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Baggarrook project wins Victorian Public Healthcare Award

Every year, the Victorian Department of Health and Human Services (DHHS) celebrates excellence, dedication and innovation in public health, health services and health care. This year's winner in the category *Improving Aboriginal Health* is the collaborative partnership project [Woman's Journey: Baggarrook Yurrongi, Nurragh Manma Buliana](#) led by Professors Helen McLachlan and Della Forster of the Judith Lumley Centre at La Trobe University.

Three health services in Melbourne (Western Health, Mercy Hospital for Women and The Royal Women's Hospital), the Victorian Aboriginal Community Controlled Health Organisation (VACCHO) and La Trobe University have partnered to improve the health of Aboriginal and Torres Strait Islander mothers and babies.

A new culturally safe model of care has been implemented for Aboriginal mothers and babies, proactively offering caseload midwifery where women receive continuity of care from a primary midwife through pregnancy, labour, birth and postpartum. This is considered the 'gold standard' in maternity care, and it is associated with improved clinical and psychosocial outcomes. It results in fewer caesareans, low birthweight infants and neonatal special care admissions. Women also felt more satisfied, emotionally supported and are more likely to commence breastfeeding. The model was community driven and is an exemplar of effective partnering between the health, community and university sector. The findings demonstrate an exponential increase in the number of Aboriginal women receiving caseload midwifery at the combined sites (from 34 to more than 360 women since the project commenced). Women have reported very positive experiences of the model including feeling safe and more trusting of their maternity care experience.

"Our team at JLC as well as our colleagues from VACCHO, Sunshine Hospital, the Women's and the Mercy Hospital are so happy to have received this award. It's really been a great partnership and so many people have contributed so much," said Helen McLachlan.

The team is also proud that of the 55 finalists the Department of Health and Human Services chose to feature their project in a [short video](#).

The DHHS brochure [2019 Victorian Public Health Care Awards Showcase](#) has more details.



Women's Health Victoria recently honoured Professor Angela Taft with a 'Champion for Women' award. Fiona Burgemeister caught up with Angela to find out more.

Find more about the Champion for Women award in the publication *Women's Health Victoria introduces 25 Champions for Women* on the [Women's Health Victoria](#) website.



A Champion for Women: Professor Angela Taft

Fiona: Congratulations on your 'Champion for Women' award. Can you tell me a little bit about it?

Angela: Thank you. Women's Health Victoria recently celebrated 25 years of advocacy for women, and I've been engaged with and a member of that organisation for a long time. As part of their celebrations they gave out 25 champion awards, and I was incredibly chuffed to be one of the recipients.

Fiona: You've been active in women's health for a long time. What sparked your interest and passion?

Angela: I'm always amused by this because it's not great writing, but it was Germaine Greer's *The Female Eunuch* who first made me aware of feminist issues. At the time I was living in London and soon became active in an anti-rape organisation. There was a serial rapist in my area, and I was angry that the police hadn't alerted anyone to it. I was also involved in a political organisation and I tried to wake the party up that although women were more than 50% of the vote, they had no policies for women such as child care.

In terms of what sparked my passion for women's health specifically, I taught English as a second language to refugee women when my kids were small, and I really saw their struggles with the health system in England. There were no interpreters, no Equal Employment Opportunity policies and nothing that would assist women who were pregnant in my area. I am very much a 'this is a problem how can we fix it' kind-of person, so I set up a couple of classes called English for Women's Health and English for Pregnancy. The women who came were mostly from Africa and the Middle East. It was one of the most enriching things I'd ever done. I learnt so much from them. They didn't have the words for their own body. They didn't know their own body. They didn't know what to do. They were away from their aunties, their sisters, and they were fearful. It was such a contrast to my experience: I read all the books, and I knew where to go for the best maternity hospital. Around the same time, I read a book by Ann Oakley, a sociologist friend of Judith Lumley, called *Women Confined*, about the lack of understanding from male obstetricians about women's bodies and their pregnancies and I thought 'how much worse for women from culturally and linguistically diverse backgrounds?' These experiences coincided with me wanting to go back to study and informed what I wanted to do.

We moved back to Australia which seemed so much more progressive than the UK at the time. I got a job in the Women's Health Unit at the Department of Health in Victoria and enrolled in a Master of Public Health. Around this time, I met Stephanie Brown and Rhonda Small at what was then known as the Centre for Study of Mothers' and Children's Health (now the Judith Lumley Centre) and admired their work *Mothers in a New Country*. For my PhD I looked at how GPs responded to family violence, and it soon became clear that GP education was needed. I came to finish writing up my (ANU) PhD with the Centre and have never left.

Fiona: Your research at the Judith Lumley Centre in family violence and sexual and reproductive health is just the tip of the iceberg in terms of your work and advocacy in the women's health space. Tell me about these other activities.

