**Chairperson Report**

It’s hard to believe that more than half of 2013 is over!

Members in all states have benefitted from local educational events and of course our workshop in Adelaide in May.

A huge thank you to our sponsors, which have enabled these events to occur:

- **Platinum sponsors** MSD
- **Gold sponsors** Merck Serono and Ferring Pharmaceuticals
- **Bronze Plus sponsors** Orion Laboratories, Bayer and Ashmed.

And welcome to our new Bronze sponsor Pfizer.

Congratulations to Robyn Trenouth and Maria Vitucci and their team for convening a terrific workshop in Adelaide last May.

There was much anticipation that this workshop would be most interesting, and it certainly delivered, a very informative and thought provoking program.

The feedback from the attendees was so positive.

A big welcome to our new FNA representatives

- Elizabeth Greig in ACT.
- Lois Denny in WA.
- Chloe Aston in VIC.

Many many thanks to the outgoing representatives

- Jude McColl, and Tamara Pearce for their most valuable contribution to FNA.
- They have been involved with planning and implementing FNA workshops as well as contributing to the FNA executive, which keeps the educational opportunities available to our membership.
- Congratulations to Louise Younger for her election to the FSA Board, and to Donna Close for her continued representation of FNA on the FSA Board.

A huge thank you to Sue Keogh for her continued support in the Post Chair role; and her commitment to FNA in WA.

Congratulations are due to her also for her new role as the FNA, RTAC representative.

I am looking forward to seeing as many of you as possible at the FNA workshop August 31st at the Hilton Hotel in Sydney.

The draft program and the details for registration are included in this newsletter.

Until then, stay safe healthy and happy!

Cheers

Jan
FNF is privileged to have an association with several companies that provide FNA sponsorship. This allows FNA to accomplish its mission, to provide quality educational experiences for nurses working in Reproductive Medicine. When nurses attend these educational events, they accrue CPD points which are essential for nursing registration. These events also provide an invaluable opportunity for nurses to network and to consolidate friendships in the nursing fraternity.

**SPONSORSHIP**

**INTRO OF NEW EXECUTIVE MEMBERS**

**Elizabeth Greig**

FNA Rep ACT

Elizabeth Greig is a midwife, employed by ISIS Fertility as a fertility care nurse. Prior to joining ISIS she was a Director of Nursing of Capital Day Surgical Centre a multidisciplinary three theatre centre where Isis egg retrievals are performed. She has practiced as a midwife in Canberra and Sydney, her teaching hospital being Royal North Shore Hospital. She continues to work part time in midwifery and at the Day Surgery Centre as an auditor. She first became involved with fertility when living in the UK when she completed a natural fertility program in Oxford.

**Chloe Aston**

FNA Rep VIC

My interest in fertility nursing began in London 1996 when I was working at The Lister Hospital nursing IVF patients in day surgery. I then returned to Australia and worked as a surgical nurse in various hospitals around Melbourne while I started a family. I then began working in recovery at Monash Surgical Private Hospital and Healthbridge Hospital nursing Monash IVF patients having egg pick ups and embryo transfers until the opportunity to work as an IVF nurse for Monash IVF came up and I started this role in February 2012. I am excited to be taking on the role as Victorian representative for FNA. I am looking forward to gaining more knowledge in the field of fertility and using this in my practise as an IVF nurse as well as assisting my fellow IVF nurses in Victoria to do the same.
MSD Fertility
Working with you... for life
Hello to my fellow FNA members.

My name is Lois Denny and I am proud to take on the role of FNA rep for Western Australia.

I trained at St Georges Hospital in London and moved to Australia in 2003. I have mainly worked in General Practice both here in Australia and the UK I work at Fertility Specialists South and am also the donor coordinator for the clinic.

I look forward to meeting everyone at the FSA conference in Sydney in September 2013 and to embrace the challenges of the role.

See you all soon!
Lois

FNA Rep WA

Around the States and Territories

NSW

Our first state meeting for 2013 was held in March and thanks to IVF Australia South for hosting the event. It was a really successful meeting with about 35 attendees. Dr Gavin Sacks spoke on the subject of PGD informing us of the process involved and current methods for PGD and their application. Dr Raewyn Tierney spoke about AMH levels and was interesting to hear that AMH levels are a better indication of ovarian reserve rather than FSH levels and antral follicle counts. We’d like to say a big thank you to our sponsors, MSD, Merck Serono, Ferring and Orion for the generous support of this meeting.

