



Issue 2

Sep 24

Midwifery Moments Newsletter

News and events from the Brisbane Midwifery Society

Meet the team

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Carolyn - President Rachel - Vice President Kyrsten - Secretary



Ashleigh - Treasurer



Samantha - Social Media Officer



Daynaira - Shadow Executive



Emma - Shadow Executive



A note from our vice-president

Brisbane MidSoc Members,

As we race toward the middle of the semester, we know that most of you are head down in a flurry of assessments and placement. Please know that your dedication to this vital aspect of healthcare is truly inspiring, and we are excited to support you as you continue to grow both academically and personally.

We know this semester will have brought about new challenges and opportunities, so it's essential to stay focused on your studies while also prioritizing self-care. Remember, balancing rigorous uni work, placement, paid work and home life with self-care is not only beneficial for your well-being but also crucial for your success in this degree. Make sure to set aside time for activities that recharge you, whether it's spending time with loved ones, exercising, or simply enjoying a good book.

We still have some great events lined up for this semester! Keep an eye out for these and come along to connect with other likeminded people, and don't forget each event you attend will add another entry for you into our end of semester prize draw.

If you ever find yourself needing support, don't hesitate to reach out. Our team is here to assist you with any challenges you may face, whether they are academic or personal. We'd also love to hear what types of events and professional development sessions you would like us to bring you in the future.

email us at: midwiferysociety.brisbane@myacu.edu.au

Remember your well-being is important to our society, and we want to ensure you have the resources you need to thrive.

Brisbane Midwifery Society August Events

Welcome back day



Brekkie Brunch with the Midwifery Society



Our first coffee, craft and catch-up was a great chance to unwind and debrief.





Brisbane Midwifery Society News/Events

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.

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



**ANNUAL MEMBERSHIP
ONLY \$10**

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

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

Celebrating Achievements



The Midwifery society would like to congratulate ACU Banyo's own Raylene Pennay on her nomination for ACMs student of the year award.

We wish you all the best on the night! What an achievement!

acm
Australian College of
Midwives

2024 ACM MIDWIFERY AWARDS
EXCELLENCE IN MIDWIFERY

AWARDS
STUDENT OF THE YEAR
FINALISTS


Sienna Putland
SA


Raylene Pennay
QLD


Marco Steyn
QLD

SPONSORED BY **HUGGIES**



Lets recap this months learning

2nd year

A big hug for our second-year cohort.

Phew what a semester it has been so far!!

I know we were told that second year was going to be big, but who expected it to be this big? As we near the midpoint of the semester, it's a great time to reflect on the content we've covered so far. Our journey through this semester has provided a deep dive into critical areas of our midwifery practice, and I wanted to highlight some of the key areas we've explored:

- **Perinatal Mental Health (MIDW215):** We've discussed the importance of supporting mental well-being for both mothers and their infants, focusing on early identification and intervention and care strategies.
- **Complex Care in Pregnancy (MIDW217 & 224):** Our labs and tutorials have covered various complications such as:
 - **Gestational Diabetes Mellitus (GDM):** Management, monitoring and care strategies.
 - **Maternal Infections:** Recognition, screening and treatment to safeguard both mother and baby.
 - **Antepartum and Postpartum Haemorrhage (APH & PPH):** Identification, prevention, and management strategies.
 - **Pre-term Labour:** Signs, management options, and interventions.
 - **Maternal Collapse:** Response protocols and emergency care.
 - **Hypertension, Pre-eclampsia, and Eclampsia:** Risk assessment, monitoring, intervention and ongoing care.
 - **Breech Birth, Shoulder Dystocia and Cord Prolapse:** Recognition, escalation and techniques for management and safe delivery strategies.

Looking ahead, will still be learning about **Prolonged and Obstructed Labour**. This will be crucial for understanding complex labour scenarios and refining our clinical skills.

