



QRC: 3531

Price

One Day : \$460 inc. GST

Two Days: \$610 inc. GST

Date

29 - 30 Apr 2019

Venue

Oaks on Market

60 Market St , Melbourne, VI, 3000

CPD Hours

11 Hours | 30 Mins

Midwifery Challenges - CPD Conference - Melbourne 2019

2 Day Conference for all Midwives

Need for Program

In recent years, birthing has increased in Australia. It is inevitable that there are gaps in the knowledge of many midwives in relation to the latest research and the emerging issues that face them in the current practice setting. The context in which midwives practice is increasingly complex and makes demands on the ever-expanding scope of practice. The link between education and the provision of quality care to mothers and their babies is indisputable. A broad range of education relating to contemporary midwifery practice will assist in closing the gaps in knowledge and practice.

Purpose of Program

This conference provides a broad range of education relevant to midwifery practice that will enhance the provision of quality care to mothers and babies.

Learning Outcomes

At the conclusion of this program it is expected that the participants will be able to:

- Apply evidence-based knowledge about several clinical aspects of midwifery care, including breastfeeding, which will improve the health and safety of mother and baby
- Monitor the mother and baby during the perinatal period, taking into consideration conditions that impact on the best possible outcomes
- Provide compassionate care to a woman who has challenges associated with the perinatal experience
- Optimise interprofessional collaboration to enhance mother and baby outcomes

Program Schedule

Day One

8:30 Registration for Day One

9:00

Welcome and Introduction

9:05

Dr Mary Telcos

Where Might it All Begin? Infant Mental Health

Construction of the brain is a process that extends into adulthood. There are factors that will contribute to normal brain development during childhood that support a strong, healthy foundation for the future. However, other negative influences can increase the risk of mental health problems or illnesses in childhood right through to adulthood. To further understand the links between brain development and mental health and wellbeing, this session will discuss:

- What are the stages of brain development?
- What activities and connections offer a protective effect?
- What factors can interrupt healthy brain development in children?
- Is one stage more important than another in promoting positive mental wellbeing?

10:00

Adele O'Hehir

When Domestic Violence is Lurking - Midwifery Responses

Domestic violence is a pervasive issue that affects a significant group of women worldwide. When a woman is pregnant, domestic violence can have a profound impact on both the mother and the developing baby. As a midwife, if you suspect domestic violence is occurring to a woman in your care what is your role and responsibility? This session looks at the complex nature of domestic violence and the professional response of midwifery. It includes:

- What are the possible signs of domestic violence?
- What is a "forensic injury" and how can we properly identify and document them?
- How can you broach the topic with a pregnant woman who may be in a domestic violence situation?
- What steps should you take if you suspect it is occurring?
- What resources exist to assist women in such circumstances?

11:00 Morning Tea

11:30

Heather Harris

The Postnatal Placenta? Epigenetic Effects of Breast Milk

Is it time to start viewing breast milk as the "postnatal placenta"? Rich in nutrients and other

immunoprotective substances, breast milk is key to preventing communicable and non-communicable diseases later in life. This session will look at the epigenetic effects of human breast milk and its important role long after solids have been introduced. Topics include:

- What is gene regulation and why is it necessary?
- How does genetic variation influence the digestive and metabolic systems?
- What are the effects of nutrients on gene expression?
- Can these effects impact health for the infant in later life?

12:15

Heather Harris

Mission Possible? Supporting Feeding in Sick Infants

While there are health benefits to breastfeeding infants, there are additional benefits such as creating a bond and relationship between mum and baby. Feeling helpless when an infant is sick adds to feelings of apprehension knowing that they may be unable to breastfeed during this time. This session will look at supporting a mother when their baby is unwell. It includes:

- How can you support mothers with breastfeeding and alternative in a sick infant?
- How do you make the seemingly impossible, possible?
- What advice can you provide a mother with?
- What care is needed?

1:00 Lunch and Networking

2:00

Dr Briony Cutts

HELLP Me!

Though fairly rare, HELLP syndrome (which stands for hemolysis (H), elevated liver enzymes (EL), and low platelet count (LP)) may occur in conjunction with preeclampsia. This session sheds light on a condition that is not fully understood but is important to know about. This includes:

- Who is at risk of developing HELLP syndrome?
- What are the current treatments for HELLP syndrome?
- How can we differentiate between HELLP syndrome and other medical conditions?

