

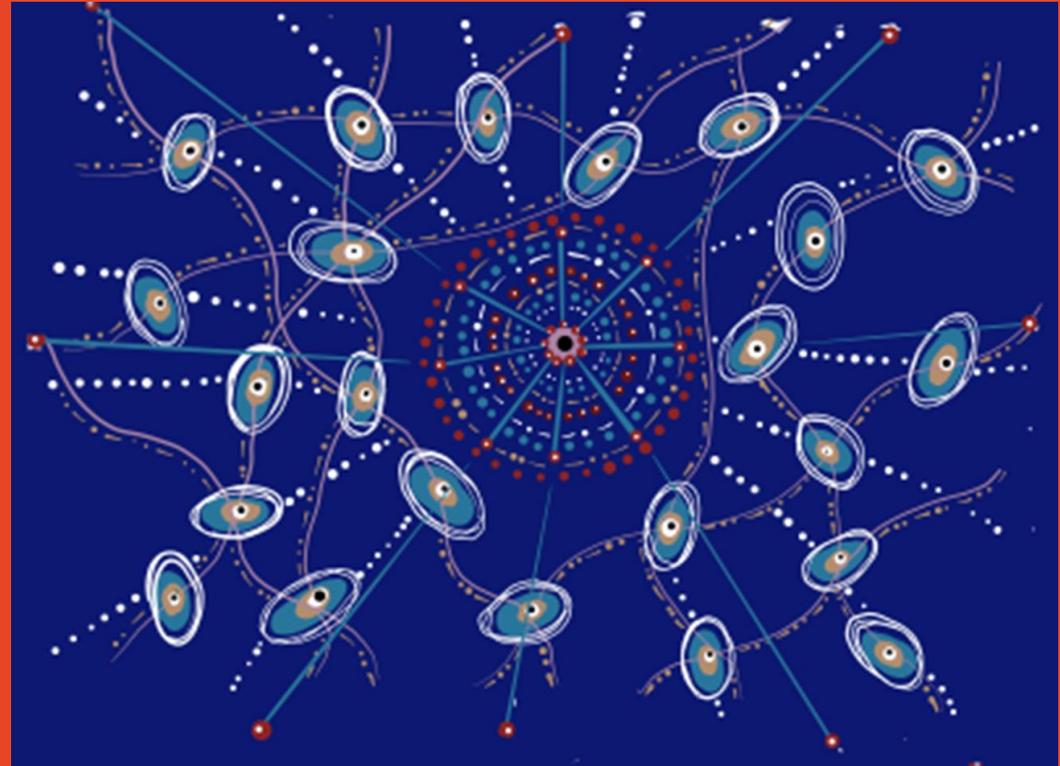
# Network creation in the niche area of reproductive exposures (how to find your friends!)

Dr Penelope Fotheringham  
MotherSafe NSW  
University of Sydney

We recognise and pay respect to the Elders and communities – past, present, and emerging – of the lands that the University of Sydney's campuses stand on. For thousands of years they have shared and exchanged knowledges across innumerable generations for the benefit of all.



THE UNIVERSITY OF  
SYDNEY





**(02) 93826539 (Sydney Metropolitan Area)**

**1800 647 848 (Non-Metropolitan Area)**

NSW State-wide free telephone  
**Exposures in Pregnancy and  
Lactation Advisory service**  
at the Royal Hospital for Women

- Specialised service funded by the Ministry of Health. Established in 2000.
- Directed by A/Prof Debra Kennedy; Geneticist and Paediatrician with established expertise in Teratology.
- Medical clinic for complex preconception and hyperemesis
- Telephone counselling:

Hours: Monday-Friday 9am – 5pm  
(excluding public holidays)