As we prepare for the upcoming OSCEs, remember to review and practice the new outlined procedures for managing PPH (week 3 Lab) and Shoulder Dystocia (Week 4 Lab)

Stay engaged, keep practicing, and make sure to reach out if you have any questions or need support. We are all getting a step closer to becoming the change in Midwifery and I look forward to working with the new epic midwives that are currently being created.

Cheers

Rach - Brisbane MidSoc - Vice President.

Shaping Future Midwives: An Insightful Discussion with Our Faculty



An interview with
Rebecca Raven



What is your position at ACU and how long have you worked here?

My current role at ACU is Clinical Placement Coordinator and Midwifery Lecturer. I have worked with ACU at the Mater since 2015 as the Clinical Facilitator/Program Coordinator with the Bachelor of Midwifery (Graduate entry)- BMIDGE students. I have also been a Sessional Academic here at ACU since 2018, working across midwifery, nursing and health sciences units.

When did you become a Midwife and what drew you to study this field?

I became a midwife in 2003 after graduating from ACU. I was keen to support women in pregnancy and birth. I didn't expect to enjoy it as much as I do, and then have the privilege to be involved with midwifery students.

What is your fondest memory from your time in Midwifery?

This question is tricky, as there are so many fond memories from my time at different facilities and also here at ACU. I think my fondest memory would be working with young women when I was at Ipswich Hospital. It was heartwarming to support these women throughout pregnancy and birth and then see how they cared for their new infants at home.

What is the biggest challenge you have faced in Midwifery and what did you learn from it?

I think my biggest challenge in midwifery has been ensuring that all women we care for feel listened to and supported. This can be particularly tricky in busy hospital settings, where we are time poor and sometimes under-resourced. I believe we can only do our best when we are on shift. It is important that we are kind to ourselves and each other and prioritise some self-care strategies in our everyday life.

Do you have any advice for students going on placement?

This is one of my all-time favorite questions and I feel very honored to be asked. My tips of advice would be –

- Feel empowered to advocate for women (in a professional way), and always ask curious questions to anyone around.
- Clinical placement is potentially a 3-year interview for a graduate position at this facility. Always be on time to shifts, always look and act professionally and most importantly – love what you do, because it is a rewarding yet challenging job.

Mark it in your calendar

September



Coffee, Craft, and Catch ups - Tuesday 10am - 1pm
@Banyo Cafe, Hosted by the Midwifery Society

Dilation beads and Polymer clay craft

Free for society members, \$5 for non members

Snacks provided



RUOK Day BBQ lunch - Hosted by ACU Life
11am-1pm Main lawn



RUOK?™

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

Podcast episode of the month

Ep 111 - Is hospital birth dangerous for women?

Everyone always asks, is homebirth safe? But the bigger question to be asking is, Is hospital birth dangerous? Mel looks at the biggest Australian Study which included over 1 million women to find the answer of, is hospital birth dangerous for women? And also takes a poke into history to discover how it came to be that 97% of women will give birth in hospital in Australia



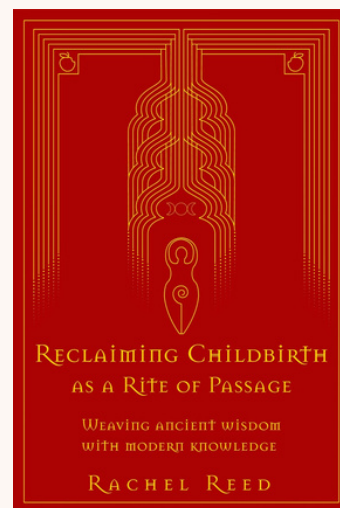
Instagram of the month



Check out Jess's website for free revision downloads
<https://studentmidwifestudygram.co.uk/>



Book of the month



Available to buy here



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



Future events

Save the date
22/10

COMING
SOON

Birth Time the documentary


presents

A NIGHT TO REMEMBER

2024 Ball

 Friday
02 Nov

 Cloudland
Ann St

 7pm till
11pm

Buy Tickets Now on ACU LIFE