare Award for "Improving health care through clinical research" on 26 October.

The Victorian Public Healthcare Awards are an annual celebration of excellence, dedication and innovation in public health, health services and service initiatives that deliver informed and effective healthcare.

The award was based on a joint submission by La Trobe University and the Royal Women's Hospital. The DAME team was represented on the night by Professor Della Forster, Anita Moorhead and Associate Professor Lisa Amir. The DAME team also has investigators from Mercy Hospital for Women, Monash Health, Murdoch Children's Research Institute and Deakin University.

The world first study found that women with diabetes in a low-risk pregnancy can safely express breast milk in late pregnancy, with the study dispelling concerns that the practice could cause earlier birth for women and more babies being admitted to special care nursery after birth. The study also showed that women who expressed during late pregnancy were more likely to be able to provide breast milk only for their babies while in hospital. You can read more about their research at <http://www.latrobe.edu.au/news/articles/2017/release/landmark-study-on-antenatal-expressing>.

The research has attracted international attention following its publication in *The Lancet* in June. "We are thrilled with this recognition of our work, which has already changed clinical practice" Professor Forster said. "We have received many invitations to present the findings both nationally and internationally."

Congratulations to the DAME team.

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NEWS IN BRIEF**Staff News**

We warmly welcome **Ellen Koutsodimitropoulos** and **Laura Biggs** as new members of the EHLS at School team. Both Ellen and Laura will be conducting home visits with parents and their 7-8 year old children around the North-Western suburbs of Melbourne. Ellen works as a Speech Pathologist for the Department of Education and Training. Laura is a Midwife for Western Health, Sessional Lecturer at the Australian Catholic University and current PhD Candidate at the Judith Lumley Centre.

It was with sadness that we farewelled two long-term colleagues from the TCPP team at JLC – **Dr Naomi Hackworth** and **Dr Liz Westrupp**. Naomi moved to the Parenting Research Centre in July, as Senior Project Manager on the Raising Children Network. Liz has taken a position as Senior Lecturer in Psychology at Deakin University. Both Naomi and Liz had been working with the team for many years, including three years at JLC. We wish them all the best in their new roles.

We also farewelled **Anna Frangkoudi**, who was a part of the JLC team for a number of years, initially as a Masters student, then more recently working on the EHLS at School project. Also, after recently being awarded her PhD, **Dr Miranda Buck** has decided to move back to the UK. We thank Anna and Miranda for their contributions to the Centre and wish them well for their future endeavours.

The Judith Lumley Centre is moving!

Jan Nicholson

After 25 years at various locations around the City and Carlton, the Judith Lumley Centre is relocating to the Bundoora Campus. As part of its major investment in ensuring state-of-the-art research, teaching and learning facilities, the university has undertaken a major refurbishment of part of level 3 George Singer Building. The refurbishment has involved a complete gutting of the existing space. The existing 70's style floorplan of outer offices, internal corridors and central rooms with no natural light, has been transformed. Offices with external walls have been retained, but with glass internal walls allowing light to flow through to thoughtfully designed internal open plan work spaces. The staff room refurbishment has created a modern, airy space with the flexibility for hosting events. A number of small meeting rooms off the central shared spaces and creative lighting and sound solutions mean that this new shared School and Centre space is going to be functional and fun to work in. The relocation brings many benefits and opportunities, foremost amongst them, the co-location with our Nursing and Midwifery colleagues and the convenience of being near the research teams within AIPCA.

As with any renovation, timelines for the relocation have shifted a bit. At the time of writing, it is planned that JLC will move in mid-December. Our last formal JLC seminar was held on 6 December, with Della Forster presenting the final outcomes of the RUBY trial, a randomised controlled trial of proactive telephone peer support aimed at increasing breastfeeding at six months. This was followed by a "Last Hurrah" lunch.

While it is sad to be leaving the space where so many achievements have been accomplished and where we have such fond memories, this marks the beginning of an exciting new phase in the life of JLC and its staff and students.

