

# **FORUM: FIRST RESPONSE TO NON-FATAL STRANGULATION**

7 OCTOBER 2026

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## **Speaker's Profile - Dr Meredith Stronach**



Meredith is a Staff Specialist with Correctional Health Services, Tasmanian Health Service, and a Forensic Medical Examiner. A rural generalist she brings extensive experience across emergency medicine, primary care, child health, public health and healthcare delivery for vulnerable populations. Her forensic medicine work includes assessing and documenting injuries, supporting evidence-informed clinical responses and helping practitioners recognise

presentations where physical signs may be limited or absent. She is committed to equitable, trauma-informed care and to strengthening the links between health, safety and justice.

## **Speaker and panelist**

### **Topic: Clinical markers for a general practice response to NFS**

Meredith will focus on the clinical markers for general practitioners and Aboriginal Health Service personnel when non-fatal strangulation (NFS) is suspected due to intimate partner violence. She will address what questions to ask and notetaking with a case of NFS to ensure effective clinical support and potential justice response. She will identify the structures of the neck, the pressure it takes to do damage, and the difference between breath choking and blood choking. Finally, she will touch on areas of potential damage and the potential hidden long-term damage inflicted on victim-survivors.