2:45

Jill Green

Sudden Unexpected Death in Infancy (SUDI)

Sudden Unexpected Death in Infancy (SUDI) is the broad term used for all sudden and unexpected deaths in infancy. The main causes of SUDI are fatal sleep accidents and SIDS and many of these deaths are preventable. How can a better understanding of the causes of SUDI be translated into practice? In particular, what education can care providers take away to build awareness and educate parents and families? This final session of day one discusses:

- What did we previously know about what causes SUDI?
- When are SUDI cases reclassified as SIDS?
- How can this evidence be translated into better education, awareness, and prevention?

3:30 Afternoon Tea

3:45

Heather Harris

The Clinical Midwife Detective

As midwives, we use critical thinking skills and professional judgment on a daily basis in our practice. It is important that we continue to revise and strengthen these skills to ensure that we are able to recognise and act on important changes in a woman or neonate's condition in a timely manner. In this session, you will:

- Gradually move through a case scenario
- It will reinforce why certain diagnostic tests, observations, and procedures are undertaken to confirm or eliminate potential clinical problems
- Along the way, you will be given pieces of information that you can use to solve the case
- Are you ready detective?

4:30 Close of Day One of Conference

Day Two

9:00 Commencement of Day Two

9:00

Dr Jacqui Richardson

Liver Disease - Hepatitis B During Pregnancy

According to the Kirby Institute, more than 232,000 people in Australia have chronic hepatitis B. Some of them are at risk of transmitting Hepatitis B to their infants through perinatal transmission. This session will look at caring for pregnant mothers living with Hepatitis B, and includes the following topics:

- How high are perinatal transmission rates of Hepatitis B?
- Is there a way to prevent prenatal transmission of Hepatitis B?
- Are invasive prenatal screenings safe for pregnant mothers with Hepatitis B?

9:45

Dr Rodney Whyte

The Challenges of Long-Term Antidepressants and Pregnancy

Around 5% of expectant mothers are taking antidepressants, according to the CDC. It is therefore important that healthcare workers are aware of the potential effects of taking antidepressants in pregnancy, both to the mother and the baby. This session will discuss the following:

- What are the pros and cons associated with taking antidepressants during pregnancy?
- Are there any specific antidepressants that cannot be taken during pregnancy?
- What is "discontinuation syndrome"?
- Are there any long-term effects in infants born from mothers who have taken antidepressants

during pregnancy?

10:45 Morning Tea

11:15

Dr Maggie Flood

Why is Postpartum Haemorrhage on the Rise?

Did you know that the incidences of postpartum haemorrhage (PPH) are not only increasing in Victoria but are among the highest in Australia? Why is this? Research, which was partially funded by the Australian Nurses Memorial Centre, analysed data from the Victorian Perinatal Data Collection for 370,000 births. This session considers the results and reports on information that will be of use to all midwives in their practice. It includes:

- Why is PPH increasing in Victoria?
- What is the data telling us about the incidence, trends, and severity of PPH?
- What are the risk factors and can any be changed?
- What does this mean for midwifery practice?

12:00

TBA

Maternity Care for Women with an Unhealthy BMI

Women with an unhealthy BMI (A BMI of 25 and above) have higher risks of developing issues in pregnancy, such as preeclampsia and insulin resistance. This session will look at caring for pregnant women with unhealthy BMIs and includes the following topics:

- What are the possible issues which may arise from being pregnant with an unhealthy BMI?
- What can women with unhealthy BMIs do in order to have a healthy pregnancy?
- How does unhealthy BMI affect the psychosocial wellbeing of the pregnant mother?
- Is it possible to have an unhealthy BMI while pregnant but still be considered healthy?
- What is mammary hypoplasia and how does this affect breastfeeding in women with unhealthy BMI?

1:00 Lunch and Networking

2:00

Sharlene Pattie

Seizures in Newborns

Seizures are often difficult to recognise in newborns as they present differently than adults and older children. This session will explore seizures in newborns, the possible underlying reasons for why they occur, and how to recognise small changes in facial expressions and behaviour. It includes:

- Why do seizures occur?
- What underlying conditions may result in seizures in newborns?
- How can you identify seizures in newborns?

