Welcome to our second edition of the PULSE.

It is with delight to report that we have started our Christmas cheer early this year with a fantastic charity drive for Operation Christmas Child. The impact on those children receiving the personalised Christmas gifts from us will be unimaginable. I want to express once again my thanks and gratitude to all who got behind this worthy cause. Staff portrayed in this newsletter, share with you some of the many exciting initiatives that are happening within the School. It is also great to hear from an Alumnus, Melanie Mott who currently teaches in the midwifery program. There is also an article from one of our nursing students Alana Parry, currently in Boston who shares some of the highlights of her study abroad experience.

I would also like to congratulate Dr Judith Wilson, Associate Dean (L&T) who has completed her doctorate. A wonderful achievement, well done Judith!

As it’s the final edition for the year, I would like to wish you all a safe and happy festive season. Here’s to a bigger and brighter 2015.

Dr Karen Clark Burg
Acting Dean School of Nursing and Midwifery

Students and staff of The University of Notre Dame Australia’s School of Nursing & Midwifery, Fremantle, are preparing for the Christmas season by embracing the spirit of charity and helping those less fortunate.

The School recently collected 90 shoeboxes filled with Christmas gifts, which will be distributed to children in need across South-East Asia and the South Pacific via Operation Christmas Child. Dr Karen Clark-Burg, Acting Dean of the School of Nursing & Midwifery, Fremantle said the drive was a fantastic example of staff and students working together for a great cause. “We were ecstatic to see such an overwhelming response from everyone who donated toys, funds and time personalising the shoeboxes,” Dr Clark-Burg said. “Through this initiative, we will bring joy and happiness to children across Vanuatu, Samoa, Fiji, PNG, Vietnam, Thailand and Cambodia for Christmas this year. “I want to thank the Notre Dame community for joining in – it certainly was a great display of kindness, love and generosity.”

Co-ordinated by Samaritan’s Purse, a Christian organisation specialising in meeting the needs of victims of conflict, disaster, famine and epidemics, Operation Christmas Child has distributed over 100 million shoeboxes to children in 130 countries since 1993. Rebecca Smith, Bachelor of Nursing student and 2015 Secretary of the Notre Dame Nursing Society, participated in the collection of shoeboxes and said she was overwhelmed by the support received. Staff and students from the Nursing School were joined by staff and students from other departments of the University, friends and family from outside of the University and the Association of Mining and Exploration Companies (AMEC) who contributed a third of all the completed boxes.
Aboriginal and Torres Strait Islander peoples continue to have significantly poorer health outcomes than non-Indigenous Australians in 2014. This inequity is of grave concern to health leaders, including academics who are preparing students to be the health professionals of the future.

The School of Nursing and Midwifery are proud to have actively engaged in supporting the peak body that represents Aboriginal and Torres Strait Islander nurses and midwives, by having a trade display at their bi-annual conference when they met recently in Perth. The Congress of Aboriginal and Torres Strait Islander Nurses and Midwives (CATSINaM) has a primary function of implementing strategies to increase the recruitment and retention of Aboriginal and Torres Strait Islander peoples into the nursing and midwifery professions.

Both Barbara Smith and I have a deep interest in Aboriginal health and we were excited to represent the School at this event. We networked with friends and colleagues from the Congress and were able to bring their current successes and concerns about health back to our students and colleagues.

Engaging with Aboriginal and Torres Strait Islander peoples at this event was a great way to learn, share and showcase our School and University.

Dr Judith Wilson
Associate Dean
Teaching and Learning

As promised I am planning a large number of both formal and informal research activities for 2015. It is important to support not just our research students but any of our staff who are thinking about delving into research in the future.

The new research noticeboard which is located in the corridor outside the Nursing staff room, is a great way to keep staff and students up to date with all things research. The whiteboard is for the promotion of all our research activities within the School and more broadly, as well as having conferences and activities advertised well in advance, to give you the opportunity to attend any that are of interest. The whiteboard will include a profile of the month from one of our HDR students, any new publications you have been involved with and any other relevant research information. The idea is for us to showcase our research activities within the School. It is a prime spot for lots of through traffic and hopefully this will generate a great deal of interest in research for both novice and more experienced researchers!

