

welcome

Women's Health Grampians (WHG) along with our key partners have been **developing regional partnerships seeking to increase women's access to timely and appropriate family planning services in the Grampians region.** By publishing this quarterly newsletter we **aim to inspire ideas and action to improve rural women's sexual and reproductive health.**

We welcome your feedback, contribution and collaboration to both this newsletter and developing regional partnerships.

regional update

In January WHG have been reviewing regional indicators of sexual and reproductive health including participation in pap screening and chlamydia rates. Pap screening rates for 2013 have recently been released showing the Grampians region (58.6%) recorded the second lowest screening rate of Department of Health regions in Victoria. This represents only a slight increase of 1% from 2012.

- 7 of our 11 LGA's have screening rates lower than Victoria
- 3 LGA's ranked in the bottom 10 LGA's within the state

The annual statistical report by the Victorian Cervical Cytology Registry (VCCR) highlights the work of pap test nurses.

During 2013, a total of 38,012 Pap tests were collected across Victoria and reported to the Registry by 437 credentialed nurses. This number represents 6.3% of all Pap tests collected in Victoria during 2013. This figure reflects the significant growth in the role of nurses in cervical screening. The Grampians

region has the lowest number of pap test nurses. However as a group they recorded the 2nd highest percentage of regional tests in the state with 19.1% of all tests collected across Grampians region being by credentialed nurses.

Rates of participation in pap screening is an example of health behaviour, giving us some insight into potentially unmet sexual health needs within our region.

Women's Health Grampians are looking forward to the International Women's Day event we are hosting in partnership with Grampians Pyrenees PCP.

Acclaimed comedian Nelly Thomas will deliver "The Talk" live in Ararat on 11 March at 7PM.

We are also pleased to announce that we will be launching our Sexual Health Services Guide: Grampians Pyrenees at this event. For further details please see page 4 of this newsletter or register here: [The Talk](#)

We hope to see you there!

Pap Screening Participation Rates

Data released in January shows 7 of our 11 LGA's have lower participation in pap screening than Victorian average of 60.4%

NTH GRAMPIANS 52.0%

WEST WIMMERA 54.5%

YARRIAMBICK 54.9%

ARARAT 55.4%

VICTORIA 60.4%

Source:

[VCCR Statistical Report 2013](#)



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Health Translations: Multilingual sexual health information

The Health Translations Online Directory enables health practitioners and those working with culturally and linguistically diverse communities to easily find translated health information.

The Directory is part of the Victorian Government's broader Language Services Strategy and serves as a web portal providing direct links to translated health resources in Victoria, other states and Federal Government resources.

There are resources available in many languages covering a multitude of health topics.

The Department of Health resource: 'Safe Sex - The best protection against sexually transmissible infections, including HIV/AIDS' is now available to download in 10 languages other than English. This is a great resource covering topics such as;

- What is safe sex?
- How can I practise safe sex?
- What is a sexually transmissible infection (STI)?
- Why use condoms?
- How do I use condoms correctly?
- What other protection is available?
- Where can I get further information or help?

To access this and other multilingual health information resources visit: [Health Translations](#)



new research and publications

We hope to inspire local ideas and action across the region by sharing sexual and reproductive health information.

The sexual health of women aged 50 and over: A literature Review

Increased life expectancy for women, coupled with higher rates of separation and divorce, has resulted in many older women becoming single and seeking new sexual partners in the later stages of life.

This is influencing sexual health outcomes for older women. Research suggests that there are a number of contributing factors to an increase in the rate of sexually transmitted infections (STIs) amongst women over the age of 50.

This has prompted discussions around the issue of older women's sexual health as it has not previously been given the same consideration as younger women's sexual health.

In 2012, WHG's sister organisation Women's Health in the South East (WHISE) began to further explore the issue of older women's sexual health.

WHISE have completed a deep exploration into the available literature on the sexual health of women aged 50 and over resulting in an extensive literature review. To access the literature review and see other aspects of WHISE's work in this important area visit their [website](#)



WOMENS HEALTH COURSE

Successfully working with women and their health

A one-day course for doctors and health professionals.

This course has been developed in collaboration with PapScreen Victoria and the Melbourne Medical School to provide a comprehensive women's health education program.

The full day of training combines information delivery with

opportunities for interactive learning in the first half of the day. This is followed by a fully supervised practical session with Clinical Teaching Associates, to develop practical assessment skills.