2:45

Lisa Hui

The Midwifery Role in “Passing” on Information About Cytomegalovirus

A recent look into Cytomegalovirus (CMV) found that many midwives may lack confidence in their knowledge to provide education to pregnant women. Similarly to other preventable diseases, CMV is re-emerging and as a result can be passed from mother to baby. This session will look at CMV to enable midwives to promote prevention. It looks at:

- What is CMV and why is it resurfacing?
- What are the congenital effects on the baby?
- What education can midwives provide to mothers about CMV to reduce its incidence?

3:30 Afternoon Tea

3:45

Dr. Martin Jackson

Mummy’s Little Helper? Calling Time On Wine O’clock

Worryingly, wine has become somewhat of a normalised source of self-medication for many women, including new mothers. While it may seem ok to have a wine to “take the edge off” a stressful day, this unhealthy habit is having detrimental impacts on health. Let’s discuss:

- Why are women drinking more than ever?
- What would constitute an unhealthy habit and how can you identify it?
- How can we promote healthier habits in women?
- When might it time to put an end to wine O’clock?

4:30 Close of Conference and Evaluations

Presenters

Mary Tolcos

Dr Mary Tolcos is a developmental neurobiologist. Her research is specifically aimed at understanding the causes and consequences of being born in an suboptimal intrauterine environment on the developing brain. This includes the effects of intrauterine growth restriction, fetal hypoxia/ischaemia, and intrauterine inflammation. Mary is also trialling a number of putative neuroprotective agents to prevent brain injury or repair injury once it has occurred.

Adele O'Hehir

Adele O'Hehir is a forensic nurse coordinator at the Victorian Institute of Forensic Medicine (VIFM) in Melbourne, where she oversees a team of more than 50 forensic nurse examiners. She became fascinated with forensic evidence and supporting victims some years ago and, in 2008, after many years working in emergency health and critical care, Adele completed postgraduate qualifications in forensic nursing.

Lisa Hui

Associate Professor Hui is a maternal-fetal medicine specialist and a researcher at the Murdoch Children's Research Institute. She leads the Perinatal Infectious Diseases service at the Mercy Hospital for Women and has a special interest in the prevention and management of congenital cytomegalovirus infection.

Heather Harris

Heather Harris first qualified as a midwife in 1970 and has worked in all areas of midwifery practice over the intervening years. She has served on a number of professional committees over the years, including ACMI (Vic) and ALCA (now LANCZ). She was involved in the successful BFHI accreditation for Mitcham Private Hospital, the RWH, and Box Hill hospital. She is a breastfeeding specialist who first qualified as an IBCLC in 1991. She has also been involved in the education of health professionals, presenting in all States of Australia, as well as in the US and Hong Kong. Since 2001, Heather has served as a midwife with Doctors Without Borders in the Ivory Coast, South Sudan, Somalia, Sri Lanka, and Nepal. She currently has her own private practice in lactation consultancy.

Jill Green

SIDS and Kids is dedicated to saving the lives of babies and children during pregnancy, birth, infancy, and childhood and supporting bereaved families. We deliver on our vision through world-class research; evidence-based education; and bereavement support and advocacy. In Australia, each year over 3,500 families experience the sudden and unexpected death of a baby or child, either through stillbirth or during the first month of life, from sudden unexpected death in infancy (SIDS or fatal sleeping accidents), SUDC (sudden unexpected death in childhood), or an accident. Jill Green has worked with Sids and Kids Victoria for more than 12 years as the manager of Health Promotion and Community Education and is now the national coordinator of Health Promotion and Bereavement Support. Some of her role is to advocate for policy change and evidence-based practice by health professionals and all who care for families to ensure all parents are informed how to safely sleep their babies and infants to reduce the risk of SIDS and sleeping accidents. To partner with emergency responders to ensure the delivery of compassionate care to bereaved families Jill is involved with many networks to ensure that the safety of infants and children remains a high priority. In 2010, Jill received an Australian Safer Communities Award for Workforce Development in the Victorian Maternal Child Health Service. Jill has a background in nursing and a master's in health promotion. Her thesis explored parent's perceptions of safe sleeping for their infant and the role health professionals play in conveying safe sleeping messages to new parents in their practice.

