# ACM Webinar Overviews

## 2012 Webinars

<table>
<thead>
<tr>
<th>Webinar</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private Practice</td>
<td>4</td>
</tr>
<tr>
<td>Water, Labour and Birth</td>
<td>4</td>
</tr>
<tr>
<td>Preventing Pre-Term Birth</td>
<td>5</td>
</tr>
<tr>
<td>Perineal Care</td>
<td>5</td>
</tr>
<tr>
<td>Hypertension in Pregnancy: Evidence and Practice</td>
<td>6</td>
</tr>
<tr>
<td>Obesity in Pregnancy</td>
<td>6</td>
</tr>
</tbody>
</table>

## 2013 Webinars

<table>
<thead>
<tr>
<th>Webinar</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safe Infant Sleeping</td>
<td>7</td>
</tr>
<tr>
<td>Female Genital Mutilation (FGM): Evidence &amp; Practice</td>
<td>7</td>
</tr>
<tr>
<td>Minding the Fetus</td>
<td>8</td>
</tr>
<tr>
<td>Vaccinations for Midwives: Evidence and Practice</td>
<td>8</td>
</tr>
<tr>
<td>Antenatal Care Guidelines - Module One: Evidence and Practice</td>
<td>8</td>
</tr>
<tr>
<td>Vaginal Breech Birth - The planned and unexpected</td>
<td>9</td>
</tr>
<tr>
<td>Pelvic Floor Care and Recovery - Antenatal and Postnatal</td>
<td>10</td>
</tr>
<tr>
<td>Legal Issues in Midwifery Practice - Getting back to basics!</td>
<td>10</td>
</tr>
</tbody>
</table>

## 2014 Webinars

<table>
<thead>
<tr>
<th>Webinar</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Managing overweight and obesity before, during and after pregnancy</td>
<td>11</td>
</tr>
<tr>
<td>How diet affects fertility</td>
<td>11</td>
</tr>
<tr>
<td>How can Dads make a difference?</td>
<td>11</td>
</tr>
<tr>
<td>Shiatsu for Midwives</td>
<td>12</td>
</tr>
<tr>
<td>Talking and listening to pregnant women: Can we reduce the incidence</td>
<td>13</td>
</tr>
<tr>
<td>of stillbirth?</td>
<td></td>
</tr>
<tr>
<td>Care of the deteriorating maternity patient</td>
<td>14</td>
</tr>
<tr>
<td>Providing effective feedback for learning in the workplace</td>
<td>14</td>
</tr>
<tr>
<td>Tongue-tie</td>
<td>14</td>
</tr>
</tbody>
</table>

## 2015 Webinars

<table>
<thead>
<tr>
<th>Webinar</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>It only takes a moment to diagnose life...Vasa praevia - why babies</td>
<td>15</td>
</tr>
<tr>
<td>don't have to die.</td>
<td></td>
</tr>
</tbody>
</table>

Details: webcast date, presenters & learning outcomes. Updated: 30 May 2017
<table>
<thead>
<tr>
<th>Webinars</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Challenging Conversations for Clinical Midwives</td>
<td>16</td>
</tr>
<tr>
<td>Trauma Informed Care – A challenge to thinking and practice</td>
<td>16</td>
</tr>
<tr>
<td>Becoming Us – Guiding Partners into Parenthood</td>
<td>16</td>
</tr>
<tr>
<td>Craniosacral Therapy for Babies – the how and why of midwives referring</td>
<td>17</td>
</tr>
<tr>
<td>Anal incontinence following Obstetric anal sphincter injury (OASIS)</td>
<td>18</td>
</tr>
<tr>
<td>Asthma Management and Pregnancy</td>
<td>18</td>
</tr>
<tr>
<td>The Sleep Series (Parts 1-4)</td>
<td>19</td>
</tr>
<tr>
<td>Down Syndrome: Sharing the news and supporting families</td>
<td>19</td>
</tr>
</tbody>
</table>

**2016 Webinars**

<table>
<thead>
<tr>
<th>Webinars</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smartphone Technology Brings Alcohol and Breastfeeding into the Mainstream</td>
<td>20</td>
</tr>
<tr>
<td>Feldenkrais: Distinguishing the Difference between the muscles and the sphincters of the Posterior Pelvic Floor</td>
<td>20</td>
</tr>
<tr>
<td>Screening and Responding to Disclosure of Domestic Violence</td>
<td>21</td>
</tr>
<tr>
<td>What to expect in the coroners Court</td>
<td>22</td>
</tr>
<tr>
<td>Grief &amp; Loss in maternity care</td>
<td>22</td>
</tr>
<tr>
<td>Care and repair of the perineum</td>
<td>23</td>
</tr>
<tr>
<td>Support VBAC by thinking outside the box</td>
<td>23</td>
</tr>
<tr>
<td>Clinical Practice Guidelines Module 2</td>
<td>24</td>
</tr>
<tr>
<td>Female genital mutilation: women’s health rights and crime prevention</td>
<td>25</td>
</tr>
<tr>
<td>Legal rights of the mother and her fetus</td>
<td>26</td>
</tr>
<tr>
<td>Group B <em>Streptococcus</em> (GBS): are we doing more harm than good? Changing the narrative on intrapartum prophylaxis</td>
<td>27</td>
</tr>
<tr>
<td>Gentle Myofascial Therapy for Midwifery, Soft Tissue Help for Mothers and Babies</td>
<td>27</td>
</tr>
<tr>
<td>Maternity Care: Engaging with Families and Communities</td>
<td>27</td>
</tr>
<tr>
<td>Documentation – a lawyer’s perspective</td>
<td>28</td>
</tr>
<tr>
<td>Symptoms of Post-Traumatic Stress Following Childbirth - What Makes Some Women More Vulnerable?</td>
<td>29</td>
</tr>
<tr>
<td>Respectful Maternity Care</td>
<td>29</td>
</tr>
<tr>
<td>Courageous conversations</td>
<td>30</td>
</tr>
</tbody>
</table>

**2017 Webinars**

<table>
<thead>
<tr>
<th>Webinars</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>31</td>
</tr>
</tbody>
</table>
Working sensitively with culturally diverse women ................................................................. 31
Clinical supervision for midwives: unscrambling what’s in your head ................................ 32
Upskilling midwives on diabetes in pregnancy ................................................................. 33
StillAware ............................................................................................................................... 33
Ending preventable maternal mortality ............................................................................ 34
2012 Webinars

Private Practice

Webcast 30 March 2012

The Australian College of Midwives presents a web-based seminar designed to assist midwives with applying for NMBA eligibility and access to Medicare. The webinar was facilitated by Jane Palmer. Jane is an eligible midwife in private practice.

Jane will assist you to understand the requirements of NMBA Eligibility and the process of applying for a Medicare provider number. Participants had the opportunity to ask Jane questions about her experience and were provided with current information and links to the necessary documents required for NMBA Eligibility and Medicare access.

Prenatal Screening

Webcast 18 July 2012

The Australian College of Midwives presents a web-based seminar designed to assist midwives with prenatal screening. The webinar is facilitated by Kate Talbot, Genetic Counselling CNC.

Kate’s presentation includes evidence-based information and discussion regarding:

- Ultrasound screening (NT and Morphology)
- Maternal serum screening
- CVS and Amniocentesis

Kate also provides information on ensuring a woman centred approach when discussing the need for, or results of, prenatal screening.

Water, Labour and Birth

Webcast 10 August 2012

The Australian College of Midwives presents a web-based seminar designed to inform midwives about water, labour and birth. The webinar will be facilitated by Sue Kruske, Director for the Queensland Centre for Mothers and Babies and Sheryl Sidery, Midwife in Group Practice at The Royal Hospital for Women, Sydney. Sue recently published an in-depth review of the evidence in relation to water immersion and Sheryl has extensive experience in caring for women who choose to labour and/or birth in water both at home and in the hospital environment.

The presentation includes evidence-based information and discussion regarding:

- The use of water for labour and birth
- Strategies for introducing water immersion in the clinical setting
- Midwifery care of women who labour and/or birth in water
- Frequently asked questions in relation to the use of water in labour and birth

**Preventing Pre-Term Birth**

**Webcast 28 August 2012**

The Australian College of Midwives presents a web-based seminar designed to update midwives on preventing pre-term birth. The webinar will be facilitated by Dr Penny Sheehan. Penny is a Staff Obstetrician and Senior Clinical Research Fellow in the Pregnancy Research Centre at The Royal Women’s Hospital Melbourne. She is involved with both clinical and basic science research projects and head of the Preterm Labour Clinic.