NEWS IN BRIEF

More awards

Adjunct Professor Susan McDonald's contributions to midwifery in Australia have been recognised through the award of a **lifetime membership of the Australian College of Midwives**. This award gives "special recognition to a midwife who has devoted themselves to the midwifery profession and the work of the ACM over a sustained length of time".

Dr Heather Wallace received the **Nancy Millis Award**, given to the authors of outstanding doctoral theses at La Trobe University. Examiners nominate a thesis to be in the top five per cent of theses examined. The nominated theses then go through a selection process and are approved by the Board of Graduate Research. The award is named after Professor Nancy Millis, who served as Chancellor of La Trobe University from 1992 – 2006. Heather's thesis is titled *Sexual and reproductive health decision making in Timor-Leste: Hearing the voices of Timorese women and men - an ethnographic study*.



Dr Heather Wallace with supervisor Sue McDonald

Angela: I was really fortunate to be introduced to the Public Health Association of Australia (PHAA) early, as a way of bringing the evidence you generate and your knowledge of the literature to policy advocacy. I learnt so much from trail blazers like Stephen Duckett, David Legge, Helen Keleher and Dotty (Dorothy) Broom. I joined the Women's Health Special Interest Group and took up various leadership roles and have been an active member for a long time. I've been involved in generating and advocating for policies mainly around sexual and reproductive health, but also family violence, maternity leave and breastfeeding.

The things I feel most proud of contributing to are: 1) bringing a new type of emergency contraception to Australia and then making it available over the counter; 2) making medical abortion available in Australia; and 3) progressively decriminalising abortion across Australia. In Victoria, for example, we partnered with Women's Health Victoria to develop the public health arguments for decriminalising abortion, created a policy and worked hard to get 20 national organisations to sign on. Various people then met with members of parliament individually to present the arguments and to advocate for change.

Where you've got the expertise and the knowledge, use it! I encourage everyone to join the PHAA and its Women's Health Special Interest Group. It has a really good reputation, and great access to parliamentarians and their advisors at state and federal level. Use the networks you have to advocate to effect change. JLC does this really well too.

Fiona: *Hearing you talk about some of the great successes in women's health, we've come a long way, but I'm aware there's lots more to do. What do you think the priorities are for the next 10 to 20 years?*

Angela: We need to implement the recommendations of the National Sexual and Reproductive Health Policy that we were involved in developing many years ago. One of the things we don't do well yet and don't have good evidence for is knowing what sexual and reproductive health education works across secondary schools, TAFE and in the general women's community. There are so many myths and misconceptions about contraception and some women just don't know what's available. Then there are issues around access and equity. We know socio-economically disadvantaged women are less able to access effective contraception and abortions. We also know that women in rural areas have less access. The Victorian government is trying to address some of this but there is a long way to go.

There are other priorities too: there's a backlash to the #metoo movement that we need to manage. There's a risk of 'issue fatigue' with family violence. Then there's women's mental health and all the challenges of social media. And I'm worried about homelessness in older women. We are all living longer, women earn less over their lifetime, have less superannuation, and have less secure housing. We've got plenty ahead. No time for rest.

Fiona: *What does this 'Champion for Women' honour mean to you?*

Angela: What I love about it is that Women's Health Victoria recognises the value of the work we've done together. After many years of hard work in women's policy and activism, it's nice to receive thanks. It's also lovely to be part of a group of 25 women that I admire. I was in great company!

Staff news

Congratulations to the following staff members who received promotions:

Dr Lisa Amir – Professor

Dr Michelle Newton – Associate Professor

Dr Leesa Hooker – Senior Research Fellow

Dr Touran Shafiei – Senior Research Fellow

Dr Meabh Cullinane – Research Fellow

Dr Stacey Hokke – Research Fellow

We welcomed

Dr Georgina Sutherland who joined Angela Taft's team at JLC as a Senior Research Fellow with the Sexual and Reproductive Health (SPHERE) Centre of Research Excellence (CRE) working on reproductive coercion. Georgina is well published and brings excellent experience from her work with care for women having a baby, reproductive care for women in prisons and family and domestic violence.

We said farewell to

Dr Yvonne Clark who has been awarded a highly competitive NHMRC Emerging Leader 1 Fellowship. This is a terrific recognition of Yvonne's work on lateral violence and will see this explored with Aboriginal and Torres Strait Islander youth. Yvonne will commence her fellowship with SAHMRI in the new year and will continue to be a Chief Investigator on the *Healing the Past by Nurturing the Future* project.

Dr Naomi Ralph who is commencing a new position as Head of Course – Traumatic Stress Management at Central Queensland University in Townsville.

Dr Ann Wilson who was the Harmony Project Coordinator.

