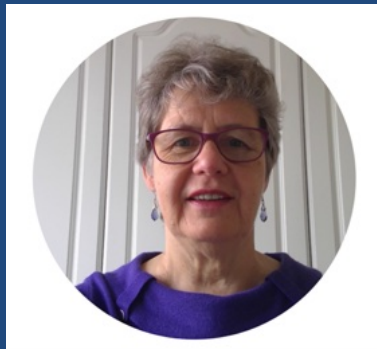


Newsletter
December 2023

PRESIDENT



Mervi Jokinen
(E-mail)

EXECUTIVE BOARD

Aizat Asanova

Karen Bjøro

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European Forum of National
Nursing and Midwifery Associations

Европейский форум национальных
сестринских и акушерских ассоциаций

Dear EFNNMA members,

The year 2023 is coming to an end. This has been a very eventful year for all of us. Our EFNNMA General Assembly in Sofia on 10th-11th November was very successful. Many members were able to join us in person or online.

Bulgarian Association of Health Professionals in Nursing celebrates 20th Anniversary

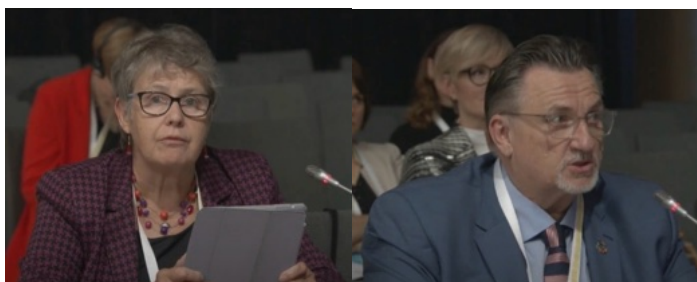
The Bulgarian Association of Health Professionals in Nursing co-hosted the EFNNMA GA on the occasion of their 20th anniversary this year. President Milka Vasileva has been president of the association since the start and she also brought the Bulgarian Association into EFNNMA membership. It was a pleasure for the EFNNMA board to congratulate the Association on this occasion in person. The Minister of Health – Prof. Hristo Hinkov and also the Chief Nurse of Bulgaria Pepa Vassileva were on hand to welcome EFNNMA GA members to Sofia and to add their congratulations to the Bulgarian Association.



Europe

73rd session of the WHO Regional Committee for Europe Astana, 24-26 October 2023

Mervi Jokinen and Franz represented EFNNMA at the Regional Committee in Astana/Kazakhstan. Many items important to Nurses and Midwives were on the agenda – notably Health and Care Workforce and Refugee and migrant health. Mervi and Franz were invited to read statements that presented EFNNMAs position. We also supported an action plan to address Anti-Microbial Resistance. The agenda documents can be found on the WHO Euro website [here](#) You can read all statements [here](#) and watch the proceedings on [Youtube](#).



Health and care workforce We engaged in discussion and members shared what the current situation in our countries.

Dr Carey McCarthy, the lead on the First State of the World's Nursing Report in 2020, provided an orientation on the forthcoming 2nd State of the Worlds Nursing Report to come out in 2025. She encouraged those present to become engaged in the data collection for the report now. Nurses associations are key stakeholders in the report and their engagement is important and we should get in touch with the WHO focal point in our countries.



During our GA on 11 November there were reports from the Executive Board and we changed the Statutes and Internal Regulations of EFNNMA to prepare for registration in Belgium. Once the minutes are finished you will receive the related documents. In addition, we elected 4 members to the Executive Board.

The results of elections for a 4-year term are as follows:

- ◇ Mervi Jokinen, President
- ◇ Karen Bjørø, Vice-President
- ◇ Aizat Asanova, Board member
- ◇ Franz Wagner, Board member



WEBINARS

Our next webinar **Voices of a New Generation** will focus on nursing and midwifery students and early career professionals.

Save the date: **6th December 2023, 14:00-16:00 CET.**

The experiences and expectations of the new generation of nurses and midwives should guide development of new recruitment and

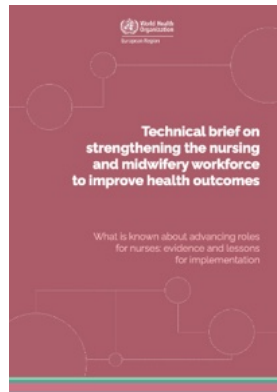
retention approaches. The purpose of this webinar is to listen to the voices of the next generation of nurses and midwives.