Our next NSW state meeting will be held at Fertility East on 17th July so save the date and come and enjoy an educational evening and a chance to network with fellow ART nurses.

We are looking forward to the FNA meeting here in Sydney on Saturday 31st August. The planning committee for this event is Jan Mackenzie, Sarah Harper, Linda Robinson and Jo Blake and we have been busy organizing an exciting program for the day. The theme of the day is Nurture and there are some really interesting speakers and topics booked. We hope to see lots of you in Sydney for this event.

Sarah Harper and Jan Mackenzie

We would like to sincerely thank our Qld KAMs from MSD, Merck Serono, Ferring, Bayer and Orion for their ongoing financial support.

We started our journey with “A Touch of Christmas Dinner” at the end of November 2012. 50 members attended this evening from all regions of Qld. Champagne and a gourmet Xmas dinner went down a treat! Three speakers presented. Dr Ben Kroon spoke on “The Nice Guidelines”, which was the inspiring paper he presented at FSA. Dr Liz Butler and Sr Jennifer Taylor gave presentations on their updates of the ASRM. This gave us a scientific perspective as well as a nursing review. Always good to hear from Nurses attending a major international conference.

Our second function was held in March. This took the format of a Journal Club review presented by Dr Warren De Ambrosis. Always entertaining and always surprising! Canapés and beverages were enjoyed by the 20 members who attended after a hard day’s work.

We plan to continue with this successful format and have another planned for October.

Our most recent FNA dinner was held in April at a delightful Café in Springhill. This was again well attended with 30 attendees and the cuisine was something! Fine wine and food is always appreciated by a group of FNA members! Speakers, Dr Simon Mc Dowell gave us a very humorous but tragic presentation on “When Pregnancies go Pear Shape”, Dr Steven Fleming presented “Endometrial Receptivity- Fresh vs Frozen”.

This was a very scientific but thought provoking presentation.

We are currently planning an amazing half day workshop in July. This is looking very exciting!!

Watch this space!!

Margie Parry and Melissa Strickland

WA

A very successful joint FNA – SIRT function was held on 13th December 2012.

‘Cessation of the oral contraceptive pill and changes in serum AMH concentrations: a case study within an external quality assurance scheme’ was presented by Emily Zuvela. This was followed by ‘AMH under the Microscope’ – a Pathologist’s Perspective & Non-invasive Testing of Fetal DNA – the Dream Becomes Reality by Dr Narelle Hadlow.

Thanks to Miranda Hickey and Merck Serono for sponsoring this evening which was attended by about 60 nurses and scientists.

WA has had only one FNA rep since Holly Tisdall from Fertility Specialists South resigned in January.

Nominations for a new representative have been successful and Lois Denny will be taking over as WA FNA Rep. I will be stepping down as WA representative after 6 years. I will remain on the FNA executive committee as FNA’s RTAC representative.

Future FNA educational functions are planned for September 17th, and the Bayer/MSD dinner is booked for 20th November. We are currently finalizing speaker’s availability. I will advise FNA members of further details closer to the events.

I look forward to handing over to the new representatives so that WA can continue to provide educational opportunities for nurses and FNA members in the future.

Sue Keogh
**ACT**

In February our FNA members attended a Bayer educational dinner meeting. Martin Stafford Bell presented “The Management of Endometriosis – World Endometriosis Society Montpellier Consensus”. Martin was involved in this event. One of the most interesting outcomes of his address included the proposal of a national schools awareness program for girls.

Nurses from all three Canberra clinics attended the evening with 100% attendance. Bayer’s Madeleine Peterson and Rachel Coper generously supported the evening.

One new FNA member attended the START program earlier this year and five nurses will attend the mid-year workshop in Adelaide.

I am currently looking at events and topics for our next educational meeting in July (Vitaman D) and look forward to welcoming Elizabeth Greig to the ACT Representative position from August.

Judy McColl

**TAS**

As the only IVF unit in Tasmania, TasIVF continues to grow.

