



PSRH Newsletter Sept 2024



Perinatal Mental Health Webinar

Join Frances Kalita Penaia and Dr. Nicole Hight for a Perinatal Mental Health update.

26th Sept 2024

6PM AU (AEST) PORT MORSBY

7PM VANUATU

8PM NZ, FIJI

9PM TONGA, SAMOA

[Click here to register](#)

ALL WEBINARS ARE 60 MINUTES AND REGISTRATION IS ESSENTIAL

Perinatal Mental Health Webinar Speakers



Dr Nicole Hight
from Centre of Perinatal Excellence



Frances Kalita Penaia,
from the National University of Samoa

PSRH needs your HELP!

PSRH would like to hear from all members!



Please complete a quick 3-minute survey for PSRH and share your communication and education preferences.

[Click here!](#)

We value your input - thank you!

THE RANZCOG 2024 ANNUAL SCIENTIFIC MEETING (ASM) IN AOTEAROA NEW ZEALAND: 12 TO 16 OCTOBER.



RANZCOG Annual Scientific Meeting 2024



Pre- Meeting Workshops

Saturday 12 October to Sunday 13 October 2024

Annual Scientific Meeting

Monday 14 October to Wednesday 16 October 2024





Career Journey

I became a specialist in Obstetrics and Gynaecology in 2017. I am currently working in rural Victoria, Australia, as a trainee. This role is challenging, with much new knowledge to acquire, and I am still finding my way.

PSRH board

I did not expect to join the PSRH board. I would have preferred my colleagues back home as the best choice to represent PNG. Some might ask what I can do for PNG while in Australia. I accepted the role because there were no PNG candidates, and I have no regrets working with some of the best PSRH board members.

Contributions to PSRH

As a newly elected board member, I look forward to contributing to PSRH and aim to do my very best in this role.

Major Challenge

The major challenge is finding the best ways to improve ourselves and provide the best for our country and the women we serve. It may be difficult for some to hear, but I still believe that subspecialty training for Pacific Island specialists in areas like urogynaecology, gynaecology, and maternal-fetal medicine is vital and must be considered and explored.

Future of reproductive health in Pacific

In the future, I hope for more collaboration among Pacific Island countries to address common and diverse challenges in reproductive health, with the support of PSRH, RANZCOG, and relevant health organizations.

BASIC STATISTICS FOR BUSY CLINICIANS

An introduction to understanding and analysing quantitative data in the clinical practice



SEP 12 | **ONLINE ZOOM** | **TIME 5:30PM**

Dr 'Etuini Ma'u is a Senior Lecturer in the Department of Psychological Medicine at the University of Auckland and a Consultant Old Age Psychiatrist at Te Whatu Ora Waikato. He is a member of the Dementia Māteawareware Leadership and Advisory group, providing strategic advice to guide government on achieving the vision of the Dementia Māteawareware Action Plan in Aotearoa.

'Etuini was awarded an HRC Pacific Clinical Research Training Fellowship in 2019 and the Alzheimers New Zealand Fellowship in 2022 to support his research into dementia prevention and improving dementia services for Pasifika people in Aotearoa.

Register here:

<https://auckland.zoom.us/meeting/register/tJMvduivqzMtH9Bmveoed9FFSGKgJ2vLX7cF>



TE POUTOKO ORA A KIWA
CENTRE FOR PACIFIC AND
GLOBAL HEALTH



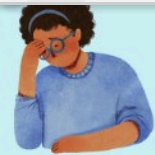
The RANZCOG parent information sheet on

Depression and Anxiety during Pregnancy and following Birth

Click here



RANZCOG



Best Practice Statement Mental Health Care in the Perinatal Period

The objective of the guidelines is to provide advice on identifying perinatal anxiety and depression, serious mental illness and bipolar disorder.

*To read the statement **click here!***



PANDA
Perinatal Anxiety &
Depression Australia

PANDA

Supports the mental health of parents and families during pregnancy and in their first year of parenthood.

Just click on the links below for the FREE Resources

[Translated resources](#) including Filipino, Samoan, Indonesian and French

[Mental Health Checklist](#) self-assessment to check in on what you are feeling

[PANDA Learning Hub](#) Free online courses for health care providers



COPE
Centre of Perinatal Excellence

At COPE, our purpose is to prevent the incidence and minimise the impact of emotional and mental health problems that occur in the perinatal period, and to improve the quality of life of those living with these conditions. COPE has many resources for parents and health professionals including education.

To read the 2023 National Perinatal Mental Health Guideline click here.



Centre for Perinatal Psychology

Offer access to high quality specialised psychological services for mothers, fathers, infants, couples and families during the perinatal period. Also offer parenting groups to strengthen attachment relationships and reflective parenting practices, as well as providing professional development, including training and supervision, to health professionals working with a perinatal population

For more information visit the Centre website by [clicking here.](#)

THE INTERNATIONAL SCIENCE COUNCIL (ISC)

ISC works at the global level to catalyse and convene scientific expertise, advice and influence on issues of major concern to both science and society.

Nominations open for the Foundation Fellowship of the Pacific Academy of Sciences
deadline: 22 August

[Click here for more information.](#)

The Pacific Simulation for Midwifery Innovation Learning and Education (SMILE) Project



The project, led by the Burnet Institute and supported by the UNFPA, aims to enhance midwifery education in the Pacific. Simulation is a training method that allows students to hone their skills in a controlled, realistic setting, enhancing the competence and confidence of midwifery students. By establishing new simulation labs across Pacific countries, the project will address challenges like insufficient equipment and limited practice spaces, ensuring consistent standards of clinical simulation in midwifery programs.



Monthly Journal Article

Roddy Mitchell A, Gordon H, Lindquist A, et al. **Prevalence of Perinatal Depression in Low- and Middle-Income Countries: Review and Meta-analysis.** JAMA Psychiatry. 2023;80(5):425–431.

doi:10.1001/jamapsychiatry.2023.0069

[Click here to review the full article](#)

Thank you!

To Dale Hansson and Carole Dobrich for their informative webinars during Breastfeeding Awareness Week

To Dr Nanise Sikiti Gynae Oncologist for hosting the Gynae Oncology webinar with speakers: Dr Ulai Tapa Fidow, Dr Unaisi Tabua, and Dr Ioanna Beiatou



Contact the secretariat team:

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CONTACT US



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