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Parenting and Work: Finding a better balance together – Contemporary solutions for working parents and employers

The Roberta Holmes Professorial Lecture: Professor Jan Nicholson

Amanda Cooklin

Professor Jan Nicholson delivered the Roberta Holmes Professorial Lecture on Wednesday 18th November at the National Gallery of Victoria.

The event, organized by La Trobe University's Alumni and Advancement Office, was hosted by the Vice-Chancellor, Professor John Dewar, and chaired by Professor Graham Shaffer, Pro Vice-Chancellor, College of Science, Health and Engineering. Attendees included Ms Roberta Holmes, the donor for the Transition to Contemporary Parenthood Program and a range of key stakeholders from La Trobe University and from industry, research, government and non-government sectors as well as parents.

Professor Nicholson's lecture provided a strong case for targeting workplaces as critical sites of public health promotion with a view to preventing adverse outcomes for parents and their children. Her talk drew on research evidence about employment and health. For example, employment in a poor quality job, with low autonomy, low job security and high demands has worse health effects than unemployment. Poor job quality and work-family conflict confers a high burden of strain and poor mental health for parents, and recent evidence describes the pathways through which this contributes to the health inequities well established in contemporary Australian society. Professor Nicholson's challenge to workplaces, managers and employers was to seek and support evidence-based strategies to address this public health issue. A lively 'Q and A' session followed the lecture, with attendees reflecting on the salience of the evidence presented.

NEWS IN BRIEF

Professorship for Helen McLachlan

Congratulations to **Helen McLachlan** who has been made Professor.

Helen has a clinical and research background in midwifery. Her research interests are models of maternity care including caseload midwifery and homebirth, postnatal care, maternal depression, Aboriginal maternal and infant health and breastfeeding. She has conducted studies using a variety of research designs. Her major teaching area is postnatal care.

Graduation and award



Congratulations to **Helene Johns**, who recently graduated with her PhD. Her thesis by publication was titled *Exploring the phenomenon of expressing breast milk for healthy term infants*. She was supervised by Professor Della Forster, Associate Professor Lisa Amir and Professor Helen McLachlan.

Helene was also presented the **Nancy Millis Award** for the exceptionally high quality of her thesis. (The award goes to theses considered to be in the top five per cent.) The award is named after Professor Millis, who served as Chancellor of La Trobe University for 14 years from 1992 – 2006 and was a 'legend' in the world of science.

Primary midwife-led care improves women's experience of childbirth

Helen McLachlan

In partnership with the Royal Women's Hospital (the Women's), we recently published a study in *BJOG: An International Journal of Obstetrics & Gynaecology* that found that women who received care from a primary midwife were more likely to have a positive experience of childbirth (compared to women who received standard care).

The study also found that women who received care from a primary midwife coped better physically and emotionally and were less anxious during their labour and birth. Women felt an increase in control, were better able to express their feelings and were more likely to report that they had a positive experience of their childbirth pain. They were less likely overall to report a very negative childbirth experience.

The COSMOS trial - Comparing Standard Maternity care with One-to-One Midwifery Support - is the world's largest clinical trial of its kind. More than 2,300 women from Victoria at low risk of medical complications took part.

The primary midwife model (also known as 'know your midwife' or 'caseload midwifery') involves women being looked after by the same midwife (or a back-up) throughout pregnancy, birth and in the early postnatal period.

The findings demonstrate the importance of the relationship that is established between women and their midwives during pregnancy. The relationship appears to help build women's sense of confidence in themselves which can lead to a more positive birth experience. There is now a large body of evidence showing primary midwife-led care has many benefits for mothers and babies, including reduced medical intervention and improved childbirth experiences for women.

The study was the first trial of caseload midwifery in Australia and only the fourth internationally. The results will assist policy makers and maternity services in planning for future models of maternity care in Australia and internationally.

McLachlan HL, Forster DA, Davey MA, Farrell T, Flood M, Shafiei T, Waldenström U. The effect of primary midwife-led care on women's experience of childbirth: results from the COSMOS randomised controlled trial. *BJOG* (in press) Epub 2015 Oct 26.

