



COMMONWEALTH NURSES AND MIDWIVES FEDERATION

e-News Vol.10 Issue 10 October 2017

23rd COMMONWEALTH NURSES AND MIDWIVES BIENNIAL MEETING

The CNMF 23rd Biennial Meeting of members will be held at the Royal College of Nursing, London UK on Friday 9 March 2018. The Biennial Meeting is the decision making body of the CNMF where reports are received from the President, the Executive Secretary, and the Treasurer, decisions are made, and strategic directions are set for the coming two years.

There are two policy statements which will be debated at the 23rd CNMF Biennial Meeting March 2018 and three policy statements submitted for endorsement.

All CNMF members and friends are welcome to attend however registration is essential. If you have not received the agenda and the papers please contact: jill@commonwealthnurses.org. Policy statements to be endorsed can be downloaded from the CNMF website homepage: <http://www.commonwealthnurses.org>

4TH COMMONWEALTH NURSES AND MIDWIVES CONFERENCE

London UK | 10-11 March 2018

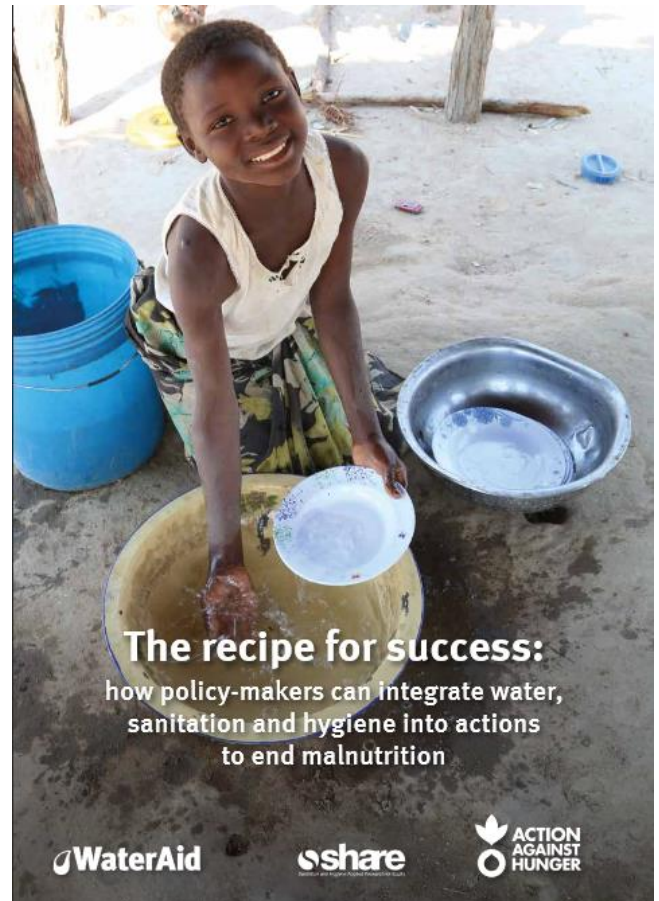
REGISTER NOW



The 4th Commonwealth Nurses and Midwives Conference
LEADING THE WAY:
Nurses and midwives for a safe, healthy and peaceful world
Saturday 10 and Sunday 11 March 2018
Royal College of Physicians, Regent's Park, London, UK
» Register now...
For more information and to register online go to:
www.commonwealthnurses.org/conference2018

The 4th Commonwealth Nurses and Midwives Conference will be held in London 10-11 March 2018. Register now so you do not miss out. The theme for the conference is *Leading the way: nurses and midwives for a safe, healthy and peaceful world*. Excellent abstracts have been submitted by nurses and midwives from every region of the Commonwealth addressing the themes. Go to the CNMF website for the program and to register. Differential registration rates apply for high, middle, and low income countries.
<http://www.commonwealthnurses.org/conference2018>

INTEGRATING WATER, SANITATION AND HYGIENE TO END MALNUTRITION



Three groups have combined to produce a practical report on how policy makers can integrate water, sanitation and hygiene into actions to end malnutrition. The report notes that at the current rates of progress, the world will not meet the Sustainable Development Goal to end malnutrition by 2030. Malnutrition cannot be solved with food alone because half of all undernutrition cases are linked to infections caused by a lack of access to clean water, adequate sanitation, and good hygiene. The report asserts that the integration of action on nutrition and water, sanitation and hygiene (WASH) is fundamental to the recipe for success.

The report includes key findings and puts forward a recipe – or toolkit – of practical actions that governments and donors can start taking to improve integration.

The report can be downloaded from:
https://washmatters.wateraid.org/sites/g/files/jkxooof256/files/The_recipe_for_success_English.pdf



COMMONWEALTH NURSES AND MIDWIVES FEDERATION

e-News Vol.10 Issue 10 October 2017

SCIENTIFIC ANIMATIONS WITHOUT BORDERS VIDEOS

Scientific Animations without Borders (SAWBO) produces animated videos on a range of health and health related topics. The videos are free for any educational purpose and can be streamed, downloaded, and shared on computers, smart phones, and cell phones. They are each available in multiple languages. Some of the videos are listed below:



Cholera Prevention

Cholera is an intestinal infection caused by bacteria known as *Vibrio cholerae*. The main symptoms of this disease are diarrhoea and vomiting. Transmission of cholera primarily occurs by consumption of contaminated food or drinking water. In the video, which can be used on smart phones, we describe several techniques that can be used to help prevent cholera, including methods of treating water, washing of hands, and seeking medical advice if/when one has the symptoms of cholera.



Malaria Prevention

Malaria is a disease caused by a parasite that is transmitted to people through the bite of the female *Anopheles* mosquito. Symptoms of malaria are: high fever, chills, abdominal pain, headaches, tiredness and fatigue. If anyone experiences these symptoms, it is important to go to the nearest medical facility. Malaria can cause serious health complications, especially in infants and young children. To prevent malaria it is important to avoid being bitten by the mosquito. This video illustrates several important preventative measures, both inside the house and outside the house with environmental sanitation around the house, to avoid being bitten by the malaria mosquito.



Healthy Eating

Healthy eating helps children and their parents live healthy lives. Healthy food fuels our bodies, and gives us the energy to make us feel good. Living a balanced life includes regular physical activity, enough sleep, and good nutrition. This video will focus on three ways to be healthy: eating vegetables, drinking water, and eating healthy fats.

There are many more videos of interest to health professionals, particularly nurses and midwives:

- How to wash your hands
- Oral re-hydration solution
- Ebola prevention
- Prevention of yellow fever
- The Zika Virus
- TB prevention

Video categories include economics, agriculture, health, and women's empowerment Go to: <http://sawbo-animations.org/> for a full list of the videos.