



**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 (KKH), 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: SMS Dr Janil Puthuchearu
- 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 (KKH), 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
Head, Infancy and Early Childhood Research, OER Centre for Research in Child Development, National Institute of Education, Singapore
- 2. Addressing Depression and Anxiety in the Four Trimesters from Preconception through the Antepartum**
Dr Chua Tze Ern
Head & Senior Consultant, Women's Mental Wellness Service, KKH
- 3. Addressing Postnatal Depression and Anxiety to Ensure Healthy Outcomes**
Dr Theresa Lee Mei Ying
Senior Consultant, Women's Mental Wellness Service, KKH
- 4. Addressing the Needs of Special Populations**
A/Prof Helen Chen
Head & Senior Consultant, Department of Psychological Medicine, KKH
- 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
Dr Ku Chee Wai
Associate Consultant & Clinician Scientist, KKH
- 2. CRADLE (Community-enabled Readiness-for-1000-Days Learning Ecosystem)**
A/Prof Ng Kee Chong
Chairman Medical Board, KKH
- 3. Wearables for Maternal Population**
Prof Tan Kok Hian
Head & Senior Consultant, Perinatal Audit & Epidemiology, KKH

2.30pm

**SYMPOSIUM III
IPRAMHO EDUCATION SESSION: TRAINING PROGRAM FOR STAFF 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
Consultant, Women's Mental Wellness Service, KKH
- 2. Understanding Perinatal Depression and Anxiety**
Dr Hong Lin Feng
Associate Consultant, Department of Psychological Medicine, KKH
- 3. Case studies: Approach to Managing Perinatal Depression and Anxiety**
Dr Elizabeth Siak
Consultant, Department of Psychological Medicine, KKH
- 4. Supportive Counselling in Perinatal Mental Health: What Women Prefer**
Ms Chng Ying Chia
Principal Clinical Counsellor, Department of Psychological Medicine, KKH
- 5. Approach to Addressing Maternal Mental Health Needs in Primary Health Setting**
Dr Ng Lai Peng
Senior Consultant, SingHealth Polyclinics – Tampines
- 6. Approach to Addressing Needs of the Dyad: What Matters for Infants**
Ms Yasmin Bte Mohd Hassan
Senior Clinical Counsellor, Department of Psychological Medicine, KKH
- 7. Early Child Development: Getting It Right for the Little Ones**
Dr Padmini Yeleswarapu
Consultant in the Department of Child Development (DCD), KKH
- 8. Panel Discussion Q&A**
Dr Chua Tze Ern

5.00pm

End of Programme

PROGRAMME - 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 IPRAMHO Asia Pacific Vitamin D Collaborative Study

Dr Ryan Lee

Consultant Maternal Fetal Medicine, KKH

b. Report on IPRAMHO Asia Pacific Children 24h Activities Collaborative Study

Dr Elaine Quah

Senior Research Fellow, Obstetrics & Gynaecology, KKH

2. ASIA PACIFIC CONSENSUS WORKSHOP ON PERINATAL MENTAL HEALTH

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

All Asia Pacific Perinatal Mental Health Collaborative Study Group including Singapore members,

Prof Anne Buist, Australia

Dr Madura Jayawardane, Sri Lanka

Prof. Prabha S. Chandra, India

Asst Prof Supachoke Singhakant, Thailand

Dr Endang Retno Surjaningrum, Indonesia

Prof Shenghui Li, China

Dr Muniswaran s/o Ganesham, Malaysia

Asst Prof Kim Seo-Yeon, South Korea

Dr Amelia Hui, Hong Kong

Prof Tiran Dias, Sri Lanka

A/Prof D Boriboonthirunarn, Thailand

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

Presentations by Group Members & Asia Pacific Partners

Perinatal Mental Health: Knowledge, Attitudes, Perceptions and Practices Among Perinatal Women and Healthcare Professionals in Singapore

Dr Elaine Quah & Dr Poo Zi Xi

KK Women's & Children's Hospital Singapore

Early identification and management of perinatal mental health issues: why it is important to establish best practice and the barriers to doing so

Prof Anne Buist

Chair, Women's Mental Health, University of Melbourne, Australia

Postnatal depression scale during COVID-19 pandemic in Hong Kong

Dr Amelia Hui

Consultant, Department of Obstetrics & Gynaecology, Queen Mary Hospital, Hong Kong

The Associations of Sleep with Maternal and Child Health: A Sleep Series Study in China

Dr Shenghui Li

Professor, School of Public Health, Shanghai Jiaotong University, China

Psychological Outcomes in COVID-19 positive pregnant mothers in the maternity isolation ward and postnatal mothers who have been positive for COVID-19 in the Professorial Unit of Colombo South Teaching Hospital

Dr Madura Jayawardane

Consultant & Senior Lecturer, Department of Obstetrics and Gynaecology, University of Sri Jayewardenepura, Sri Lanka

Survey on Perinatal Mental Care for Mothers in Korea and Proposal of the Feasible and Effective Perinatal Mental Care

Asst Prof Kim Seo-Yeon

Assistant Professor, Department of Obstetrics and Gynaecology, Kangbuk Samsung Hospital, Sungkyunkwan University School of Medicine, Korea

Mental Health Issues in Pregnancy in Thailand

Asst Prof Supachoke Singhakant

Vice Chair for Education, Department of Psychiatry, Siriraj Hospital, Thailand

An Obstetrician-Led Perinatal Mental Health Services: The Malaysian Experience

Dr Muniswaran s/o Ganesham @ Ganeshan

Maternal Fetal Medicine Specialist & Consultant Obstetrician & Gynaecologist, Women & Children's Hospital Kuala Lumpur (Hospital Tunku Azizah)

Perinatal Mental Health in Indonesia

Dr Endang Retno Surjaningrum

Vice Dean for Research, Publication and Collaboration affairs
Faculty of Psychology, Universitas Airlangga. Indonesia

New Initiatives and Best Practices for Perinatal Mental Health in India

Prof Prabha S. Chandra, MD, FRCPsych, FRCPE, FAMS

Senior Professor of Psychiatry and Dean of Faculty

National Institute of Mental Health and Neurosciences, Bangalore, INDIA

President, International Association of Women's Mental Health.

Past EC member of the International Marce Society for Perinatal Mental Health

Past Chairperson of Perinatal Psychiatry TaskForce for Perinatal Psychiatry of the Indian Psychiatric Society

4. Update on further collaborative studies in Asia Pacific for IPRAMHO Group –
Asia Pacific Perinatal Mental Health Survey 2023.
Prof Tan Kok Hian & Dr Elaine Quah

3.00pm End of Programme

JOINTLY SUPPORTED BY



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