



**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 register at <http://www.perinatal.sg/ipramho/>

PROGRAMME - FRIDAY

- 9.00am **Welcome Address**
Prof Alex Sia, Chief Executive Officer, KK Women's and Children's Hospital,
Singapore
- 9.05am **Welcome Address on Asia Pacific Collaboration for Maternal & Child Health**
Prof Victor Samuel Rajadurai
President, Federation of Asia and Oceania Perinatal Societies
- 9.10am **Opening Address**
Guest-of-Honour
- 9.20am **SingHealth Duke-NUS Maternal and Child Health Research Institute (MCHRI)**
A/Prof Ng Kee Chong
Chairman, Medical Board, KK Women's and Children's Hospital, Singapore
- 9.30am **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 and President, Perinatal Society of Singapore
- 9.40am **College of Obstetricians & Gynaecologists Singapore Initiatives for Maternal
Health**
A/Prof Tan Lay Kok
President of the College of Obstetricians & Gynaecologists Singapore
- 9.50am **Singapore Perinatal Mental Health Guidelines**
A/Prof Helen Chen
Chairperson, Singapore Perinatal Mental Health Guidelines Workgroup
- 10.00am **Launch of the Perinatal Mental Health Guidelines**

10.10am **Oral Scientific Posters presentations**
Tea Break

10.30am **SYMPOSIUM I:**
Nurturing Healthy Behaviours To Promote Perinatal Mental Health

Chairs: Prof Tan Hak Koon & A/Prof Fabian Yap

- 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 & Poster Presentation

1.00pm **SYMPOSIUM II**
Maternal And Child Health Wellness

Chairs: A/Prof Chua Mei Chien & A/Prof Sng Ban Leong

- 1. Healthy Early Life Moments in Singapore (HELMS)
- 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. Wearables for Maternal Population**
Prof Tan Kok Hian

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 IPRAMHO Asia Pacific Vitamin D Collaborative Study

Dr Ryan Lee

b. Report on IPRAMHO 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

Thailand

China

Hong Kong

Sri Lanka

South Korea

Malaysia

Japan

Indonesia

India

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

3.00pm End of Programme

JOINTLY SUPPORTED BY



<http://www.perinatal.sg/ipramho/>