The presentation includes evidence-based information and discussion regarding:

- Causes of pre-term birth
- Prevention of pre-term birth
- Current management of pre-term labour/birth

**Perineal Care**

**Webcast 14 September 2012**

The Australian College of Midwives presents a web-based seminar designed to update midwives on perineal care - evidence and practice. The webinar will be facilitated by Rachel Smith. Rachel is the Education Officer at the Australian College of Midwives and has a particular interest in perineal care, trauma prevention and repair. She regularly conducts perineal care and repair workshops.

The presentation includes the latest evidence-based information and discussion regarding:

- Antenatal perineal care
- Prevention of perineal trauma during birthing
  - Birth positions
  - Hands on, hands off debate
  - Optimising outcomes
- Postnatal care and advice
Hypertension in Pregnancy: Evidence and Practice

Webcast 16 October 2012

The Australian College of Midwives presents a web-based seminar designed to update midwives on hypertension in pregnancy - evidence and practice. The webinar will be facilitated by Lynne Roberts and Prof. Mark Brown. Lynne is a research midwife who has extensive experience in both caring for women experiencing hypertension in pregnancy and in researching all aspects of hypertension in pregnancy. Professor Mark Brown is a Renal and Obstetric Medicine Physician at St George Hospital and Professor of Renal Medicine at the University of New South Wales. His research activities have centred on scientific and clinical studies of hypertension and renal disease in pregnancy. Prof Brown is part of the expert panel that produced the SOMANZ Guidelines for the Management of Hypertensive Disorders of Pregnancy.

The presentation includes the latest evidence-based information and discussion regarding:

- Classification of Hypertension in pregnancy
- Best practice management of women experiencing hypertension
- Current research on hypertension in pregnancy
- Long term outcomes for women
- Postnatal management and follow-up

Obesity in Pregnancy

Webcast 1 November 2012

The Australian College of Midwives presents a web-based seminar designed to assist midwives with obesity in pregnancy. The webinar will be facilitated by Jane Raymond. Jane has a research interest in obesity in pregnancy and in particular in gestational weight gain. In 2010/11 Jane was the project officer for an antenatal intervention in NSW involving group antenatal care for obese women.

The presentation includes the latest evidence-based information and discussion regarding:

- Is there an "obesity epidemic"?
- Perinatal complications related to obesity in pregnancy
- Gestational weight gain - what should we be recommending to women?
- Examining international guidelines
- Obese women’s experiences of care during pregnancy and childbirth
- Talking to women about obesity - what is helpful?
2013 Webinars

Safe Infant Sleeping

Webcast 12 March 2013

The Australian College of Midwives presents a web-based seminar designed to improve your knowledge and practice in regard to Safe Infant Sleeping. The webinar will be facilitated by Dr Jeanine Young.

Jeanine is the Chair, SIDS and Kids National Scientific Advisory Group and has a special interest in how infant care practices impact infant mortality, in particular breastfeeding and parent-infant shared sleeping practices. Jeanine’s research has a particular focus on developing evidence-based strategies and culturally appropriate educational resources to assist health professionals, including Indigenous Health Workers, in delivering Safe Sleeping messages effectively to parents with young infants.

The presentation includes the latest evidence-based information and discussion regarding:

- Infant death classifications used in Australia
- Known risk factors for sudden infant death
- Sleep Safe My Baby 2012 national public health campaign recommendations
- Evidence based advice relating to infant care practices that impact breastfeeding
- Components required for effective engagement with families

Female Genital Mutilation (FGM): Evidence & Practice

Webcast 19 April 2013

The Australian College of Midwives presents a web-based seminar designed to improve your knowledge in regard to Female Genital Mutilation. The webinar is facilitated by Shairon Fray and Rosalie Nunn.

Shairon is the Professional Education Officer for the NSW Education Program on FGM and is responsible for developing and conducting training programs and workshops on female genital mutilation (FGM) for a range of professionals throughout NSW.

Rosalie is a Midwife Practitioner at Canterbury Hospital in Sydney’s South West and provides a service for women who have experienced FGM.

The presentation includes the latest evidence-based information and discussion regarding: definitions and prevalence of FGM; use of terminology regarding FGM; legal, ethical and child protection issues; health consequences of FGM; talking with women about the practice; guidelines for clinical practice (ANC, birth and postnatal) - practical aspects; and case studies/women’s stories.
Minding the Fetus

Webcast 30 April 2013

The Australian College of Midwives presents a web-based seminar designed to improve knowledge and practice in regard to fetal programming, brain development, epigenetics and midwifery. The webinar is facilitated by Carolyn Hastie. Carolyn is the Senior Lecturer in Midwifery at Southern Cross University and a Fellow of the ACM.

The presentation includes the latest evidence-based information and discussion regarding: how the fetal brain and stress response develops; the role of the environment in fetal development; fetal ‘programming’, epigenetics and fetal origins of disease and health; what’s a ‘mindful’ midwife and why does it matter; and why being ‘with women’ is health promotion at its best.

Vaccinations for Midwives: Evidence and Practice

Webcast 13 June 2013

The Australian College of Midwives presents a web-based seminar designed to improve knowledge and practice in regard to vaccinations for midwives. The webinar is facilitated by Helen Tindall and Rebecca Curr.

The webinar includes information and discussion on: the immune system and how vaccines work; Cold Chain; pregnant women and carers; neonates to 8 weeks (including SGA, prematurity); National Immunisation Program vaccines and schedules; trends in vaccines; vaccine techniques; resources to use; health care workers; and anti-vaccine arguments.

Antenatal Care Guidelines - Module One: Evidence and Practice

Webcast 13 August 2013

The Australian College of Midwives presents a web-based seminar on the recently released Australian National Evidence - based Antenatal Care Guidelines - Module One.

The guidelines provide the latest evidence on antenatal visits, clinical assessments, screening of maternal and fetal wellbeing and lifestyle considerations.

The webinar is facilitated by Prof. Jeremy Oats. Jeremy co-chairs (with Prof Caroline Homer) the Expert Advisory Committee that developed the guidelines. Jeremy is the Chair of the Victorian Consultative Council on Obstetric and Paediatric Mortality and Morbidity and Medical Co-Director of the Northern Territory Integrated Maternity Services.

The presentation includes the latest evidence-based information and discussion regarding: antenatal visits; initial visit requirements; schedule of visits; content of antenatal visits; antenatal screening; recommended blood screening; fetal anomaly screening; lifestyle considerations and advice; social and emotional; clinical
assessments; gestational age; weight and BMI; blood pressure and urinalysis; and an overview and explanation of the evidence that supports practice.

**Vaginal Breech Birth - The planned and unexpected**

**Webcast 24 October 2013**

The Australian College of Midwives presents a web-based seminar on the management of vaginal breech births.

As the practice of vaginal breech births has been slowly regaining support within our communities, now is the time to find out how you can best prepare both yourself and the woman for a safe and successful outcome.

The webinar is facilitated by Dr Andrew Bisits, Dr Anke Reitter and Karol Petrovska.

Andrew is an obstetrician who has been in full time obstetrics for 26 years. He has had a particular interest in intrapartum obstetrics, midwifery models of care, breech birth and obstetric emergencies. From 2003-2010 he was the Director of Obstetrics in Newcastle, NSW at John Hunter Hospital. In 2010 he moved to Sydney where he has been the maternal medical Co Director at the Royal Hospital for Women in Randwick.

Anke is a consultant obstetrician, subspecialising in Maternal-Fetal medicine, from Frankfurt Germany. She has trained in Germany and the United Kingdom, where she acquired the Fellowship of the Royal Obstetricians and Gynaecologist. With Professor Frank Louwen, she has cared for several hundred women requesting a vaginal breech birth at the Women's Hospital within the teaching hospital attached to the Johannes Goethe University. She has written a textbook in German about Fetal Medicine. She is in Australia for a six month sabbatical from October 2013 till April 2014. Her vast experience with vaginal breech birth will be of great interest to midwives and obstetricians.

