



## BACKGROUND

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Your Health Navigator (YHN) was asked to exhibit at the *THRIVING WOMEN CONFERENCE* trade show in February 2020 to offer an opportunity for conference delegates to have an informal chat with a YHN Registered Nurse.

Delegates were provided with a short, hard-copy questionnaire and were offered blood glucose, blood pressure and cholesterol checks and the results were discussed. Participants were able to ask questions and seek medical advice from the nurses in their 20 minute time slot.

Delegates were able to pre-book a health chat online, or just attend the booth at any time during the conference.

YHN developed conference specific 'show bags' particularly targeted at women (given the conference demographic), which included items such as a reusable tote bag, pen, drink bottle, hand sanitiser, band aids, bio oil etc – these bags were very well received by the participants.

## RESULTS

- Thriving Women 2020 attracted 170 delegates from all over Australia and 14 businesses who exhibited in the trade show
- Two YHN nurses conducted 46 health chats over the course of two days (27% of conference delegates)
- At least half of the women agreed that they would go on to make an appointment with their GP/Primary Health Clinic for follow up
- Many women reported ongoing fatigue and agreed to follow this up with a blood test
- Approximately five women tested towards the high end for blood glucose and some had higher than normal blood pressure results – all were encouraged to visit their GP for further testing
- Some women reported spending many hours in the sun each week – it was suggested that they seek skin checks ASAP
- At least seven women reported that they had not seen their GP in the past 12 months
- Two women asked YHN to conduct the same health chats at their local town conferences in the near future
- Many of the trade show stall holders also visited the nurses for health chats while the conference was in session





## POST-CONFERENCE SURVEY STATISTICS



100% of respondents found their health chat to be beneficial



100% of respondents felt that the tests conducted were relevant to them



93% of respondents felt comfortable talking openly about their health with our nurses



## PARTICIPANT FEEDBACK

“ I was relieved to get my blood (glucose) test results as I have been putting off getting a proper test done, as requested by my doctor. Now I'll feel more confident to get this done. ”

“ I thought the chat was really reassuring. Very friendly and knowledgeable nurse who was so easy to chat with. ”