



Issue 3

Oct 24

Midwifery Moments Newsletter

News and events from the Brisbane Midwifery Society

Meet the team

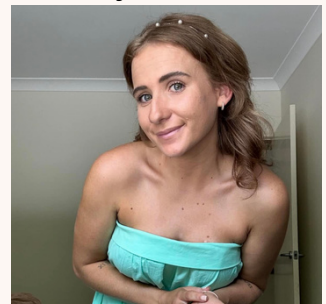
In this issue:



Carolyn - President Rachel - Vice President Kyrsten - Secretary



Ashleigh - Treasurer



Samantha - Social Media Officer



Daynaira - Shadow Executive



Emma - Shadow Executive

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Brisbane Midwifery Society Sept Events



Fellow Student Midwives,

As we reach the end of another university year, I want to take a moment to congratulate each of you on your hard work and dedication. This year has been filled with challenges and achievements, and you should be proud of all you've accomplished.

To our third-year students, a special congratulations as you prepare to graduate! This is a significant milestone, and your commitment to your journey in midwifery has been truly inspiring. As you step into this next chapter, remember that you are equipped with the knowledge and skills to make a real difference in the lives of families.

As you prepare for the upcoming OSCE and theory exams, stay focused and confident. These assessments are an opportunity to showcase everything you've learned, and I have no doubt you'll rise to the occasion.

Wishing you all the best in your exams and beyond. Here's to a bright future in midwifery!

Warm regards
Emma - Editor

Brisbane Midwifery Society News/Events



SHARE THE DIGNITY
On behalf of the Midwifery society, we would like to thank all those who donated items or their time to the Share the Dignity campaign. A total of 78 bags were packed on the day! What an impressive effort!



Midsoc Crafternoon
We held another craft, coffee and catch up. This time we incorporated crochet, clay and snacks. It was a great chance to meet fellow mid students and have a good debrief of our placement experiences.



Movie
Snacks



BirthTime

THE DOCUMENTARY

Join us for an evening of good food, great company and an insight into the current birth trauma crisis women are facing.

22 OCTOBER 2024 FROM 6PM

MidSoc Members - Free

Non-Members - \$5

Faculty - \$5

Scan here to register:



GIVEAWAYS
GIVEAWAYS
GIVEAWAYS
GIVEAWAYS
GIVEAWAYS

SEMESTER 2 GIVEAWAY

1 lucky Brisbane Midwifery Society member will win:

- \$250 mantra hotels accommodation voucher
- Stethoscope
- Stethoscope hard carry case
- Silicone FOB watch
- Wooden circle dilation chart
- Uterus design Retractable ID reel
- Portable Sphygmomanometer.

ANNUAL MEMBERSHIP
ONLY \$10

**JOIN US TODAY FOR
YOUR CHANCE TO WIN**



ALREADY A MEMBER!
ATTEND ANY SEMSTER 2
MIDWIFERY SOCIETY EVENT
FOR AN ADDITIONAL ENTRY



More Information:
midwiferysociety.brisbane@myacu.edu.au

Alumni Interview with Orlantha



What year did you graduate and where are you now?

I graduated at the end of 2022. I am currently at Mater Mothers Hospital, as a midwife on the Public Postnatal ward.

What did you find was the biggest challenge in your degree and how did you overcome it?

The biggest challenge was definitely trying to juggle the continuity of care mothers, often having appointments and births clashing with either compulsory university requirements or family life. I'm not sure that you really overcome the constant juggle of schedule changes - you just become more adaptable to change. In reality it sort of prepares you for the onslaught of shift work in the coming years!

You chose to take a direct position as a midwife after graduation, and not complete a grad year, upon reflection, do you feel that was the right decision? Why?