FIVE FAB THINGS ABOUT BUNDOORA

1. Incidental exercise – it is a campus that forces you to walk – I always hit my target daily number of steps when I am at Bundoora.
2. Incidental conversations - being close enough to colleagues within the School and elsewhere to have those conversations that somehow morph into great ideas and exciting projects.
3. The coffee!! The jury is out regarding the best coffee location with varying loyalties to Writer's Block, Caffeine and Bachelor of Coffee.
4. Beautiful surrounds and a wildlife sanctuary – how cool is that. What other uni has a wildlife sanctuary on campus!
5. Agora lunchtime festivities (Cultural festivals, Mental health week celebrations etc) and the buzz that you get from being on a campus humming with enthusiasm.

And... the Newsletter editorial staff inserted their favourite as a 6th fab thing:

6. Nutella doughnuts at Nuts-About-Tella.

In the Media

The following are an example of some of the media appearances by staff at the centre:

Shannon Bennetts: Perkins M. "Walking and talking raises family feeling". *The Age*, 6/12/17

Sharinne Crawford: O'Brien S. "Fear stalks kids: But they still want freedom." *Herald Sun*, 17/09/17

Amanda Cooklin: ABC radio *The World Today*, invited commentary, gender differences in paid work, flexible work arrangements for parents.
<http://www.powertopersuade.org.au/womens-policy-action-tank-blog-posts>
Channel 10 News, 6/12/17

Catherine Chamberlain: Interviewed by Department of Education and Training regarding the Endeavour program experience in the UK.

Jan Nicholson, Shannon Bennetts and Amanda Cooklin also had radio interviews on various topics.

Research Funding Success

Congratulations to Angela Taft and team on receiving an NHMRC Partnership Grant for "HARMONY: a cluster randomised controlled trial of a whole of general practice intervention to prevent and reduce domestic violence among migrant and refugee communities" (\$595,289; 2017-2021).



The HARMONY team combines government, multicultural service partners, national and international investigators to adapt two successfully trialled GP domestic violence models (IRIS, WEAVE) for Australian multicultural patient populations in the HARMONY study - a 'whole of service' primary care approach to improving general practice response to victims of family violence.

HARMONY aims to increase identification and referral of women experiencing domestic violence to specialist services, especially those among migrant and refugee populations; to increase safety discussions between practice staff and clients; to determine cost effectiveness of the intervention; and to investigate factors that enable practice change and sustainability.

In a GP cluster randomised controlled trial, the full HARMONY intervention combines: linking a domestic violence advocate to GP clinics; joint GP and bilingual domestic violence advocate training for all clinicians; safety training for all reception staff; secondary consultation for clinicians and feedback for clinical staff by the domestic violence advocate; and case management support for victims from intervention practices. All practices will have tailored software for routine recording of identification of DV and demographic information including migrant and refugee background in the GPs' electronic data.

The HARMONY investigator team is led by Angela Taft and includes: Alan Shiell (La Trobe), Kelsey Hegarty (University of Melbourne), Jane Yelland (Murdoch Children's Research Institute), Danielle Mazza (Monash University), Gene Feder (Bristol University); partner investigators Roshan Bhandary (In Touch Multicultural Centre against Family Violence), Marian Esler (Department of Social Services), Dana Krause (Department of Premier and Cabinet); and associate investigators Douglas Boyle (University of Melbourne), Cattram Nguyen (Murdoch Children's Research Institute) and Claudia Garcia-Moreno (World Health Organization).

Partnership funding has been provided by NHMRC, together with the federal Department of Social Services and the Victorian Multicultural Affairs and Social Cohesion Division, Department of Premier and Cabinet.

Congratulations to Cath Chamberlain and team on being awarded funding from The Lowitja Institute for the project "Healing the Past by Nurturing the Future: Strengthening foundations for supporting Indigenous parents who have experienced complex childhood trauma" (\$228,248; 2018-2019).

This Indigenous-led project aims to build strong foundations towards identifying and providing effective support for Indigenous parents who have experienced complex trauma. These aims will be achieved by:

1. Mapping relevant perinatal and psychosocial support services and key stakeholders who may be interested in being involved in co-designing screening and support strategies for Indigenous parents who have experienced complex trauma in three jurisdictions (VIC, SA and NT).