Healing the Past by Nurturing the Future workshop

Catherine Chamberlain

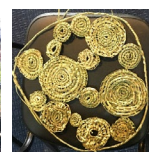
Aboriginal, Torres Strait Islander and non-Indigenous people from across Australia attended the third workshop for Healing the Past by Nurturing the Future (HPNF) on the 14th and 15th of November. We met at the Aborigines Advancement League, which is a significant historical site in Melbourne (Thornbury). The workshop was facilitated by the talented Sue-Anne Hunter and organised by the HPNF operational team and staff, led by Associate Professor Catherine Chamberlain. Day 1 started with a warm welcome to country by Aunty Irene Morris and Day 2 was opened by the Djirri Djirri dancers and didgeridoo playing.



HPNF workshop participants

HPNF is a co-design research project to explore and develop awareness, recognition, assessment and support tools for the perinatal period of Aboriginal and Torres Strait Islander parents with trauma backgrounds. This project has three interactive phases to gather and share information from the community, including Aboriginal parents and elders, the literature and during workshops.

The workshop collective of 54 people contributed their valuable time to the project, sharing their community, service and research knowledge to progress strategies propelling the project closer to achieving the aims of providing culturally relevant tools and resources. Listening to and discussing content related to intergenerational trauma can potentially trigger of distress, therefore various creative and relaxing activities and supports were in place.



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Student news

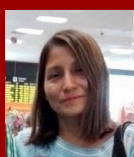
Congratulations to the following students who graduated in the second half of this year:



Dr Heather Wallace

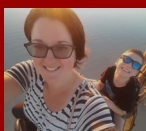
The title of her thesis is *Reproductive health decision-making in Municipio Viqueque, Baucau, Dili and Ermera,*

Timor-Leste. She was supervised by Angela Taft, Susan McDonald and Suzanne Belton (Charles Darwin University).



Dr Beatriz Paulina Ayala Quintanilla (who also has a PhD in Medicine and a Master of Public Health) was supervised by Angela Taft, Susan McDonald and

Wendy Pollock. The title of her thesis is *The impact of violence against women on severe acute maternal morbidity*.



Dr Rhian Cramer's thesis is titled *Exploring the implementation of two breastfeeding interventions in six LGAs in*

Victoria in the Supporting Breastfeeding in Local Communities (SILC) Cluster Randomised Controlled Trial. She was supervised by Helen McLachlan, Della Forster and Touran Shafiei.

We welcome **Fiona Faulks** who recently joined the Centre as a new PhD student (see her article below).

Examples included basket weaving with Aunty Dot Lovett, Indigenous yoga ('Wayapa'), colouring-in and the making of creative ornaments from clay as well as live music by Kartanya Maynard and the Deadly Nannas. At the end of the workshop, participants were invited to write a last message on gum leaves to deposit in the HPNF tarnuk (wooden bowl), for later smoking.

Please see the [HPNF website](#) if you would like more information.

Tramlab: Improving the safety of women and girls on public transport in Melbourne

Angela Taft, Jess Ison



The Tramlab team

Aiia Maasarwe, a female Palestinian Israeli student at La Trobe University, was raped and murdered as she was coming home to Bundoora in the evening on the 86 tram from a concert. Aiia's death was the most recent in a string of murders and rapes of young women in similar circumstances: journalist Jill Meagher and comedienne Eurydice Dixon. The rape and murder of young women are at the extreme end of a spectrum of sexual assault and harassment that a wide diversity of women and girls experience every day in their journeys to, on board and then on their final way from public transport to home. These journeys can generate fear and anxiety and make many women change their behaviours, the routes they take and the level of vigilance they enact.

Our new project aims to change this reality of women being afraid and to make their journeys safer.

The study brings together twenty years of applied public health studies on violence against women at the Judith Lumley Centre with expertise at [XYX Lab](#), the Space Gender Communication Lab at Monash University, and the [Design and Social Context Centre](#) at RMIT.

The first phase of the project involved LTU team members conducting interviews with service providers to unearth what initiatives exist to improve women's safety on

Grants

Fathers at work: Identifying workplace barriers and supports for fathers to combine work and care

Stacey Hokke, Amanda Cooklin, Jasmine Love, Jan Nicholson, Sharinne Crawford, Shannon Bennetts and Liana Leach (ANU)

Transforming Human Societies RFA grant (\$32,000 over 15 months)

Preventing Sexual Assault on Campus: Women's empowerment and safety through education and action (WEACT)

Leesa Hooker, Jess Ison, Kirsty Forsdike, Angela Taft, Charlene Senn (University of Windsor, Canada), Elli Darwinkel, Fiona Marshall (Monash University)

Transforming Human Societies RFA grant (\$30,000 over 12 months)

What the world needs now is . . . kindness!