Available from:

<http://dx.doi.org/10.1111/1471-0528.13713>

Photo: Midwife Ashleigh Graham; COSMOS mum Edel Halvey and baby Una; researcher Anita Moorhead



Staff news

We welcome back **Dr Méabh Cullinane** in a new role, after having previously worked on other studies here at the Centre. We also warmly welcome **Ms Clair Cullen** as a new member of the team.

Both Méabh and Clair will work on the large NHMRC-funded *project EHLS at School*, following up with participants from the *Early Home Learning Study* when children are 7-8 years of age.

It is with great sadness that we farewelled **Mary-Ann Davey**. Mary-Ann was a member of the academic staff at La Trobe for 16 years, the last 6 years as Senior Research Fellow. She is chief investigator on a number of on-going projects at the Centre including RUBY, a postpartum haemorrhage study, and a pregnancy cohort pilot study. She will continue supervising several PhD students and writing papers collaboratively with JLC staff.



Our congratulations go to **Laura Whitburn** and partner Phil on the birth of their son **Bastien** in September 2015.

TCPP news

The Transition to Contemporary Parenthood Program (TCP) held their second **Strategic Planning Day** on Thursday 19th November at the Marriott Hotel in Melbourne, with colleagues from Queensland University of Technology, Murdoch Childrens Research Institute, Australian National University, Griffith University, and Swinburne University of Technology. The purpose of the day was to discuss and plan for two innovative Flagship Projects, which will include programs of research on the health and wellbeing of Australian parents and support for parents in the workplace.

Exploring a new approach to maternity care for Indigenous women

Helen McLachlan

Following on from the COSMOS trial, we will soon commence a project aimed at exploring the effect of continuity of care by midwives on the health of Aboriginal and Torres Strait Islander mothers and their infants.

Compared with the non-Indigenous population, maternal mortality, low birth-weight babies, preterm births, perinatal death and infant mortality are all substantially higher for Indigenous mothers and babies. This new project funded with a \$1.5 million grant from the National Health and Medical Research Council with a further \$3.5 million from five partner organisations, is aimed at:

- improving health outcomes for Aboriginal and Torres Strait Islander mothers and their infants and
- bridging the gap between existing community-based care for Aboriginal women, such as that provided by the Koori Maternity Service and the care women receive in hospital.

Partner organisations are the Victorian Aboriginal Community Controlled Health Organisation, the Royal Women's Hospital, the Mercy Hospital for Women, Sunshine Hospital and Goulburn Valley Health.



COSMOS mum Cathy Quinlan, baby Juno and COSMOS midwife Juanita White

La Trobe University media release:

www.latrobe.edu.au/news/articles/2015/release/new-way-for-indigenous-maternity-care2

Improving maternity care for migrant women in Sweden: new research funded

Rhonda Small

In November 2015, we were successful in receiving funding from the Swedish Research Council national grants scheme for research to improve migrant women's maternity care in Sweden. The chief investigators are: Erica Schytt (Karolinska Institute), Rhonda Small (JLC), Ewa Andersson (Karolinska Institute) and Birgitta Essén (University of Uppsala).

The equivalent of \$660,000 AUD (4mill SEK) was awarded for two projects which aim to improve aspects of maternity care for migrant women in Sweden. The joint application was submitted in March 2015 during my annual one month visit as a Foreign Adjunct Professor at the Karolinska Institute in Stockholm.

Visitors

Dr Suzanne Belton



Suzanne visited the Centre in October 2015 to work with Angela Taft and her group.

Suzanne is a medical anthropologist with a research interest in

sexual and reproductive health. She teaches into the Masters of Public Health at the Menzies School of Health Research in Darwin. She is a midwife with clinical experience in community health, women's health, family planning, refugee health and alternative birth systems. She has worked in China, Thailand, Indonesia, East Timor and remote Australia. Her research has improved clinical post-abortion care for Burmese women on the Thai-Burma border; provided continuity of care for Indigenous women, and contributed to clinical and policy outcomes in East Timor. Her current research examines access to reproductive health care, maternal deaths in West Timor, and Rheumatic Heart Disease in pregnancy. She is the Chairperson of Family Planning NT and the past Australian representative for International Planned Parenthood Federation. While visiting, Suzanne held a lunchtime seminar titled *Reproductive autonomy - women's health in South East Asia*.