We now have 18 part-time and casual nurses covering theatre and clinic. In early April we welcomed Nicole Hefferman to the team as our new nurse manager. Although Nicole doesn’t have IVF experience she is a very experienced nurse manager and has taken on the role with enthusiasm. She attended the recent START course which she found to be extremely useful and she is looking forward to attending the midyear workshop in Adelaide in May.

Our in-service education over the last 6 months has covered several topics from FSA, New Zealand. The nurses and scientific staff from TasIVF who attended FSA in Auckland were unanimous in their praise for such an interesting and diverse conference. The nurse’s workshop was particularly interesting and relevant to our practice especially the presentation by Dr Lucille Wilkinson on “Pregnancy in Older-Women”.

MSD and TasIVF hosted a local dinner meeting in January for the TasIVF nurses. The topic was “Back to Basics – Basic Endocrinology, protocols and hormones in IVF” presented by Joy Joseph, MSD Medical Science Liaison. We were all surprised at the gaps in our knowledge about the basics so it proved to be a very useful meeting.

Julie Findlay

**VIC**

On the 19th February, we were fortunate to have Rebecca Vass from Bayer help organize and support an FNA evening meeting held at “Quaff” a modern Australian restaurant in South Yarra. The topic for the evening was, ‘More than one way to make a family’ - Donor and Surrogacy Program, presented by Dr. Melissa Cameron- MIVF Fertility Specialist. Approximately 40 nurses attended this most relaxed and informative evening.

We are also fortunate to have an education evening organized for the 23rd May at “Enoteca”. The guest speaker will be Dr. Hassan Bako, Deputy Scientific Director from Repromed. He will speak on ‘The paternal contribution to embryo development and beyond’. We would like to thank, Donna Cocolea from MSD our platinum sponsor, for her time and ongoing support.

Planning for our FNA Education Day, to be held at the Epworth on the 20th July has commenced. This meeting will be fully sponsored by Merck Serono, our Gold sponsor. Thank you to both Selena Pirie and Kristen Davey from Merck Serono, for their valuable support and time in organizing this event.

Tamara Pearce is finishing her term as FNA Victoria rep and the new rep will be announced shortly.

Tamara Pearce and Jenny Marks

**SA**

The last local meeting we had was in March and was sponsored by Merck Sorono.

The speaker was Dr Fiona Young from Flinders RMU. The topic she presented was ‘oncology and fertility preservation’.

It was well attended by nurses from all units and we finally got to meet the nurses from City Fertility for the first time. They were happily welcomed into the group.

We also have an evening with Colin Howles planned for 13/5 sponsored by Merck Sorono.

This is titled ‘trends in adjuvant therapy and future trends in improving clinic outcomes’.

We are currently working diligently preparing for the workshop on the 4th may.

We wish everyone a safe trip to Adelaide for what we hope will be an exhilarating day for all.

Julie Findlay

**NZ**

Traditional Maori Welcome at FSA October 2012 FSA and the FNA day in Auckland October 2012 were a huge success. Renata and Helen did a fantastic job organizing the FNA workshop attended by 130 delegates. FNA NZ continues to be very active organizing educational events and encouraging nurses to maintain professional development and ongoing education.

NZ FNA Face to Face meeting was held on May 25th in Auckland and Lisa and the team at Fertility Associates Auckland organized the day. NZ FNA welcomed Margie Parry QLD FNA rep who attended the meeting. Its great to keep up the communication and support for colleagues on both sides of the Tasman.

Robyn Trenouth and Maria Vitucci

Thanks to Robyn and Maria for organizing a great workshop. There is a report on the workshop in this issue.

**FNA MID YEAR WORKSHOP**

**Adelaide MAY 2013**

The FNA workshop “A Kaleidoscope of Infertility” was a great success with 92 attendees. Thank you to the FNA local organising committee of SA FNA reps Robyn Trenouth and Maria Vitucci and their helpers Gill Homan, Sue Opie and Helen Alvino.

Continued on next page....
“Brilliant. Bloody brilliant.”

How does it feel when all the science, all the care, all the skill and all the effort comes together to produce the result we all want?

We reckon it feels something like this.
We would not be able to hold these very successful education events without the very generous support from the FNA sponsors, we are extremely grateful to MSD, Merck Serono, Ferring, Orion, Bayer and Ashmed.