Karol had a vaginal breech birth with her second daughter in March 2012 after originally planning a homebirth. Her first daughter was born in water in 2010. Karol is passionate about promoting normal birth and increasing access to evidence based information for women so they are able to make informed choices for labour and birth. Karol’s recent birth experience led her to enrol in a Masters by Research postgraduate degree at the University of Technology, Sydney. She is studying the impact of social discourse on the choices women make for breech birth. Karol is currently working at NSW Kids + Families as a Senior Policy Analyst and has a background in Occupational Therapy and Journalism.

The presentation includes the latest evidence-based information and discussion regarding: Managing the unexpected vaginal breech birth, Recognition of Breech presentation, Midwives roles, Caring for the woman, Working together for the best outcome, Planned vaginal breech births, Preparing the woman, Managing the birth, Postnatal considerations.
Pelvic Floor Care and Recovery - Antenatal and Postnatal

Webcast 6 November 2013

The Australian College of Midwives presents a web-based seminar on Care and Recovery of the Pelvic Floor in the antenatal and postnatal periods. The webinar is facilitated by Heather Pierce.

Heather is a woman’s health physiotherapist and a midwife who currently practises in both professions. Heather also teaches in midwifery at the University of Technology, Sydney and has previously presented on this topic to both physiotherapists and midwives.

The presentation includes the latest evidence-based information and discussion regarding: anatomy revision; structure; muscles; nerve supply; continence mechanisms; antenatal pelvic floor care; pelvic floor exercises and postnatal care and advice.

Legal Issues in Midwifery Practice - Getting back to basics!

Webcast 18 December 2013

The biggest problem that lawyers face in defending midwives is the quality of the documentation. Therefore, the Australian College of Midwives is pleased to present a web-based seminar that gets back to the basics when addressing the issue of midwifery in relation to the law and legal obligations of midwives. The webinar is facilitated by Lisa Ridd.

Lisa is a partner at Minter Ellison Lawyers. She has over 15 years’ experience practising exclusively in medical malpractice. She has previously acted for a large MDO, and currently represents Victoria’s public hospitals as well as a range of private hospitals. She has partially completed a degree in midwifery and has a particular interest in cerebral palsy claims. She manages a large number of malpractice claims (both litigated and non-litigated), regularly assists health organisations and practitioners at coronial inquests, and advises on a wide range of health-related issues.

The presentation includes the latest evidence-based information and discussion regarding:Instances where lawyers might be needed, What lawyers need to be able to adequately defend midwives, The importance of quality documentation, The level of scrutiny that will be applied to documentation in legal proceedings, Where the focus will be, What essential information should be contained in records, Learning from case examples where very small errors/omissions in records have had a big impact.
2014 Webinars

Managing overweight and obesity before, during and after pregnancy

Webcast 22 January 2014
The Australian College of Midwives is pleased to present a web-based seminar that gets back to the basics when addressing the issue of weight gain in pregnancy. The webinar is facilitated by Erika Harman, APD.

Erika is a Brisbane and Sunshine Coast based Dietician specialising in weight management in pregnancy. She is passionate about helping clients manage their weight through pregnancy using Institute of Medicine (2009) guidelines. Her ethos is that managing weight gain means better outcome for mum and baby.

The presentation includes the latest evidence-based information and discussion regarding: Current overweight/obesity rates in the pregnant population, Why manage weight gain in pregnancy?, Effects of obesity in pregnancy, Nutritional requirements in pregnancy, How to meet nutritional requirements in pregnancy, Institute of Medicine guidelines.

How diet affects fertility

Webcast 8 April 2014
The Australian College of Midwives is pleased to present a web-based seminar that looks at the affects of diet on fertility and during pregnancy. The webinar is facilitated by Erika Harman, APD.

Erika is a Brisbane and Sunshine Coast based Dietician specialising in weight management in pregnancy and also conducts Skype consults to offer her services to women all over the country. She is passionate about helping clients manage their weight through pregnancy using Institute of Medicine (2009) guidelines. Her ethos is that managing weight gain means better outcome for mum and baby.

The presentation includes: Learning how diet affects fertility, How being overweight has an affect on fertility and Getting weight gain correct during pregnancy.

How can Dads make a difference?

Webcast 15 May 2014
The Australian College of Midwives is pleased to present a web-based seminar that focuses on the pregnancy, birth, postpartum and early parenting spaces with a unique emphasis on expectant and new dads. The webinar is facilitated by Darren Mattock, founder of Becoming Dad.

Darren is an Australian-based dad and is now recognised as a leading expectant and new dad specialist in Australia and the USA. His ground-breaking work focuses on engaging, educating and supporting expectant and new dads as they prepare for birth and the role of fatherhood. Darren also educates birth professionals...
on engaging and supporting expectant and new dads, co-facilitates birth preparation workshops for couples and is a huge fan of birth photography. In 2013, he founded Becoming Dad.

In a few short decades, the role of men in the pregnancy, birth and early parenting spaces has radically changed and transformed. Men are now attending antenatal appointments, actively participating in childbirth education classes, present at birth, providing postpartum support to their partners and involved in early parenting.

The best outcomes are achieved for mums, babies and dads when men are prepared with the knowledge and confidence to play these roles effectively.

Darren has distilled the needs of expectant and new dads down to needing more opportunities to be engaged, educated and supported in male-friendly and father-focused ways.

The presentation topics include: What are the needs of expectant and new dads?, What are engagement strategies we can use to get dads on board?, What are some practical educational strategies we can use to play our role in facilitating the preparation of dads to play these roles?, How do we provide support to expectant and new dads?, What are some effective strategies for achieving better outcomes with challenging men and couple dynamics?

**Shiatsu for Midwives**

**Webcast 29 July 2014**

The Australian College of Midwives is pleased to present a web-based seminar that focuses on Shiatsu for Midwives. The webinar is facilitated by Suzanne Yates from the UK.

Suzanne studied Shiatsu in the 1980’s and set up Well Mother in Bristol, UK, in 1990 to support the wisdom of parents and babies with bodywork, primarily Shiatsu.

After building up her expertise in the field, which included working with midwives and doing an audit on Shiatsu for induction at her local hospital, St Michaels, she began teaching health professionals including midwives about Shiatsu.

Suzanne’s book “Shiatsu for Midwives” was published in 2003 and since then she has also published “Beautiful Birth” for parents and “Pregnancy and Childbirth” for practitioners working with maternity clients. She regularly writes blogs on her website explaining the relevance of Shiatsu, especially in the maternity field.

Suzanne teaches internationally, regularly visiting America, Australasia and Europe. She has written numerous articles on the subject and has spoken at many international events.

The presentation includes: Understanding a little more about the relevance of Shiatsu for midwives, theoretic basis of Shiatsu, some touch based skills you can include in your practice, detailed knowledge of some specific acupuncture points (specifically including some of those about which there are many myths circulating).
Talking and listening to pregnant women: Can we reduce the incidence of stillbirth?

Webcast 7 August 2014

The Australian College of Midwives is pleased to present a web-based seminar that focuses on sensitively raising and discussing the possibility of stillbirth with pregnant women and why it is important. The webinar is facilitated by Dr Jane Warland.

Jane Warland is a registered midwife and senior faculty member in the school of nursing and midwifery at the University of South Australia. Since suffering the unexplained full term stillbirth of her daughter Emma in 1993 she has been a passionate researcher into preventative and modifiable risk factors for stillbirth.

Jane’s research interests include population health (epidemiology and health promotion), mental health (maternal and child mental health), maternal health (midwifery). Jane has a track record in research using qualitative, quantitative and mixed methods. She is a published author for books, book chapters and more than 30 journal articles and has presented her research at numerous national and international conferences.

Recent research suggests that midwives often avoid discussing the possibility of stillbirth with pregnant women in their care. Furthermore, many parents of stillborn babies report not being able to convince their midwife that there was something wrong. The reluctance to discuss this kind of poor outcome often is from a wish to avoid "scaring the woman" however, not to do so is missing an opportunity to educate and alert the woman to adopt behaviours to help keep her baby safe.

Midwives should provide women with sufficient and accurate information to enable them to be self-determinant and autonomous when making choices in relation to their care. This type of care ensures women are informed and given every opportunity to be advocates of their own experience with the knowledge and understanding to make informed decisions.

