



QRC: 2958

Price

One Day : \$451 inc. GST

Two Days: \$572 inc. GST

Date

26 - 27 Oct 2017

Venue

Atura Albury

648 Dean St , Albury, NW, 2640

CPD Hours

11 Hours | 30 Mins

Albury / Wodonga Midwifery Conference - 2017

Substance abuse & pregnancy; pain management in labour; diabetes; breastfeeding troubleshooting; clotting conditions and much, much more...

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 latest research and the emerging issues that face them in the current practice setting. The context in which midwives practice is increasingly complex and making 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 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 best possible outcomes
- Deliver compassionate care to a woman who has challenges associated with the perinatal experience
- Provide midwifery care that is mindful of personal safety for yourself, a mother and her baby

Program Schedule

Day One

8:30AM Registration for Day One

9:00

Ellen Humbert

A Healthy Pregnancy, a Healthy Baby

We now know that life inside the womb is a critical period for the metabolic 'programming' of obesity in later life. A mother's weight at the time of conception and subsequent weight gain from early to late pregnancy profoundly influences the infant's birth weight and future risk of becoming overweight. The nutritional status of a woman before and during pregnancy plays a vital role in foetal growth and development. This introductory session will look at how, through diet, exercise and healthy planning we can work with women to improve their pregnancy experience and future quality of life for themselves and their baby. Includes:

- What are the basic principles of healthy eating during pregnancy?
- A brief look at nutrition in the face of morning sickness, gestational diabetes, low energy or obesity
- Other approaches to promote general health before, during and after pregnancy

9:45

Rebecca Humphreys

Gestational Diabetes - 2017 Update

According to Diabetes Australia, between 3-8% of pregnant women will develop gestational diabetes and this figure is as high as 15% for women from specific ethnicities. This session will bring you up to speed on a range of issues relating to gestational diabetes. Includes:

- Update on current guidelines on the management of GD
- What are appropriate, evidence-based dietary changes that may improve blood glucose levels?
- What long-term advice should be given to these women?
- How may this affect the overall health of the baby in their later life?

10:45 Morning Tea

11:15

Leo Mason

Maternal Depression and Medications

Maternal depression can have a harmful enduring impact on an infant and of course affect a mother, her partner and family. A careful and balanced assessment must consider the consequences that come from untreated depression against potential foetal or child risks. This session will include:

- What is the impact of maternal depression?
- Which of these medicines are safe during pregnancy?
- What about during breastfeeding?

- If there is a potential harm to the baby, when does the mother's mental health override this?

12:15

Heather Harris

Breastfeeding - Who Can and Can't?

Not every woman is successful at breastfeeding and there are good reasons for this. However, there are also many myths. This session looks at a range of situations and explains why some women do and some women do not breastfeed. Includes:

- Respecting a mother's choice
- When particular situations exist e.g.:
 - Mothers with piercings
 - Babies of illicit drug-using mothers
 - Disabled mothers and babies, e.g. Down syndrome, cleft palate
 - Women with mastitis, on antibiotics and almost any medication?
 - Mothers who have weaned and wish to recommence?
 - Poor muscle tone baby?
 - Disorganised suck baby?
 - PKU babies?
 - Women with severed lactiferous ducts?
 - Women in intensive care or who are unconscious

1:00PM Lunch and Networking

2:00

Heather Harris

Back to Basics - How to Teach Breastfeeding

As midwives there is much to understand and know when supporting a mother who is breastfeeding her baby. In the twenty-first century there are many differing opinions and advice may change from midwife to midwife. This session will highlight the importance of understanding the basics of breastfeeding, why it is imperative that the correct techniques are being taught and how a mother's needs can be met by healthcare providers. Topics include:

- What are the basics of breastfeeding?
- What is 'SYPNCY' and how should you apply this to enhancing breastfeeding?
- What are practical tips to help a midwife support a mother through the learning-to-breastfeed stage?