In 2015, Mary Freer and Catherine Crock AM created **Gathering of Kindness**, after identifying the direct correlation between organisational negativity and staff wellbeing and effectiveness. The **Gathering of Kindness** aims to redress this by building, nurturing and instilling a culture of kindness throughout the healthcare system.

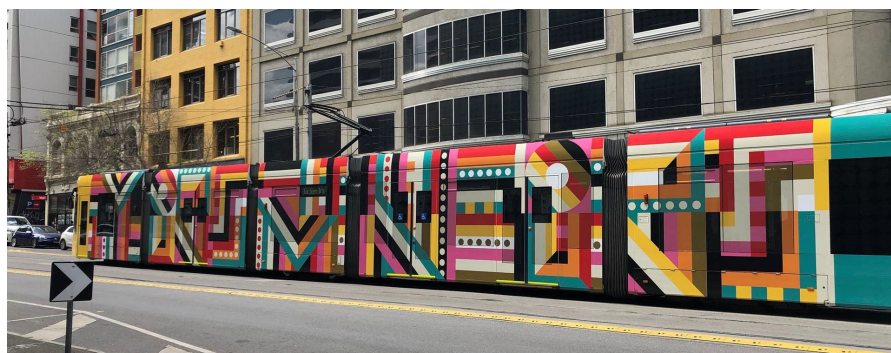
Professor Lisa Amir was invited to celebrate the 2019 World Kindness Day at a reception at Government House on 13 November with Governor Linda Dessau, Professor Cath Crock and colleagues.

We were reminded that we don't need to wait for someone else to change our workplaces and our society. The global movement of kindness has the potential to transform society.

public transport and where barriers to change might be present. We also interviewed women who have experienced fear in their public transport journeys to our Bundoora campus to hear about their experiences. Alongside this, we analysed the available data from public transport providers and the police to identify where improvements could be made. Lastly, we undertook an extensive literature review to ascertain what initiatives, evaluations and evidence-based practices exist both nationally and internationally.

From this research, XYX Lab team members constructed a workshop that brought together women from diverse backgrounds, stakeholders and designers to discuss, imagine and create a vision for a safer public transport journey. The workshop was exciting and inspiring, reminding us yet again why we work towards creating a fairer and safer world for women and girls.

In exciting news, one of our team members, Associate Professor Gene Bawden, won a coveted spot in the Melbourne Art Tram prize. This means that his artwork is currently featured on a tram that runs on the 19 line; be sure to keep your eye out for it.



The Tramlab team are: Professor Angela Taft, Dr Leesa Hooker, Dr Kirsty Forsdike and Jess Ison, La Trobe University; working alongside Associate Professors Nicole Kalms and Gene Bawden, Dr Gill Matthewson, Hannah Korsmeyer and Isabella Webb from Monash XYX Lab and Associate Professor Nicola Henry from RMIT. For more information, please contact [Jess Ison](#).

Maternal, Child and Community Health Research Group

Leesa Hooker

The Judith Lumley Centre has a new research stream within the Centre: Maternal, Child and Community Health (MCCH) Research with Dr Leesa Hooker leading the team (pictured below).

JLC has a strong and successful history of working with Maternal and Child Health (MCH) services in past projects such as PRISM, MOSAIC, MOVE and SILC. In addition, the School of Nursing and Midwifery has offered postgraduate studies in MCH nursing for many years, with a growing yearly cohort of MCH students. Our emerging team of

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Visitors

In late October, we were pleased to welcome back **Cindy-Lee Dennis**, Professor in Nursing and Medicine from the University of Toronto in Canada.

Cindy-Lee has been a long-term collaborator with JLC, starting many years ago with Professor Judith Lumley. Most recently, we have built on two of Cindy-Lee's large randomised controlled trials of telephone peer support that she conducted in Canada and implemented them in the Australian setting. The first, the **RUBY study**, explored whether telephone peer support increased breastfeeding at six months postpartum. The study added weight to Cindy-Lee's findings, that there was a positive association with having been allocated to receive peer support and continuing to breastfeed at six months. A second study using Cindy-Lee's original study and building on it is the **DAISY study** – again testing telephone peer support, this time exploring if this might prevent depression and/or anxiety six months postpartum. This study is currently recruiting. On this recent visit, we were able to have Cindy-Lee at the DAISY investigators meeting and help us think through additional strategies for recruitment to the study.

We are looking forward to our continued relationship with Cindy-Lee and the University of Toronto.



Touran Shafiei, Jessica Bee, Della Forster, Helen McLachlan, Cindy-Lee Dennis, Jan Nicholson

MCH clinicians/academics and researchers have established collaborative links with MCH services and local/state governments and are working to make a positive impact on the quality of MCH services and the client experience.

This new research stream aims to

- promote community and MCH nursing research within the Centre
- enhance knowledge translation and communication between researchers working in the field
- build the MCH evidence base and research capacity within the MCH workforce.



