

QRC: 2881



Price

One Day : \$451 inc. GST
Two Days: \$572 inc. GST

Date

30 - 31 Mar 2017

Venue

Teachers Federation Conference
Centre
37 Reservoir St , Surrey Hills, NW,
2010

CPD Hours

12 Hours | 15 Mins

Midwifery Challenges CPD Conference - Sydney - 2017

2 Day Conference Includes - Substance Abuse & Pregnancy; The Legal Status of an Unborn Child; High Risk Pregnancies; Breastfeeding Basics; Self Care for Midwives 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

Chairperson: Heather Harris

8:30AM Registration for Day One

9:00

Jo Perks

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 influence 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 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:udes:

- 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

9:45

Angela James

Pelvic Physiotherapy for Childbirth and Recovery

The role of pelvic physiotherapists has changed dramatically over the past 5 years, and we are able to offer many support services to optimise outcomes for women in their child-bearing year. This lecture will discuss the role of a pelvic physiotherapist and how we can work with midwives to best assist the transition for the expectant mother. Topics include:

- What happens to the pelvic floor during vaginal delivery
- How pelvic physiotherapy can help prepare the woman for vaginal delivery
- The importance of postpartum rehabilitation
- Musculoskeletal injuries during childbirth

10:30 Morning Tea

11:00

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 health care

providers can simply meet the needs of mothers. 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?

12:00

Dr Colin Walsh

Preventing Preterm Birth

In Australia the risk of premature birth is still apparent. Most babies who are premature are born between 32 - 36 weeks. These babies face risks and the specific cause of preterm birth is not always well known. This session will look at the following:

- Who is at risk of preterm birth?
- What are the effects for infants born prematurely?
- What screening is being done currently?
- How do we prevent it - cervical sutures?

12:45PM Lunch Break

1:30

Heather Harris

Not Another Lactation Lecture!

Over time, the mantra of 'breast is best' has evolved. But as midwives do we take into account the struggles that some women may face in pursuit of this goal? What do midwives need in order to meet the early challenges, particularly in the hospital setting? Some mothers describe being tormented by the pressures to breastfeed. This idea that "breast is best" circulates within parenting groups and maternity units and can ignite feelings of anxiety in mothers who are finding breastfeeding traumatic. Modern mothers often face the competing pressures to give their baby the very best nutritional start, whilst also attempting to meet the clinical feeding requirements demanded by hospital protocols, resulting in significant stresses. This session will discuss the midwife's role in supporting a mother who is struggling to breastfeed. Discussion includes:

- "Breast is best" should be replaced by "Potential risks of no breastmilk feeding"
- If breast is really best how can we help mitigate the early maternal emotional stress so common among new mothers?
- What affect does conflicting advice have on mother, staff, breastfeeding success?
- Developing supportive and non-judgmental skills for the mother who "cannot" breastfeed or is experiencing undersupply
- How can we better educate and support mothers who may need to make different choices?

2:30

Frances Lalic

The Legal Status of the Unborn Child

There is much debate about the viability, health and ethical situation of unborn children. Midwives may become involved in such considerations and it is advisable to have thought through some of the

dilemmas. Includes discussion on:

- Definition of life and rights of the unborn child
- Should a midwife intervene if a mother is drinking to excess during pregnancy?
- Can a mother be sued for damage to her foetus caused by maternal neglect?

3:30 Afternoon Tea

3:45

Frances Lalic

Legal Challenges and Trends in Midwifery

Midwives are regulated health professionals who function in accordance with legislation and common law affecting midwifery practice. This session will provide an update and challenge you to consider the following current and future legal challenges as a midwife:

- Professional Indemnity Insurance (PPI)
- Duty of Care and Negligence
- Illicit Drug Use in Pregnancy and Child Protection
- Notifications to the Nursing and Midwifery Board of Australia

4:30 Close of Day One of Program

Day Two

Chairperson: Heather Harris

9:00AM Commencement of Day Two

9:00

Gary Bain

Preventing Surgical Site Infections Post Caesarean Sections

Surgical site infections (SSI's) are common and costly health care associated infections. Patient morbidity, mortality and length of stay in hospital are all affected by SSIs. This session looks at SSI prevention in women following caesarean sections and includes:

- Assessment of a c-section suture line - what do we look for?
- What are the signs that a wound might be infected?
- How to select the most appropriate goals of care for a c-section wound infection
- Guidelines for the management of c-section surgical wounds post-operatively

9:45

Gwen Higgins

Maternal Depression and Medications

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

- What is the impact of maternal depression?
- Basic pharmacotherapy review of common antidepressant and anti-anxiety medications
- 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?

