

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

0800 Registration

0815 **Welcome Address**

Prof Alex Sia, Chief Executive Officer, KK Women's and Children's Hospital, Singapore

0825 **Opening Remarks on Asia Pacific Collaboration for Maternal & Child Health**

Prof Victor Samuel Rajadurai

President, Federation of Asia and Oceania Perinatal Societies

SYMPOSIUM I - NURTURING HEALTHY BEHAVIOURS TO PROMOTE PERINATAL MENTAL HEALTH

Chairs: Prof Tan Hak Koon & A/Prof Chan Yoke Hwee

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

Chairs: Prof Jerry Chan & A/Prof Sng Ban Leong

1. Integrating Mental and Metabolic Health - Life Course Approach for a Healthier & More Resilient Population – A/Prof Fabian Yap

2. CRADLE (Community-enabled Readiness-for-1000-Days Learning Ecosystem) – A/Prof Ng Kee Chong

3. Use of Wearables in Maternal Population

LAUNCH SESSION - THE SINGAPORE PERINATAL MENTAL HEALTH GUIDELINES

1. IPRAMHO Initiatives for Maternal & Child Health

Prof Tan Kok Hian, Organising Chairperson, Asia Pacific Maternal & Child Health Conference & IPRAMHO International Meeting 2023

Lead, IPRAMHO, Singapore; & President, Perinatal Society of Singapore

2. College of Obstetricians & Gynaecologists Singapore Initiatives for Maternal Health

Assoc Prof Tan Lay Kok, President of the College of Obstetricians & Gynaecologists Singapore

3. Singapore Perinatal Mental Health Guidelines

Assoc Prof Helen Chen, Chairperson, Singapore Perinatal Mental Health Guidelines Workgroup

4. Opening Address by Guest of Honour

LUNCH – Oral Scientific Posters presentations

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

Chairs: A/Prof Tan Lay Kok & Dr Chua Tze Ern

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

Chairs: Prof Tan Kok Hian & A/Prof Helen Chen

a. Report on Asia Pacific Vitamin D Collaborative Study – Dr Ryan Lee

b. Report on Asia Pacific Children 24h Activities Collaborative Study – Dr Elaine Quah

2. ASIA PACIFIC CONSENSUS WORKSHOP ON PERINATAL MENTAL HEALTH

Asia Pacific Perinatal Mental Health Collaborative Study Group

3. Asia Pacific Countries on Studies of Perinatal Mental Health and its Management in Asia Pacific Countries

Presentations by Group Members & Asia Pacific Partners

Singapore

Malaysia

Thailand

Japan

Indonesia

China

India

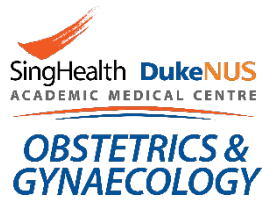
4. Update on further collaborative studies in Asia Pacific for IPRAMHO Group.

Partners & Sponsors

Education Sponsor:



Partners:



Jointly organized and supported by:

