PSRH Newletter November 2026

From the President: Connecting, Supporting and Strengthening Pacific Women's Health







Warm Pacific greetings to our members, colleagues and partners.

A recent regional cancer prevention webinar recalled a message from our Tonga conference: the Pacific understanding of taboo as something sacred, worthy of respect and protection. It invites us to reflect on how we value and care for women in our communities.

Women often put their families first, delaying care for themselves. Their health and dignity deserve attention every day, beyond awareness campaigns. Each consultation—for screening, pregnancy, family planning or menopause—is an opportunity to ask about a woman's wider wellbeing .

As we look towards 2027, let us strengthen holistic, culturally responsive care that recognises women as individuals whose health matters in its own right.







Investing in Pacific Health Professionals
A Scholarship Experience from Papua New Guinea

Access to continuing professional education remains a challenge for many health professionals across our Pacific region, particularly those working in geographically isolated or resource-limited settings.

Through the generous support of our funding partners, PSRH continues to help colleagues participate in professional development and regional networking opportunities. This month, we feature Dr Frank Apamumu from Papua New Guinea, one of our scholarship recipients supported to attend the PSRH Biennial Conference in Tonga.

Beyond the formal educational programme, these opportunities allow colleagues to exchange experiences, develop relationships with regional specialists and explore how new knowledge can be applied within their own health services.





Click here to view Frank's poster

ST VINCENT'S PACIFIC HEALTH FUND

In his report, Frank highlights the value of the ultrasound workshop in refreshing his clinical skills and strengthening his capacity to support the training of younger colleagues in PNG. An especially valuable outcome was the opportunity to meet regional partners involved in plans to establish an HPV screening clinic in East New Britain. These face-to-face connections helped strengthen relationships previously maintained largely through email and online discussions.

Frank also contributed to the scientific programme through a poster presentation on a case of abdominal pregnancy at 38 weeks, co-authored with Ms Dashlyn Chee.

His experience reminds us that the value of regional gatherings extends well beyond the conference itself — creating connections that can support clinical education, professional collaboration and future health initiatives.

We sincerely thank the St Vincent's Pacific Health Fund for making this opportunity possible.

Did you miss the PSRH conference? or want to review some of the presentations?

If so, members can log into the PSRH Members Lounge on the PSRH website and access the presentations.

Not a member? Join and you too can have access!

Membership link



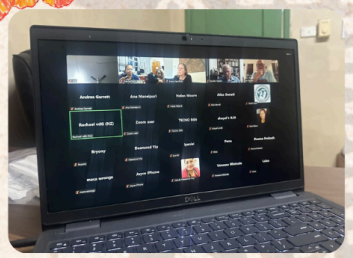
Regional connections in Gynaecological Oncology

PSRH's monthly regional Gynaecological Oncology Multidisciplinary Tumour Board has grown since its launch in May 2025, with close to 70 members now on its mailing list. Chaired by Dr Nanise Sikiti, the first Pacific IGCS fellow, this forum connects Pacific clinicians with specialist colleagues for confidential clinical discussion.

The meetings provide an excellent forum to discuss complex cases and management options, supporting treatment planning and shared learning, particularly for International Gynecologic Cancer Society (IGCS) fellows in the Pacific. We thank Dr Sikiti, the presenting teams and contributing specialists for their expertise and continued commitment to strengthening gynaecological cancer care across the region







Menopause collaboration with AMS

AUSTRALASIAN MENOPAUSE SOCIETY
Supporting Midlife Women

Following this year's Pacific Menopause Webinar Series, our collaboration with the Australasian Menopause Society (AMS) continues. Ana Thompson, PSRH Vice President–Midwifery, has accepted the role of PSRH member affiliate to AMS, providing a link for Pacific perspectives and learning needs.

The series and August activities in the Cook Islands have encouraged conversations about accessible, culturally appropriate menopause information and care, including women's wellbeing beyond the reproductive years.

PEMNeT builds local training capacity







During 2026, Pacific Emergency Maternal and Neonatal Training (PEMNeT) supported in-country training in the Cook Islands, Federated States of Micronesia (Pohnpei and Chuuk), Fiji (Lautoka) and Vanuatu (Santo), including outer-island communities. Activities in the Cook Islands, FSM and Fiji reached more than 110 health workers . Training of local facilitators also supported capacity for ongoing emergency care education.