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2016 Kanter Award Finalist for research excellence

Congratulations to **Elizabeth Westrupp** and **Amanda Cooklin**. Their 2016 article “Maternal work–family conflict and psychological distress: reciprocal relationships over 8 years” published in the *Journal of Marriage and the Family* (Quintile 1 journal for both family studies and sociology) was awarded the honor of nominee for the annual Rosabeth Moss Kanter Award for Excellence in Work-Family Research.

The award is given to the authors of the best research paper published in a given year. Liz and Mandi’s paper with long-standing collaborators from Australian National University (Lyndall Strazdins), University of Tasmania (Ange Martin), and University of Western Australia (Steve Zubrick), made the shortlist of the top 15 articles for 2016.

A joint project of the Center for Families at Purdue University and the Boston College Center for Work & Family, the international award raises awareness about high quality work-family research among the scholar, consultant and practitioner communities. External nominations are not accepted. A very rigorous process involving nomination and review by a committee of over 60 leading scholars determined this year nominees from over 2500 articles published in 65 leading English-language journals from around the world.

2. Facilitating two workshops with key stakeholders to: discuss scoping review findings; co-design a systematic review; develop research governance, emotional and cultural safety protocols; co-design research with vulnerable families; and plan the next stages of the research (development of screening and support strategies).
3. Conducting a mixed methods systematic review of theoretical and empirical evidence of factors which mediate parental healing and/or transmission of intergenerational trauma.
4. Pre-testing and conducting innovative engaging research with key community groups and families to understand and illustrate parents’ experiences of complex trauma.

The Healing the Past investigator team is led by Cath Chamberlain and includes: Graham Gee (Victorian Aboriginal Health Services), Stephanie Brown (Murdoch Children’s Research Institute), Kerry Arabena (University of Melbourne), Judy Atkinson (Southern Cross University), Jan Nicholson (La Trobe University), Deidre Gartland (Murdoch Children’s Research Institute), Helen Herrman (Orygen), Karen Glover (SAMHRI), Yvonne Clark (University of Adelaide), Amanda Mitchell (Aboriginal Health Council of South Australia), Caroline Atkinson (We Alli Trust), Fiona Mensah (Murdoch Children’s Research Institute), Helen McLachlan (La Trobe University), Shawana Andrews (University of Melbourne), Sue Brennan (Monash University), Tanja Hirvonen (Flinders University), Sandra Campbell (James Cook University).

Visitors at JLC

Spring Sabbatical at JLC

Ingrid Mogren

I am a Professor in Obstetrics and Gynaecology at Umeå University in Sweden and also an Adjunct Professor at the Judith Lumley Centre (since 2016). I am currently on sabbatical from Umeå University visiting JLC for five months, from August to December 2017. My research focuses on reproductive health, using both quantitative and qualitative methods, and I supervise PhD students both in Sweden and in low income countries.

I am the principal investigator of the research project, “The CROss-Country Ultrasound Study” (CROCUS), collaborating with Professor Rhonda Small and Senior Lecturer Kristina Edvardsson both affiliated with JLC. The overall aim of the research is to investigate obstetricians’ and midwives’ experiences and views on the role of obstetric ultrasound in relation to clinical management, ethical aspects, and maternal and fetal rights. Six countries – three low to middle income countries and three high income countries (Australia, Norway, Sweden, Vietnam, Tanzania and Sweden) - are included in this two – phase project which has a qualitative phase and quantitative phase. The first data collection was actually undertaken in Melbourne in 2012. During this Spring we have been preparing to conduct the second phase in Melbourne, and data collection will start in December 2017.

I am very pleased to have the opportunity to visit JLC this Spring. I have enjoyed interesting seminars and discussions with research colleagues, and I would also like to point out the friendly and positive atmosphere that I think characterises JLC. During my time here (3 months at the time of writing) I have submitted four papers together with colleagues, revised four papers and one new manuscript will soon be submitted.