However, raising and discussing sensitive topics such as stillbirth during antenatal care can be seen as controversial. Walking the fine line between informing the woman and scaring her with too much information is often a challenge. Rather than having a conversation on what can go wrong during pregnancy, more beneficial would be for midwives to have an ongoing dialogue that encourages parent’s sense of empowerment, awareness, and intuitive knowing of their unborn baby. Antenatal visits would then shift concentration from providers imparting knowledge; to parents sharing what they are learning about their baby with their provider at each visit.

The presentation includes: Why raising and discussing the possibility of stillbirth is important in pregnancy and a method for sensitively raising and discussing the possibility of stillbirth with pregnant women.
Care of the deteriorating maternity patient

Webcast 29 August 2014

The Australian College of Midwives is pleased to present a web-based seminar that focuses on deteriorating maternity patients. The webinar is facilitated by Emma Kingwell.

Emma is a nurse and midwifery educator at Perth’s only tertiary maternity hospital, King Edward Memorial Hospital. Emma has a background in critical care nursing, neonatal intensive care nursing and maternity high-dependency care. She has recently completed her Masters Thesis on the provision of maternity high-dependency care, and has developed an educational course to up-skill midwives in the care of acutely ill and critically ill women within the tertiary maternity hospital environment.

The presentation includes: An overview of the physiology of clinical deterioration in the maternity patient, Why it can be hard to recognise clinical deterioration, Exploring the parameters of vital signs in pregnancy, and relate them to the physiology, Management of the deteriorating pregnant patient will be discussed utilising presentations to illustrate the key points.

Providing effective feedback for learning in the workplace

Webcast 16 October 2014

The Australian College of Midwives is pleased to present a web-based seminar that focuses on providing effective feedback for learning in the workplace. The webinar is facilitated by Dr Linda Sweet.

Dr Linda Sweet is Associate Professor of Midwifery at Flinders University, Adelaide. Previous to her current position Linda spent 8 years teaching the Masters of Clinical Education at Flinders University, and as such is well versed in supporting student learning in clinical venues. Feedback is one of the most powerful influences on learning.

The presentation includes: An introduction to the key concepts of feedback in clinical venues, Discussing its purposes, Outcomes of both ‘good’ and ‘bad’ feedback, Models of providing effective feedback will be introduced to equip you with the skills to enhance your feedback provision to promote learning in the workplace.

Tongue-tie

Webcast 18 November 2014

The Australian College of Midwives is pleased to present a web-based seminar that focuses on tongue-tie. The webinar will be facilitated by Dale Hansson.

Dale has been a Breastfeeding Counsellor with the Australian Breastfeeding Association since 1991. She is also a Registered Nurse and IBCLC and works in a busy private practice in Kogarah, NSW. Dale is a founding member of the International Affiliation of Tongue-tie Professionals (IATP) and an IBLCE (International Board...
Lactation Consultant Examiners) Director. Dale also has an interest in Baby Friendly Health Initiative (BFHI) and has been an educator and assessor for 8 years.

The presentation includes: Defining tongue and lip-tie, discussion about the controversies surrounding the identification and treatment of tongue-tie, descriptions about assessment and classification, information on how inadequate tongue function can present during breast and bottle feeding, suggested management options as well as information about frenotomy.

2015 Webinars

It only takes a moment to diagnose life...Vasa praevia - why babies don't have to die.

Webcast 24 February 2015

The Australian College of Midwives is pleased to present a web-based seminar that focuses on the topic of Vasa praevia. This webinar will be facilitated by Natasha Donnolley from the International Vasa Previa Foundation.

Natasha Donnolley is the Vice President of the International Vasa Previa Foundation (IVPF) and has been on the IVPF Board of Directors since 2007. Natasha works in maternal and perinatal epidemiology in addition to being a consumer representative and advocate on a number of state and national committees in Australia, including the ACM Consumer Advisory Committee and the PSANZ Consumer Advisory Panel. She holds a Bachelor of Science in Health Information Management and is currently undertaking a Masters of Medicine by Research. Natasha has published several papers on vasa praevia and lost her second child, Soraya, to compression of an undiagnosed velamentous cord insertion in 2002 and has three surviving children.

This Presentation answers questions such as - What is vasa praevia? What are the risk factors and how can it be diagnosed? What is the appropriate clinical management for a pregnancy affected by vasa praevia? What is the experience like for women who have vasa praevia and why is it even more important that they have a trusted known midwife with them throughout their pregnancy and birth? It also includes discussion around some of the myths around vasa praevia.
Challenging Conversations for Clinical Midwives

Webcast on 19 March 2015

The Australian College of Midwives is pleased to present a web-based seminar “Challenging Conversations for Clinical Supervisors.” This webinar was facilitated by Health Education and Training Professional Rod Peadon.

Rod Peadon has been working in the Health industry since 1988 and has experience in the fields of Critical Care, Emergency and Military Nursing. Rod has been involved with Workforce Development since his role as a Clinical Nurse Consultant for Critical Care in Central NSW in 2000. Rod has been involved with Workforce Development through education and training, and implemented the adoption of simulation in healthcare for the Mid North Coast Local Health District.

The webinar aims to develop conversation techniques relevant to the range of clinician responsibilities such as establishing a patient relationship and setting realistic patient expectations, open disclosure conversations, witnessing mistakes and managing when someone is not a team player.

Trauma Informed Care – A challenge to thinking and practice

Webcast 26 March 2015

The Australian College of Midwives is thrilled to present a web-based seminar “Trauma Informed Care - a challenge to thinking and practice.” This webinar was facilitated by Dr Felice Watt.

After becoming a fellow of the Royal Australian New Zealand College of Psychiatrists 1995, Felice worked for ten years in private practice, mainly working in psychotherapy, and juggling this with her role of mother to three children. During this period she sat on the Mental Health Review Board and consulted in forensic psychiatry.

Since 2008 Felice has worked at the Women and Newborn Health Service in the field of women’s mental health and perinatal psychiatry and is currently Director of Psychiatry, Womens Health Clinical Care Unit.

This Webinar looks closely at the topic of trauma – discussing the profound effects of trauma with consideration of the women that midwives work with and also looks at how services can become trauma-informed.

Becoming Us – Guiding Partners into Parenthood

Webcast on 19 May 2015

The Australian College of Midwives is excited to present a web-based seminar “Becoming Us - Guiding Partners into Parenthood.” This webinar was facilitated by Parenthood Pioneer - Elly Taylor.

92% of parents report increased conflict in their first year of family and 67% a decline in relationship satisfaction in the first three. One in seven mothers form postpartum depression as do 1 in 10 dads. Postnatal anxiety is
proving to be a bigger issue with 33% of mothers and 17% of fathers reporting symptoms according to new research from Monash University. So what’s going on here? And more importantly, is there anything we can do about it. The resounding answer is: YES.

Elly Taylor is becoming known worldwide as the Parenthood Pioneer. As a Relationship Counsellor and a new mother at the same time, Elly began researching the transition into parenthood when she began experiencing stretch marks in her relationship with her husband. Over 15 years Elly was able to identify eight stages of early parenthood and challenges in each stage that parents need to overcome. The result of her research is her book “Becoming Us”, which had been endorsed by North America’s Childbirth and Postpartum Professional Association. Elly is a columnist for Practical Parenting Magazine, Resident Counsellor for Daily Life website and on the advisory panel for parenthood research projects at both Monash and The Australian Catholic Universities.

This webinar looks at what the transition into parenthood means for couples, the eight stages of early parenthood and explains ways to support the couple bond so parents grow closer through their early parenthood experiences.

Craniosacral Therapy for Babies – the how and why of midwives referring

Webcast on 25 June 2015

This webinar is facilitated by two physiotherapists experienced in the practice of Craniosacral Therapy - Teresa Beltrame and Chris Teal. It includes the theory of Craniosacral Therapy and Fascia, information about birth trauma and how it affects the Craniosacral System for mother and baby and the benefits of Craniosacral Therapy for babies and their mothers. It also shows craniosacral applications along the birth timeline from pregnancy, what a treatment session looks like and case studies.

Teresa graduated as a Physiotherapist in 1994 with Honours. Since then she has obtained a Graduate Diploma in Clinical Rehabilitation and has qualified as a Titled Neurological Physiotherapist. In 2003, her interests expanded into holistic care, engaging with the emotional, psycho-social and physical aspects of health. She is an advanced Craniosacral and Visceral Therapist. She utilises other light body work techniques including Faster EFT. Special interest areas are working with children and treating body symptoms arising from emotional causes.