Dr Sheryl De Lacey spoke on Ethical Issues in ART and had everyone’s attention discussing surrogacy in Australia and overseas, record keeping particularly in relation to donor information and access to ART.

Reya Dubyna spoke about the increased risk to our patients with smoking and how we can assist patients to stop.

Dr Louise Hall gave us an update on Endometriosis, its treatment and outcomes for our patients.

Professor Sarah Robertson gave a fascinating talk on “Seminal fluid”- is more than the sperm. Sarah told us about her research into the immunology of conception and early pregnancy and its contribution to the pathophysiology of infertility and miscarriage.

Associate Professor Kelton Tremellen spoke about “What to do in recurrent IVF failure”.

Dr Gill Hicks gave the most emotive account of her life and recovery from her injuries sustained in the London bombings in 2007. There was not a dry eye in the house as Gill spoke so eloquently of her memories of that day and recovery after. Thank you Gill for sharing this with us, we were in awe of her optimism and positivity.

Professor Robert Norman rounded off the day defining “What is success?” How can we define success within ART clinics when there are so many effects from uncontrolled factors?

Linda Starr gave a presentation, “We are what we write-according to the law” emphasizing the importance of good documentation and reporting.

Dr Judith Applegarth then presented her findings from her PhD research on nursing practice through an exploration of ART nurses perceptions and clinical experience.

Professor Norman told us of his definition of PERFECTION in a clinic, from P for people to N for nothing but the truth.

The START course was held in Brisbane in March had 79 delegates. It is strongly recommended that any nurses new to ART nursing attend this course. The next one will be Melbourne in October/November 2013.
I would like to thank the FNA executive committee most sincerely for giving me the opportunity to attend the recent NZ Face to Face Workshop.

The weather was kind to me and it was great to meet a number of colleagues from across the ditch!

I was warmly greeted by Renata and Helen and I thank them too for their hospitality.

I won’t steal their thunder but the content of the workshop was most interesting and enlightening.

Of particular interest were the presentations on “The Changing Face of the NZ ART Landscape” and “The Current Import and Export Consultation. These papers were given by two representatives from ACART (Advisory Committee on Assisted Reproductive Therapy). This is a government funded body who formulate policy and advice specific to NZ. In addition ECART (Ethics Committee on ART) liaises with ACART on matters related to ART. These committees process and determine all applications in relation to Surrogacy, donor processes, length of storage of gametes, export/import of gametes. Fertility tourism proves to be a challenge for everyone involved in ART.

I do hope to see my new friends at the FNA workshop in August!

FERTILITY-AWARENESS KNOWLEDGE

Attitudes and practices of infertile women

I am a long-time member of Fertility Nurses of Australasia and a PhD candidate in the Department of General Practice, Monash University. This article reports the results of Phase 1 of my PhD research project, entitled “Informing the development of a new model of care to improve the fertility-awareness of sub-fertile women in primary health care.”

Fertility-awareness is generally defined as a woman’s ability to identify the fertile window of the menstrual cycle [1]. Pregnancy is only a possibility with intercourse within this window [2].

The timing of the fertile window of the menstrual cycle is highly variable between women and can also vary between menstrual cycles for the same woman [3, 4]. Studies have shown that correctly timed intercourse within the fertile window may reduce time-to-pregnancy [2] helping some couples to avoid unnecessary ART treatment [5]. However, fertility-awareness knowledge, attitudes and practices of infertile women who are seeking fertility assistance in Australia are unknown.

Two hundred and four infertile women were surveyed (response rate = 72%) over six months, from December 2007 to July 2008, on admission to two different ART clinics in Victoria.

The study found that 68% believed that they have timed intercourse mostly within the fertile window of the menstrual cycle in their attempts at natural conception. However, only 13% identified this window. This was despite the fact that 87% actively tried to improve their knowledge from one or more sources of the information. In descending order, the most frequent sources of the information were the internet, books, general practitioners, friends, IVF clinics and then trained teachers in fertility-awareness methods.

A startling 95% believed that women should receive education to improve their understanding of the time in the menstrual cycle when they are most likely to conceive when they first report trouble conceiving to their doctor.