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I have also developed a new research project: “Non-invasive Prenatal Testing (NIPT) in Sweden – Monitoring the process of implementation during its early phase”, and applied for funding for this project. Further, two of my PhD students, Sophia Holmlund and Jean Paul Semasaka Sengoma have visited JLC and presented their works at seminars. They have both been very happy with the interest and the discussions that followed their presentations.

I plan to visit JLC regularly in the future and I also hope for new research collaborations with researchers at JLC.

Dr Irena Zakarija-Grkovic



Dr Irena Zakarija-Grkovic visited the Centre to meet with Lisa Amir and Anita Moorhead in August 2017. Irena is a Senior Lecturer, University of Split School of Medicine, Co-Director of the Croatian Branch of the Cochrane Collaboration and UNICEF consultant for Croatia.

They met to discuss Lisa’s audit of mastitis in Emergency Departments project and collaboration plans.

Professor Ulla Waldenstrom



In November and December 2017, Professor Ulla Waldenström was an invited visitor to JLC. Professor Waldenström is Professor of Reproductive Health at Karolinska Institute, Stockholm, Sweden.

It was wonderful to welcome Prof Waldenström back to La Trobe where she was formerly Professor of Midwifery in a joint appointment with the Royal Women’s Hospital from 1995-1997.

During that time, she was the principal investigator of a team midwifery trial at the Royal Women’s and supervised a similar trial at Monash Medical Centre.

Ulla has extensive experience in research related to models of maternity care for women at low medical risk, women’s experiences of labour pain, childbirth, and satisfaction with maternity care. During her visit, she led a number of seminars. The highlight was a presentation at the Royal Women’s Hospital ‘Research Week’ as an invited keynote speaker. She presented the findings of a large epidemiological study exploring associations between maternal age and childbirth risk. The study included almost one million pregnancies from the Swedish Medical Birth Register.

Royal Women’s Research Week Awards

The Royal Women’s Research Week 2017 Student Presentation Award went to **Robyn Matthews** for her presentation on “EXPert – Exploring nurses’ and midwives’ perception of ‘expertise’ at the Royal Women’s Hospital Melbourne”. Robyn is enrolled in a research Masters at Judith Lumley Centre.

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End Of Year Celebration & Farewell Franklin Street



Robyn Matthews, Rebecca Hyde, Della Forster, Michelle Newton, Fiona McLardie-Hore, Sarah Hay, Helen McLachlan and Kate Dawson

International Confederation of Midwives 31st Triennial Congress

Fiona McLardie-Hore & Laura Biggs

The International Confederation of Midwives (ICM) is an accredited non-governmental organisation which supports, represents and works to strengthen professional associations of midwives throughout the world to achieve common goals in the care of mothers and newborns. ICM is made up of 130 Midwives Associations, from 114 countries across every continent, together representing more than 300,000 midwives globally.

This year the ICM's 31st Triennial Congress took place in Toronto, Canada from the 18th to the 22nd June. A record number of more than 4,000 midwives, partners, stakeholders in midwifery and civil society organisations attended the Congress. The Australian contingent numbered over 400, second only to the host country in attendees! The Congress included a myriad of experts in the field of midwifery and global health, and provided the opportunity for education, information-sharing, networking and strategising the role that midwives will play over the coming years in sexual, reproductive, maternal and newborn health. Attendees were treated to a diverse range of presentations on First Nations communities, models of care, mental health, working with vulnerable and traumatised women, and technological innovations in care.