Chris graduated as a Physiotherapist in 1984 in the UK, becoming a member of Chartered Society of Physiotherapy. Her main clinical experience had been in musculoskeletal and sports physiotherapy, before commencing training in Craniosacral therapy in 2000.

Various Craniosacral therapy courses have changed her practice to one focused on children, pregnancy and babies. In 2005 she returned to study and completed a Graduate Diploma in Nutrition, followed by a Degree in Psychology in 2013. From 2008 to 2014 Chris was director of Upledger Institute Australia, overseeing the teaching and the development of Craniosacral therapy in Australia.
Anal incontinence following Obstetric anal sphincter injury (OASIS)

Webcast on 5 August 2015

This webinar looks at obstetric anal sphincter injury (OASIS) and the increased risk of anal incontinence and the impact that it has on young women’s lives. It contains experiences from women who have sustained OASIS and anal incontinence and the important role of the health care provider in the acute and Long-term care for these women.

It is hosted by Julie Tucker who is a Registered Nurse/Registered Midwife and is employed as the Clinical Practice Consultant for the Continence Nursing Service at the Women and Children’s Division at the Lyell McEwin Hospital. This service specialises in the care for women accessing the obstetric and gynaecology departments.

Julie is passionate about improving women’s healthcare across the lifespan and tackling subjects which are often taboo. The completion of her second Masters degree in 2012 focused on the negative impact of anal incontinence on young women’s lives following obstetric trauma. This formed the basis for current research which aims to identify anal incontinence in women of reproductive age. Julie is also undertaking a PhD with the School of Medicine at the University of Adelaide.

Asthma Management and Pregnancy

Webcast on 9 September 2015

This webinar identifies the effects of pregnancy on asthma control and the effects of asthma on pregnancy outcomes. It also looks at asthma medications and delivery devices including safety profiles during pregnancy. The webinar also includes information about Asthma First Aid and Asthma Education for expectant mothers. It is hosted by Tanya Raineri.

Tanya Raineri is the Program Manager, Health Services with Asthma Foundation Queensland. For over 50 years, Asthma Foundation Queensland has been a leader in asthma health care and research. Tanya is a member of the team delivering support, education and resources to people with asthma, their carers and health professionals within the primary health care sector. Over the last couple of years, Tanya has driven the Foundation’s efforts to link with hospitals and general practice to direct interventions directly to patients in need.
The Sleep Series (Parts 1- 4)

Webcast throughout October 2015

The Australian College of Midwives is presented a series of four web-based seminars titled “The Sleep Series”. These webinars were facilitated by the Gold Coast’s Baby Sleep Consultant and RN/RM Amanda Bude from www.groovybabies.com.au.

Part 1 - Tips on how a midwife can assist in pre-natal sleep during pregnancy

This Webinar looks at sleep stealers in the Antenatal period and it provides advice on medical, nutritional, environmental and emotional wellbeing for pregnancy

Part 2 - How a newborn sleeps, the changes in the first 6-8 weeks and family education and integration in regards to sleep

From this Webinar you will learn about how babies sleep, the 5 elements for healthy sleep and the most common baby sleep problems and reasons why a midwife might be contacted. It also outlines some simple settling methods that a midwife can teach a new family and also looks at crying - what is normal and how to help

Part 3 - Setting up the ultimate sleep environment for a family

This part in the series looks at where should a baby sleep, safe sleeping versus reality sleeping, the advantages and disadvantages of sleep environments and evidenced based information on bed sharing and co-sleeping. It also considers the environmental basics a midwife can provide before discharge

Part 4 - Common sleep problems and strategies that a midwife can assess for and educate families on

Finally, Part 4 in the series provides 8 tips that every child needs from birth to sleep well, it looks at how to discover a baby’s temperament, the new born tired signs and how to check for sleep time distractions

Down Syndrome: Sharing the news and supporting families

Webcast on 12 November 2015

This highly informative and engaging Webinar was hosted by Sue Blandford from Down Syndrome Victoria and Robyn McDonald from Down Syndrome New South Wales.

It looks at the broad impact of a Down syndrome diagnosis on a family, typical experiences of parents of a child with Down syndrome and the services and supports available to parents. It also focuses on the appropriate language when referring to Down syndrome and/or disability and provides the suggested guidelines for providing emotional and practical support to parents surrounding the time of diagnosis.

The presentation also dispels some common myths and update participants with current statistics, facts and resources.
2016 Webinars

Smartphone Technology Brings Alcohol and Breastfeeding into the Mainstream

Webcast on 19 January 2016
This webinar was facilitated by Roslyn Giglia

*Despite being a researcher Roslyn is better known for her work with the Australian Breastfeeding Association in developing the Alcohol and Breastfeeding Guide for Mothers and the Feed Safe app.*

She is currently the Senior Research Fellow and a NHMRC TRIP Fellow at the Telethon Kids Institute for the Alcohol and Pregnancy and FASD research team. She has a background as a dietitian and has worked in a clinical setting and a variety of public health settings including at a national policy level, in regional positions; and as the Manager of Education and Research for the then Cancer Foundation of Western Australia (WA). In 1996 she completed her Masters in Public Health by research and her PhD at Curtin University in 2008.

Her thesis is titled ‘Alcohol consumption and cigarette smoking of Australian women; changes with pregnancy and lactation’. Recommendations from her PhD thesis have been included in the 2009 guidelines from the NHMRC: ‘Australian Alcohol Guidelines to Reduce Health Risks from Drinking Alcohol’. Subsequent to this she was a Healthway Postdoctoral Fellow and investigated supporting breastfeeding women in rural WA through an internet intervention.

Roslyn’s webinar will cover:
- How alcohol can affect breastfeeding and the breastfeeding infant
- The development of alcohol recommendations for breastfeeding women
- The Feed Safe app to support breastfeeding women who choose to consume alcohol
- The involvement of practitioners in translating the evidence guidelines on alcohol and lactation into practice.

Feldenkrais: Distinguishing the Difference between the muscles and the sphincters of the Posterior Pelvic Floor

Webcast on 02 February 2016
This webinar was facilitated by Francesca White.

Francesca graduated from the first Feldenkrais Training Program in Melbourne in 1991, held under the umbrella of LaTrobe University School of Occupational Therapy. She also has a background in Psychology.

Following her personal experience with extensive pelvic floor surgery, she found that The Feldenkrais Method® offered the clearest, easiest and fastest solution to her recovery. She is a Feldenkrais Assistant Trainer and has trained practitioners in North and South America, Europe and New Zealand. She runs an inner
Melbourne practice and works as a casual teacher at Melbourne University with students of opera who learn how to find the connection between their voice and their pelvic floor.

Francesca’s presentation includes evidence-based information and discussion regarding:

- Participants can start the year by learning a Feldenkrais Awareness Through Movement® lesson called “The Difference between Movement and Function of the Buttocks and the Anus”
- This will how certain muscles can interfere with the pelvic floor sphincter system
- The lesson is narrated by Francesca and participants can join in sit on a flat chair if possible
- This lesson will take about 45 minutes
- The aim is to feel how to differentiate between the functions of the sphincter system from the muscular system
- Connections will be made between the pelvic floor and the rest of the skeleton

**Screening and Responding to Disclosure of Domestic Violence**

**Webcast 19 February 2016**

This webinar was facilitated by Rachel Smith

Rachel is currently sharing her time and expertise across a number of positions and activities. She teaches midwifery students; project manages; provides continuing professional development for midwives in a number of areas; and works as a clinical midwife. Rachel has extensive experience in both clinical and tertiary midwifery education. Rachel’s experience includes pre-registration midwifery education working with both Bachelor of Midwifery and Graduate Diploma in Midwifery students. Rachel has also worked as a Clinical Midwifery Educator across all areas in midwifery. Rachel has wide and varied midwifery experiences and has worked in private and public hospitals; core, team and caseload models; pre and post registration education in New Zealand, Saudi Arabia and Australia.

In addition to her midwifery experience, Rachel has formal qualifications in education and training and has a research degree. Rachel is currently enrolled in a PhD program and her research is in the area of midwives screening and responding to disclosure of domestic violence.