Associate Professor Jane Ford



Jane Ford visited in September 2015 and held two seminars while at JLC: *Using linked population health data to explore*

maternal and infant outcomes and Exploring excessive bleeding post-childbirth and obstetric transfusion.

Jane is a perinatal epidemiologist at the Kolling Institute of Medical Research, University of Sydney. She is supported by an ARC Future Fellowship and is lead

The context for this research arises from the increasing number of migrant and refugee women giving birth in Sweden. The proportion of births to migrant women has more than doubled over the last four decades, from 10% in 1973 to 24% in 2011. Migrant women's increased risk of adverse pregnancy and birth outcomes is well documented. Yet, despite the higher risk of adverse pregnancy outcomes and known inequities in Swedish maternity care, few measures have been taken to meet migrant women's specific needs and reduce barriers to high quality maternal health care. These include a lack of familiarity with care systems, language barriers, knowledge gaps and cultural issues.

Two promising models of care for migrant women will be evaluated; one for antenatal care and one for intrapartum support. Group antenatal care will be developed and tested for acceptability and feasibility among Somali women in Borlänge and North Stockholm; and the provision of Community Based Bilingual Doula's for support during labour and birth will be evaluated retrospectively in Gothenburg where a community program has provided support to over 800 migrant women since 2007.

During December Dr Ewa Andersson is visiting the Centre from the Karolinska Institute to work with us on plans for implementing the group antenatal care project and I will visit Sweden again in May 2016. The research will take place over the coming four years and will provide evidence for future strategies to improve care for all migrant women.

Experiences of the use of obstetric ultrasound in six low-income and high-income countries: The CROSS-Country Ultrasound Study (CROCUS)

Kristina Edvardsson

The CROCUS project began in 2012 with the overall purpose of exploring midwives' and obstetricians' experiences and views on the role of obstetric ultrasound in relation to clinical management and maternal and fetal roles and rights, in low-income and high-income countries. The countries participating in the CROCUS project are Australia, Norway, Sweden, Rwanda, Tanzania and Vietnam.

The project involves a two-step study design, with exploratory interviews and focus group discussions (Phase 1) and national surveys (Phase 2) undertaken in each of the participating countries. So far, we held 79 interviews with obstetricians and doctors, and focus group discussions with 148 midwives and nurses, in five of the participating countries.

Nine researchers from Vietnam, Tanzania, Sweden, Norway and Australia participated in a meeting of the CROCUS research group at the Judith Lumley Centre for a week in November 2015. The group discussed and summarised study results from Phase 1, and developed the content of the survey for Phase 2 of the

investigator on an NHMRC Partnership Project grant with NSW Kids and Families and the Australian Red Cross Blood Service exploring the use of blood and blood products in mothers and babies. Over the last 10 years, Jane has had extensive experience in the use of routinely collected linked population data to explore postpartum haemorrhage, preeclampsia and other pregnancy complications. She currently leads the Maternal Health Research team, Clinical and Population Perinatal Health Research at the Kolling Institute.

Dr Kathryn Graham



We have been delighted to host a visit by Kate Graham, an internationally renowned scholar with a particular focus on gender, alcohol and

violence. She is Senior Scientist and head of Social and Community Interventions and Policy Research at the Centre for Addiction and Mental Health (CAMH) London, Ontario.

