

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

17 and 18 February 2023 (Friday & Saturday)  
KKH Auditorium (Training Centre), Women's Tower, Level 1 & Zoom  
Free Admission

**PROGRAMME - FRIDAY**

9.00am	<b>Welcome Address</b> Prof Alex Sia, Chief Executive Officer, KK Women's and Children's Hospital, Singapore
9.05am	<b>Welcome Address on Asia Pacific Collaboration for Maternal &amp; Child Health</b> Prof Victor Samuel Rajadurai President, Federation of Asia and Oceania Perinatal Societies
9.10am	<b>Opening Address</b> Guest-of-Honour
9.20am	<b>Presentation on SingHealth Duke-NUS Maternal and Child Health Research Institute (MCHRI) – (To present research updates etc)</b> A/Prof Ng Kee Chong Chairman, Medical Board, KK Women's and Children's Hospital, Singapore <u>OR</u> Professor Jerry Chan Director, SingHealth Duke-NUS Maternal and Child Health Research Institute
9.30am	<b>IPRAMHO Initiatives for Maternal &amp; Child Health</b> Prof Tan Kok Hian Organising Chairperson, Asia Pacific Maternal & Child Health Conference & IPRAMHO International Meeting 2023 Lead, IPRAMHO, Singapore and President, Perinatal Society of Singapore
9.40am	<b>College of Obstetricians &amp; Gynaecologists Singapore Initiatives for Maternal Health</b> A/Prof Tan Lay Kok President of the College of Obstetricians & Gynaecologists Singapore
9.50am	<b>Singapore Perinatal Mental Health Guidelines</b> A/Prof Helen Chen Chairperson, Singapore Perinatal Mental Health Guidelines Workgroup
10.00am	<b>Launch of the Perinatal Mental Health Guidelines</b>
10.10am	<b>Oral Scientific Posters presentations</b> <b>Tea Break</b>

- 10.30am **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 Discussion Q&A**

12.10pm Lunch Break

- 1.00pm **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**

- 2.30pm **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 Discussion Q&A**  
Dr Chua Tze Ern
- 5.00pm End of Programme

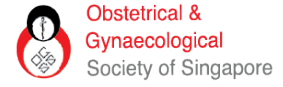
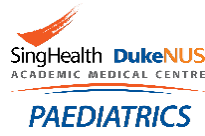
## **PROGRAMME - SATURDAY**

9.00am **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.

3.00pm End of Programme

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