

WOMEN'S HEALTH NURSE



Contact Kath: 0492 891 506
Monday to Thursday - 9:30am-4pm

(the Nurse will return your call/text message if unavailable)

General advice/education/referrals can be via phone, WORTH outreach service or in person at the Lismore Women's Health & Resource Centre clinic at 60 Uralba Street, Lismore

Contraception and Sexual Health Advice

Contraception options and referrals (currently unable to provide insertion/removal of implanon)
Natural fertility management
Sexual health checks (currently unable to provide testing)

Continence advice

Menopause, perimenopause information and treatment advice and referral
Menstrual Cycle advice and referral (mapping your cycle, painful periods, heavy periods, irregular periods, PMS, endometriosis)

Cervical Screening Advice

(NSWLHD Womens Health Nurse is available once a month for CST)

Pregnancy

Non-directive pregnancy counseling (options, information and referrals for TOP)
Clinical follow up post termination of pregnancy
Post abortion counseling
Crisis Fund

Antenatal care

Antenatal care and support
Referral to other services
Nutrition and lifestyle advice during pregnancy

Postnatal Care

Pregnancy and birth debriefing
Postnatal assessments
Pelvic floor review, support and referral
Breastfeeding support and advice
Contraception during the postpartum period advice
Early parenting and sleep guidance and support
Newborn checks (will need to see GP and MCHN for 6 week check up and immunisation schedule)

The Women's Health Nurse is also available for group sessions/workshops