Current MCCH projects at JLC (funded and student projects) include

- *Evaluation of the Enhanced MCH service* in collaboration with the Department of Health and Human Services and the Murdoch Children's Research Institute (Leesa Hooker)
- *Victorian Maternal and Child Health Service provision: What, when and how?* (Lael Ridgway)
- *How does the Enhanced Maternal and Child Health Service in Victoria support vulnerable families, in particular those experiencing family violence?* (Catina Adams)
- *Examining the postnatal depression and anxiety screening and management practices of MCH nurses in Victoria: A mixed methods study* (Noushin Arefadib)
- *Victorian Association MCH Nurses – MCH Competency Standards project* (Leesa Hooker)
- *Evaluation of area-based initiatives to improve outcomes in children from disadvantaged families* (Fiona Burgemeister)
- *Identification of family violence in Early Parenting Centres* (Leesa Hooker)

Any researcher working in MCCH research is welcome to join. The group meets four times per year. Please contact Leesa for any queries: l.hooker@latrobe.edu.au

Researcher vulnerability to vicarious trauma

Jessica Bee, on behalf of the JLC Health & Wellbeing Group

In October 2019, Dr Timothy Jones presented on *Researcher Vulnerability to Vicarious Trauma*. The presentation was arranged by the JLC Health & Wellbeing Group as part of the Centre's focus on staff and student wellbeing.

Dr Timothy Jones is a cultural historian and Senior Lecturer in History at La Trobe University. Tim's research interests encompass the intersections of gender, sexuality and religion in modernity. His PhD was published as *Sexual Politics in the Church of*

In the media

Professor Christine East talks on a [podcast](#) *Support during pregnancy for women at increased risk of low birthweight babies* about the importance of this Cochrane review and its latest findings. This podcast was also translated into other languages.

Dr Laura Whitburn's research into labour pain (from her PhD at JLC) was featured heavily in the media in October 2019: in The Herald Sun with national syndications on 3AW, ABC Melbourne, 7 News, 6PR, 2GB, 4BC News, Triple M, Fox FM, Gold FM, The Today Show, The Project and KIIS FM. You can find the story also on the La Trobe website under the title [Let's re-frame labour pain](#).

Associate Professor Michelle Newton was interviewed by the Australian Financial Review in October 2019 for an article titled [Nurses could get a job five times over, but it doesn't mean more pay](#).

Nawal Abdulghani was one of 22 PhD students interviewed on Triple R radio station's program [Einstein A Go-Go](#) on 8 December 2019.



England, 1857-1957 (Oxford University Press, 2013). He was lead author of the La Trobe University and Human Rights Law Centre report, *Preventing Harm, Promoting Justice: Responding to LGBT Conversion Therapy in Australia* (2018).

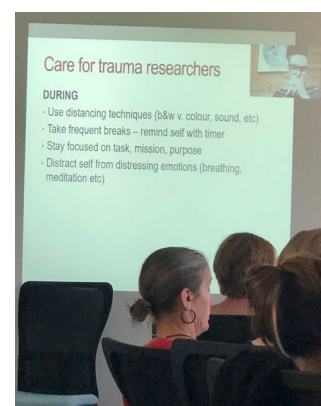
Tim, along with expert Dr Cait McMahon (the Managing Director of the Dart Centre for Journalism and Trauma), led a workshop at La Trobe's Melbourne campus earlier this year on this topic. Recently, there has been a focus on the psychological impact of research into difficult subjects on researchers and the need for training, preparation, and safeguarding measures. Numerous researchers at La Trobe have been conscious of their experience or risk of being traumatised by their research. The workshop discussed the nature of vicarious trauma and secondary traumatic stress and discussed how we can better protect and support the La Trobe research community.

The workshop resulted in the La Trobe *Vicarious Trauma Project Group* who holds regular *Tea & Trauma* events open to attendance by all La Trobe researchers to provide a space for discussion and support. The Group also intends to raise awareness and support for all interested researchers across La Trobe.

Tim's presentation to the Centre was very well received and included practical methods for reducing and recognising harm through researcher vicarious trauma as individuals, teams and as a Centre. Recommendations included many relating to self-care, such as meditation/relaxation/mindfulness, exercise, eating well, getting enough sleep, talking openly and honestly and recognizing the signs within ourselves as well as others that something is 'not right', making time for mental and physical breaks, rest and play. He also suggested practices to be implemented within teams and projects, such as being up front and talking about vicarious trauma within research settings, from the beginning of projects, considering the potential for vicarious trauma, having plans and documents in place and cultivating a safe culture around vicarious trauma including awareness, open discussion and support. Tim highly recommended interested researchers see the [DART website](#), which is aimed at journalists but includes relevant resources for researchers on the topic of vicarious trauma.

