

HESTA Australian Nursing Awards
PO Box 615 Carlton South VIC 3053
Phone (03) 8660 1600
hestaawards.com



Media Release
23 April 2012

Victorian midwife in running for national award

A young midwife, committed to improving understanding and consent processes for women facing induced labour, has been named a finalist in the prestigious 2012 HESTA Australian Nursing Awards.

Zoe Lock from the Mercy Hospital for Women — a tertiary facility that cares for some of the most critically ill women and babies in Victoria — is one of five nursing professionals in the running for Graduate Nurse of the Year.

The Heidelberg practitioner was nominated for her excellent patient care, her willingness to act as a spokesperson for other young staff, and her research into processes for securing and documenting informed consent for the induction of labour.

“During my graduate year I realised that there was often a fundamental lack of understanding among women going through induced labour around what the process was and why it was needed,” Ms Lock said.

“Consent is vital to the way women feel about their labour. Women who know what’s happening and feel part of the decision-making process have a better view of their care and are more satisfied with the experience.

“We have to make sure women understand what induced labour is — the risks, benefits and options. Patients need to know it means more monitoring during labour and a higher chance of complications such as epidural, caesarian section and haemorrhage.”

Ms Lock received the hospital’s coveted Lyn Tuttle Scholarship to complete her research and develop a consent form. She hopes her work will help empower women who are about to give birth and demystify induced labour, so patients can make informed decisions about their care.

“I want to make a real difference in the lives of women. I would love to work in developing countries in the future,” said Ms Lock said.

“My desire to do aid work and help women on a global scale needs to start from a fundamental basis. I cannot go and fix the issues facing women in developing countries but by making a positive difference to the lives of women here and assisting them to feel empowered by this universal experience, I hope that they will stand up for the rights of all women.”

Ms Lock was informed of her nomination by the Director of Nursing at Mercy Hospital for Women during her graduation, which was attended by her grandmother visiting from Holland.

The winners of the HESTA Australian Nursing Awards will be announced at a gala dinner on 10 May. The winner of the Graduate Nurse of the Year award will receive a \$5,000 ME Bank *EveryDay* Transaction Account and a \$5,000 education grant.

The prize money is provided by ME Bank, a supporter of the awards since 2008.

HESTA is one of Australia's largest superannuation funds with more than 730,000 members. It is chosen by more people working in health and community services than any other fund.

Visit hestaawards.com to book tickets for the event or learn more about the awards.

Media contact: Michelle Edmunds (03) 9654 4799 / 0413 120 342