Rachel’s webinar will cover:

- Impact of DV in pregnancy and early parenting
- Routine screening evidence and debate
- Preparation and training for screening for DV in pregnancy
- Responding to disclosure
- Referral pathways and practices
- Self-care practices
What to expect in the coroners Court

Webcast 23 March 2016

This webinar was presented by Lisa Ridd

Lisa Ridd has over 17 years experience practising exclusively in medical malpractice. Lisa acts on behalf of public and private hospital staff and she specialises in obstetric claims, and has also partially completed a degree in midwifery.

Lisa’s webinar covers:

- What are “reportable” and “reviewable” deaths
- Why are inquests held
- Preparing statements for the coroner
- What to expect at an inquest
- Privilege against self-incrimination
- Coroner’s findings in some obstetric cases

Grief & Loss in maternity care

Webcast 30 March 2016

This webinar was presented by Dr Sharon Moloney

Dr Sharon Moloney is a women’s health practitioner, hypnotherapist and researcher, who specialises in fertility therapy, birth preparation, reproductive issues and midwifery support. In her private practice, Sharon works with individuals (women and men) and couples, to remove blocks to conception, dismantle fear of birth, and address issues like birth trauma, reproductive losses, postnatal depression, reproductive surgery, IVF and subfertility. Sharon is passionate about supporting midwives and was an MPR consumer reviewer for 5yrs. She provides midwives with opportunities to debrief, a safe space to unburden, stress reduction, and sustainable practice strategies. Her PhD explored women’s experiences of menstruation and birth as spiritual phenomena, and her findings have been published in national and international journals, as well as book chapters.

Sharon’s presentation covers:

- Highlight the significance of grief and loss in maternity care
- Gap in midwives training
- How past theories of grief impact practice
- Current theories of grief – more humane approach
- Understanding normal reactions to loss
- Inspiring stories from pioneer women
Care and repair of the perineum

Webcast 15 April 2016

This webinar was presented by Rachel Smith

Rachel is currently sharing her time and expertise across and number of positions and activities. She teaches midwifery students; project manages; provides continuing professional development for midwives in a number of areas; and works as a clinical midwife. Rachel has extensive experience in both clinical and tertiary midwifery education. Rachel's experience includes pre-registration midwifery education working with both Bachelor of Midwifery and Graduate Diploma in Midwifery students. Rachel has also worked as a Clinical Midwifery Educator across all areas in midwifery. Rachel has wide and varied midwifery experiences and has worked in private and public hospitals; core, team and caseload models; pre and post registration education in New Zealand, Saudi Arabia and Australia.

Rachel's webinar covered:

- Anatomy review
- Care and preparation during pregnancy
- Considerations for labour and birth
- Evidence based assessment and repair
- Postnatal care and healing

Support VBAC by thinking outside the box

Webcast 26 April 2016

This webinar was presented by Tessa Kowaliw

Tessa Kowaliw is a qualified high school teacher and a committed health educator. Her personal experience of maternity services culminated in a passion to empower mothers and families within the health system, particularly in relation to Caesarean birth and 'Vaginal Birth After Caesarean' (VBAC).

Identifying a need for impartial, practical information about VBAC, Tessa used her teaching skills and her experience to develop 'The VBAC Series', a four-part VBAC workshop programme tailored to consumers planning next births after Caesarean. This was later developed into a professional edition of The VBAC Series for clinicians and birth workers.

Since 2009, Tessa has been actively involved in the birth community in a variety of roles. She is the former Secretary and immediate-past Coordinator of CARES Inc., and is the founder and current president of the South Australian Maternity Reform Association (SAMRA). She also holds consumer representative positions for the Women's & Children's Hospital (Adelaide) and the International Consortium of Health Outcome Measurement (ICHOM).

Tessa's article 'Vaginal Birth After Caesarean in Hospitals: Midwives Make A Difference for Mothers' was published in the 2015 summer edition of the Australian Midwifery News (Vol. 15, no. 4). She regularly presents
on a range of consumer voice- and birth-related topics in a variety of fora, including education workshops with local consumers, presentations to midwifery students, state and national conference appearances, and international panels.

Tessa is dedicated to the promotion and support of active consumer engagement and is helping to develop a health system responsive to consumer needs.

Tessa’s webinar covered:

• Learn about the ‘everywoman VBAC journey’ and how to be an effective guide
• Gain insight into VBAC from the woman’s perspective
• Gather practical tips on how to work within system frameworks and existing networks to provide meaningful VBAC support for birthing women
• Hear about the current macro level ‘VBAC Scene’ and how you can contribute to broad scale change

Clinical Practice Guidelines Module 2

Webcast 10 May 2016

This webinar was presented by Dr Jeremy Oats

Jeremy is the Co-Chair of Clinical Practice Guidelines Antenatal Care-Modules 1&2. He is also the Chair of Victorian Consultative Council on Obstetric and Paediatric Mortality and Morbidity and has principal research interests around Diabetes in Pregnancy, Evidence-Based practice and Epidemiology of maternal and perinatal mortality and morbidity.

This Webinar will cover the recommendations in Module 2 including:

• Clinical assessments
• Fetal growth and wellbeing
• Risk of pre-eclampsia and preterm birth
• Maternal health screening including STIs, GBS, Diabetes, Thyroid dysfunction and clinical assessments in late pregnancy
• Fetal presentation
• Prolonged pregnancy
Female genital mutilation: women's health rights and crime prevention

Webcast 23 May 2016

This webinar was presented by Felicity Gerry, QC

Felicity Gerry QC is Queen’s Counsel in London and Darwin specialising in human rights and the vulnerable in the context of transnational and domestic law, individual or corporate responsibility. In particular, she is an international expert in Female Genital Mutilation (FGM) and the law. She is also Chair of the Research and Research Training Committee in the School of Law at Charles Darwin University, Australia (CDU) where she lectures on FGM in the ‘Law, Justice and the State’ unit and the ‘Women’s Health’ Unit of the CDU Midwifery Course. She has a grant funded project with Menzies School of Health on Women's Health and the Law in the context of FGM, abortion and teenage pregnancy. She identified the importance of improving and enforcing laws to eradicate FGM in the 2010 and 2014 editions of The Sexual Offences Handbook and was a member of the Bar Human Rights Committee working party whose report on FGM in 2014 was instrumental in changing law and health policy and practice on FGM in the UK. She has given numerous presentations on FGM and the law and has published articles on FGM and child protection in peer reviewed journals and the mainstream press. In 2014, Felicity also appeared in the BAFTA nominated FGM documentary The Cruel Cut. From 2010 to 2015 she has conducted bespoke training on FGM and the law for midwives, family planning, lawyers, academics, magistrates and judges in England, Australia and ASEAN. Her full bio is at www.felicitygerry.com

This webinar addresses:

The need to eradicate Female Genital Mutilation (FGM) has finally had some recognition in Australia. February 2016 saw the first successful prosecution in Sydney against two women for carrying out a type of FGM on two girls. March 2016 saw the publication of the report by the Victorian Government’s Royal Commission into Family Violence. The 227 law and policy recommendations included recognising vulnerability pertaining to culturally and linguistically diverse (CALD) women and communities in the context of specific forms of family violence including FGM. In addition, in the context of migration, an Australian toddler at risk of FGM in West Africa was repatriated to Queensland after a campaign by NGO ‘NoFGM Australia’. This all follows decades of international law and domestic legislation. In particular, following the UN General Assembly resolution on the elimination of FGM (recognising that it is a violation of the human rights of girls and women) in December 2012, the Australian government announced that it would co-ordinate efforts to address FGM in Australia.

1 http://www.abc.net.au/news/2016-02-05/women-convicted-over-genital-mutilation-showed-no remorse/7145556
4 Annex A, provides a chronology of over six decades of international Declarations, Conventions and other legal obligations.
5 Intensifying global efforts for the elimination of female genital mutilations, GA Res/67/146, UN GAOR, 3rd Comm, 67th sess, Agenda Item 28(a), UN doc Res/A/67/146.

Fifteen national projects were funded with a specific focus on raising awareness and providing support within affected communities. There was also a review of Australia’s FGM legal framework in 2013. The Attorney General’s Department in Australia issued a ‘Review of Australia’s FGM Legal Framework: Final Report’ which, while leading to some reform, has confirmed that implementation of legislation is not enough. FGM is not new to Australia but what is new is the recognition that FGM is a form of family violence and that health and law responses with criminal sanctions are achievable.