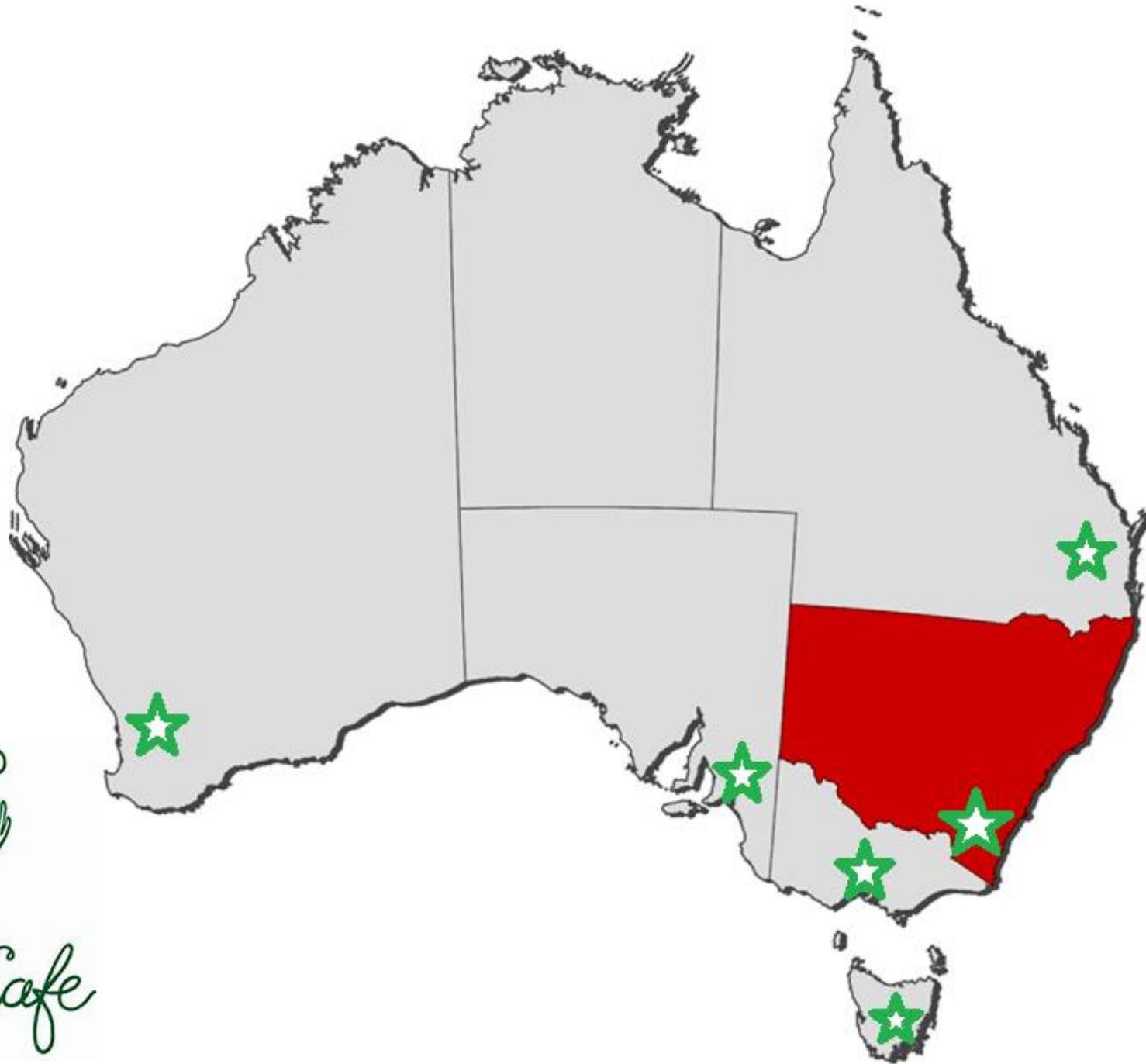
# Role of Mothersafe

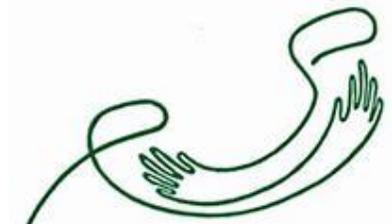


- Teratogen Information Service
- To provide evidence based information and advice to health care providers and consumers regarding ANY exposure in pregnancy or breastfeeding.
- Advice regarding medications and management of hyperemesis gravidarum
  - Medicines (prescription, OTC medicines, complementary)
  - Illicit substances
  - Infections
  - Food
  - Household chemicals
  - Radiation
  - Occupational exposures
  - Environmental exposures