A regression analysis found no association between higher levels of knowledge of fertility-awareness and location of the different ART clinics (ie, socioeconomic status), suggesting that the findings can be generalised to the target population.

This phase of the project was published in the Journal of Advanced Nursing in 2012 [6]. The current phase of the research is exploring the views of general practitioners and practice nurses about the barriers and enablers of FA education in general practice and the best ways to deliver this.

Kerry Hampton is a Registered Nurse and Midwife. She has worked in general practice for many years as a nurse specialist in fertility and wellbeing education for people who are planning pregnancy or having trouble conceiving.

The Project Team

Ms Kerry Hampton (PhD candidate) 1, Prof Danielle Mazza1 A/Prof Jennifer Newton1 & 2, A/Prof Rhian Parker3

1. Department of General Practice, School of Primary Health Care, Monash University.

2. School of Nursing & Midwifery, Monash University.

3. Australian Primary Health Care Research Institute, Australian National University.

Acknowledgements

The authors thank the ART clinics that distributed the questionnaire to their patients and also the women who completed them. They gratefully acknowledge the 2007 Victorian Primary Health Care Research Evaluation Development (VicPHCRED) Fellowship (Australian Government Department of Health and Aging) that assisted the project.
References


The next Course in the Foundations of Natural Fertility Education (28-30 October) and Advanced Practice in Natural Fertility Education (31 October - 1 November) will be run in Melbourne later this year. For further details go to www.wisewomanbusiness.com.au or send an email to Kerry Hampton at kerryhampton@iprimus.com.au.

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Available for short term contracts throughout Australia and New Zealand in the field of ART nursing.

Homestay
We are exploring the possibility of homestay for ART nurses who would like to attend FNA/FSA conferences. It can work out expensive with flights, accommodation, registration etc, so if you are interested in accommodating an ART nurse please email your local FNA rep with your details.

We are currently looking for offers from our Sydney colleagues for FNA/FSA August 30th – September 5th, to help nurses attending the conference. If you would be able to have a fellow ART nurse stay in your home for a night or 2 please email the NSW FNA reps. sarah.harper@genea.com.au or jmackenzie@nextgenfertility.com.au
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FNA WORKSHOP ‘NURTURING’
31 AUGUST 2013

Hilton Hotel Sydney

Nurturing The Patient

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<tr>
<th>Time</th>
<th>Speaker</th>
<th>Topic</th>
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| 7.30 - 8.30 | Tracey Spicer (Journalist and Broadcaster)   | “Forty and Fired - The Art of Reinvention.”  
  
  (breakfast will be served during this presentation)  |
| 8.30 - 9.15 | Cherie Borosh (Clinical psychologist)  | “Nurturing the patient through the fertility journey”         |
| 9.15 - 10.00 | Liz Machin (exercise physiologist)  | “Changing habits during the time of change”                    |

Morning Tea

Nurturing The Nurse

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<tr>
<td>10.30 - 11.15</td>
<td>Penny O’Donnell (Clinic Manager)</td>
<td>Genea Merewether “Managing your manager”</td>
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<tr>
<td>11.15 - 12.00</td>
<td>Peter Stevens (MSD)</td>
<td>“Connecting with patients in the digital age and the modern IVF Practice”</td>
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<td>1200 - 1245</td>
<td>Alison McTavish (Nurse manager)</td>
<td>University of Aberdeen, “Senior Infertility Nurses Group, a support for nurses working in ART”</td>
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<td>12.45 - 13.00</td>
<td>Presentation by Ferring Pharmaceuticals.</td>
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Lunch

Nurturing The Couple

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<tr>
<td>13.45 - 14.45</td>
<td>Dr Rosie King (Sex educator and sex therapist)</td>
<td>“Creating healthy relationships”</td>
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<tr>
<td>14.45 - 15.30</td>
<td>Tanya Koens (Relationship Therapist and Counsellor)</td>
<td>“let’s talk about sex”</td>
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<td>15.45 - 16.30</td>
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AGM

Dinner will be at Diethnes Greek Restaurant.
336 Pitt Street Sydney approx 600m from the Hilton Hotel
6.30pm for 7.00pm.
Cost $30 PP
Payable at the workshop before 1pm.