



Issue 6

May-  
June 25

# Midwifery Moments Newsletter

News and events from the Brisbane Midwifery Society

## Meet the team

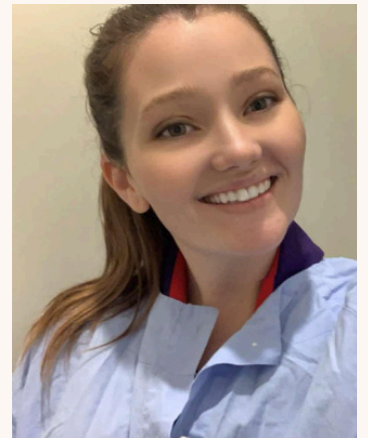
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Emma - President



Daynaira - Vice President



Ash - Secretary



Lauren - Treasurer



# Brisbane Midwifery Society News/Events

## Celebrating your first OSCE



*Congrats!*



# Brisbane Midwifery Society News/Events

## Cuddle Heart Crafternoon



# 40

Cuddle hearts!  
Created by you,  
for NICU and SCN  
babies.

Thank you



# Brisbane Midwifery Society News/Events

Congratulations to  
Kaitlyn for  
winning our  
Semester 1 1st years  
gift basket!



**CONGRATULATIONS**



Congratulations to  
Nikita for  
winning our Raffle  
for a Littmann  
stethoscope!  
Kindly donated by:



# 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.



# Tips on Surviving Night shift



## **Tip #1** – Take a nap prior to your first shift

There are two schools of thought on how to prepare for a night shift, which are:

1. Stay up late the night before the shift, and sleep as long as you can into the day.
2. Sleep normally the night before and take a long nap in the afternoon.

As a first time shift worker, there are things you can do to ensure restorative sleep during your time off:

- Earplugs, eye mask and blackout curtains: You'll need to make sure that your bedroom is set up for daytime sleeping. Invest in some blackout curtains that block sunlight and get some good quality earplugs so you don't get disturbed.
- Regular exercise: People who exercise regularly tend to have better sleep. If you know you need deep sleep, it may be helpful to exercise while you're up and about.
- Establish a routine: If you have an upcoming block of rostered night shifts, establish a regular sleep routine. The sooner your body gets used to the change, the sooner you'll feel energised while working nights.

## **Tip #2** – Keep moving

One of the best things you can do to stay alert while working a night shift is to keep moving. This is particularly important if you have some downtime during your shift. It might feel tempting to sit down and nap, you'll be better off taking a walk or stretching.

Physical movement keeps the blood flowing, which will keep your mind active and help to get you through. It can also be very helpful to pop outside for a bit of fresh air if you have the opportunity.

*Stay  
Safe*



# Tips on Surviving Night shift



## **Tip #3** – Watch the caffeine intake

Caffeine definitely has its uses, but night shift midwives need to be careful not to overdo it. A coffee at the beginning of your shift can be just the right thing to get you going. But you should try to avoid it as shift starts to draw to a close. Excess caffeine may make it difficult to fall asleep when you get home.

Instead, remember to keep drinking water, so your body has what it needs to function at its best. Nutritious snacks will also give you energy without disrupting your sleep routine

## **Tip #4** – Fuel your body

Food can have a profound effect on our mood and energy levels. In order to keep going during an overnight shift, it's essential to make sure your body is properly nourished.

Before your shift, sit down and enjoy a nutrient-rich meal with a good balance of protein and fibre. Ensure your body has the fuel it needs to keep you sustained. Prepare high quality snacks that you can eat throughout your shift to keep you energised.

Good snacks for shift workers include nuts, protein balls, fruit and yoghurt. Try to steer away from high sugar treats such as soft drinks and lollies. While they might give you a lift in the short term, you'll be at risk of having an energy crash.

## **Tip #5** – Chat with your colleagues

Chatting with your fellow midwives while working at night has two advantages. Firstly, they'll help to keep you awake and entertained. And secondly, you'll very likely expand your knowledge and learn useful new 'midwife hacks'. Communicating with your colleagues will also help your mental health. Through sharing stories, you can gain an appreciation for all the hardworking and courageous midwives. So, remember to check in with your fellow workers. Ask them how they're going and reach out if you ever feel like you need a bit of extra support.

<https://online.federation.edu.au/hacks-for-surviving-night-shifts-as-a-nurse/>

# Upcoming events for ΔCU

# Connect with us



## **Website:**

[aculife.acu.edu.au/BRISMidSoc](http://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 in 2025.

Workload required is approx 1-  
2 hours per week shared  
between us.

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

# Join the Brisbane Midwifery Society



\$10 - 1 year membership  
\$25 - 3 year membership  
\$15 - Alumni membership

Free or discounted access to  
courses and events Midsoc  
Newsletter  
Giveaways