This presentation discusses the history of FGM in Australia, the drawbacks of estimated data and provides an analysis of international law and domestic legislation in the context of FGM. A particular focus is taken on Women’s Health and the law and the role that midwives can play in protocols and procedures to identify women who have suffered FGM or children at risk. FGM law is a blunt instrument that focusses on reactive procedures after a child has been cut. Although awareness has been raised, Australia can only eradicate FGM by taking a health and human rights response, collecting meaningful data and prioritising crime prevention.

### Legal rights of the mother and her fetus

**Webcast 6 June 2016**

This webinar was presented by Lisa Ridd

Lisa Ridd has over 17 years experience practising exclusively in medical malpractice. Lisa acts on behalf of public and private hospital staff and she specialises in obstetric claims, and has also partially completed a degree in midwifery.

Lisa webinar covered

- The overriding principle of autonomy
- The legal rights of the pregnant woman
- Rights of the fetus
- The role of a midwife
- Wrongful birth
- The right to refuse treatment
- When a woman refuses to accept advice …
- Forced caesarean sections
- AMA commentary
- A woman’s right to choose
- The provision of information
- Recent case example

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Group B Streptococcus (GBS): are we doing more harm than good? Changing the narrative on intrapartum prophylaxis

Webcast 22 June 2016

This webinar was presented by Kate Braye

Kate has more than 30 years of midwifery experience. Trained as a midwife at the Princess Anne in Southampton, UK, she commenced midwifery practice in Australia at the Royal Hospital for Women in Paddington, Sydney. The family moved to Newcastle and Kate discovered team midwifery. For seven years she was a team member of the Belmont Midwifery Group Practice and currently practises as an eligible midwife in the Hunter region, providing homebirth and support for women birthing in hospital. She works as a midwife specialist at the high acuity John Hunter birthing suite. Kate is a lactation consultant and is a facilitator for ALSO (Advanced Life Saving in Obstetrics), BaBE (Becoming a Breech Expert) and CRANA (Council of Remote Area Nurses Association). Kate has a Master of Midwifery (UTS) and is a PhD candidate.

Kates webinar covered:

- To examine the benefits and risks of group B streptococcus (GBS) prophylaxis for term, healthy pregnant women and their babies
- To address the Research Question:
- Are we using the optimal strategy for GBS “management” for well women and their baby’s

Gentle Myofascial Therapy for Midwifery, Soft Tissue Help for Mothers and Babies

Webcast 14 July 2016

This webinar was presented by Kathryn Forrer

Katharine Forrer is a Practicing Soft Tissue Therapist and Trainer. Originally training as a teacher in 1985, with a keen interest in human movement and Anatomy. In 1991 she went on to study several forms of body work. She then combined her passion for teaching and body work when she lectured at Swinburne University in 2001 and then, The Southern School of Natural Therapies - designing and teaching curriculum with subjects/competencies in line with Cert IV Remedial Massage and Cert IV Massage from 2004 - 2010

Katharine has been training health care professionals in skill sets relevant to their everyday practice including Midwives, Lactation consultants and Aged Care Nurses (including Specialist Parkinson’s Unit staff) with very safe and positive outcomes using pain free, non-pharmacological support techniques for pain and discomfort.

Katharine observed over a 20 year period, repeatedly achieving positive outcomes for women and babies she had seen in her practice using very gentle and safe techniques. She was then asked by a midwife friend to document her successful treatment protocols for Mastitis, including self-help for mum, SIJ discomfort, Anxiety, Constipation, Indigestion, Symphysis Pubis pain, sleeplessness, colic and more) in a format that was easy and safe for Midwives to learn and use….”nurses are born running” said her Midwife friend, so it needs to
be clear and easy to learn and use in everyday practice. She then produced a two-day training specifically for Midwifery and Lactation consultants which she has been teaching in Victoria, NSW and QLD.

It is Katharine’s greatest wish to bring comfort and relief from the most common indications presenting in Midwifery with gentle, safe and effective tools to add to any Midwife's toolkit.

This presentation will look at:

- The indications that are best helped by using Gentle Myofascial Therapy including: lower back, pelvic pain in pregnancy and labour, sacroiliac discomfort, symphysis Pubis discomfort, anxiety, indigestion, Constipation, Lymphoedema, gestational carpal tunnel, mastitis (including self-help for mum), colic, sleep settle and relaxation.
- How would a Midwife use Gentle Myofascial Therapy in their practice
- How is it possible to have fast effective results with very gentle pressure only
- When should Gentle Myofascial Therapy not be used/ Contraindications

Key Outcomes

At the end of the webinar participants will have an understanding of:

- ✓ Key terms associated with GBS colonisation and Early Onset GBS Disease (EOGBSD)
- ✓ Global incidence of EOGBSD
- ✓ National and International approaches to screening for GBS
- ✓ Recommended antibiotic protocols
- ✓ The evidence around intrapartum antibiotic prophylaxis (IAP), chlorhexidine douche- 2 integrative literature searches will be discussed
- ✓ The antenatal microbiome-are we doing more harm than good?

Maternity Care: Engaging with Families and Communities

Webcast 22 August 2016

This webinar was presented by Mary Steen

Mary is a Professor in Midwifery at UniSA, Adelaide, South Australia and a visiting professor of midwifery at University of Chester, UK University of Sao Paulo, Brazil and University of Port Harcourt, Nigeria. She is a mother of three children and has been a midwife for over 28 years and been involved in midwifery research since 1990. During that time she has become very interested in a wide remit of midwifery and family health issues. This has led her to undertake several research studies and service development projects; with the overall aim to improve the care and services for women, babies and their families. She is a prolific writer and has numerous publications and contributed to several books and chapters.

This webinar presentation will discuss and explore the topic: Engaging with families and communities to promote maternal and infant health and wellbeing is an important aspect of care.
Good evidence from around the world clearly demonstrates that when families and communities are involved, mothers and infants thrive. In addition, when considering the delivery of maternity services to diverse populations, there is evidence to suggest that expectant and new mothers are highly influenced by their partner, families, friends and their local communities. ‘Alloparents’ are significant in families, for example grandparents, other blood relatives and community neighbours who directly provide care and support to mothers and their infants. This supports the concept that ‘it takes a village to bring a child up’. However, implementing family inclusive approaches to maternity care poses challenges and an area that needs further exploration and research. The presenter will use some studies she has been involved with that have included engaging with families and communities.

**Documentation – a lawyer’s perspective**

**Webcast 8 September 2016**

This webinar was presented by Lisa Ridd

Lisa Ridd has over seventeen years experience practising exclusively in medical malpractice. Lisa’s role sees her acting on behalf of public and private hospital staff. She specialises in obstetric claims and has partially completed a midwifery degree.

This Webinar looks at:

- The purpose of clinical documentation
- General tips for good record keepings
- Making additional/amendments to clinical records
- Completing incident reports
- Relevant case examples

**Symptoms of Post-Traumatic Stress Following Childbirth - What Makes Some Women More Vulnerable?**

**Webcast 19 October 2016**

This webinar was presented by Katherine Reynolds

Katherine is a clinical psychologist who has been working in community mental health since 2007. She completed her Bachelor of Psychology (Honours) degree in 1999 (Flinders University), her Master of Psychology (Clinical) degree in 2006 (University of South Australia), and her Doctor of Psychology (Clinical) degree in 2016 (Charles Sturt University). While her work in adult community mental health has provided her with experience in working with a variety of psychological disorders, her professional and personal interest in perinatal mental health has developed and shaped her research, educational and work interests.
Outside of her community mental health role, Katherine is running a small private psychology practice in Glenelg, is a mother to three daughters, an advanced beginner at the craft of crochet, ‘mother’ to an adopted greyhound, and trying to learn to enjoy exercise.

This presentation will:

Provide participants with a general overview of common perinatal mental illnesses, with a specific focus on post-traumatic stress symptoms following childbirth. Participants will learn about identifying symptoms of post-traumatic stress reactions, how they might impact on individuals, and how to talk (and NOT to talk) to women who may have experienced a traumatic birth. This presentation will address common myths about trauma following childbirth, and it will explore the research findings into what makes some women more likely to develop symptoms of post-traumatic stress after childbirth. The presentation will draw on current research literature and specifically on the findings from my prospective doctoral study of more than 150 women. Links to appropriate resources for individuals with post-traumatic stress symptoms will also be provided.