I was fortunate that this option was available to me, however my understanding, in the current EBA, is that it is no longer an option. I was always very certain of my path during my degree with my interest area being Perinatal and Infant Mental Health, whilst this area is important antenatally, it is certainly more prominent in the postnatal period. Upon reflection, if the option were provided again, I would make the same decision. For me personally, I knew that Birth Suite was not for me - and for many other midwives, this is the same and that is okay. If anything, I have specialised, straight from university, in the postnatal field - which is always where I saw myself making the biggest impact on the women, babies and families I care for.

Do you have any advice for current students navigating their studies and placement?

Would 'short term pain, for long term gain' be appropriate? The entire degree is tough, I'm not going to lie. Having a good support team of fellow midwifery students around you that can sympathise and drag you from the depths of 2am despair is so important. A great, well rehearsed, team for an OSCE is equally important.

In terms of placement, get involved. As a midwife supervising your placement, I want to help sign off your competencies and help you to feel comfortable in the different areas you're exposed to. Come to shift with clear goals, even when you think everything on paper is signed off, trust me, there's more you could find. If you're unclear of what goals could be an option for the shift - ask, I promise we'll come up with something that will extend your knowledge.

Connect with us



Website:

aculife.acu.edu.au/BRISMidSoc

Here you can:

- ~ Sign up to be a member of BMS
- ~ Find and RSVP to upcoming events

Facebook:

Brisbane Midwifery Society ACU

Instagram:

brisbane_midwifery_society_acu

Email:

midwiferysociety.brisbane@myacu.edu.au

If you have an idea for an article, an achievement to share or a story to tell for our next newsletter, we would love to hear from you.
Send us an email today.



Do you want to...

Learn Leadership skills,
Make a positive change,
Add some extra skills to your
CV and have some fun along
the way.

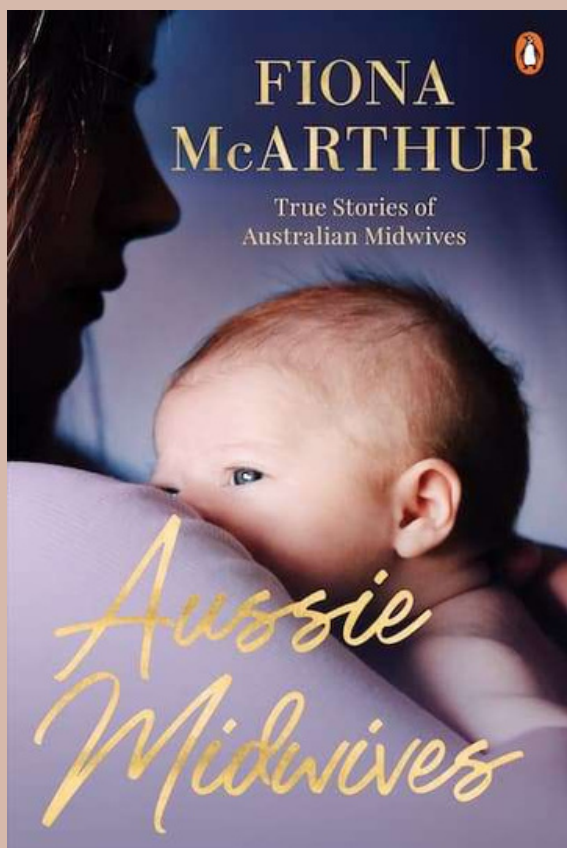
We are seeking students from
1st and 2nd years to join the
executive team as shadow
executives to help lead our
society into 2025.

Work required is approx 1-2
hours per week and we share
that load.

Email us, drop us a DM or let us
know you are interested in
person at our next event.

Recommendations

Book of the month



Buy it here



Instagram of the month



🌿 **LATINA BIRTH WORKER** 🌿
 🧠 **BIRTH INFLUENCER** 🧠
 ✨ **AWARD WINNING DOULA** ✨
 🌈 **BIRTH EDUCATOR**
 @birth.like.a.badass 🌈



Podcast episode of the month

Ep 102
 Decentralising
 maternity care



Check them out and let us know your thoughts on these recommendations
 Have you read/listened to/or followed great midwifery content? Let us know so we can share