Jacqui Richmond

Jacqui Richmond has worked in the viral hepatitis sector for the 20 years in nursing, education, social and health services research, and policy development. Jacqui is a registered nurse and completed a PhD in 2006. She currently works at the Burnet Institute as the National Workforce Development and Health Service Delivery Coordinator for the Eliminate hepatitis C project. The broad focus of Jacqui's work is building the capacity of the health workforce to test, treat and manage the health care needs of people living with viral hepatitis.

Rodney Whyte

Rodney Whyte has a background of over 30 years of practice in hospital and community pharmacy, much of which has been as a specialist therapeutic medicines expert. He holds postgraduate qualifications, a Monash University teaching appointment and has extensive clinical experience in a number of medical specialities. He is a member of, and consultant to, many professional healthcare organizations and committees. As a part of his current position as a senior pharmacist at the Monash Medicines Information Centre at Monash Health, Rodney also delivers presentations to an extensive and diverse range of hospital and community groups. Monash Medicines Information provides independent, therapeutic medicines information and advice for obstetricians, consultants, and medical practitioners, midwives and nursing staff, pharmacists, other health-care personnel and members of the public. The Medicines Information Centre specializes in providing counselling and assistance relating to the therapeutic use of medicines, particularly in obstetric, paediatric and women's health settings.

Sharlene Pattie

Sharlene Pattie is currently a neonatal retrieval nurse at PIPER (Paediatric Infant Perinatal Emergency Retrieval), based at the Royal Children's Hospital in Melbourne, and she commenced this role in May 2018. Prior to this she worked for 15 years as a clinical nurse educator in the neonatal intensive care units (NICUs) at the Royal Children's Hospital and Monash Medical Centre in Melbourne, as well as spending time working overseas in a nurse educator role in Qatar. She has completed a Master of Advanced Nursing Practice, specialising in neonatal care, as well as a Certificate IV in Workplace Training and Assessment. As a clinical nurse, her mission is to make a positive difference to the stressful experience of hospitalisation and patient transport for patients and their families and to provide the best clinical care possible. As an educator, her mission is to enable and encourage clinical nurses to be inquisitive and question, reflect upon and understand the rationale for all aspects of the nursing care that they provide. In her spare time, Sharlene is currently working to establish a dedicated e-learning platform, to assist in the professional development of both neonatal nurses and midwives.

Martin Jackson

Dr Martin Jackson has worked as a clinical neuropsychologist for 30 years in acute hospitals, rehabilitation, and community settings, as well as in tertiary education and private practice. His areas of expertise include alcohol and other substance-related brain injury, traumatic brain injury, stroke and other forms of acquired brain injury, rehabilitation (especially behaviour management) following brain injury, the neuropsychological and cognitive consequences of mood disorders (depression, anxiety, PTSD, etc), and assessment of decision-making capacity (e.g. financial management, lifestyle decisions, testamentary capacity, fitness to plead and stand trial). Martin is a consultant to the Department of Health (Victoria), the Victorian Transport Accident Commission (TAC), and Workcover (Victoria). He has a strong research background and has twice been invited to the Oxford University Round Table (drug and alcohol). Martin is an endorsed clinical neuropsychologist with the Psychology Board of Australia and a registered Supervisor. He also regularly conducts workshops and training in alcohol and other substance-related brain injury, head injury, and behaviour management and provides supervision to other clinical neuropsychologists. Martin now works full-time in a medicolegal private practice, providing assessments for insurance companies, statutory bodies (AHPRA), medicolegal companies, and solicitors.

Margaret Flood

Dr Margaret Flood is a research officer for La Trobe University, focusing on primary postpartum haemorrhage and perinatal data quality. She is also a nurse and midwife.

Briony Cutts

Dr Briony Cutts is an obstetric medicine physician and haematologist who completed her fellowship in 2012. She worked as a fellow at the Royal Women's Hospital in Melbourne and Guys and St Thomas' Hospital in London. She works at several major Melbourne metropolitan teaching hospitals including the Royal Women's, Box Hill, and Sunshine hospitals and is actively involved in research and teaching haematology and obstetric medicine to physicians, pathology and obstetric trainees, obstetricians, gynaecologists, and midwives. She is published in peer-reviewed journals and regularly presents at conferences both nationally and internationally.

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