Registration and program [here](#)

New WHO Publications

[Technical brief on strengthening the nursing and midwifery workforce to improve health outcomes: what is known about advancing roles for nurses: evidence and lessons for implementation](#)

During the COVID-19 pandemic, policy-makers and the wider public recognized the important contribution nurses made to the fight



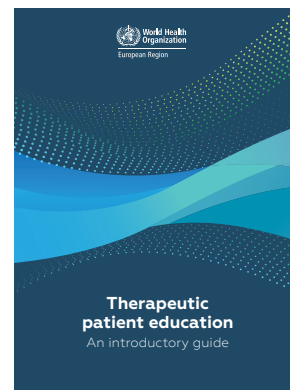
against the pandemic and the challenging conditions under which they operated. As a result, the nursing workforce is receiving increased policy attention in Europe and globally. Higher nursing education contributes to patient safety and improved outcomes for individuals, patients, population groups and health systems. Advancing the roles of nurses has been identified as one of the health workforce solutions that would increase access for underserved and remote populations and

address understaffing in primary health-care settings, thereby contributing to achieving universal health coverage. This technical brief focuses on the ways in which Member States in the European Region are advancing the roles of nurses and highlights what can be done to facilitate implementation. Available in English [here](#)

Therapeutic patient education: an introductory guide

Therapeutic patient education is a structured person-centred learning process that supports individuals living with chronic conditions to self-manage their own health by drawing on their own resources, supported by their carers and families. It is carried out by trained health professionals and is adapted to the patient and their condition and continues over the patient's lifetime. It is an integral part of treatment for chronic conditions and can lead to better health outcomes and improved quality of life, while making best use of health-care services and other resources. The purpose of this guide is to equip policy-makers and health professionals to provide better access to effective therapeutic patient education for all patients who are living with chronic conditions and can benefit from this approach. Specifically, the guide is for those responsible for designing, delivering or commissioning therapeutic patient education services for people living with chronic conditions and training programmes for health professionals who provide therapeutic patient education.

Available in English and Russian: [Link](#)



From our Members

INMO and RCM Northern Ireland, All-Ireland Midwives Conference

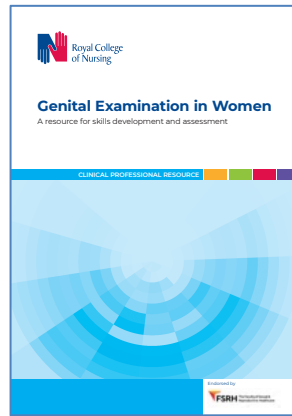
EFNNMA President Mervi Jokinen was the keynote speaker at the Irish Nurses and Midwives Organisation and Royal College of Midwives, Northern Ireland All-Ireland Midwives Conference on 16 November 2023 in Monaghan, Ireland. Mervi spoke on the role that EFNNMA plays in representing the voice of nurses and midwives in the development of the professions across the WHO European Region with particular focus on midwives. In the photo is Tony Fritzpatrick, Director of Professional Services, INMO, Mervi Jokinen, EFNNMA President, Karen McGowan, INMO President and Steve Pitman, Head of Education, INMO and EFNNMA Executive Board member.



Photos taken by Lisa Moyles, INMO

New Clinical Professional resource from Royal College of Nurses (UK) Genital Examination in Women

The continuing development and extension of nursing roles benefits both nurses and their client groups. The ability to carry out genital and bimanual examinations is now a key requirement for many nurses working in primary, secondary and community care settings.

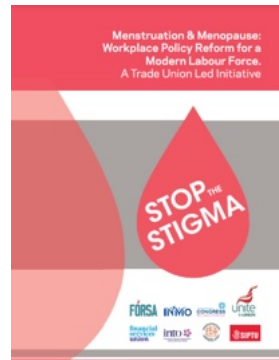


In order to enhance service delivery, more registered nurses are performing examinations, procedures, and observations involving female genitalia (often referred to as intimate internal vaginal or genital examinations) genital examinations form part of many routine assessments of women and are used for diagnostic and treatment purposes related to gynaecological, obstetric and sexual health care.

Available in English [here](#)

Stop the Stigma – Menopause and menstrual health at work.

The Irish Nurses and Midwives Organisation has joined with other trade unions in Ireland to call for measures to support workers and stop the stigma surrounding menstruation and menopause. This is an important step towards equality and dignity in the workplace. The 'Stop the Stigma' campaign was launched in October to coincide with International



Menopause Day. Irish trade unions have been advocating for comprehensive workplace policies that address challenges posed by menopause and menstrual health.

Research across the unions, including the results of the INMO menopause survey, highlights the urgency for implementing practical menstrual health and menopause workplace policies, focusing on accommodations, training, privacy and equality. Phil Ní Sheaghda, INMO General Secretary and Irish Congress of Trade Unions, Vice President, said:

“With more and more women participating in the workforce, having workable menopause and menstrual policies that protect women at work has never been more urgent. There is a huge need for education and awareness training for all staff in our workplaces, and across society. The silence around women’s health issues is damaging, and it impacts equality in society and at work”. #StopTheStigma

Further information on the Position Statement is available [HERE](#)

***Do you have anything you want included in our newsletters?
Please let us know!***

We wish you all happy holidays and a healthy, happy, and successful start into 2024!

Mervi Jokinen

President on behalf of the Executive Board