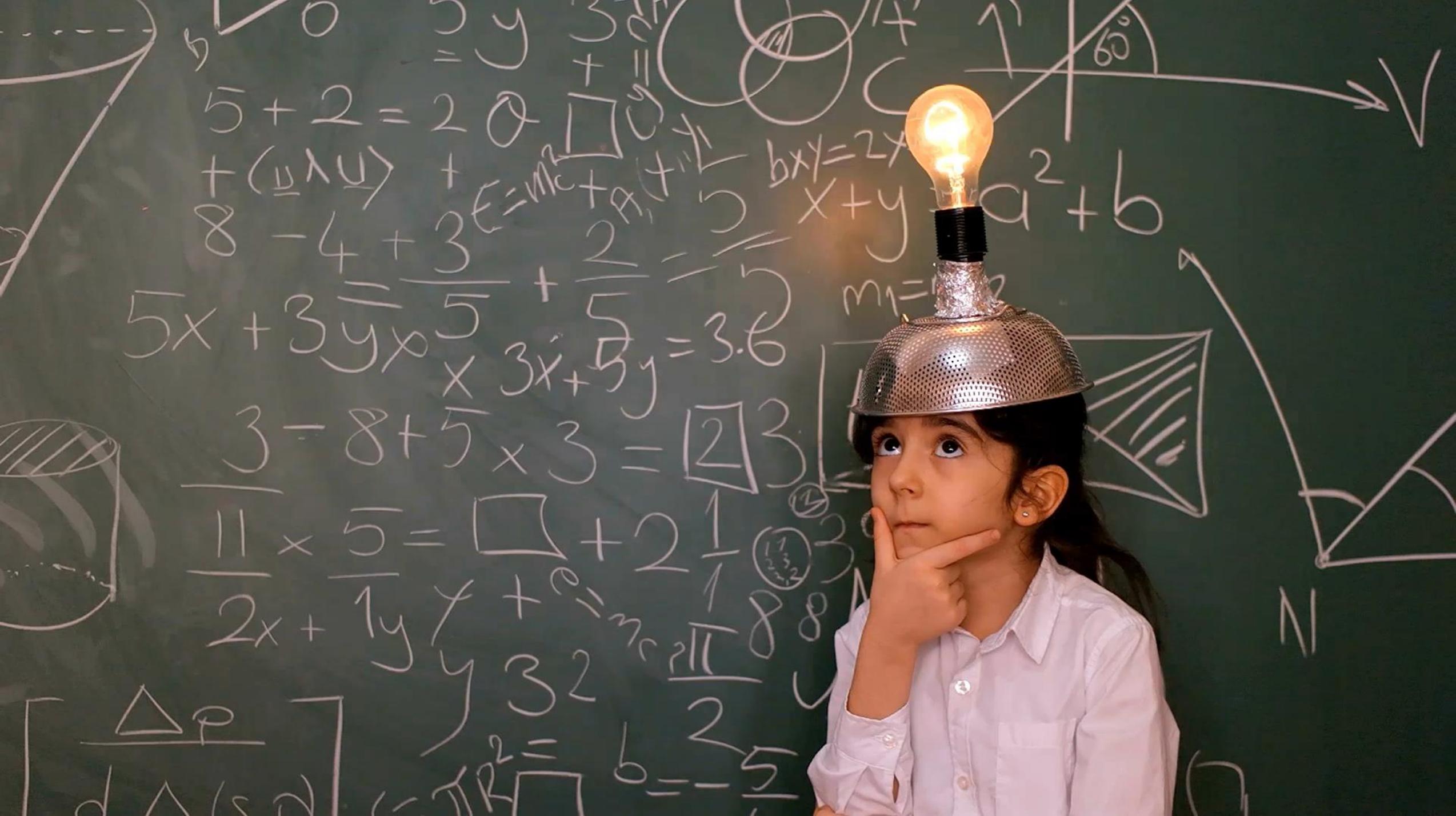


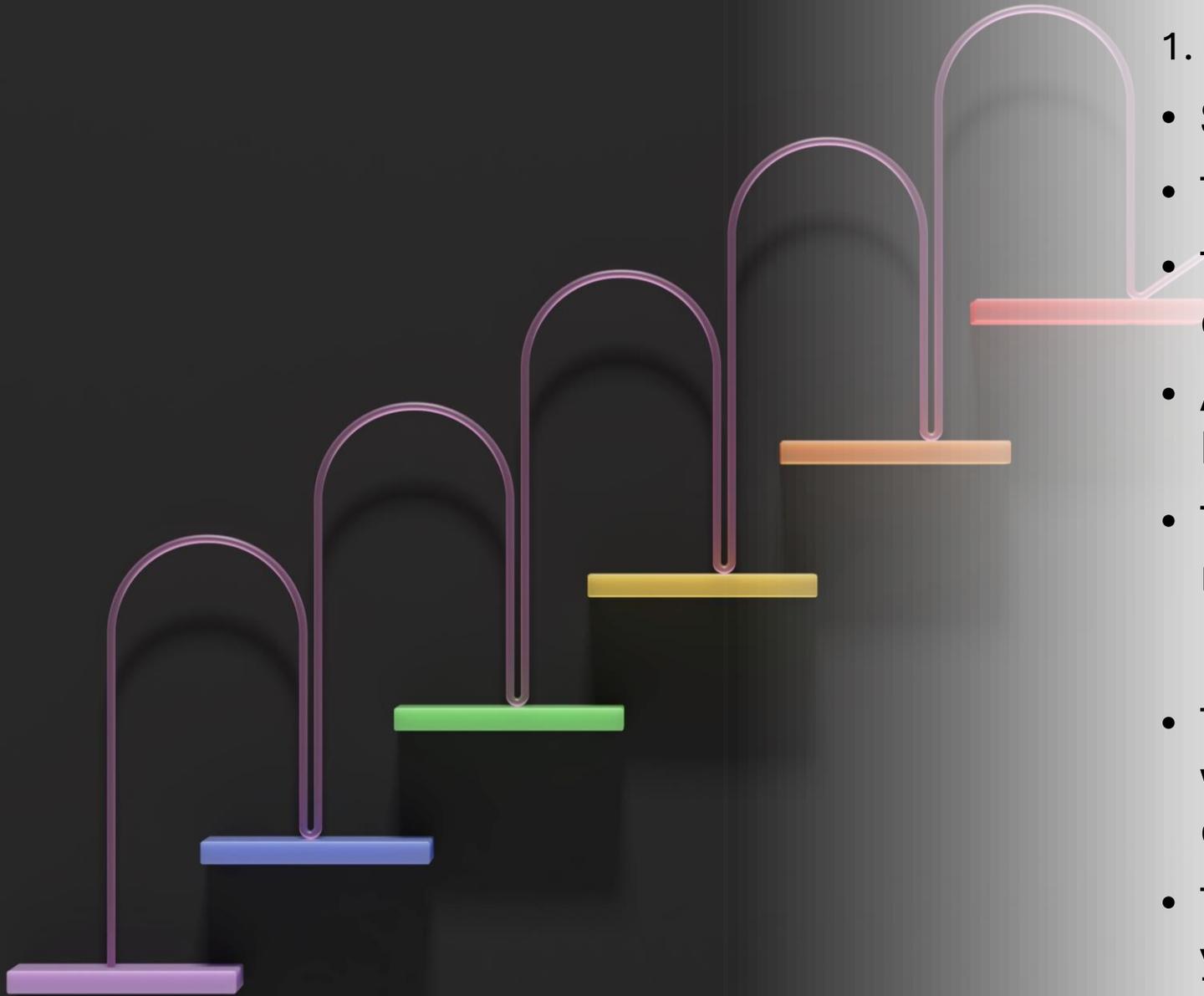
  
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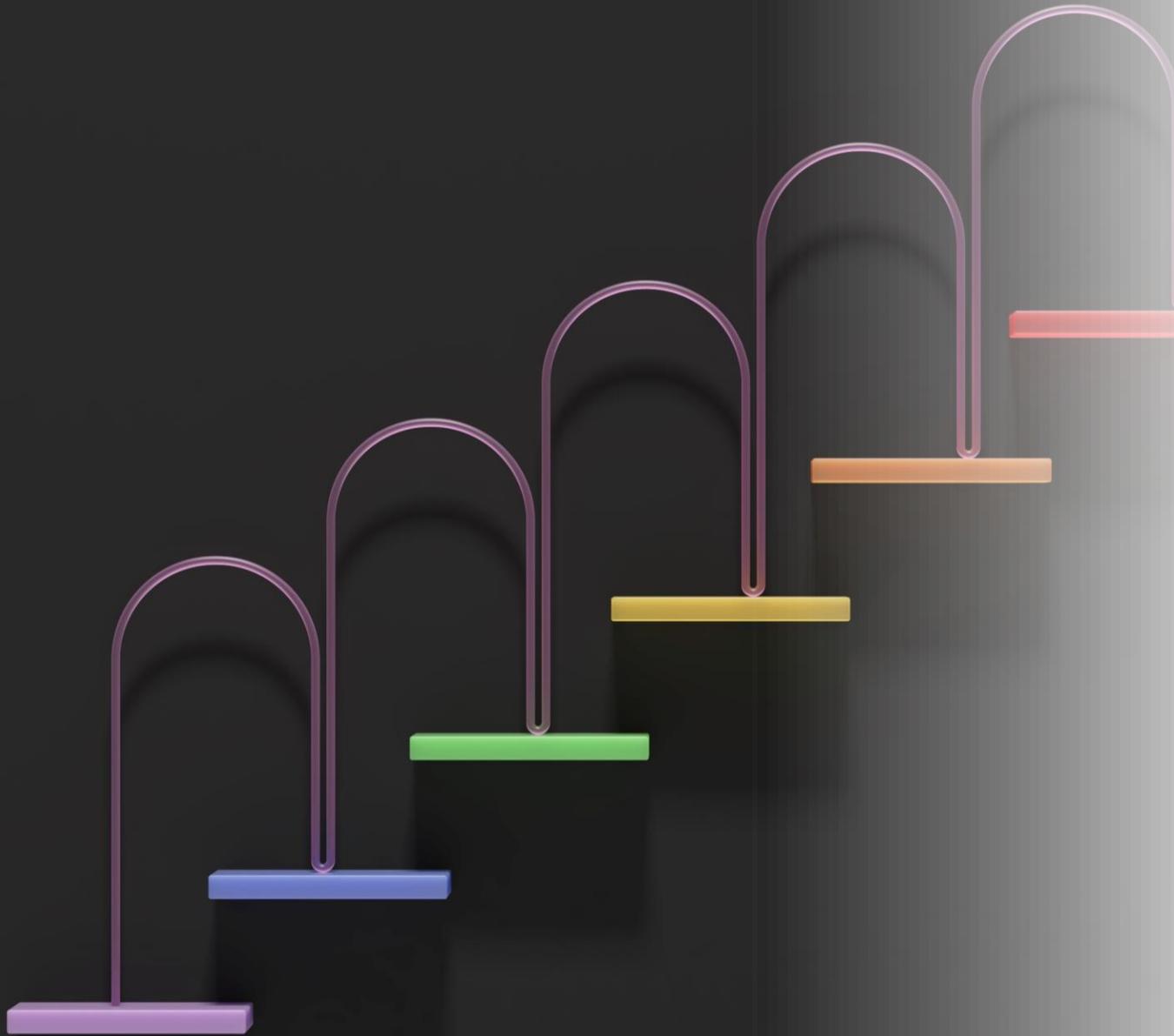