Topics covered:

- Assessment of the well woman
- Menopause management
- Contraception
- Violence against women
- Cancer screening
- Sensitive examinations of

women (a practical clinical session on conducting breast and pelvic examinations of women)

Location: University of Melbourne, Carlton, Victoria. For course dates, accreditation details and further information see:

[Jean Hailes Website](#)



FREE ONLINE TRAINING FOR NURSES

Enhancing Knowledge of Adolescent Fertility

This online learning course offered by the Australian Primary Health Care Nurses Association (APNA) provides primary health care nurses with an overview of adolescent fertility. Topics covered include: contraceptive methods, implications of untreated sexually transmitted infections (STIs) on future fertility, risk taking behaviours and the impact on adolescent fertility and issues relating to adolescent pregnancy. This course is FREE to all nurses. You do not need to be an APNA member. However those wishing to access this course will need to register for APNA online training.

For further information and to access this and other APNA online training please visit: www.apna.asn.au/onlinelearning

ADOLESCENT SEXUAL HEALTH UPDATE

- DATE:** Wednesday 18 March 2015
- VENUE:** Maryborough Highland Society, 35 High Street, Maryborough, VIC 3465
- TIME:** Registrations at 6.30 PM
Dinner served during the Presentation.
7.00 PM START – 9.00 PM FINISH
- COST:** No Cost
- RSVP:** By Friday 13 March 2015
- PRESENTED BY:** Dr Siobhan Bourke (MBBS, FRACP)
Sexual Health Physician, Centre for Excellence in Rural Sexual Health.
- REGISTER:** [Grampians Medicare Local website](#)

At the conclusion of the session, participants:

- Will have an understanding of the diagnosis, testing and treatment protocols of common STIs.
- Will have an understanding of the latest information regarding cervical screening and HPV testing and the impact of the HPV vaccine.
- Will have an understanding of the process and protocols for partner notification.
- Will have an understanding of the issues related to un planned pregnancy services and referrals in Victoria.
- Will have an understanding of the key elements of adolescent sexual health practice.

events

International
Women's Day

FREE EVENT

Hosted in
partnership with
Grampians
Pyrenees PCP



COME ALONG AND ENJOY "THE TALK" WITH COMEDIAN NELLY THOMAS

All parents know that they need to talk to their kids about the "birds and the bees" but many are unsure how to go about it or outright dread it! This informative and humorous live show is based on Nelly's ground-breaking sexual health and ethics DVD of the same name, as well as her 12 years' experience delivering sexual health shows across Victoria.

The show is about supporting parents to have *The Talk* with their kids. It is a fun, educational and light-hearted presentation, followed by an interactive discussion where the audience can ask questions of Nelly and a panel of local health professionals.

There will also be opportunity to learn more about local services with the launch of the Grampians Pyrenees Sexual Health Services Guide.

WHEN: 11 MARCH 2015

6.30 pm (for a 7 pm start) to 9 pm

WHERE: Alexandra Oval Community and Recreation Centre, Waratah Avenue, Ararat

COST: FREE - register at thetalk-ararat.eventbrite.com.au

Or visit eventbrite.com.au and search: *The Talk Nelly Thomas*

AUDIENCE: Parents of primary and secondary school students. Teachers, Youth Workers & Health Professionals working with youth

Tea, coffee and light refreshments will be provided

EVENT ENQUIRIES: please contact Women's Health Grampians
adminb@whg.org.au or 1800 013 432

Please contact Women's Health Grampians if you would like to contribute ideas or feedback to this newsletter

Grampians Region: Partnerships improving rural women's sexual and reproductive health

Women's Health Grampians along, with our key partners have been holding discussions about how to support regional services to improve women's sexual and reproductive health across the Grampians region.

Our focus is on family planning services including contraception, pregnancy counselling, abortion and the professional development needs of service providers.

We readily acknowledge that many organisations across the region have a long history of working hard to address these issues. With this in mind, the aim is to build on existing relationships, and develop new connections, to enhance current work, add capacity, and where relevant, provide a new range of initiatives.

We welcome opportunities to consider the sexual and reproductive health issues for women in our region.



Women's Health Grampians

2 Drummond Street South
Ballarat VIC 3350

PO Box 414W
Ballarat West VIC 3350

Phone: 03 5322 4100
Fax: 03 5332 8980
E-mail: paigen@whg.org.au

Acknowledging Key Partners:
**The Royal Women's Hospital
Family Planning Victoria
Grampians Medicare Local
Ballarat Community Health**