10:45 Morning Tea

11:00

Karyn Smith

Drugs, Alcohol and Motherhood

Mothers who are currently or have previously used alcohol, tobacco and other drugs during pregnancy often report negative experiences when receiving care from a health care 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
- Statewide services that are useful with post-natal discharge planning

12:00

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

1:00PM Lunch Break

1:45

Jessica Rojas and Naome Reid

When the Baby Dies...

The death of a baby is always a tragic event and grief is a normal reaction to loss. The depth and duration of the experience is different for everyone but can have considerable psychological effects. Research has indicated the positive benefits of bereavement support during this time. This session

aims to provide you with an opportunity to discuss some of your experiences and identify key support mechanisms you can use when faced with the death of a baby during pregnancy or childbirth.

2:30

Heather Harris

Liquid Gold? - The Booming Breastmilk Market

In today's world of technology the ability to access donated breastmilk is becoming increasingly common. There are now websites committed to buying, selling and donating breastmilk. How might this type of transaction work in the real world of midwifery? Is this a positive change to be encouraged or is there room for potential error? This session will discuss the growth of the breastmilk market that isn't always traditional. Includes:

- Is there a screening process to donate breastmilk?
- Are there ethical considerations we need to be mindful of?
- Is this something we should be supporting and promoting within Australia?
- Historically, breastfeeding by other than the mother has been common - only since the twentieth century has formula feeding been "safe" enough to be used widely. What has caused many to reject formula in favor of donated human milk?
- What is the role of Milk Banks?

3:15 Afternoon Tea

3:30

Shari Coventry

Self-Care, Shift Work and Midwifery

Working at shift work can be stressful, fast-paced, demanding and often leaves midwives feeling isolated and exhausted. Looking after our patients who are often stressed and anxious means midwives must be given tools to promote their own emotional health. How can we start and finish each shift feeling renewed and energised? This final and practical session will introduce three techniques that can reduce stress and anxiety so we can be the best version of ourselves when working shift work. We will look at:

- Does our thinking contribute to our stress?
- Will breathing differently make us feel different?
- How can laughter change the way we feel?

4:30 Close of Day Two of Program

Presenters

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 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.

Joanne Perks

Joanne Perks is a Women's Health Nurse Practitioner at the Liverpool Women's Health Centre. Joanne has extensive experience working in women's health. Her qualifications include a Master of Mental Health Nursing, Master of Nursing (Nurse Practitioner) and a Graduate Certificate in Women's Health Nursing.

Angela James

Angela James is the founder of Sydney Pelvic Clinic and specialises in Men's and Women's Pelvic Health. She uses a holistic and integrated approach in treating patients with various pelvic dysfunctions, such as pelvic pain, incontinence and prolapse. Angela is passionate and committed to helping patients overcome such issues and return them to their optimal function, whether that is sexual function, continence or pain reduction. Angela is a mum and as such has had personal experience with the changes the pelvis undergoes during the pregnancy, birth and post birth phases.

Frances Lalic

Frances Lalic completed a Diploma in Applied Science (Nursing) at the University of Western Sydney. She was employed by South Western Area Health Service and worked at Fairfield Hospital in a variety of units but predominantly in the Medical/Surgical Wards. She has also worked in the community as a Primary Health Nurse, Child and Family Health Nurse and Palliative Care Nurse. In 2001, having completed a Bachelor of Laws, she commenced working with the Office of the Director of Public Prosecutions. During 2001 she was part of the team that taught Health Law and Ethics at the University of Western Sydney. In 2011 she became a Barrister which included experience in medical negligence. She is currently undertaking a Master of Laws.

Gwen Higgins

Gwen Higgins is an Accredited Pharmacist undertaking home medicines reviews for general practitioners in the inner western suburbs of Sydney. She has a strong interest in patient education. Her background includes 12 years at NPS MedicineWise, managing the NPS agreements with Medicare Locals and overseeing NPS facilitator training and support as well as CPD incentives for GPs and nurses. Gwen also has more than 20 years' experience as a hospital pharmacist in the specialist settings of paediatrics, geriatrics, and rehabilitation.