**Respectful Maternity Care**

**Webcast 3 November 2016**

This webinar was presented by Ellen O’Keefe

Ellen O’Keefe is the current president of Safe Motherhood for All Australia Inc. (SMFA) for 5 years. Ellen is a midwife who works in post-natal care and maternal and child health. Ellen has experience in health service planning and reproductive health education. Through Safe Motherhood for All Ellen hopes to see Australia rediscover pregnancy and birth as a family joy not as an illness to be treated; where all health professionals have a role in ensuring that they provide evidence based respectful care and that the women for whom they are empowered to be equal partners in this process.

What you will learn about:

- The Distinctive Importance of the Childbearing Period
- The Childbearing Paradigm.
- How current maternity care practice is impacting on child bearing women.
- The safe motherhood context.
- How the Respectful Maternity Care Charter - how human rights are implicated in the childbearing process and affirming their application to childbearing women as basic, inalienable rights.
- Effective ways to implement the Respectful Maternity Care Charter.
Courageous conversations

Webcast 21 December 2016

This webinar was presented by Ilze Jaunberzins

First starting as a primary school teacher, Ilze has had a long career in nursing. After 20 years in the public service an episode of workplace bullying made Ilze curious – why do people behave badly and why do they behave brilliantly? She found the answer in the emotional brain.

Since that discovery Ilze became fascinated about the capacities of the other human brains. Harnessing the seven brains Ilze has designed and facilitates PowerMind Leadership Coaching.

She has facilitated leadership courses to over 1000 nurses and midwives nationally and internationally and is contracted by Ausmed and Australian College of Nursing to deliver leadership courses and coaching.

Ilze had been selected to speak at the National Midwifery Conference 2015 First Impressions Count – Harnessing the Talents of New Graduates

Ready to charge up your brain and delve into the neuroscience of courageous conversations to effectively manage professional boundaries?

Ilze’s webinar tales you n a self-directed journey to discover your emotional brain and work out how to have those courageous conversations at tough moments in life.

2017 Webinars

Working sensitively with culturally diverse women

Webcast 22 February 2017

This webinar was presented by Carol Kaplanina

Carol has completed a PhD on ‘Honour-based Violence in Jordan’ this year and has a Bachelor’s Degree in social work and social policy, plus a Masters in social work. She specialises in clinical counselling and working with victims of torture and trauma, the latter of which involved spending an extensive amount of time working in Jordanian refugee camps offering counselling and education to refugees.

Today, she is the State Coordinator for Female Genital Mutilation (training and education) at the Department of Health. She is also responsible for developing training on Family and Domestic Violence (CaLD communities) for the Department of Health. She also works at ISHAR as a therapist
in a clinical setting providing therapy to refugees and migrants, mostly around domestic violence, and teaches counselling at the University of Notre Dame.

Prior to that, Carol worked within WA Police’s Aboriginal and Cultural Diversity Unit as the Senior Community Diversity Officer. Her role encompassed providing high-level advice and consultation on complex matters pertaining to the CaLD community, writing training packages for WA Police on cultural diversity and honour-based violence, and managing, counselling and negotiating with families in at-risk situations. She has also worked in refugee camps overseas.

Carol is in the process of publishing her PhD into a book, and publication of several journal articles are on their way. Her research area interest lies in the topic of trauma, gender based violence, domestic violence, refugee and asylum seeker issues and sexual violence.

This webinar will cover:

- Understand the complexity of sensitively dealing with culturally diverse women due to language, culture, religion, disposition to domestic violence and gender based violence as well as their experience with torture and trauma.
- Develop skills in competently working in this area.

Clinical supervision for midwives: unscrambling what’s in your head

Webcast 15 March 2017

This webinar was presented by Bev Love

Bev has worked in Queensland, Victoria and NSW over the past 30 years across a variety of areas in midwifery, providing support to childbearing women and their families, and to midwifery students. She is currently a Clinical Midwifery Specialist at The Tweed Hospital in northern NSW.

Bev started her career as a registered nurse working in intensive care, completed midwifery training, and then a Bachelor of Nursing degree. A new passion was discovered when she undertook Paul Spurr’s ‘Clinical Supervision for Role Development Training’ - supporting midwives through clinical supervision.

She has presented at midwifery conferences and researched midwives’ experiences of clinical supervision through HETI Rural Research Capacity Building Program (2012 cohort). She has published findings from her research in ‘Women and Birth’ journal and also articles on clinical supervision in ‘Australian Midwifery News’.

Bev is a member of ACM and the Australian Clinical Supervision Association (ACSA)

This webinar will address all things Clinical Supervision:
• What- some definitions
• What it’s not..
• Why?
• Who?
• When?
• Where?
• What midwives are saying

Upskilling midwives on diabetes in pregnancy

Webcast 19 April 2017

This webinar was presented by Kristianne Jarman

Kristianne Jarman completed her Bachelor of Nursing in 2006. She has worked as a General Practice Nurse for over nine years and has contributed in the initial set up of three general practice clinics in the Brisbane metropolitan area. Kristianne completed her Graduate Certificate in Diabetes Education and Management in 2012 and now works full time at Diabetes Queensland as a Credentialed Diabetes Educator, educating health professionals and consumers about all aspects of diabetes management. She also works part time in private practice in her local area. She has been living with type 1 diabetes since 1988 and therefore is very passionate about supporting people with diabetes.

The learning objectives for the webinar:

• Understand the need for people living with diabetes to plan and prepare for pregnancy
• Diabetes and blood glucose management during pregnancy, labour and delivery
• Screening recommendations, diagnostic criteria and importance of NDSS registration for gestational diabetes.

Still Aware

Webcast April 2017

This webinar was facilitated by Claire Foord

Stillbirth is a devastation that no family should endure but sadly it is a turmoil that will live with Claire forever. In February 2014 she and her husband welcomed a precious baby girl into this world. On the same day, as swiftly as she saw her, she had to say goodbye – her daughter Alfie was stillborn at term – a perfect baby, with no illness or issue, but without breath. This devastating
tragedy saw Claire campaign and establish Still Aware. A passionate advocate, Claire through Still Aware shares what we know, through vital research and as such is helping to reduce preventable stillbirth in Australia providing awareness, education and the platform that stillbirth deserves. Claire’s efforts have been recognized when she was awarded South Australia’s Local Hero, in the 2016 Australian of The Year Awards. As an awarded South Australian visual artist Claire Foord’s work is exhibited and collected locally and internationally, including galleries and institutions in USA, Canada and Germany. Prior to this, Claire completed a Bachelor in Visual Arts and a Diploma in Education.

About Still Aware:

Still Aware is the only not-for-profit organisation in Australia dedicated to raising awareness of stillbirth and it’s driving change and working tirelessly towards reducing preventable stillbirth. Change prior to the event. Change through education of clinicians and expectant families. We continue to work with key researchers in the field to gather and report data of care provisions already offered internationally, but which are not offered to Australian patients.

What we can learn:

- Understand stillbirth and the impact it has on the community at large
- Know how best to communicate with expectant families to keep their baby safe
- Understand monitoring FM is a form of fetal surveillance, just as important as a CTG
- Agree that ANY change in fetal movements warrants investigation
- Believe it is never appropriate to delay fetal assessment if the woman is concerned
- Name warning signs of the fetus at risk
- In the event of you being in the situation where your patient births a stillborn to know what best to do or say to help the family in the depths of their despair.

Ending preventable maternal mortality

Webcast 18 May 2017

This webinar was presented by Jeremy Chin

Jeremy Chin is a Senior Registrar in Obstetrics and Gynaecology at Monash Health. He has a strong interest in maternal health in low resource settings. In 2016 he won the Helene Hayman award for studies in Sexual and Reproductive Health in Low Resource Settings at the Liverpool School of Tropical Medicine and was an advisor to the World Health Organization and Ministry of Health in
Laos. His work focuses on improving the quality of emergency obstetric care, access to safe abortion and maternal death surveillance and response.

This webinar will facilitate you to:

- Understand the burden of maternal mortality in low resource settings
- Understand the key causes of maternal mortality in low resource settings
- Understand the three-delays model for improving maternal outcomes
- Understand the different types of research that contribute to improved quality of maternity care