Our sincere thanks to the regional faculty who travelled to deliver the training, and to the local facilitators and health teams who made it possible

We thank UNFPA, local health services, facilitators and programme partners, and acknowledge NZSOG's donation supporting the Lautoka training. These activities strengthen teamwork and local capacity for ongoing emergency care education.

Pacific BLOOM sessions in November

Pacific BLOOM—Building Learning Opportunities Online in Mental Health—offers free, interactive ECHO learning for Pacific healthcare and community workers supporting women during pregnancy and after birth.

Topics include anxiety, depression, postpartum psychosis and family support. Three sessions remain: **4, 11 and 18 November 2026**.

We encourage colleagues to join and share this opportunity.

BLOOM-PPP

Building Learning Opportunities Online in Mental Health

Pacific Perinatal Project

The Pacific Perinatal Project BLOOM training will be online, and all sessions provided free of charge for health or community workers delivering care and support in Pacific countries.

The sessions are open for all health care and community workers providing mental health, midwifery and obstetric services. No set qualifications, or prior experience required" Please seek approval from your workplace to ensure that you will be supported to participate.

Goals for the training

- Destigmatisation of mental health conditions that are experienced during pregnancy, child birth and parenting
- Tools to recognise mental health symptoms and enhance safety
- Interventions that include family
- Recognition of high prevalence mental health conditions and distress such as anxiety and depression
- Recognition of low prevalence mental health distress and conditions such as postpartum psychosis

2026 Curriculum

Week	Date	Topic
1	21 Oct	Introduction to the course, principles of assessment and management Perinatal Mental Health
2	28 Oct	Approach to assessment and management of Perinatal depression
3	4 Nov	Approach to assessment and management behavioural disturbance in pregnancy/ postpartum psychosis
4	11 Nov	Emotional wellbeing in pregnancy/delivery/birth trauma/adjustment postnatal period
5	18 Nov	Research into perinatal mental health conditions in the Pacific

Weekly sessions

Anchored on 11am Melbourne (AEST) for 60 minutes via ZOOM

Alofi UTC-9	Rarotonga UTC-10	Port Moresby UTC+10	Yap UTC+11	Brisbane UTC+11	Honiara UTC+12	Port Vila UTC+12	Pohnpei UTC+12	Melbourne UTC+10	Suva UTC+12	Tarwa UTC+12	Yaren Majuro UTC+12	Funafuti UTC+12	Apia UTC+13	Nuku'alofa UTC+13	Fakaofo UTC+14	Fanning Island UTC+14
Tue 1.00-2.00pm		Tue 2.00-3.00pm			Wed 10.00-11.00am			Wed 11.00-12.00pm			Wed 12.00-1.00pm			Wed 1.00-2.00pm		Wed 2.00-3.00pm

ECHO

ECHO- Extension for Community Healthcare Outcomes, is a tele-mentoring programme of learning, sharing & support that uses video-conferencing technology to connect people.

In the ECHO network, experts and learners rely on each other for continuous collaboration, problem solving and professional growth.

Register your interest here:

https://us02web.zoom.us/meeting/register/NxEa82LQSiaKcL6830QSJQ

You will receive a unique link for the online sessions from zoom when you register. You can keep the email handy for logging in to our sessions each week. Or if you lose the link, you can join the meeting directly using these details:

ZOOM Meeting ID: 840 6312 3365 Passcode: STV2026

Stronger Communities Healthier Pacific

ST VINCENT'S MENTAL HEALTH AUSTRALIA

FNU FIJI NATIONAL UNIVERSITY COLLEGE OF MEDICINE, NURSING & HEALTH SCIENCES

OCEANIA SOCIETY for OSMHP MENTAL HEALTH PROFESSIONALS

SOMANZ-PSRH Continuing Our Obstetric Medicine Conversations

Planning is underway for the final joint webinar of 2026 with the Society of Obstetric Medicine of Australia and New Zealand (SOMANZ).

The focus will be HIV and syphilis in Fiji, including prevention, screening and management and their implications for pregnancy and newborn health.

The date and registration details will be circulated shortly. Our thanks to SOMANZ and our Pacific contributors.

Looking Ahead to 2027 Strengthening Our Pacific Connections



Help us keep our regional network connected. Send the Secretariat your research, training opportunities, professional achievements and stories from practice for future newsletters. Thank you for your continued support and collegiality.

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