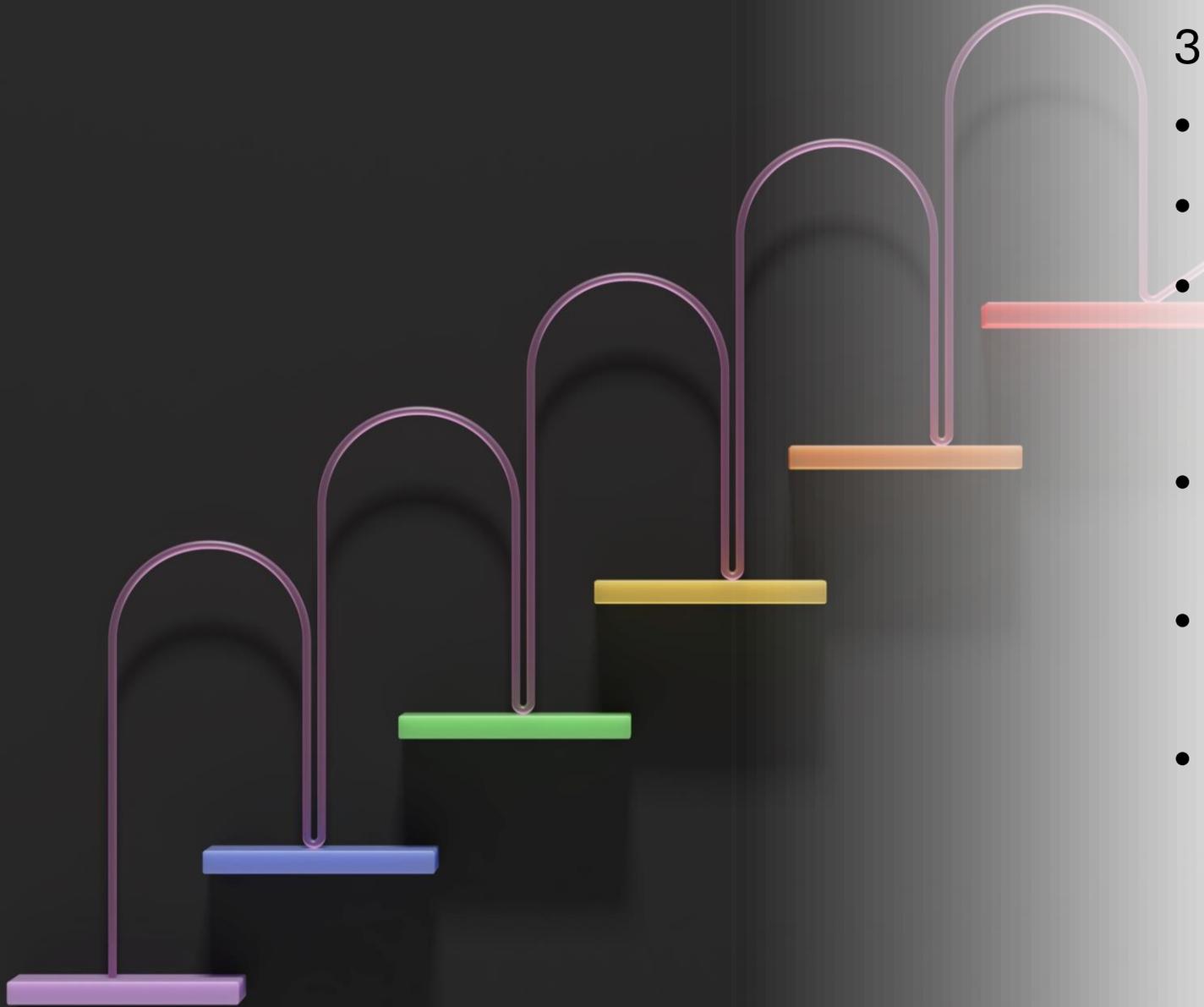
## 1. Connect and collaborate

- Start with the people you do know
- Then reach out to their contacts
- Then reach out to their contacts.....
- Ask everyone you meet that might be interested
- Then start to work out representation and gaps
- This requires persistence, time and willingness to step outside your comfort zone
- This stage continues even when you start to move on with other goals as people and their enthusiasm are what will make this work