Kate's visit is timely as there is a groundswell of attention in government policy and in the public about the impact of alcohol-related violence, both in public and in the home. During her visit, Kate has been engaged in the development of research collaborations with the Judith Lumley Centre and the Centre for Alcohol Policy Research at La Trobe University and Foundation for Alcohol Research and Education (FARE). Kate is joint supervisor with Professor Taft of PhD student Ingrid Wilson who is researching women's experiences of alcohol-related intimate partner violence. Kate presented a lunchtime seminar *Alcohol and intimate partner violence: What we know and what we don't know*, which attracted an audience from within and outside the University.

project. The focus of the survey, which will be undertaken with representative samples in all participating countries, will be on the following issues:

- the increasing role of obstetric ultrasound for clinical management, particularly in complicated pregnancy
- clinical management of situations when the interests of maternal and fetal health conflict; and the potential for ethical dilemmas in decision making
- maternal autonomy in pregnancy and childbirth in the face of medico-technical developments
- the influence of medico-technical developments on the view of the fetus and the possibilities of interventions
- adequacy of resources and training for appropriate use of ultrasound in clinical management

Project results were also shared at a lunchtime seminar at the Judith Lumley Centre.

With financial support from the Swedish Research Council for Health, Working Life and Welfare (FORTE) and the Swedish Research Council, the CROCUS-project has so far resulted in five publications and two submitted papers, as well as eight presentations at national and international conferences.

Participating researchers in the CROCUS-project are: Prof Ingrid Mogren, Sweden (Principal Investigator); Dr Kristina Edvardsson, Sweden/Australia (international project coordinator); Prof Rhonda Small, Australia; Dr Hussein Lessio Kidanto, Tanzania; A/Prof Pham Thi Lan, Vietnam; Prof Joseph Ntaganira, Rwanda ; Prof Elisabeth Darj, Norway; Dr Annika Åhman, Sweden; Dr Mathilda Ngarina, Tanzania ; PhD-candidate Sophia Holmlund, Sweden; PhD-candidate Jean Paul Semasaka Sengoma, Rwanda; Midwife Tove Fagerli, Norway



Standing, from left: Rhonda Small, Sophia Holmlund, Annika Åhman, Tove Fagerli, Kristina Edvardsson, Ingrid Mogren; Sitting: Pham Thi Lan, Mathilda Ngarina, Hussein Lessio Kidanto

Professor Tammy Allen



The Transition to Contemporary Parenthood team at JLC hosted Tammy Allen, from the University of South Florida in early December 2015.

Tammy Allen is Professor of Psychology and Area Director for the Doctoral Program in Industrial-Organizational Psychology. Her research interests include work-family issues, career development, mentoring relationships, organizational citizenship, mindfulness, and occupational health.

During her visit, Tammy worked closely with Dr Amanda Cooklin, Associate Professor Angela Martin who was also visiting from the University of Tasmania, and researchers from JLC. The aim of the visit was to develop proposals for grant applications in 2016, and to workshop intervention planning for the Families at Work program of research being developed by the TCPP team. Tammy presented a JLC lunchtime seminar that was well-attended by staff and students across the University – *Publishing and Editing Top-Tier Journals*. During this talk, Professor Allen drew on her experiences as past Associate Editor of *Journal of Applied Psychology* and *Journal of Occupational Health Psychology*, as well as incoming Associate Editor of *Journal of Vocational Behavior*, to provide "behind the scenes" insights into journal operations. She described common reasons that manuscripts are rejected and strategies to maximize chances of a successful submission.

Dr Ewa Andersson



During her visit in November and December 2015 Ewa Andersson has been working with Rhonda Small on plans for

implementing the group antenatal care project funded by the Swedish Research

Parental fear as a barrier to children's independent mobility and resultant physical activity

Sharinne Crawford

La Trobe University and the Parenting Research Centre recently completed the VicHealth funded project 'Parental fear as a barrier to children's independent mobility and resultant physical activity'. The three-year mixed methods study aimed to (a) explore children's and parents' experiences and attitudes to children's independent mobility, (b) determine the association between parental fear and children's independent mobility, and (c) develop recommendations to promote children's independent mobility.

The study involved three phases of research:

- Focus groups with 132 children and 12 parents;
- A survey of 2,002 Victorian parents; and
- Four 'expert workshops' with 47 professionals from a broad range of sectors.

Based on findings from the first two phases of research, workshop participants identified potential strategies for promoting children's independent mobility at multiple levels. These data were used to develop evidence-based recommendations for promoting children's independent mobility and incidental physical activity for Victorian school-aged children.