In addition, we are setting up a webpage via the postgraduate webpages to promote our higher degree research students to the wider community. We’d like the wider world to know about all the wonderful research going on in our School.

Associate Professor
Caroline Bulsara
Research Coordinator

Left to right: Dr Judith Wilson, Associate Professor Caroline Bulsara and Darren Falconer.

As a team we have achieved a great deal of success with our students, and are proud of their accomplishments.

The start of 2015 will see the new curriculum take full effect, and for the first time ever final semester students will be given the opportunity to undertake specialist elective units as they transition into the nursing workforce. Again, this year our students have been very successful with gaining employment opportunities or looking at pursuing further postgraduate studies. I wish them all the very best with their future career ventures.

As we start to plan for 2015, I look forward to working alongside our wonderful team to continue to strive for excellence in nursing education.

Darren Falconer
Assistant Dean, Undergraduate Course Coordinator
Graduation of our first two cohorts of midwives in July, 2014 was a very proud and exciting moment for the School of Nursing and Midwifery team. Indeed these nine students have gained valuable professional practice experience including a total of more than 360 spontaneous births. Our small group of nine midwifery students has now grown to 21. Furthermore, ten students have commenced an alternative entry pathway in July, 2014. These students have been offered two academic units prior to starting their Graduate Diploma of Midwifery in January, 2015.

We are going to increase our intake to 25 midwifery students in January 2015. Currently we are enrolling students for this full time entry pathway.

Feedback from industry indicates that our UNDA graduates are well respected. Our high practicum component enables students to become confident and competent midwifery practitioners. As midwifery students are supernumerary in their professional practice placements, students enjoy their practicum and maximize their learning opportunities. Students particularly enjoy their ‘Continuity of care experiences’ with women. In their Continuity of care experiences, student midwives are able to recruit, support and follow 20 women throughout childbirth under the supervision of a Registered Midwife.

Students completing the Graduate Diploma of Midwifery course have the opportunity to work in both rural and metropolitan professional practice settings. Many students gain casual employment in industry to support themselves. At UNDA we also provide them with opportunities to meet industry partners to secure employment. Moreover students can also apply for scholarships from a variety of areas including the Nursing and Midwifery office in the Department of Health.

If you feel that midwifery at UNDA is the right career for you please contact us for further information jennifer.wrightson@nd.edu.au

Jenny Wrightson
Coordinator, Graduate Diploma of Midwifery

In October I attended the 20th International Caritas Consortium in Detroit USA, organised by the Watson Caring Science Institute.

The two day conference provided an opportunity for nurses from around the globe to share their experiences and explore opportunities related to the practice of care. For those of you not familiar with Jean Watson’s work I strongly encourage you to explore her web page www.watsoncaringscience.org and publications. Watson’s theories of caring were mandatory reading during my nursing training, and something that I believe in even more so today with my 20 years of nursing experience. To provide care is the essence of nursing; as nurses we are the custodians of care.

At the conference I shared my report written for the Fiona Stanley Hospital based on Watson’s Theory of Nursing Care, called ‘Commencing with Care’. With the ever increasing technological advances in health, we must be sure to remind ourselves that our patients’ parting memories will be of how we made them feel, how we provided care and included them in their care.

Dr Kylie Russell
A/Associate Dean
Postgraduate Coordinator
One of the primary goals of the e-learning committee is to engage SONM staff and students with mobile learning and to encourage and share resources to ultimately enhance learning and development within the nursing course at the University of Notre Dame in Fremantle and Broome.

Blackboard community site

An exciting, new e-learning committee project has been to create a Blackboard community site. Here staff can contribute a variety of teaching and learning resources such as:

- Useful nursing, healthcare and teaching apps, e-learning sites, hyperlinked websites, social media resources, teaching and learning resources, ‘How to guides’ eg. wiki and blog links with set up advice, UNDA community links to associations on campus, UNDA library resources.
- A number of journals, conferences and research in e-learning, social media and IT in nursing and healthcare is included on the site as valuable resources to access.