The Judith Lumley Centre was well represented by both staff and students, with the conference providing a great opportunity to share the work we have been doing with our friends and colleagues. Oral presentations were given by Laura Biggs, Kate Dawson, Della Forster, Fiona McLardie-Hore, Touran Shafiei and Heather Wallace, with poster presentations from Laura Biggs, Sarah Hay and Helen McLachlan. Della Forster, Helen McLachlan, Michelle Newton and Kate Dawson also co-facilitated a very popular workshop, titled "Why is scaling up and sustaining effective programs and models of care so hard? – a workshop on how Implementation Science can

BREAKING NEWS**Just announced: JLC successes in the 2017 NHMRC Project Grant funding round.**

Della Forster, Helen McLachlan, Jan Nicholson, Touran Shafiei and colleagues - Preventing postnatal depression in new mothers using telephone peer support: A randomised controlled trial. 2018-2021. \$860,069
More than 53,000 new mothers in Australia are affected by depression each year. The condition can lead to serious adverse consequences for a mother's health and the health of her infant and family. Effective strategies to prevent and reduce maternal depression are therefore needed. This study will examine whether support by telephone from other mothers (peer volunteers) can help women at increased risk at 4 weeks postpartum.

Catherine Chamberlain, Jan Nicholson and colleagues -

Healing the Past by Nurturing the Future: Learning how to identify and support Indigenous parents who have experienced complex childhood trauma. 2018-2021. \$1,193,719
Complex childhood trauma can cause profound and long-lasting effects on a person's physical, social and emotional wellbeing. Complex trauma can be triggered during the transition to parenthood and impede the capacity of parents to nurture their children. Conversely, this transition offers a unique life-course opportunity for healing and preventing intergenerational transmission of trauma. This project will co-design and evaluate the acceptability and feasibility of perinatal screening and support strategies for Indigenous parents experiencing complex trauma.

help improve research on care quality and safety" led by Jane Sandall together with James Harris (both from King's College London).

Many of us also enjoyed the opportunity to discover all that Toronto and surrounds has to offer including attending Blue Jays baseball games, dining by Lake Ontario, climbing the CN Tower and some even making the trip to Niagara Falls.

Other Conference Presentations**Global Evidence Summit, Cape Town, South Africa, 13-16 Sept, 2017**

Catherine Chamberlain: Engaging Australian Aboriginal and Torres Strait Islander communities and stakeholders in evidence synthesis.

Australian Social Policy Conference, Sydney, 25-27 Sept, 2017

Amanda Cooklin: Invited Discussant. Improving understanding of the modern post-separation family using longitudinal data.

8th Biennial National Conference on Health and Domestic Violence, San Francisco, USA, 26-28 Sept, 2017

Ingrid Wilson: Poster title: Living with a violent drinker: A qualitative study of women's relationship trajectory

Symposium title: The complex relationship between men's use of alcohol and other drugs and their violence toward female partners: Implications for healthcare responses

Global Alcohol Policy Conference, Melbourne, 4-6 Oct, 2017

Ingrid Wilson: Fearing the "changed" man: Understanding women's experience of alcohol-related intimate partner violence

Congress of Aboriginal and Torres Strait Islander Nurses and Midwives (CATSINAM), Gold Coast, 10-12 Oct, 2017

Helen McLachlan & Pam McCalman: Making a difference for mothers and babies through partnerships, collaboration and continuity of care.

Oceania Tobacco conference, Hobart, 17-19 Oct, 2017

Catherine Chamberlain: Towards a comprehensive approach to Aboriginal and Torres Strait Islander tobacco control (CATs): an overview of reviews.

International Federation of Psychiatric Epidemiology, Melbourne, 17-20 Oct, 2017

Amanda Cooklin, Jan Nicholson, Elizabeth Westrupp: Change and stability in work-family conflict and mothers' and fathers' mental health: longitudinal evidence from an Australian cohort.

Australian College of Midwives Conference, Adelaide, 31 Oct-2 Nov, 2017

Helen McLachlan & Pam McCalman: Making a difference for mothers and babies through partnerships, collaboration and continuity of care.

PSANZ Equity Seminar, Adelaide, 20 Nov, 2017

Catherine Chamberlain: Healing the Past by Nurturing the Future: understanding the impacts of intergenerational trauma during the perinatal period

International Network of Child Support Scholars Conference, Melbourne, 4-5 Dec, 2017

Amanda Cooklin: Does child support reduce lone mother poverty in Australia? Evidence from a national cohort of lone mothers of children aged 4-15 years.