The research findings highlighted the complexity of independent mobility for children, and the complex decision making process that parents undertake. While the findings demonstrated that parental fear about their child's safety was related to lower levels of children's independent mobility, this was only one of a number of factors influencing children's activity.

The recommendations highlight the need for a multi-pronged approach that address barriers at the individual parent, child and family level, the social and community environment, the built environment and the political and legislative environments, for effective and sustainable increases in age-appropriate children's independent mobility. The final report and recommendations were released on 15th October 2015, and can be found here:

www.latrobe.edu.au/_data/assets/pdf_file/0007/674836/Parental-fear-as-a-barrier-to-CIM-Final-report-2015.pdf

The research findings were presented at the Population Health Congress in Hobart in September 2015 and the City of Ballarat Community Safety Awards in October 2015, and have been highlighted on radio and in print media.

Sharinne Crawford
presenting at the
Population Health Congress
in Hobart



Council. She also conducted interviews with midwives about their experiences caring for Somali pregnant women.

Ewa has been a Swedish registered nurse-midwife for many years and has extensive experience of working in antenatal clinics. She has a PhD in medicine from Karolinska Institute. Her thesis was titled *Group based antenatal care*. She currently works as a researcher and lecturer at the Department for Woman's and Child's Health at the Karolinska. Ewa is also a Board member of Nordic Marcé society.

Grants

Helen McLachlan, Della Forster, Michelle Newton and co-investigators received an **NHMRC Partnership grant** for a multi-centre mixed methods study on *Improving the health of Victorian Aboriginal mothers and babies through continuity of midwifery care*. Partners are VACCHO, the Mercy, The Women's, Western and Goulburn Valley Health.

Amanda Cooklin and co-investigators received a **Transforming Human Societies RFA grant** for the study *Families at Work: Sustainable strategies to support Australian working parents* (Cooklin A, Nicholson J, Hackworth N, Martin A, Strazdins L, Giallo R, Joss N).

Naomi Hackworth and co-investigators received a **Transforming Human Societies RFA grant** for the study *Recruiting and tracing participants via social media: feasibility and ethics* (Hackworth, N, Crawford, S, Nicholson, J, Lucke, J, Keyzer, P, Zion, L).

Rhonda Small (in her capacity as Foreign Adjunct Professor at the Karolinska Institute) and a group of investigators at the Karolinska Institute and the University of Uppsala in Sweden received a grant through the **Swedish Research Council National Grants Scheme** for research on *Improving maternity care for migrant women in Sweden*.

Mothers' work-family conflict and mental health

Elizabeth Westrupp

New findings from our research showed that employed mothers juggling work and home life faced prolonged pressures – regardless of a child's age or women's socio-economic background. The study used data from families participating in the *Longitudinal Study of Australian Children* across an eight-year period.

Findings showed reciprocal and ongoing effects between a mother's mental health and her work-life balance.

The research garnered significant media attention including *The Age* newspaper (<http://m.theage.com.au/national/health/working-mums-need-more-mental-health-support-20151106-gksmbt?skin=smart-phone>) and syndicated papers. I was also interviewed on the *ABC News Breakfast* television program, the *Life Matters* Radio National program (<http://www.abc.net.au/radionational/programs/lifematters/working-mothers/6923070>) and *ABC Western Victoria* radio.

Stata skills development at JLC

Maggie Flood and Mridula Shankar

November was Stata skills month at JLC. Two half day seminars, open to all University students and staff, were fully booked and were a great success. The first seminar topic was *Analysis of binary variables in Stata* and the second, *Stata graphics*. The two seminars were generously funded by grants from the GRS Intellectual Climate Fund and the School of Nursing and Midwifery.



Associate Professor Susan Donath

Highly skilled Stata teachers, Associate Professor Susan Donath and Dr Catram Nguyen, from the Clinical Epidemiological and Biostatistics Unit at the Murdoch Childrens Research Institute presented these seminars. Content was prepared based on information needs identified by attendees at an informal Stata club conducted earlier at the Centre.