2:45

Heather Harris

High BMI - How to Meet the Challenges of Breastfeeding

Obesity has become a concerning and prevalent health problem in Australia and is an important risk factor in women's reproductive life and during the peri-natal period. A high BMI can also significantly affect breastfeeding outcomes. This session discusses:

- Why are high BMI women prone to mammary hypoplasia?
- What are the implications for long term breastfeeding in these women?

- Ways to overcome breast attachment challenges
- Troubleshooting breastfeeding difficulties

3:30 Afternoon Tea

3:45

Heather Harris

Opening the Door to New Horizons - Working in Private Practice

Today's workplace is in a state of upheaval with employment uncertainty affecting many midwives. Despite this, opportunities abound - for instance, there is a general need for more childbirth educators. This conference concludes with a story of a midwife who took the leap into private practice which resulted in entrepreneurial success. A discussion includes consideration of the risks and benefits of working as a midwife in private practice.

4:30 Close of Day One of Conference

Day Two

9:00AM Commencement of Day Two

9:00

Elise Newton

Managing Musculoskeletal Changes that Occur During Pregnancy

Many women suffer from musculoskeletal pain during the prenatal and postnatal period as a result of the body undergoing numerous physiological, mechanical and hormonal changes. It is well known that the management of symptoms can be improved through the support of a physiotherapist. This session will discuss the promotion of physiotherapy in prenatal women and how midwives can help support this model of care. Topics include:

- How does pregnancy affect the musculoskeletal system?
- What are the main causes of musculoskeletal pain during the whole pregnancy period?
- How can physiotherapy improve pregnancy related musculoskeletal pain?
- How to assess when you should be referring a woman to a physiotherapist?

9:45

Elise Newton

Positions for Labour - A Physiotherapy Perspective

Midwives understand well that certain positions and movements can help or hinder a woman's experience throughout labour and influence long-term outcomes. This session will review the best available evidence and promote practical applications for safest positions in all stages of labour. Includes:

- How can physiotherapy assist with labour preparation?
- How do certain birthing positions impact the pelvic floor?
- Pelvic-friendly positions across the stages of labour

- How to be guided by the evidence and a woman's preference...

10:30 Morning Tea

11:00

Anne Patterson

Pelvic Floor Dysfunction During Pregnancy and Postpartum

Bladder dysfunction, bowel dysfunction, pelvic organ prolapse and perineal tears are common in primigravida and multigravida women. This session includes assessment and management of pelvic floor dysfunction during the childbearing year for the midwife. It includes evidence based guidelines and the translation of these guidelines into clinical practice. This session looks at:

- Review of functional anatomy of pelvic floor
- Causes of PF dysfunctional including perineal tears
- Identification of those women at risk of PF dysfunction
- How to effectively and quickly assess and train the PF
- When and where to refer

11:45

Karyn Smith

Drugs, Alcohol and Motherhood - Non-Judgemental Care and Harm Minimisation

Mothers who are currently or have previously used alcohol, tobacco and other drugs during pregnancy often report negative experiences when receiving care from a healthcare facility. When a woman who has an addiction is viewed in a judgemental manner the effects can be very detrimental, resulting in rejection of the care and support offered. This can create a distance between the midwife and mother throughout the pregnancy, having terrible ramifications. It is important as caregivers to deliver honest, open and non judgemental care, improving outcomes for these mothers. This open and honest session will challenge you to consider and discuss the following:

- Are we actually providing non-judgemental care?
- How do we support women with lifestyles that involve an addiction to tobacco, alcohol and cannabis?
- Finding the time to provide practical harm minimisation education to women who are using alcohol and other drugs
- Statewide services that are useful with post-natal discharge planning

12:45PM Lunch and Networking

1:45

Karyn Smith

Ice and Methamphetamine - a Practical Approach to Pregnancy, Birth and Postnatal Care

A common concern shared by midwives, nurses and other healthcare professionals working in the drug and alcohol field relates to ice and methamphetamine use during pregnancy, birth and the postnatal period. This session will use a practical case study to explain:

- What is known about the impact of ice and methamphetamine use during the perinatal period?
- How to provide effective and compassionate care when methamphetamine use is occurring to a mother and baby during the pregnancy, birth and postnatal period

2:30

Karyn Smith

Neonatal Abstinence Syndrome - Assessment and Treatment

It is vital that midwives are aware of the importance of assessing and managing a neonate who is withdrawing from illicit substances as a result of maternal use. If a baby is withdrawing, neonatal abstinence syndrome may develop and the ability to correctly assess these babies is imperative.