Our own JLC Health & Wellbeing Group provides opportunities for group meditation, walking and running. Next year we intend to increase the program to include yoga, healthy behaviours and habits as well as a focus on mental health through professionally led presentations and workshops.

For further information please contact j.bee@latrobe.edu.au.



JLC Health & Wellbeing Group

Meditation

every Wednesday 1:45 – 2:00 pm

Lunchtime walks

every second Thursday 12:30 – 1:15 pm
(meet in the tea room)

Running group

12pm one day per week, days vary week to week.

Contact [Jessica Bee](#) for further information and if you would like these dates in your calendar.

Lunchtime seminars

The Judith Lumley Centre holds lunchtime seminars on the **first Wednesday of every month** from February to December, from 12.30 – 1.30 pm.

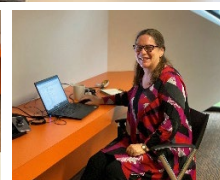
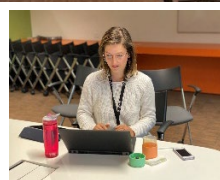
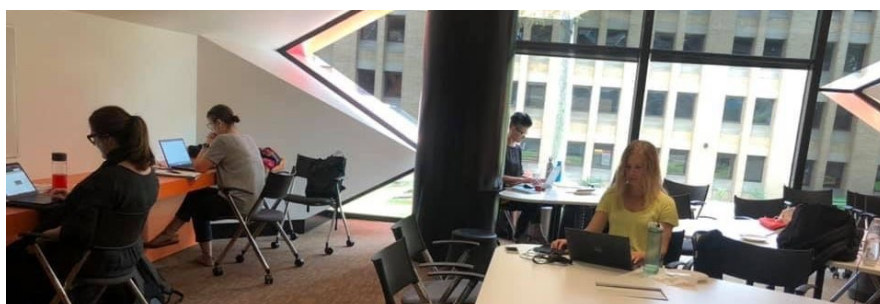
These seminars showcase the work of our colleagues as well as national and international academics and researchers visiting the Centre and are open to all.



Jan Nicholson and Shannon Bennetts presenting a Lunchtime Seminar about the EHLS study.

JLC writing retreats

Fiona Burgemeister


JLC held two writing retreats for its staff and students in October and November this year, to coincide with *Academic Writing Month*. Finding distraction-free time to write, edit and review papers can be challenging for busy academics, so with this in mind, we scheduled three consecutive days for each writing retreat for people to come along and get their writing done.

We booked rooms on the La Trobe University campus so the retreat did not require extra travel, but still allowed people to work away from their usual spaces where interruptions are more likely to occur.

We used the *Pomodoro Technique* for each session: 25 minutes of writing, followed by a 5-minute break, repeated until the end of the session. At the beginning of each session, we shared with each other what we would be working on. This technique has been shown to be effective at improving concentration, maintaining motivation, supporting decision-making, using the time available more efficiently and reducing the stress associated with being time-poor.

Around twenty staff and students came along to at least one day of the retreats. Staff tended to use the time to review or finish papers that that were ‘so close’. Students who attended were at various stages in their PhD and used the time in myriad ways, including: writing or editing their own papers, reviewing published articles for a systematic review, preparing ethics documentation or writing thesis chapters. Those who attended reported that the shared connection of writing together was valuable, as were the numerous opportunities for informal sharing of ideas and information during the breaks.

We were extremely well fed, with many participants demonstrating their baking proficiency. Pistachio and raspberry cake with cream cheese icing – mmmmm. This is the second year we have held a writing retreat on campus. I’m sure it won’t be our last.

Conference presentations

Griffin L, Amir L. *Food or human tissue? Tracing the risks and legalities of modern breastmilk sharing in Australia*. 2019 Food Governance Conference, Sydney, July 2019

Australian Society for Psychosocial Obstetrics and Gynaecology (ASPOG) 45th Annual Scientific Meeting, Melbourne, August 2019:

- **Angela Taft:** *Intersections of intimate partner violence, unwanted pregnancy and terminations: the prevalence, impact and implications for patient care in Australia*
- **Helen McLachlan:** *'Baggarrook Yurrongi' (Woman's Journey) Can we make a difference for Aboriginal and Torres Strait Islander mothers and babies through partnerships, collaboration and midwifery continuity of care?*
- **Lisa Amir:** *Breastfeeding in public: can urban design increase women's comfort?*

Amir L. *Identifying design solutions to increase women's comfort with breastfeeding in public*. Nordic Breastfeeding Conference, Copenhagen, Denmark, October 2019

Amir L, Amir S, Rudner J. *Identifying design solutions to increase women's comfort with breastfeeding in public*. (Poster) Academy of Breastfeeding Medicine Annual Meeting, Blackburn, UK, October 2019