Stata skills development activities were initiated this year in response to the unmet need of postgraduate students and staff for quantitative data management and statistical data analysis training. Beginning in May this year, PhD student Maggie Flood and early career researcher Mridula Shankar,

ACM conference presentations

JLC had a strong presence at the Australian College of Midwives 19th Biennial Conference in October 2015 in Brisbane:

- Kate Dawson: *Caseload midwifery in Australia: What access do women have?*
- Michelle Newton: *Comparing views and experiences of caseload and standard care midwives*
- Helene Johns: *Between the baby and the breast: Translating research into practice*
- Heather Grimes: *Pass it on: Implementing a breastfeeding peer support program*
- Della Forster: *Women's experiences of two publicly-funded homebirth programs in Victoria*
- Helen McLachlan: *Midwives' and doctors' views of two publicly-funded Victorian homebirth programs*
- Anna Fragkoudi: *Women's experience based on a hormonal/emotional model of labour (poster)*
- Della Forster: *Risk factors for excessive postpartum blood loss in the COSMOS trial of caseload midwifery (poster)*
- Helen McLachlan: *Experiences of callers to the PANDA National Perinatal Depression Helpline (poster)*
- Mary-Ann Davey: *Risk factors for excessive postpartum blood loss in the COSMOS trial of caseload midwifery (poster)*

International presentations

Lisa Amir

Breast and nipple pain in breastfeeding women: A simple tool to improve understanding and clinical management. International Lactation Consultant Association, Annual Conference, 22-25 July 2015, Washington DC, USA

Supporting breastfeeding in local communities (SILC): Results of a cluster randomised controlled trial (Presentation and poster). International Lactation Consultant Association, Annual Conference, 22-25 July 2015, Washington DC, USA

facilitated fortnightly introductory level Stata tutorials, primarily for students but supporting the whole research community at JLC. Feedback received was enthusiastic and attendance grew. The two half-day seminars allowed us to offer training in advanced Stata topics that exceed the scope of in-house resources.

We anticipate that the Stata tutorials and seminars will benefit the post-graduate community at JLC and the School of Nursing and Midwifery by improving confidence and proficiency in using the Stata program and fostering a skilled and supportive network of Stata users.



Enthusiastic participants at the Stata seminar

Parenting and early child development in vulnerable families: implications for policy and services

Fiona Burgemeister



I am very pleased to be embarking on a PhD at the Judith Lumley Centre. I last formally studied 22 years ago when I completed an honours degree in Human Geography at Adelaide University. I have held various strategy, policy and governance roles in health organisations in New South Wales, Victoria and the UK, and most recently worked at the Royal Women's

Hospital for five years. While at the Women's, I had the opportunity to be involved in several projects that aimed to improve health outcomes of two generations – mothers and their children. These projects piqued my interest in further research exploring the relationship between social disadvantage and child health and developmental outcomes.

My PhD will examine the evidence around key determinants of parenting and early childhood outcomes in vulnerable families in Australia. It aims to provide implications for policy makers and service providers in the development of strategies and initiatives to maximise the best start in life for children from socially disadvantaged backgrounds. This research project will include a systematic literature review of public health and social research conducted in Australia and abroad, a review of current antenatal, early childhood and family services policy in Australia, a secondary analysis of existing data sets, such as the Longitudinal Study of Australian Children, and the exploration and collection of new data from parents and service providers.

I have felt very welcomed by all the people I have met so far at the Judith Lumley Centre – thank you!

Breastfeeding problems: From abscess to vasospasm; Antenatal expression: Current thoughts; CASTLE Study: Evidence about nipple and breast pain; The breast pump explosion: Results of a large cohort study. Association of Lactation Consultants in Ireland Breastfeeding Conference, 2-3 October 2015, Tipperary, Ireland

Australian perspectives on breastfeeding and postnatal research; Expressing and breast pumps in Australia. Collaborative Research Driving Health and Wellbeing After Childbirth, Postnatal Research Day, 7 October 2015, University of Stirling, Stirling, Scotland

Miranda Buck

Physical health and breastfeeding problems in the early postpartum period: effect on maternal psychological wellbeing. Neurobiology of Parenting Conference, 19 – 21 August 2015, Karolinska Institute, Stockholm, Sweden

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 different times.