Potential Benefits: SONM staff provide their own links and resources to share on the site so learning and teaching is enhanced across all units of nursing study from 1st to 3rd year plus postgraduate courses including midwifery. Staff provide a short summary about the benefits of the resource they recommend on the site, how it has been utilised successfully in their teaching and how the students have benefitted from the resource.

Students are encouraged to recommend resources to their lecturers/tutors that they find useful to include on the site. This maintains the goal of enhancing learning and development within the nursing course across all units of nursing study.

For more information or if you would like to contribute/recommend any valuable resources for teaching and learning using e-learning, mobile technology, social media and IT, please contact Benjamin Hay (Chair, SONM E-learning committee) Benjamin.hay@nd.edu.au
The School of Nursing and Midwifery and St John of God Health Care in partnership with The Department of Health hosted the 4th Nursing and Midwifery Oration Series at the Notre Dame Fremantle Campus.

This year’s oration guest speaker was Associate Professor Catherine Birrell who is the Group Director Nursing for St John of God Health Care (SJGHC) and has in excess of 30 years’ experience in senior roles in nursing leadership. In January 1990 Kate became the Director of Nursing at SJG Hospital Geelong, and in 2006 was appointed full time as the inaugural national Group Director Nursing (GDN) for St John of God Health Care (SJGHC).

The position of Group Director Nursing provides professional and strategic direction from a nursing and midwifery perspective for these services including the 14 hospitals (soon to be 16) and the 5,000 (soon to be 7,000) nurses employed by SJGHC.

Kate is the Executive Sponsor for the Nursing Program that SJGHC provide in the Dili General Hospital East Timor as a result of conducting a review of nursing within East Timor.

In 2006, Kate was appointed by the Australian Catholic University to the position of Clinical Associate Professor in recognition of her collaboration and support of nursing programs and initiatives.

It was a great honour having Kate as our special guest speaker and we look forward to the continuation of the Oration Series and future endeavours with St John of God Health Care and The Department of Health.

Top Left and right; Associate Professor Kate Birrell
Bottom: Left to right: Adjunct Associate Professor Karen Bradley, Adjunct Associate Professor Susan Cantwell, Associate Professor Kate Birrell, Adam Coleman, Professor Selma Alliex, Adjunct Associate Professor Chris Hanna, Laura Colvin, Dr Karen Clark Burg and Adjunct Associate Professor Jeffrey Williams

Alumni’s Corner

The University of Notre Dame Australia - Fremantle campus has always held a special place in my heart and founded me in my nursing career. Myself, along with about 25 others were the second cohort to graduate in 2003 under the most influential Dean, Professor Doreen McCarthy. We as graduates "hit the floor running" and that is a motto I believe still stands for Notre Dame Graduates. Even though I had an Enrolled Nursing background, the degree enabled me to confidently step out into the world of Registered Nursing and do a job I was very proud of because of my solid education at UNDA. I fulfilled my dream of travelling with my nursing degree to the UK for about 7 months, with my best friend Janeece Armstrong, another Notre Dame Alumni. On returning to Australia and helping deliver Janeece’s first baby, I went on to do my post graduate degree in Midwifery. It is the best career in the world and I'm very fortunate to share these experiences with the women and partners I care for.

Being part of the Alumni I was invited back to Notre Dame and found myself talking to Judith Wilson, who was my former lecturer and clinical practice supervisor, she very excitedly mentioned that Notre Dame was offering Midwifery. As they say 'the rest is history'!! I have found my way to Notre Dame in the Midwifery team as a lecturer and professional practice supervisor. I have always allowed myself to accept opportunities as they present themselves and I'm very grateful to UNDA for allowing this to happen.

Melanie Mott
Notre Dame University Nursing Alumni
Study Abroad

Never in a million years did I think I would do nursing…. Let alone be standing at the gates of Boston College to begin a study abroad semester.

The first two weeks of my experience have been exiting, overwhelming and so much fun. The first thing that struck me was the beauty of the buildings on campus and the amazing history dating back to the 1800’s. It feels great to finally be here at Boston College. The college has its own football stadium, ice hockey stadium, restaurants, recreation centres and its own police department.