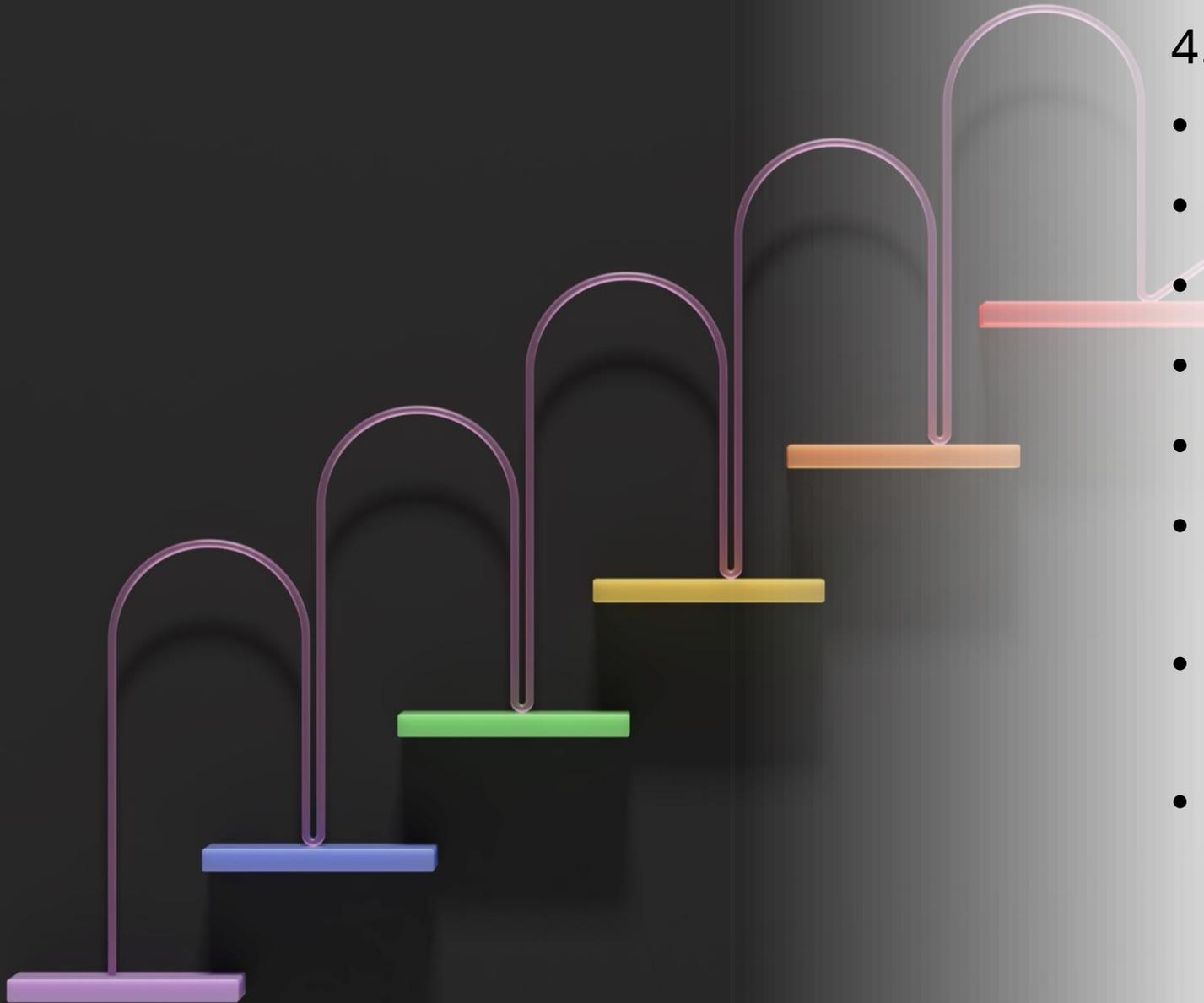
## 2. Define the purpose:

- What exactly is your niche?
- What are the goals and aims of the group?
- What does it offer to people if they put their time and effort in?
- Why will people want to work together?
- What can be achieved in the short vs long term?