Topics include:

- Signs and symptoms of NAS
- Withdrawal period and average length of recovery
- How to complete NAS scoring and why this is needed
- Treatment of NAS affected babies

3:15 Afternoon Tea

3:30

Karyn Smith

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. Includes:

- What are the signs of domestic violence?
- How can you broach the topic with a woman?
- What steps should you take if you suspect it is occurring?
- What resources exist to assist women in such circumstances?

4:30 Close of Conference and Evaluations

Presenters

Heather Harris

Heather Harris (BN Deakin, MMid LaTrobe) 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 LCANZ). 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.

Ellen Humbert

Ellen Humbert is an Accredited Practising Dietitian and Director of Happy Apple Nutrition in Albury. Ellen completed her Bachelor of Health Science (Nutrition and Dietetics) at CSU Wagga Wagga. Ellen is also a qualified health coach and has a post graduate degree in Renal Nutrition and Diploma of Management. In addition, Ellen has coordinated the Wodonga campus community rehabilitation team and acted as a project manager at Albury Wodonga Health in redesign project work for subacute services. She has also been a clinical educator for Nutrition and Dietetics at Charles Sturt University. Ellen began her career in rural NSW but has now settled with her husband and young family in the local area. Ellen enjoys staying active, spending time outdoors on her local property, growing delicious home-grown produce. Ellen focuses her advice on simple effective strategies, helping her clients find fact from fiction.

Rebecca Humphreys

Rebecca is a Registered Nurse and Credentialed Diabetes Educator, and has over 10 years experience. Her career started at the Royal Children's Hospital Melbourne, as a Paediatric Diabetes Educator for 6 years. Since moving to a regional area Rebecca has been located in General Practice seeing Clients with both Type 1 & 2 diabetes, and gestational diabetes. In 2011 she commenced working with local physicians to set up an insulin pump service, which is the only one in the local region. Rebecca commenced working as a Diabetes Educator at Albury Wodonga Health in 2013. In this role, she is very involved in the pregnancy management of all clients with Diabetes.

Anne Patterson

Anne Patterson, BAppSc Occupational Therapy, BAppSc Physiotherapy, PostGradDipManipTherapy, APA Titled Continence and Women's Health Physiotherapist. Anne currently works in private practice and two days per week in a Specialist Continence Clinic at Albury Wodonga Health (Wodonga Campus). In this position, Anne works with clients of both sexes and all ages. She has had many years' experience and is passionate about all matters related to the pelvic floor. Anne has a background in Occupational Therapy and Manipulative Therapy.

Leo Mason

Leo Mason is the Director of Pharmacy at Albury Wodonga Health, where he has been employed since 2014. Before this, he was the Director of Pharmacy at Wodonga Regional Health Service for 24 years. Leo is interested in medicines and pregnancy.

Karyn Smith

Karyn Smith is an Outreach Clinical Midwife Consultant at the Sunshine Hospital providing collaborative midwifery care to vulnerable families in Melbourne. This role also incorporates caring for women within the hospital environment, community, mental health services and justice systems throughout their pregnancy, birth and early parenting experiences. A large part of this role is also to support other health care providers when caring for these complex families. Karyn has 30 years of midwifery experience with Nurse Practitioner endorsement in Drug & Alcohol and Midwifery categories.

Elise Newton

Elise created the brand new Maternity Physiotherapy Outpatient Services at Albury Wodonga Health in 2014 after previously creating a similar program for Djerriwarrh Health in Melbourne's western suburbs. She is employed full-time at AWH as the Grade 3 Physiotherapist for Wodonga Campus. Elise has worked in the public health system in maternity physiotherapy for almost ten years and is passionate about creating safe, successful and enjoyable pregnancies and lifetimes there-after for all women.

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