



COMMONWEALTH NURSES AND MIDWIVES FEDERATION

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COUNTDOWN TO CONFERENCE

Don't miss out: Register now



10 weeks

**5th
Commonwealth
Nurses and
Midwives
Conference**
6-7 March 2020
London UK

Registration for the 5th Commonwealth Nurses and Midwives Conference is now open. Go to <https://www.commonwealthnurses.org/conference2020>.

At the 5th Commonwealth Nurses and Midwives conference we will be celebrating the past achievements, present endeavours, and future contributions of nurses and midwives. 2020 is the World Health Organisation (WHO) "Year of the Nurse and the Midwife". The first ever WHO "State of the World's Nursing" report will be released in 2020 and in 2021 the third "State of the World's Midwifery" report. 2020 is also the 200th anniversary of the birth of Florence Nightingale. Sunday 8 March 2020 is International Women's Day, and Monday 9 March 2020 is Commonwealth Day: all excellent reasons to celebrate.

Over 120 nurses and midwives from every region of the Commonwealth (35 different countries) will present papers and posters at the conference, showcasing how individual nurses and midwives, or nursing and midwifery groups, associations or institutions, are contributing to global health and wellbeing across the lifespan in all settings within the following themes:

- Clinical practice
- Leadership and management
- Education and training
- Policy and projects
- Research and innovation.

The conference is a wonderful opportunity for nurses and midwives across the Commonwealth to come together to share with and learn from each other, make friends, and establish strong and supportive networks. Join us 6-7 March 2020 London UK.

CHRISTMAS BLESSINGS

The CNMF President and Board wish all CNMF members and friends a safe and happy holiday season and a happy and peaceful Christmas to all those who celebrate Christmas.



24th CNMF Biennial Meeting

Thursday 5 March 2020

Royal College of Nursing London UK

Register now

<https://www.commonwealthnurses.org>

The 24th CNMF Biennial Meeting of Members will be held on Thursday 5th March 2020 in London, United Kingdom. The Biennial Meeting of Members is the decision making body of the CNMF. All CNMF members are entitled to attend and participate in the debate and decision making. CNMF friends are also welcome to attend as observers.

The 2020 Biennial Meeting of Members will receive reports from the President, Executive Secretary and Treasurer; vote on constitutional changes; confirm position statements debated at the 23rd Biennial Meeting of Members; consider other CNMF position statements; and set CNMF directions for the following two years.

The agenda, papers, and registration form for the Biennial Meeting of Members can be downloaded from the CNMF website

<https://www.commonwealthnurses.org>



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MENTAL HEALTH SELF-HELP GUIDE

<https://www.who.int/publications-detail/who-qualityrights-self-help-tool>



The end of year holiday season and the start of a new year is a time when many people meet with family and friends to spend time together and exchange gifts. But it can be a stressful time for people with mental health issues who are often estranged from family and friends.

The World Health Organization has released the *Quality Rights: Person-centred recovery planning for mental health and well-being self-help tool* which guides individuals through the process of setting up a recovery plan for themselves.

The tool has been designed so that it can be used individually or in collaboration with others. The self-help tool starts by introducing what recovery is and what it means for people. The tool then takes people through an exercise of identifying their dreams and goals; how to create a wellness plan; as well as planning ahead for difficult time or crises during their recovery journey.

People using the self-help tool are taken through a series of self-reflection exercises that encourage an understanding of self, and how to draw on their network of support.

ANTIBIOTIC RESISTANCE

<https://wellcome.ac.uk/reports/reframing-antimicrobial-resistance-antibiotic-resistance>

The Wellcome Trust has released a report designed to assist health practitioners and others to communicate more effectively and with impact so the public understands and supports action on drug resistant infections. The report has five key recommendations:

- 1. Frame drug-resistant infections as undermining modern medicine:** demonstrate how drug-resistant infections are a cross-cutting threat across all of health care, which set back and undermine treatments that we have come to rely on.
- 2. Explain the fundamentals succinctly:** help the public understand resistance (particularly that bacteria develop resistance, not humans).
- 3. Emphasise that this is a universal issue:** show that anyone can be affected, not only the most vulnerable individuals and groups.
- 4. Focus on the here and now:** show the current impact of drug-resistant infections, rather than projections or apocalyptic scenarios.
- 5. Encourage immediate action:** frame the issue as solvable – people want to know what can be done about the problem.