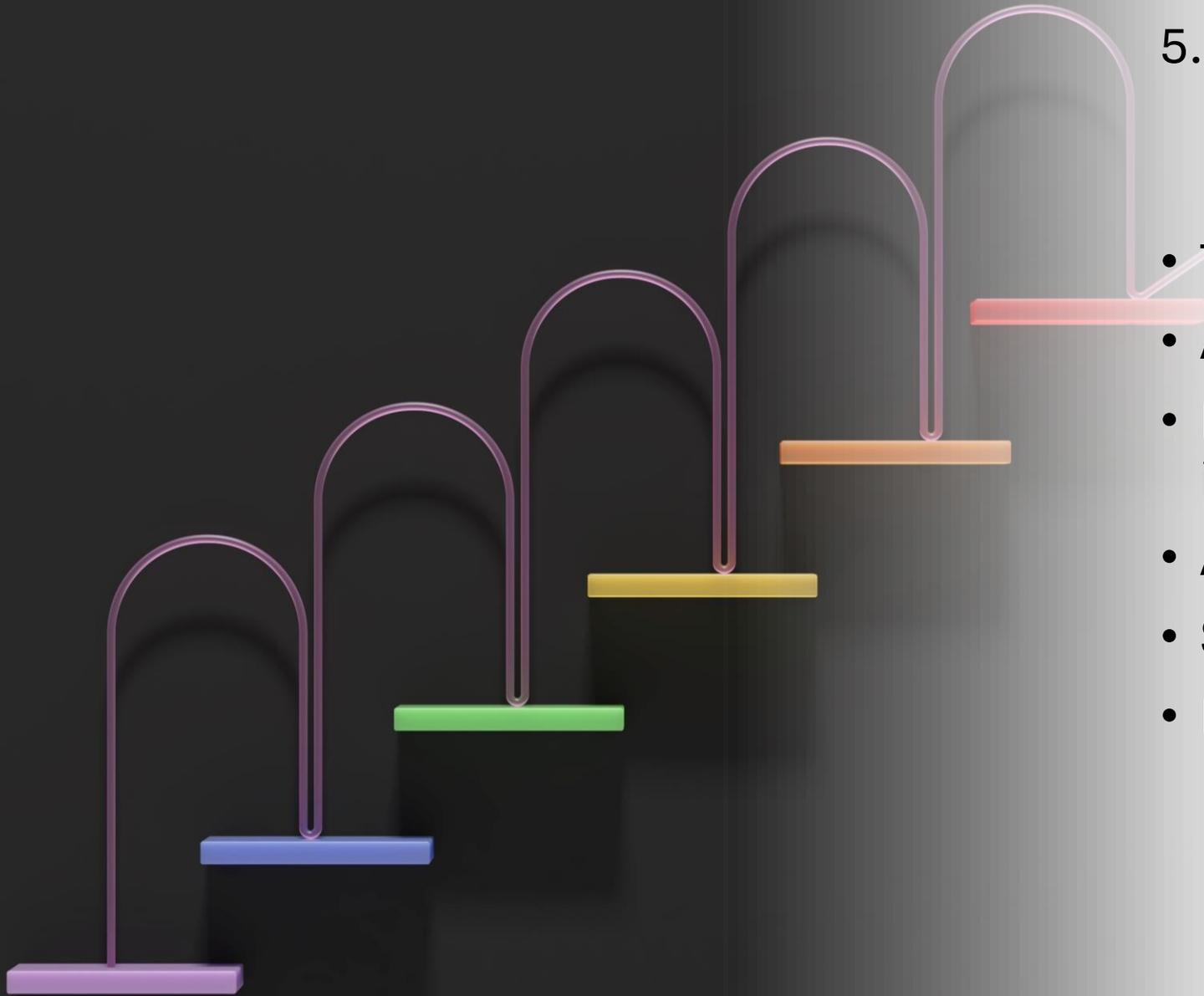


### 3. Work out the branding

- Who are you?
- What will you be called?
- How will you offer benefits to people that are involved?
- How are you different from existing groups?
- How do you complement existing groups?
- Where would your group collaborate and why?

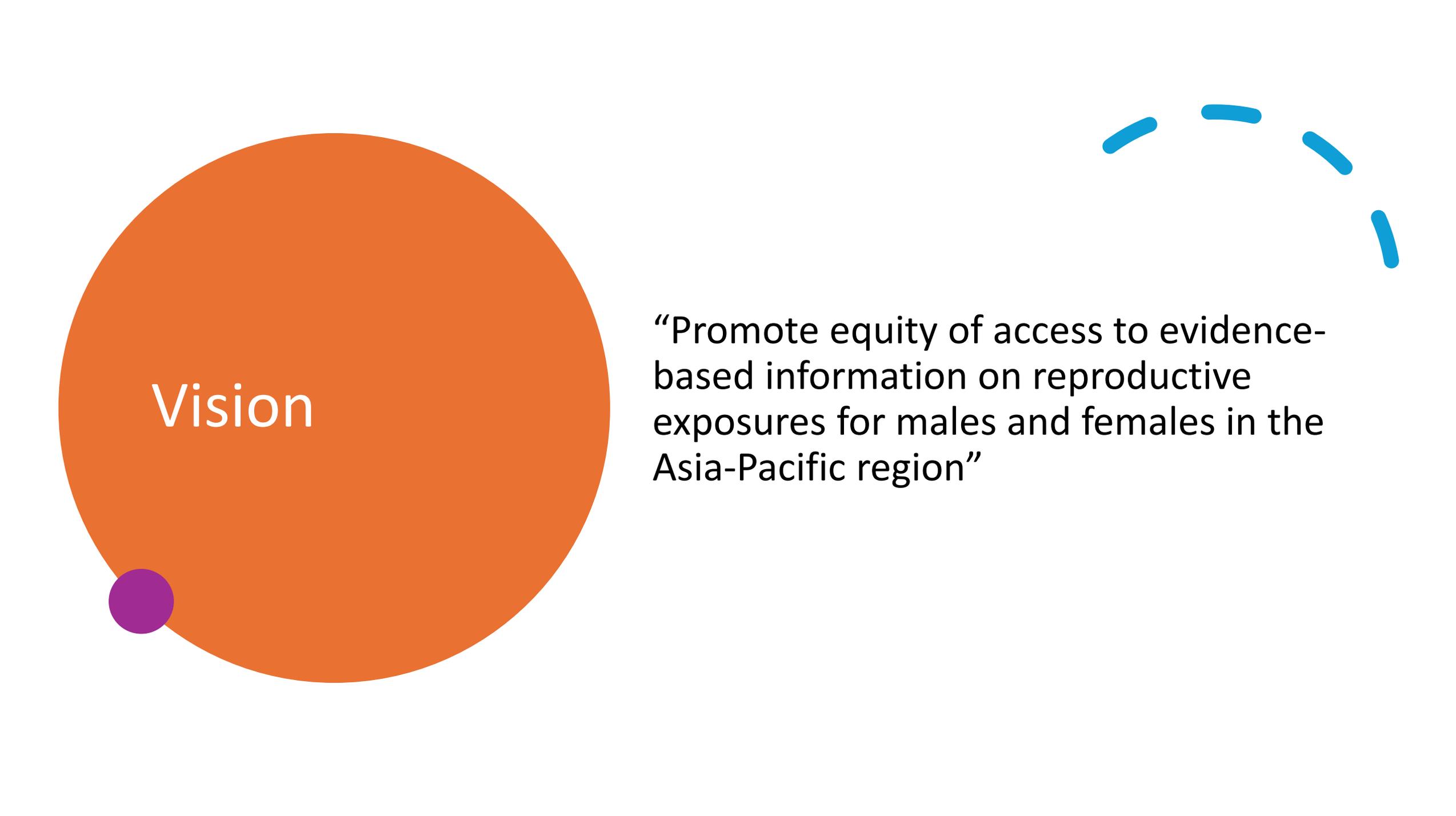


4. Work out the processes
- What meetings?
  - How often?
  - Divide and conquer?
  - How are decisions made?
  - Who does the 'stuff'?
  - How does feedback happen?
  - What do you try to achieve first?
  - Who does what?



