



PSRH NEWSLETTER

ISSUE 1.

JULY 2024.

FREE WEBINARS DON'T MISS OUT!

ALL WEBINARES ARE 60
MINUTES AND REGISTRATION IS
ESSENTIAL

Postpartum Contraception,

Professor Kirsten Black
25th July 2024.

6pm AEST, 7pm Vanuatu,
8pm NZ/Fiji, 9pm Samoa
&Tonga

[REGISTER HERE](#)

World Breastfeeding Week

Feeding one, two or more babies successfully,

Dale Hansson

1st August 2024

5pm (AEST), 6pm
Vanuatu, 7pm NZ/Fiji,
8pm Samoa &Tonga.

[REGISTER HERE](#)

Infant feeding after a disaster,

Carole Dobrich,

7th August 2024

6pm AEST, 7pm Vanuatu,
8pm NZ/Fiji,
9pm Samoa & Tonga

[REGISTER HERE](#)

WORLD BREASTFEEDING WEEK: CLOSING THE GAP, BREASTFEEDING SUPPORT FOR ALL.

In recognition of World Breastfeeding Week, celebrated annually from August 1st to 7th, PSRH joins the global movement to promote the numerous benefits of breastfeeding for both mothers and babies. This year's theme, "Closing the Gap, Breastfeeding Support for All", emphasizes the critical role of the importance of breastfeeding and breastmilk and the need to support every breastfeeding family.

Breastfeeding is the natural and ideal way to nourish infants. It provides essential nutrients for a baby's healthy growth and development, while also offering many lifelong health advantages for mothers and her breastfed children.

There is rigorous evidence to support the need for mothers to breastfeed their infants and children. Breastmilk and breastfeeding enhances immunity as breastmilk is packed with antibodies passed from the mother, giving the baby a powerful defense against infections, ear infections, diarrhea, and respiratory illnesses. It reduces the risk of chronic diseases: such as obesity, type 1 diabetes, and some childhood cancers later in life. Breastmilk provides the perfect balance of nutrients for a baby's growth and development, promoting healthy weight gain and brain development. When breastfeeding the skin-to-skin contact strengthens the emotional bond between mother and baby.

Don't forget about the benefits for the mothers, breastfeeding promotes faster postpartum recovery as it releases the hormone oxytocin, which helps the uterus shrink back to its pre-pregnancy size and reduces postpartum bleeding. Breastfeeding can help mothers burn calories and lose weight gained during pregnancy. Studies have shown breastfeeding may lower the risk of breast and ovarian cancers. Not to mention that breastfeeding is readily available, eliminates the need for formula and bottle preparation, and is free.

Often forgotten about are the benefits for the community and the environment. Breastfeeding reduces waste associated with formula production and packaging and contributes to a healthier community by lowering healthcare costs associated with maternal and infant illnesses.





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WORLD BREASTFEEDING WEEK, CONTINUED:

PSRH is committed to empowering families by supporting Health Professionals to advance their knowledge, and skills so they can support families to achieve their breastfeeding goals.

During Breastfeeding awareness week PSRH will have a free breastfeeding education session open to all members and families. All health professionals and families are welcome to register at:

- Feeding one, two or more babies successfully, Dale Hansson, **Thursday August 1st**, 5pm (AEST), 6pm Vanuatu, 7pm NZ/Fiji, 8pm Samoa/Tonga. [Registration here.](#)
- Infant feeding after a disaster, Carole Dobrich, **Wednesday August 7th**, 6pm (AEST), 7pm Vanuatu, 8pm NZ/Fiji, 9pm Samoa/ [Registration here.](#)

By working together, we can ensure that all families have the information and support they need to make informed feeding choices and experience the many benefits of breastfeeding.

World Health Organization & United Nations Children's Fund (UNICEF). (2003) Global Strategy for Infant and Young Child Feeding. <https://www.who.int/publications/i/item/9241562218>

National Health and Medical Research Council. (2012) Infant feeding guidelines: Information for all health professionals. NHMRC. <https://www.nhmrc.gov.au/health-advice/public-health/nutrition/infant-feeding-guidelines>

PSRH MEMBER PROFILE DR ULAI TAPA FIDOW, CURRENT PSRH PRESIDENT

Can you briefly describe your career journey and your current role?

My career has been exciting and challenging. A key point was my postgraduate training in Fiji, where I met influential mentors like Rajat and Amanda.

PSRH captured my interest through its nurturing and leadership values and introduced me to Pacific SRH champions. I believe caring and supportive leadership is crucial for effective clinicians in the Pacific.



What inspired you to join the PSRH Board?

I was inspired by common interests and collaborative work in the region. Witnessing shared experiences and effective programs in challenging circumstances fascinated me. PSRH provided vast opportunities to expand my knowledge and professional networks.

What have been your main contributions to PSRH so far?

Assisted in driving the Pacific Maternal and Neonatal Training (PEMNeT) program, co-authored its first manual, present in & host webinars, chaired the Samoa Local Organizing Committee for the 14th BSM, served as Chef de Mission for the 15th BSM in Auckland, I'm the focal contact for Samoa and have served on the PSRH Board for 5 years. I represent PSRH in the RANZCOG Global Health Committee.



PEMNeT Training

Kiribati:

19th – 29th July

Tonga:

31st August –
7th September

The PEMNeT faculty have been busy preparing for upcoming training in Tarawa this month, and Tonga in October. We wish the PEMNeT Pacific faculty, Sharron Bolitho, Rebecca Mitchell, Logomai Lualua and Litiana Tatukivei all the best as they develop and upskill their teams in Kiribati and Tonga.



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**Volunteers
needed**

GET INVOLVED

If you would like to become involved in PSRH work, either as a presenter in webinars, a contributor to the newsletter, join one of the subcommittees please contact us.

**HELP
NEEDED**

The PSRH Ultrasound Faculty are working to ensure future ultrasound workshops are effectively designed to meet our Pacific members needs. To assist our work, we have developed a needs assessment survey. Please click the link below or copy and paste it into your web browser to participate. We encourage you to share this survey with colleagues involved in obstetric or gynaecologic ultrasounds to help us tailor our teaching to everyone's needs.

LINK:

[Pacific obstetric and gynaecological ultrasound needs assessment](#)

USEFUL RESOURCES:

World Health Organisation

- [Breastfeeding](#)
- [Baby Friendly Hospitals](#)
- [Measuring child growth through data](#)
- [International Code of Marketing of Breastmilk Substitutes](#)
- [International Code of Marketing of Breastmilk Substitutes](#)

[FAQ on roles and responsibilities of health workers](#)

- [World Health Assembly Subsequent Resolutions](#)

Dr Ulai Tapa Fidow Profile continued:

What's one major challenge you've faced in your career and how did you handle it?

Transitioning from a local to a regional role in PSRH while Samoa is short of clinicians and leaders. I'm nurturing local champions to take on leadership roles, finding that with administrative and corporate support, local teams thrive and achieve more.

What do you hope to see in the future of reproductive health in the Pacific region?

I hope to see more SRH leaders and champions in each island country, making SRH a core component of each country's vision and mission to achieve healthy Pacific populations and regional development.

*To keep up to date with
what PSRH is doing.
Join us on Facebook*



If you need a membership form, please be patient. Our website is undergoing maintenance.



CONTACT US

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