The international students have all received such a warm welcome from the college. The student volunteers from the college have done such a great job of giving us a proper American experience by inviting us to BBQs and football matches, parties and meet-and-greet nights.

I am taking all my classes at the Connell School of Nursing. The professors at the school have been very supportive of my arrival, as not many exchange students come to Boston College to do nursing, more for Law and Economics. I have also been offered opportunities to tour some of the hospitals such as Massachusetts General, which is really exciting. The class structures are different in the sense that tutorials and lectures are one combined class or lab, which leaves a lot more free time, but also a lot more reading to catch up on!

There are so many opportunities to travel outside of Boston. It is only a few hours to New York, Cape Cod, Quebec and Montreal and the bus services are really cheap. Being a student in Boston has many benefits with lots free passes to major Boston attractions and lots of discounts in restaurants and cafes. Being the fall semester there are some great ski trips planned once the snow comes.

It has only been a couple of weeks and I already feel part of the college, I can’t wait to see the leaves change, for the snow to fall and to finally have a white Christmas. I’m sure the next few months will bring many more adventures!

Alana Parry
Notre Dame School of Nursing and Midwifery, Study Abroad Student

The School of Nursing and Midwifery staff would like to thank outgoing Notre Dame Nursing Society President Claire Purio on her invaluable hard work, enthusiasm and dedication to the Nursing Society over the past year. We would like to wish her all the best for all future studies and endeavours.

Staff would also like to congratulate Serena Ricciardone on her outstanding achievement of being selected into the Australian College of Nursing ‘Emerging Leaders Program’. Well done Serena.
UPCOMING EVENTS FOR YOUR DIARY

Nursing and Midwifery Awards Ceremony – 5th December 2014
Notre Dame Graduation Mass – 9th December 2014
Nursing and Midwifery Graduation Ceremony – 11th December 2014
Nursing and Midwifery Enrolment Day – 17th December 2014
Notre Dame Christmas Shutdown – 24th December – 4th January 2015
Notre Dame Campus Reopens – 5th January 2015
Notre Dame Summer Term Start – 5th January 2015
Notre Dame Campus Closed Australia Day – 26th January 2015
Notre Dame Orientation Week – 16th -20th February 2015
Notre Dame Semester 1 Start - 23rd February 2015

Tell us your name. **Ria Eliza Bennell**
What is your position at UNDA? **Admin/Reception**
What are your professional ambitions? **Under Review**
What is the best thing about working at UNDA? **Everyone is nice and treats each other with respect**
Who is or has been your best hero/mentor in your life? **Astro Boy**
When you’re not busy at work, what’s your favourite thing to do? **Beach, My Cherubs, Sleeping, Eating, Reading, Movies and NO GYM!!**
What are 3 things you cannot live without? **Family, Food and a good Shampoo/Conditioner**
What’s your most annoying habit? **Ask Chelsea …**

QUIRKY QUICKFIRE QUESTIONS.

Favourite TV commercial? **Inner Health Plus- the little blue things are cute!!**
Do you untie your shoes when you take them off? **No**
What’s your favourite ice cream flavour? **Mint Choc Chip or Vanilla with Ice Magic**
If you were a crayon what colour would you be? **Blue (Sky or aqua)**
If a Hollywood made a movie about your life, whom would you like to play the lead role as you? **Rachel Griffiths- she cracks me up!!**
If you were an animal what kind would you be? **Wedge Tail Eagle**
If someone wrote a biography about you, what do you think the title should be? **It Was a Good Idea at the Time**
In the song ‘Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini’, which is the yellow – the bikini or the polka dots? **Polka Dots.**

Useful Links

http://www.nd.edu.au/nav-current-students/regulations
http://www.nd.edu.au/scholarships/fremantle_index.shtml
http://www.nd.edu.au/fremantle/current-students/studentservices.shtml
http://www.nd.edu.au/fremantle/current-students/calendarsandtimetables.shtml
http://www.nd.edu.au/fremantle/current-students/graduations.shtml

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