5. Expect that things don't go as expected

- Things take time
- Applaud the small wins
- Keep the long term goals in sight
- Ask for help
- Say yes to opportunities
- Keep going!



# Vision

“Promote equity of access to evidence-based information on reproductive exposures for males and females in the Asia-Pacific region”



We are ?

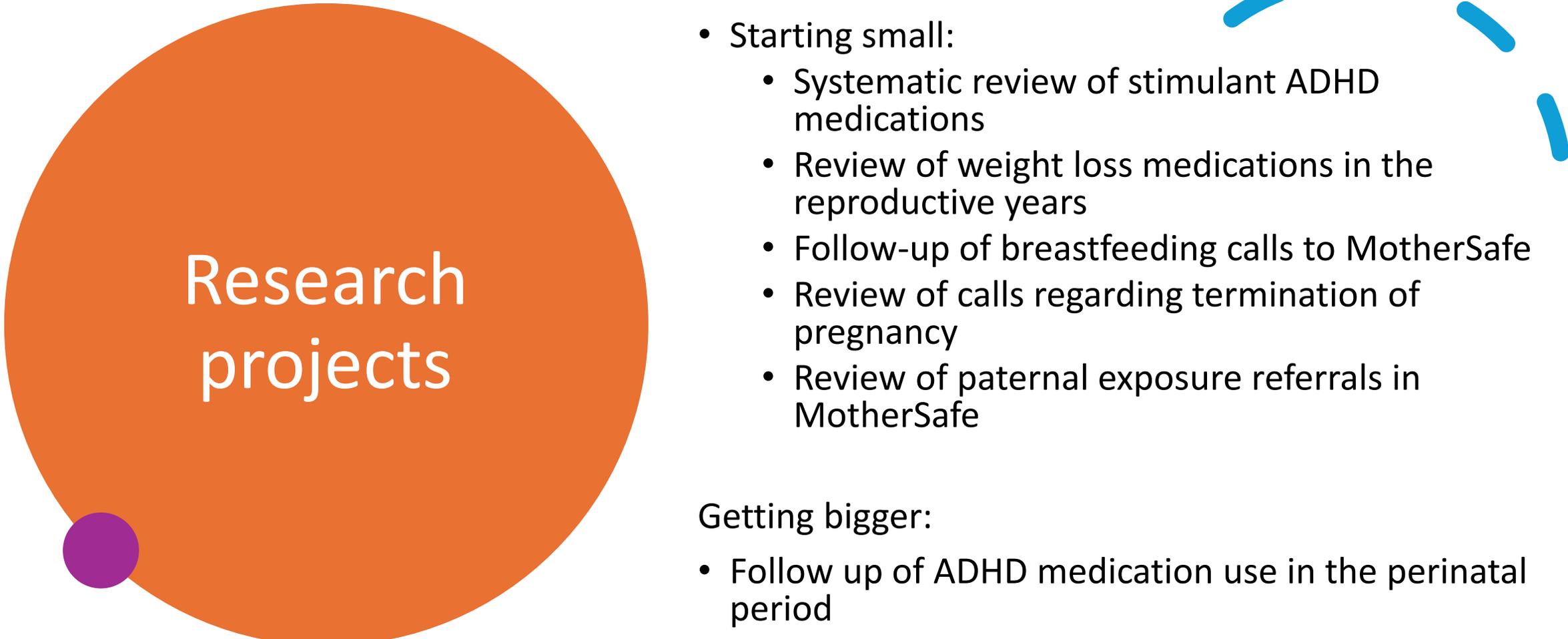
Our name is .....

Started small:

- Multidisciplinary network of healthcare workers and researchers
- Representative of services in states in Australia

Getting bigger!

- International links with the Japanese Teratogen Information Service
- Linking with other relevant networks in Australia
- Recruiting from New Zealand and other APACs
- Recruiting people with subspecialty interests

