



Issue 1

Aug 24

Midwifery Moments Newsletter

News and events from the Brisbane Midwifery Society

Meet the team



Carolyn - President



Rachel - Vice President



Kyrsten - Secretary



Ashleigh - Treasurer



Samantha - Social Media Officer



Daynaira - Shadow Executive



Emma - Shadow Executive

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Welcome



Dear Students and Staff,

We are thrilled to introduce the first edition of our Midwifery Student Newsletter! This is your go-to source for staying informed about the latest news, upcoming events, and important updates within our vibrant midwifery community.

In each edition, you can look forward to engaging articles, insightful features, and practical information tailored to support your journey in midwifery education and practice. Our aim is to keep you connected, inspired, and equipped with the knowledge you need to thrive in this rewarding field.

Whether you're a student eager to make the most of your learning experience or a staff member dedicated to guiding and supporting our students, this newsletter is designed with you in mind. Stay tuned for updates, event highlights, and news that will keep you at the forefront of midwifery practice and education.

Thank you for being an integral part of our community. We're excited to embark on this journey together and look forward to sharing many enriching and informative editions with you.

Warm regards
Emma - Editor



Brisbane Midwifery Society News/Events

To kick off the second semester, the Brisbane Midwifery Society are teaming up with ACU Life and giving you a **FREE** Brekkie Brunch **Tuesday 6th August 10-12pm** on the main lawn, a great opportunity to satisfy the hunger between classes and meet up with peers from different cohorts and courses. On **Tuesday 13th August @9am** The midwifery society has organised a special event for those interested in promoting baby wearing and facilitating postnatal connection. This is a **FREE** 1 hour event for Midsoc members

We look forward to seeing you there!

**BREKKIE
BRUNCH**
WITH FRUIT, DRINKS AND MORE

10am - 12pm
Tues' 6 August
@ Main Lawn

**Baby Wearing and Postnatal
Connection Workshop**

Tuesday the 13th August @ 9AM

A FREE hour session on how baby-wearing in a sling or carrier can help facilitate bonding, support maternal mental health and how to do it.

Register Via:
<https://au.cglink.me/2iC/r55601>
Or Scan the QR code

Welcome back to campus



The Midwifery Society reached out to current students in each cohort and asked them

What they are most looking forward to this semester?



More hands-on clinical skills e.g. administering medications
- Claudia, 1st yr

Advancing my clinical skills and hopefully seeing my first ever birth
- Sinead, 1st yr

Building on the knowledge and experiences I gained from placement and to connect it to the new theory I'll learn this semester, now that I feel I can relate more now - Jill, 1st yr

Connecting more with the university and what it has to offer
- Davina, 1st yr

Keep learning, to keep growing and to continue to challenge myself to be the best I can be for the women I care for - Andrea, 2nd yr

Getting out of my comfort zone and challenging myself on placement
- Tani, 2nd yr





Midwifery Milestones:

Insights from a Third-Year Student's Journey

Raylene

What inspired you to pursue a career in midwifery?

Having my own children opened my eyes to midwifery, although thinking about it, I have always been drawn to working with women and have been passionate about empowering them and making them feel confident.

Can you describe a moment or experience that solidified your decision to become a midwife?

Not one moment. It has been a series of moments and experiences that led me down this path. After my first day of clinical placement, not that anything happened, I knew I had made the right decision.

How has your experience at ACU been so far? What have been the highlights and challenges?

My overall experience has been positive with ACU. The highlights have included the friendships I have made and studying UNCC300 in Rome was an amazing experience. The main challenge is meeting the demands of CCE requirements, placement, and study whilst balancing children, work, and the financial issues that come with full-time study and unpaid placement.

What has been the most valuable lesson you've learned during your training so far?

There are a few valuable lessons I have learned so far. I guess number one is to be more compassionate to myself and be less critical... It is okay to be learning – you just have to keep trying your best to improve. I have learnt the importance of taking every opportunity to practice your clinical skills whilst on placement, even if you are nervous – speak up and have a go and do not be afraid to ask for help. Start applying critical thinking from the start and if you don't understand something, ask questions, do research – it will help you build confidence and knowledge. Use your initiative and don't wait to be asked to complete tasks. On the postnatal ward – answer all the call bells – you can learn a lot from meeting the women and helping them... also, the midwives will really appreciate it and you will build a good rapport and reputation. Make friends with fellow students on placement – from ACU and other universities; they may be your colleagues one day and you can learn a lot from each other and be able to support each other through this degree.

Midwifery Milestones: Insights from a Third-Year Student's Journey



Are there any particular areas of midwifery you're especially interested in or passionate about?

I love postnatal care and am passionate about perinatal mental health, particularly postnatal mental health. This is a key area of interest for me.

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

Be kind to yourself! Midwifery is a demanding degree and the requirements alongside the study can take a toll on you. Reach out for help if you need it. Time management and being organised obviously helps, I find using a semester planner helps me keep on top of assessments and google calendar for shifts and appointments.

What should we expect in 3rd year?

In the third year, the placement requirements currently are 240 hours in Semester 1, inclusive of 80 hours in SCN or NICU. Semester 2 is 320 hours plus 20 hours community engagement. Be prepared for this if you can. It will be harder to do paid work with this level of placement.

However, the subjects for third year are online/intensives (following the recommended course outline – this may differ for each person). This means you do not have to go on-campus throughout the semester!

You will attend 5 days over a two-week period for Semester 1. This was in mid-February, and there were online modules to complete prior to attendance. So be prepared to start studying at the end of January. These intensive days included tutorials, completing a group assessment, clinical labs and an OSCE.