East, C. *Managing the pelvic floor: Let us start with prevention*. Royal Australian College of Obstetricians and Gynaecologists' (RANZCOG) Annual Scientific Meeting 2019 *Stop. Start. Continue*. Melbourne, October 2019

Meet new PhD student Fiona Faulks

Hello everyone! I am Fiona Faulks and I enrolled in my PhD in August this year with JLC. My supervisors are Helen McLachlan and Touran Shafei. I still can't believe how fortunate I am to have such a talented and supportive supervision team. My PhD is investigating the impact of caseload midwifery (continuity of care) on the perinatal outcomes of vulnerable women in a regional centre. This is one element of a much larger study – MAGNOLIA – which is an international collaboration with UK and Swedish counterparts exploring the feasibility of conducting an international, multisite randomised controlled trial to test if primary midwife-led care improves outcomes for migrant and refugee women.

I am new to research and academia. I have spent many years working in leadership and education roles as a midwife. My greatest and most important role though has always been as a mother (see picture). I have a half empty nest now, so I am loving the distraction of my PhD whilst I wait for the pitter patter of little grandchildren. I am currently the Bachelor of Nursing/Bachelor of Midwifery Regional Co-ordinator in Bendigo and have loved spending time with the next generation of nurses and midwives – they inspire me through their passion and commitment to woman and family centred care. I am so grateful to be a part of the JLC family and hope to meet you all soon.



National Australian College of Midwives Conference

Robyn Matthews

The Judith Lumley Centre was well represented at the National Australian College of Midwives Conference in Canberra, 17–19 September, which had the theme *Power, Passion and Politics*. Presenters included Robyn Matthews, Touran Shafei, Maggie Flood, Nawal Abdulghani and Anita Moorhead. Charlie Smithson debuted with her first national conference presentation. Rebecca Hyde showcased our work with a poster. The presenters were well supported by Chris East and Sue MacDonald.

It wouldn't be a midwifery conference without a giant placenta – knitted from recycled t-shirts! Our biggest take-home message from the ACM conference was how strong midwifery leadership can make change by the bedside, in organisations, in politics and in the world.



Other presentations

Amanda Cooklin and Nawal Abdulghani presented at the World Breastfeeding Week at the Royal Women's Hospital, August 2019



Nawal Abdulghani, Mandi Cooklin with third presenter Zoe Akiko

Lisa Amir. *Poverty and breastfeeding: a public health perspective* (via Zoom). Breastfeeding, Work and Women's Health. Australia National University, September 2019

Stacey Hokke was an invited panellist at the Victorian Ethics Network annual training day in Melbourne, August 2019. *"It's not black and white". The ethics of recruiting, retaining and tracing research participants online.* Stacey shared research findings and best practice recommendations to about 200 university HREC members to support ethical decision-making when considering social media-based research.

Professors **Christine East** and **Della Forster** were on a *Mock Review Panel* for the IMPACT Network Concept Development Workshop in July 2019 at Monash Law Chambers in Melbourne. IMPACT is part of the Perinatal Society of Australia and New Zealand. The workshop encouraged researchers to discuss their trial concepts from ideas through to structured plans for large collaborative multicentre clinical trials. Experienced researchers facilitated interactive and collaborative workshops around emerging research proposals, with the aim of helping to develop pilot studies, trial protocols or funding applications.

Maternal, Child and Family Health Nurses Australia Conference

Leesa Hooker

At the recent MCAFHNA (Maternal, Child and Family Health Nurses Australia) Biennial Conference in Sydney the Judith Lumley Centre had a great line-up, presenting six posters, giving two oral presentations and chairing four sessions including a half-day workshop on father-inclusive practice.

Collaborations with La Trobe SNM were acknowledged in research presented at a half-day workshop (Autism) and an oral presentation (Graduate MCH nurse supervision with the Municipal Association of Victoria). Five past Child, Family and Community Nursing (MCH) Master's students gave oral/poster presentations on their work as MCH clinicians, applying what they learned in their course. One of these was remarked upon during a keynote address. Two recent JLC PhD graduates presented their research. Collaborations with Wangaratta Council to evaluate an MCH continuity of care model were also presented.

