

# Relmah Harrington

## PSRH Coordinator

### Solomon Islands



#### Relmah's background

I'm a nurse-midwife and mother of four, with qualifications in General Nursing (1995, Solomon Islands), a Bachelor of Midwifery (2001, Massey Uni), and a PhD in Health (2023, JCU). Since August 2024, I've been serving as Associate Professor in Nursing at the Faculty of Medicine and Health Sciences, Solomon Islands National University

#### Relmah's vision

I want to see midwives and RH nurses supported to grow as researchers. There's so much innovation in how we respond to challenges—we need to share those stories. I see PSRH as our Pacific RH family home—a space to reconnect, learn from one another, and shape locally driven, culturally relevant solutions together.

#### Health challenges in my country

We need stronger reproductive health leadership and more culturally appropriate services for our youth, who are often underserved. We must rethink service delivery and utilize PSRH support effectively.

#### Recent initiatives

One grassroots project I led in East Kwaio focused on menstrual hygiene. We provided reusable sanitary pads, which helped reduce school absenteeism among girls and empowered communities through local solutions.

#### Message to colleagues and members

Let's use PSRH to strengthen our professional connections and support one another. Together, we can grow the next generation of Pacific RH leaders and researchers, rooted in our unique contexts.

