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# SOSU Bulletin



Please do not print

Welcome to the 3rd edition of the (SOSU) Newsletter for 2018.

SOSU is using our network of contacts to try and reach out to all people within maternity and newborn care so please forgive us if you receive more than one electronic copy.

## GP Obstetricians in WA

Western Australia is going through a transitional change in some maternity sites where less reliance upon the proceduralist GP obstetrician is underway. This is an exciting time but as with any period of change this is also a stressful time for those involved.

We have been discussing these changes with the relevant groups over the past few months. Concerns are that reducing large core practices of proceduralist GPs will have a major knock on effect within the state for many reasons e.g. locum provision, attraction to remote areas of quality GPs etc etc. This is work in progress and all sides are actively engaging as expected to work towards a sustainable big picture view and plan.

## K2 Simulator Competition

The new K2 simulator software was released by K2 on the 16th July 2018. In simulator mode you are able to review a CTG trace and get a score when your interpretation is compared to a clinical expert and RANZCOG classification. If you review 3 cases before the end of September 2018 and achieve an average a score over 70% you will go into the draw to win an ipad.

[K2 Simulator Competition.](#)

## Synopsis of SOSU activity

We have collated all the reviews undertaken by SOSU and reflected upon the terms of reference as well as the recommendations made from the reports and reviews. We have managed to condense the report down to one page of a4 paper as a 'health' questionnaire as to where a department currently sits with respect to their culture, Leadership, values and practices. This can be completed by any person within your department on a visual analogue scale. If a department wishes to use this tool, SOSU can collect the completed forms and collate all responses to keep the whole process anonymous and informative. Please email Chris for more information.

## Mindfulness, Leadership and the workplace

The [Barrett Values Centre](#) (no relation to our Terri!) has recently come over our radar as an excellent resource site for personal, professional, leadership and organisational development .....

Have you ever wondered that no matter what you tried to do at work you never succeeded or that most things you tried to do at work you succeeded in well this may be an objective descriptor of these activities at work—[cultural entropy](#)

Mental well being for all has been an increasing focus by all organisations. [Acceptance and commitment therapy](#) uses [acceptance](#) and [mindfulness](#) strategies mixed in different ways with commitment and behaviour-change strategies, to increase [psychological flexibility](#).

And in keeping in the flavour of mindfulness...**Quote of the Month: Revenge and Jealousy is like drinking a poison in the hope that it kills your enemy. Nelson Mandela**