Karyn Smith

Karyn Smith is a midwife working in Women's Health in a regional Victorian city as well as an outreach clinical midwife consultant at a Metropolitan Hospital, providing collaborative midwifery care to vulnerable families in Melbourne. This role incorporates caring for women within 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.

Shari Coventry

Shari Coventry is an internationally certified laughter yoga trainer, clinical hypnotherapist, and NLP practitioner, and has studied many alternative modalities. Shari is passionate about bringing people together through laughter to enhance their wellbeing, connection, and to promote health. She is a skilled facilitator, working with organisations to create a culture that is positive, innovative, engaging, and fun. She has been involved in the wellness industry for over 15 years in many capacities, creating tailor-made workshops and programs for workplace wellbeing, team building, stress management, work/life balance, laughter, happiness, and health.

Colin Walsh

Dr Colin Walsh is a Consultant Obstetrician & Gynaecologist and Maternal-Fetal Medicine (high-risk pregnancy and advanced obstetric ultrasound) specialist. He delivers private patients at North Shore Private Hospital, Royal North Shore Hospital and the Mater Hospital on Sydney's lower North Shore. He is also a staff specialist in the Maternal-Fetal Medicine Unit at Royal North Shore Hospital, where he sees public patients with high-risk pregnancies referred from all over New South Wales. Originally from Ireland, Colin completed his specialist obstetrics and gynaecology training in Dublin, Cambridge and New York. He also undertook a 3-year Urogynaecology fellowship in Sydney. After this, he returned to the world-renowned National Maternity Hospital in Dublin, to complete his sub-specialist training in Maternal-Fetal Medicine. Colin is also a Clinical Senior Lecturer at the University of Sydney and holds a PhD from the University of New South Wales. He has published more than 90 papers and book chapters throughout his career.

Jessica Rojas

Jessica Rojas has been a Perinatal Senior Social Worker at the Royal Hospital for Women since early 2015. She has come from the Women's and Children's Health Team at St George Hospital which she joined in 2009 and continues to work across sites. Jess has experienced many career opportunities including being appointed Project Manager for an innovative Antenatal Model of Care Project conducted at St George Hospital in 2013. She has also worked as specialist clinician for the Out of Home Care Health Pathways Clinic and as Domestic Violence Counsellor. She is passionate about Women's and Children's health and has a special interest in Grief and Loss associated with stillbirth and pregnancy loss. Jess graduated with a BSW from the University of New South Wales in 2008 while working there as a Research Assistant.

Naome Reid

Naome Reid is a Senior Social Worker at The Royal Hospital for Women. She has been employed as a social worker for 16 years, specialising in the field of Women and Children's health. Naome's role at The Royal spans across Maternal Fetal Medicine and Neonatal Intensive Care. She is passionate about supporting women through perinatal loss and the importance of collaboration in providing optimum care to families.

Gary Bain

Gary undertook his undergraduate training at Avondale College, obtaining a Diploma of Applied Science (Nursing). He gained a Bachelor of Nursing through the University of Technology Sydney, combining this with a Burns and Plastics Nursing Certificate from the Royal North Shore & Concord Hospitals, completing his tertiary studies at the School of Medicine, University of NSW with a Masters Degree in Clinical Education. Gary has been clinically engaged in the field of wound management for over 30 years. Currently in private practice, as The Wound Guy, he provides education to medical, nursing, allied-health and product-industry personnel. He also provides clinical support to patients and their clinicians in the aged care, primary care and community sectors. These activities are conducted concurrently with his present role as educator and nurse consultant in wound management at the Mt Wilga Private Hospital (Rehabilitation Centre). Gary has memberships with Wounds Australia, HEMI Advanced Wound Care Network and the Australian College of Nursing. He maintains strong relationships with and regularly supports all corporate members of the wound care product industry. He liaises with and presents for professional organisations such as the Lindsay Leg Club, Ausmed Education, the Australian College of Nursing, the Australian Practice Nurse Association and the Pharmaceutical Guild of Australia, as well as philanthropic groups such as the Rodmell Fund for Aged Care Education.

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