



*Nursing, Education and
Health Promotion Services*

The WONS Health Review

April 2009 Edition 19

E Learning Goes Live !!

- Cervical screening update
- Breast health update
- PCOS/STI (coming soon)

\$45 to register
Simple 10 multi choice test
Certificate for 2.5 hours issued

Courses

- **Free** 1 Day Immunisation Information Course
- **Free** 1 hour PHO/GP Cervical Screening Updates
- **Free** Cervical Screening Information Course

- Women's Health Short Course
- Cervical Smear taker Course
- Health Professional Updates
\$30.00 (revised price)

For more information on any of the above courses or for a copy of the **WONS Education 2009 pamphlet** please call 846 7886 ext 0 or email admin@wons.org.nz
www.wons.org.nz

Workplace / Community Education

Free education sessions on:

- Cervical Screening
- Breast screening and breast health
- Women's Health

Clinics

Free Smear Clinics:

These community clinics have started in

- Manurewa – Randwick House;
- Pukekohe/Waiuku – Whanau Resource Centre;

- Helensville-Helensville Women and Family Centre
- Glen Innes-Ruapotaka Marae. There are certain criteria to access these clinics. For more information please call Tracey Rewiri – (09) 846 7886 ext 718.
- Other clinics Auckland wide. For more information either ring (09)846 7886 ext 0 or www.wons.org.nz

New Cervical Screening Guidelines for abnormal results

Did you know?

- All women aged 20 years who have ever been sexually active should be invited to have a smear.
- Women 20-69 years should be offered a smear test every 3 years.
- Women **under 20 years must not** be routinely screened. The risk of cervical cancer is extremely low in this age group and can cause more harm than benefit
- Women aged 20-29 years with no abnormal smear reports within the last 5 years, repeat cervical smear in 12 months
- **Until 1 July 2009:**
- Women aged 30 years and over with one (or more) abnormal smear reports in the last 5 years, repeat cervical smear in 12 months
- Women aged 30 years and over who haven't had a smear in the last 5 years should be offered either a repeat smear within 6 months and referral to colposcopy
- **HrHPV testing as from 1 July 2009**
- **Low grade histology confirmed. Treatment is not recommended,** as such lesions are considered to be an expression of a productive HPV infection.

Refer back to smear taker for repeat cytology **at 12 and 24 months**. If both smears are negative, it is recommended that the woman return to routine screening.

If either repeat smear shows ASC-US / LSIL or higher

i.e.: HSIL / ASC-H / AGC /AIS then the woman should be referred back to colposcopy.

- **High Grade: glandular AGC/AIS/AC - cytology**

Proportionally, cervical adenocarcinomas are increasing.
Glandular lesions carry a significant risk of cancer.
Colposcopic assessment is mandatory for cytology suggesting glandular abnormalities

For more information and a free session on new guidelines for your nurses, doctors or community workers contact:
mfredatovich@wons.org.nz

Waka Ama
28th March 2009

Onehunga Festival/Waka Ama
Have a Go Day

Waka Ama is an indigenous sport that was seen as a viable option to engage Maori and Pacific women on the importance/value of screening. This is the second year the event has taken place alongside the Onehunga Festival with good interaction from the community. Maori TV covered the day.

It was a fun day and supported by regional input. Organisations providing key messages/education/participation etc were: Raukura Hauora O Tainui, Family Planning, Te Kaha O Te Rangitahi Trust, Counties Manukau Breast Screening, Wai-Health, Counties Manukau Sport, Health Star Pacifica, Maori Women's Welfare League, West Fono Healthcare, Orakei Water Sports, The New Zealand Breast Cancer Foundation and WONS. Overall the day was enjoyed by the community with 8 participants grateful for the pamper gifts they won. The cervical and breast screening messages were well received by the public.



Asian News

WONS has published the first Asian Women's Newsletter.

<http://www.wons.org.nz/nursing/asian-newsletter.asp>

Fund raising

How you can help us work with women in need:

- Donation
- Grant
- www.fundraiseonline.co.nz be a fundraiser at an event for WONS and ask your friends and family to sponsor you!
(Walk, run or sky dive for WONS)
- Women's Health Conference sponsorships
- Online auctions
product/service/donation/
Sponsorship
- Pamper hui
product/service/donation/
Sponsorship
- Professional expertise and mentoring
- Product or service
- Buy a tee shirt
- Volunteers
- Organise an evening or dinner party for WONS
- Gold coin "mufti day" at work

**Unit 14, 49 Sainsbury Rd
St Lukes
PO Box 41021
St Lukes, Auckland 1346
Ph: 846 7886, Fax: 846 7887
Email: admin@wons.org.nz,
www.wons.org.nz**