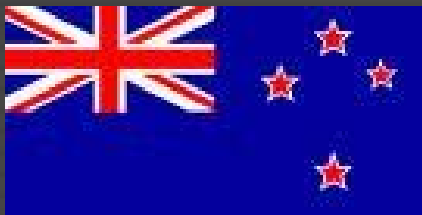


14th Australian & New Zealand Haemophilia Conference, Canberra

WOMEN & BLEEDING DISORDERS IN NEW ZEALAND



Colleen McKay, Outreach Worker, HFNZ

Young Women's Workshop Weekend



14th Australian & New Zealand Haemophilia Conference, Canberra 4-7 October 2007



Target Audience

□ Criteria for attendance:

- Women aged between 13 – 30 years with von Willebrand Disorder or who carry the haemophilia gene

□ Attendees:

- 22 young women
- Carrying the haemophilia gene 18
- von Willebrand Disorder 4
- Fit both categories 3



Aims & Objectives

1. To provide information and education
2. To empower participants to understand and work through the issues associated with their condition
3. To develop a sense of community within the group



Meeting the Objectives

1. To provide information & education

- **Genetics – The Basics**
- **Reproductive Choices**
- **von Willebrand Disorder**
- **Bleeds, Treatment Products, Protocols**
- **Dentist**
- **Natural Options That Help**



Meeting the Objectives

2. To empower participants to understand and work through the issues associated with their condition

- ❑ Psychosocial Workshop
- ❑ Facilitated Discussion Groups
- ❑ Discussion Questions
- ❑ Disclosure
- ❑ Quality of Life



Meeting the Objectives

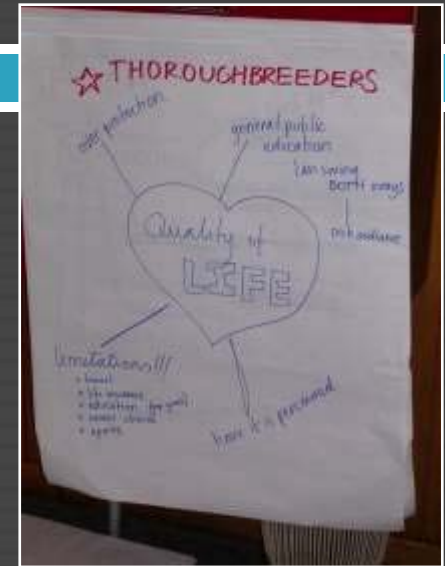
3. To develop a sense of community within the group
 - ▣ Variety of recreational activities in a relaxed, supportive and safe setting



Results

Evaluation - Education Programme

- All Education Sessions scored highly
- Highest scoring Sessions were:
 - Reproductive Choices
 - Von Willebrand Disorder
 - Lifestyle Issues - Facilitated Discussion Groups
- 'The Discussion Group was wonderful – combined everything we had learned, gave us new perspectives and a chance to discuss, in order to form our own opinions', Amber, 21 years.



Results

Excerpts from Evaluation Forms:

- **“It was awesome, I learnt so much!”**
- **‘I have always been a bit scared by my von Willebrand Disorder, because I knew something was wrong with me. Now I understand how it could affect me and I know how to manage it, so I’m not afraid any more’ Poppy Shadbolt, 14 years.**
- **‘I no longer feel different to my friends: everyone has obstacles, these are mine.’ Amy Waters, 17 years.**



Results

- ▣ **'The best thing was being around other girls who face the same issues as me'**
- ▣ **'I enjoyed the weekend; it was directed at us girls, rather than at our brothers' Kahurangi, 21 years.**



Recommendations

What would we do the Same?

- Keep the age range the same
- Retain the same Session mix
- Ensure that same Sessions had more time
- Ensure good accommodation and good food



Recommendations

What would we do differently?

- Make it one day longer**
- Allow for downtime in the Programme**
- Include more physical activities next time**
- Make the most of the facilities at the venue**



Acknowledgements

Baxter Healthcare Ltd for providing the funding to make this wonderful weekend possible for young women within the haemophilia community of New Zealand

The logo for Baxter, featuring the word "Baxter" in a bold, blue, italicized sans-serif font, centered within a white rectangular box.

Further Information

- Questions
- Copy of Programme
- Copy of Registration Forms

- Please email Colleen McKay

colleen@haemophilia.org.nz

or via the link on HFNZ Web-Site

<http://www.haemophilia.org.nz>