Semester 2 – We have just completed a three-day intensive (the week before the semester started). This included talks about applying for graduate positions and we did mock interviews. There was a day of clinical labs and an OSCE. We will have one more day to attend in October for an oral presentation.

Graduate program applications open mid-July, so get ready to start thinking about that as well...It will sneak up quickly!

~Raylene



Mark it in your calendar

1-7th

World breastfeeding week

6th

FREE

Breaky brunch 10-12pm @ACU Banyo
Hosted by the Midwifery Society

8th

FREE

ACM Student session via Zoom -
Breastfeeding is a core skill workshop
1CPD - Register with ACM

13th

FREE

Baby wearing and postnatal
connection workshop
@ACU Banyo

26th

FREE for
members

Coffee, Craft, and Catch ups - Monday 12pm
@Banyo Cafe, Hosted by the Midwifery Society

Making Dilation beads.

Free for society members, \$5 for non members



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/>

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...

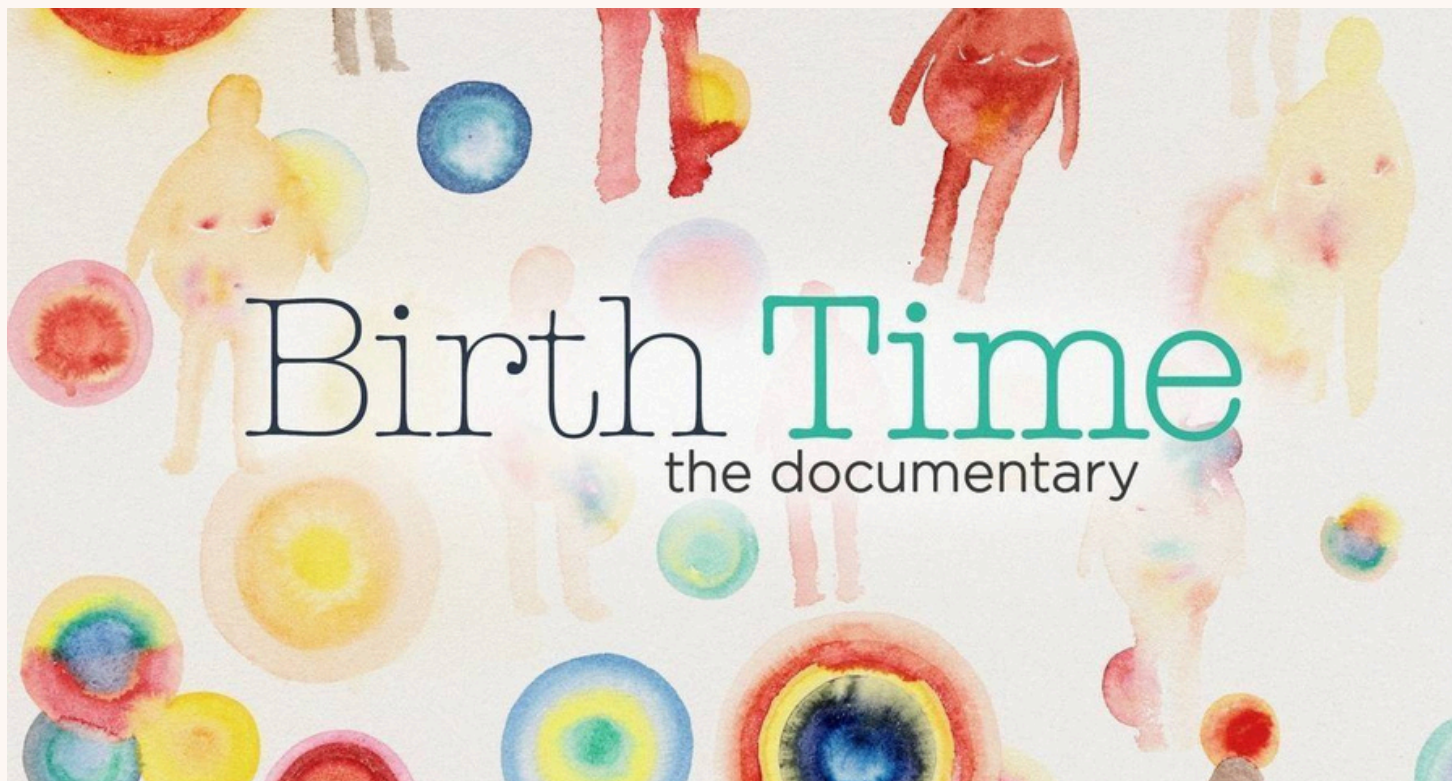
Learn Leadership skills,
Make a positive change,
Add some extra skills to your
CV and have some fun along
the way.

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.

Future events

A poster for the "A Night to Remember 2024 Ball" presented by the McAuley Student Association Brisbane. The background is dark blue with white stars. At the top center is the McAuley Student Association Brisbane logo, which features a bulldog's head. Below the logo, the word "presents" is written in a small, white, sans-serif font. The main title "A NIGHT TO REMEMBER" is written in a large, yellow, serif font, with "2024 Ball" in a smaller, white, cursive font below it. At the bottom, there are three rounded rectangular buttons with icons and text: a calendar icon for "Friday 02 Nov", a location pin icon for "Cloudland Ann St", and an alarm clock icon for "7pm till 11pm". At the very bottom, the text "Buy Tickets Now on ACU LIFE" is written in a white, sans-serif font.