

# **ASIA PACIFIC MATERNAL AND CHILD HEALTH CONFERENCE & INTEGRATED PLATFORM FOR RESEARCH IN ADVANCING MATERNAL & CHILD HEALTH OUTCOMES (IPRAMHO) INTERNATIONAL MEETING 2023**

Integrated Platform for Research in Advancing Maternal & Child Health Outcomes (IPRAMHO)

17 & 18 February 2023 (Friday & Saturday)

KK Women's and Children's Hospital, Singapore

Conference: Hybrid Meeting



## **Theme:**

***Towards Better Maternal and Child Mental Health in the Asia Pacific***

## **PROGRAM - FRIDAY**

### **SYMPOSIUM I - NURTURING HEALTHY BEHAVIOURS TO PROMOTE PERINATAL MENTAL HEALTH**

- 1. Keynote Address: Minding the Five Trimesters Because It Matters - Dr Anne Rifkin-Gabroi**
- 2. Addressing Depression and Anxiety in the Four Trimesters from Preconception through the Antepartum – Dr Chua Tze Ern**
- 3. Addressing Postnatal Depression and Anxiety to Ensure Healthy Outcomes – Dr Theresa Lee Mei Ying**
- 4. Addressing the Needs of Special Populations – A/Prof Helen Chen**
- 5. Panel Q&A**

### **SYMPOSIUM II – MATERNAL AND CHILD HEALTH WELLNESS**

- 1. Integrating Mental and Metabolic Health - Life Course Approach for a Healthier & More Resilient Population**
- 2. CRADLE (Community-enabled Readiness-for-1000-Days Learning Ecosystem)**
- 3. Use of Wearables in Maternal Population**

## **LAUNCH SESSION - THE SINGAPORE PERINATAL MENTAL HEALTH GUIDELINES**

**LUNCH - Scientific Posters available**

## **SYMPOSIUM III – IPRAMHO EDUCATION SESSION: TRAINING PROGRAM FOR DOCTORS AND RESIDENTS ON PERINATAL MENTAL HEALTH FOR EXCELLENCE IN PERINATAL CARE**

*This symposium will cover perinatal depression and anxiety in detail, so that practitioners will be able to recognise and manage milder cases, as well as to facilitate the access to care for those needing specialist attention, and more dedicated intervention*

- 1. Introduction to Mental Health in Perinatal Care – Dr Sandy Umboh**
- 2. Understanding Perinatal Depression and Anxiety – Dr Hong Lin Feng**
- 3. Case studies: Approach to Managing Perinatal Depression and Anxiety – Dr Elizabeth Siak**
- 4. Supportive Counselling in Perinatal Mental Health: What Women Prefer – Ms Chng Ying Chia**
- 5. Approach to Addressing Maternal Mental Health Needs in Primary Health Setting - Dr Ng Lai Peng**
- 6. Approach to Addressing Needs of the Dyad: What Matters for Infants – Ms Yasmin Bte Mohd Hassan**
- 7. Early Child Development: Getting It Right for the Little Ones - Dr Y Padmini**
- 8. Panel Q&A - Dr Chua Tze Ern**

## **SATURDAY**

### **SYMPOSIUM IV (VIRTUAL) –**

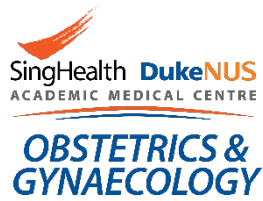
- 1. Update on IPRAMHO Collaborative Group - IPRAMHO Study Group Reports for Asia Pacific**
  - a. Report on Asia Pacific Vitamin D Survey**
  - b. Report on Asia Pacific Children 24 Activities Study**
- 2. ASIA PACIFIC CONSENSUS WORKSHOP ON PERINATAL MENTAL HEALTH**
- 3. Presentations by Group Members from Asia Pacific Countries on Management/Studies of Perinatal Mental Health in Asia Pacific Countries**

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