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

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

In the media

The following are only some of the media appearances of staff at the Centre:

A feature article about the CASTLE study and **Lisa Amir's** research was published in *International Innovation* titled *Making breastfeeding problems a thing of the past.* www.internationalinnovation.com/making-breastfeeding-problems-thing-past/

Around the world in presentations

Lisa Amir was honoured to be the invited keynote speaker at the Association of Lactation Consultants in Ireland Breastfeeding Conference, in Tipperary, Ireland, in October 2015. She gave four presentations over the two days including a range of breastfeeding clinical and research topics.



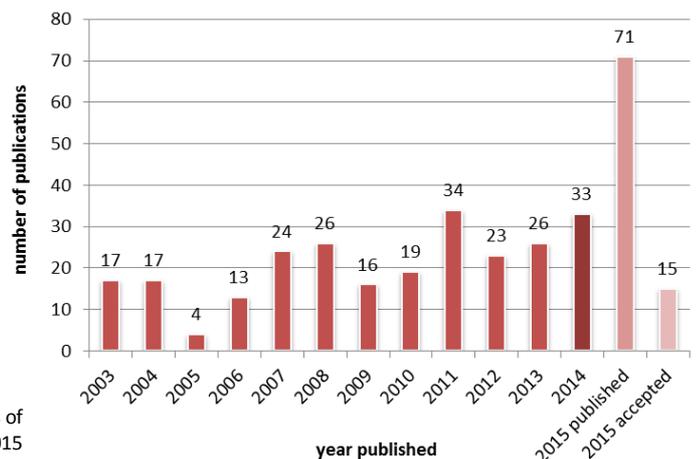
Professor Jayne Donaldson, Associate Professor Lisa Amir, Professor Pat Hoddinott, University of Stirling

She then visited the University of Stirling in Stirling, Scotland where she was the keynote speaker at a special event organised by Professor Pat Hoddinott. Participants, including clinicians, managers and policy-makers came from across Scotland to attend the event *Collaborative Research Driving Health and Wellbeing after Childbirth, Postnatal Research Day*. To complete her trip, Lisa attended the Academy of Breastfeeding Medicine annual meeting in Los Angeles, USA, where she chaired two sessions of research presentations, and led the judging of best platform and best poster.

Publications

Publication rates at the Centre have increased considerably in 2015. This is the outcome of several research projects that have been completed, as well as having the Transition to Contemporary Parenthood researchers as part of the Centre. Last but not least our higher degree students who are doing their PhD by publication contribute to these high numbers.

For a full listing of our publications, please go to www.latrobe.edu.au/jlc/publications



JLC Publications as of 15 December 2015

Lisa Amir was a speaker on Radio 2SER, Think: Health. *How can Australia boost breastfeeding rates?* Produced by Ellen Leabeater, 27 September 2015.

www.2ser.com/component/k2/item/18259-how-can-australia-boost-breastfeeding-rates

Jan Nicholson was one of the guests on Jon Faine's Conversation Hour talkback forum about *Work life balance* on radio 774 ABC Melbourne on 18 November 2015.

www.abc.net.au/local/audio/2015/11/18/4354650.htm

Elizabeth Westrupp was interviewed by Natasha Mitchell on *Life Matters* in a program titled *Working mothers under the thumb* on 9 November 2015.

www.abc.net.au/radionational/programs/lifematters/working-mothers/6923070

Helen McLachlan, Della Forster: There were several articles in print and online media following publication of the COSMOS outcomes paper at the end of October 2015, including *The Age Online* and the *Herald Sun*.

Angela Taft was interviewed for an MJA Insight article titled *Violence screening "complex"* in September 2015.

<https://www.mja.com.au/insight/2015/35/violence-screening-complex>



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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
- **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

Find more information at www.latrobe.edu.au/jlc/news-events/NNVAWI-Conference-2016



The Nursing Network on Violence Against Women International 21st NNVAWI Conference

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

26 - 28 October 2016
Melbourne, Australia