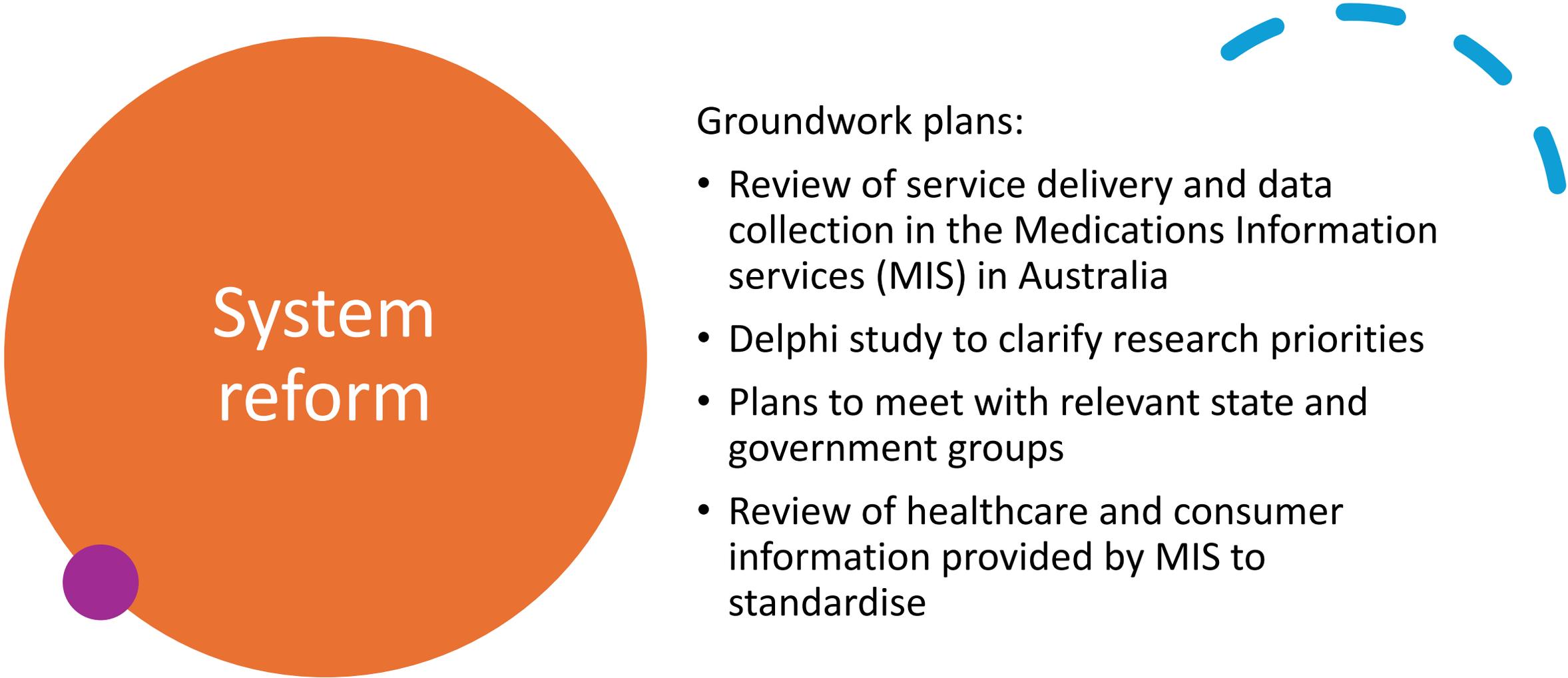


# Research projects

- Starting small:
  - Systematic review of stimulant ADHD medications
  - Review of weight loss medications in the reproductive years
  - Follow-up of breastfeeding calls to MotherSafe
  - Review of calls regarding termination of pregnancy
  - Review of paternal exposure referrals in MotherSafe

## Getting bigger:

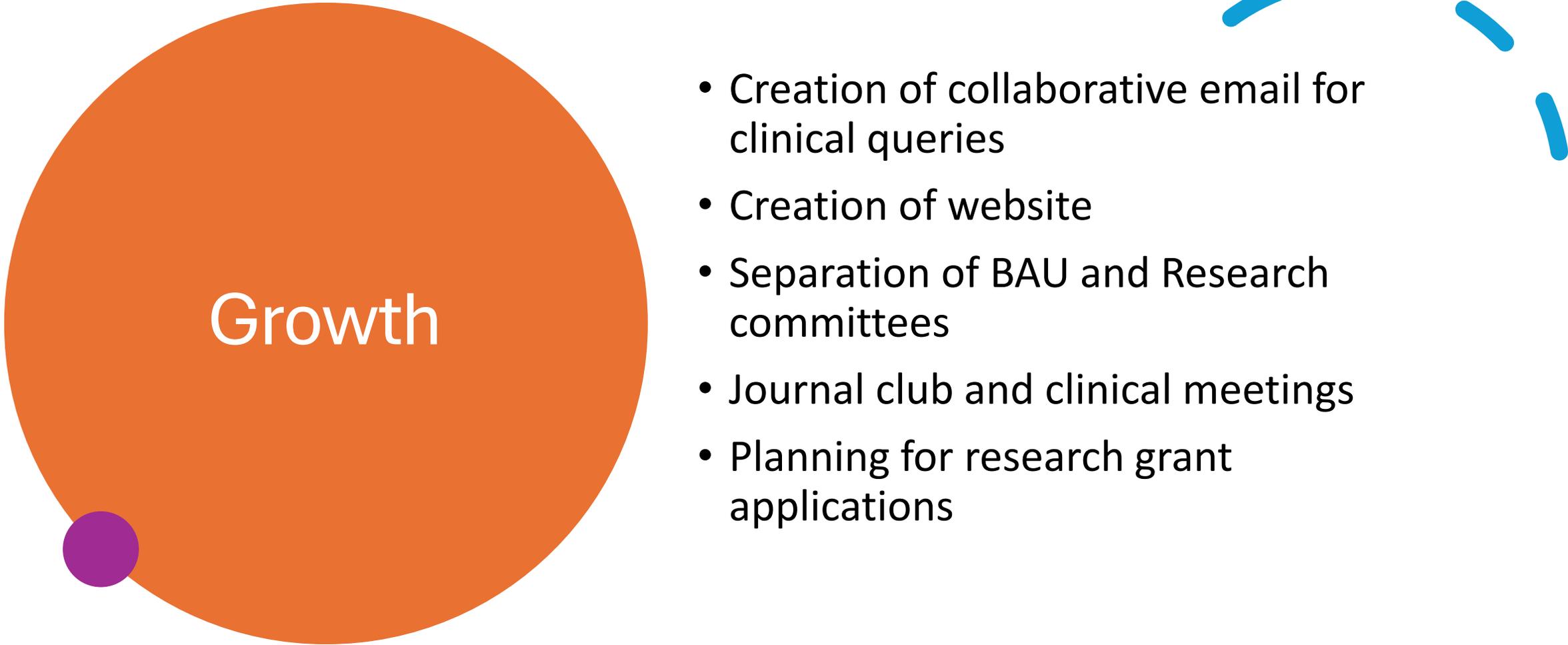
- Follow up of ADHD medication use in the perinatal period
- Follow up of GLP-1 medication use in the perinatal period



# System reform

## Groundwork plans:

- Review of service delivery and data collection in the Medications Information services (MIS) in Australia
- Delphi study to clarify research priorities
- Plans to meet with relevant state and government groups
- Review of healthcare and consumer information provided by MIS to standardise



# Growth

- Creation of collaborative email for clinical queries
- Creation of website
- Separation of BAU and Research committees
- Journal club and clinical meetings
- Planning for research grant applications





# Contact us!

- [Penelope.Fotheringham@health.nsw.gov.au](mailto:Penelope.Fotheringham@health.nsw.gov.au)
- [Penelope.Fotheringham@sydney.edu.au](mailto:Penelope.Fotheringham@sydney.edu.au)
- [www.linkedin.com/in/penelope-fotheringham-7b50b4242](https://www.linkedin.com/in/penelope-fotheringham-7b50b4242)