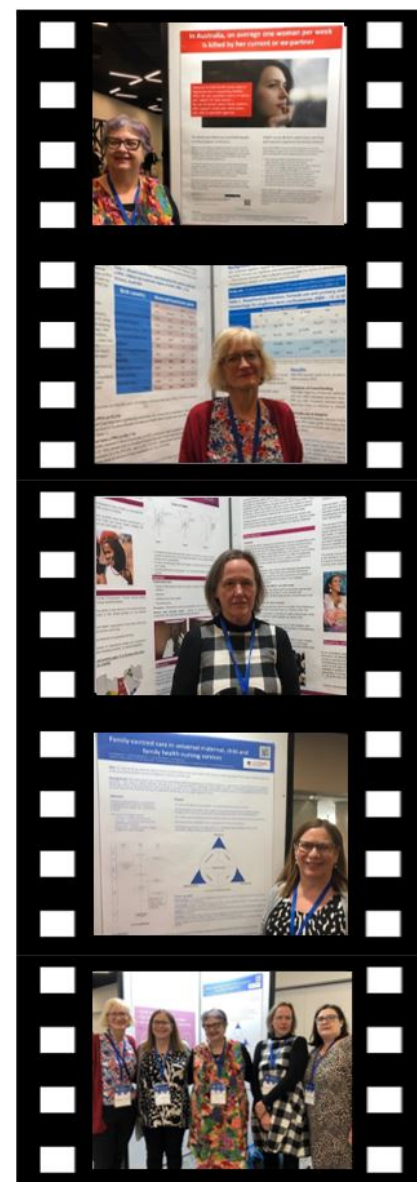
We made new connections with a researcher from Sheffield Hallam University with further discussions and likely collaborations to follow. International (NZ, UK) and interstate (Qld) connections were made, promoting LTU and JLC with potential linkages for further research and education opportunities. There were also several inquiries from potential MCH nurse PhD/ Professional Doctorate candidates.

Oral presentations

- **Diana Wilson, Lael Ridgway & Kim Howland:** *Supporting the transition to practice: Innovations in the profession and practice*
- **Leesa Hooker, Leonie Versteegh, Helena Lindgren & Angela Taft:** *Differences in help-seeking behaviours and perceived helpfulness of services between abused and non-abused women*

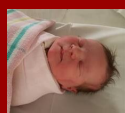
Poster presentations

- **Catina Adams, Angela Taft, Leesa Hooker:** *The Enhanced Maternal and Child Health*



Offspring

Congratulations to



Dr **Sharinne Crawford** and family on the birth of their new daughter **Jasmine Leah**, born 27 July 2019



Zoe Marchant and family on the birth of their daughter **Eva Anne Giogha** on 11 September 2019



Adjunct Professor **Rhonda Small** and family on the birth of her granddaughter **Ylvie Maya Vogt**, born 8 October 2019

Judith Lumley Centre

for mother, infant and family health research

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nursing program in Victoria – nurses and their supervisors working with women experiencing family violence

- **Margaret Flood**, Wendy Pollock, Sue McDonald, Fiona Cullinane, Mary-Ann Davey: *Primary postpartum haemorrhage, breastfeeding initiation and formula use for confinements in Victoria*
- **Margaret Flood**, Wendy Pollock, Sue McDonald, Fiona Cullinane, Mary-Ann Davey: *Maternal country of birth and blood transfusion for 370,603 confinements in Victoria*
- **Lael Ridgway, Naomi Hackworth, Jan Nicholson, Lisa McKenna**: *Family-centred care in universal maternal child and family health services*
- **Helene Johns**, Kaye Dyson, **Anita Moorhead**: *Getting (and keeping) 'the knowledge' – supporting all the learners of breastfeeding*
- Egi Chanyelew, Medina Idriess, **Helene Johns**, Marie Jones, Nigisti Mulholland, Sarah Robson: *Female genital cutting - responding to cultural diversity.*

Launch of the Possum Skin Cloak for the Victorian treaty

Pamela McCalman

On the 28th of October the Baggarrook Yurrongi team were invited to attend the unveiling of the Treaty Possum Skin Cloak at Bunjilaka Aboriginal Cultural Centre, Melbourne Museum.

Gina Bundle, the Program Coordinator of Badjurr-Bulok Wilam (the Aboriginal Health Unit at the Women's) is the creator of the cloak. She travelled around Victoria and collaborated with members of the Victorian Aboriginal community as they shared their stories. The cloak is a mosaic of 72 possum pelts, inscribed with art, messages and sentiments collected from 288 Aboriginal people during the Treaty Roadshow across Victoria in 2018. Gina is a proud Yuin-Monaro woman, with family connection to other clan groups. She is a renowned cloak maker.

Gina has been instrumental in the implementation of the Baggarrook caseload midwifery program at the Women's, and the team were delighted to attend. Minister for Aboriginal Affairs Gavin Jennings MLC, Shadow Minister for Aboriginal Affairs and Deputy Leader of the Opposition Peter Walsh, and Reconciliation Victoria CEO Diana David were among those at the unveiling.

The first meeting of the First Peoples' Assembly of Victoria is on December 10 and 11. The Possum Skin Cloak is on display at Melbourne Museum's Bunjilaka Aboriginal Cultural Centre until February 2020.



left: Pam McCalman, Libby Barry, Della Forster, Gina Bundle
right: Fiona McLardie-Hore, Robyn Matthews, Helen McLachlan