



**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 17 Feb 2023**

- 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 Mary Daniel

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 Loy See Ling  
Asst Professor Duke-NUS Medical School & Senior Research Fellow in KKH
2. **CRADLE (Community-enabled Readiness-for-1000-Days Learning Ecosystem)**  
A/Prof Ng Kee Chong  
Chairman Medical Board, KKH
3. **Wearable Technology 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 18 FEB 2023**

### **SYMPOSIUM IV (VIRTUAL)**

9.00 am (SGT; UTC+08:00)

**1. Update on IPRAMHO Collaborative Group - IPRAMHO Study Group Reports for Asia Pacific**

Chair: Prof Tan Kok Hian

**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 24-h Activity Collaborative Study**

Dr Elaine Quah

Senior Research Fellow, Obstetrics & Gynaecology, KKH

9.30 am (SGT)

**2. Perinatal Mental Health Management**

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

**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

10.00 am (SGT)

**3. 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 Boriboonthirunsarn, Thailand

Dr Michiko Yamanaka, Japan

11.00am (SGT)

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

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

Presentations by Group Members & Asia Pacific Partners

**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)

**Road to Establishing Maternal Mental Health Care in Primary Health Care (PHC) in Surabaya: The Role of Community Health Workers (Kader Posyandu)**

Dr Endang Retno Surjaningrum

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

**Perinatal Mental Health in Japan**

Dr Michiko Yamanaka

St. Luke's International Hospital, Tokyo, Japan

**New Initiatives and Best Practices for Perinatal Mental Health in India**

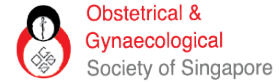
Prof Prabha S. Chandra, MD, FRCPsych, FRCPE, FAMS  
Senior Professor of Psychiatry and Dean of Faculty  
National Institute of Mental Health and Neurosciences, Bangalore, INDIA  
President, International Association of Women's Mental Health.  
Past EC Member of the International Marce Society for Perinatal Mental Health  
Past Chairperson of Perinatal Psychiatry Task Force for Perinatal Psychiatry of  
the Indian Psychiatric Society

1.30pm (SGT)

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

2.00pm End of Programme

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