

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

KK Women's and Children's Hospital, Singapore

Conference: Physical & Virtual Meetings

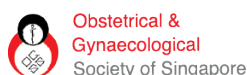
Scientific Posters Session



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Welcome Message

Dear Colleagues and Friends,

On behalf of the Organising Committee, I bid a warm welcome to all of you to the Asia Pacific Maternal & Child Health Conference and Integrated Platform for Research in Advancing Maternal & Child Health Outcomes (IPRAMHO) International Meeting 2023, hosted at KK Women's and Children's Hospital (KKH), Singapore. The Integrated Platform for Research in Advancing Maternal & Child Health Outcomes (IPRAMHO) has evolved from the original Integrated Platform for Research in Advancing Metabolic Health Outcomes of Women and Children, to focus comprehensively on various pressing issues (e.g., mental health) in maternal and child care, besides metabolic health.

This meeting brings together doctors, nurses and allied healthcare professionals to discuss on diseases for women and children in our Asia-Pacific region. The best preventive efforts start upstream from preconception and at conception in the womb to the early childhood years. The optimal strategy must necessarily begin with effective battles against diseases with lifestyle and obstetric and perinatal interventions at this early phase, using a life course approach.

We had a successful meeting in 2018 where the College of Obstetricians and Gynaecologists, Singapore Guidelines on the Management of Gestational Diabetes was launched. Through the meeting, we have also achieved and published the AFOG MFM Committee Consensus of GDM screening. We launched the Perinatal Society of Singapore Optimal Perinatal Nutrition Guidelines and also published the Asia Pacific consensus in perinatal nutrition in 2019. In 2020, we launched the Perinatal Society of Singapore Guidelines on Physical Activity & Exercise in Pregnancy and published the Asia-Pacific consensus on physical activity and exercise in pregnancy and the postpartum period. In 2021 we launched Singapore Integrated 24-Hour Activity Guidelines for Children & Adolescents and published the Asia-Pacific Consensus Statement on integrated 24-hour activity guidelines for children and adolescents. In 2022, we launched the Singapore Integrated 24-Hour Activity Guidelines for Early Childhood with strong support from various colleges and societies in Singapore and SingHealth Duke-NUS Maternal & Child Health Research Institute. In line with RIE2025, these activities aim to translate our research findings for active dissemination and implementation and to improve the health of women and children, enhancing early life-course moments from preconception onwards and optimising the health and human potential of every child born in Singapore and our region.

For 2023, the focus has gone beyond metabolic to mental health. The conference on Day 1 will discuss maternal and child health in the morning session, followed in the afternoon by IPRAMHO Education and Training Session on perinatal mental health for excellence in perinatal care. On Day 2, the programme will invite the Asia Pacific experts to reach consensus on the perinatal mental health as well as discuss about future research studies to address the current gaps in perinatal mental health in Asia-Oceania. Asia Pacific experts from Malaysia, Thailand, Indonesia, Hong Kong, Japan, Korea, China, India, Sri Lanka, Australia as well as practitioners and healthcare professionals from Singapore will be at consensus and also present their studies at this Conference.

We are happy again for the strong support for past five years by members of several key organisations - Perinatal Society of Singapore (PSS), College of Obstetricians & Gynaecologists, Singapore (COGS), Obstetrical & Gynaecological Society of Singapore (OGSS), SingHealth Duke-NUS OBGYN Academic Clinical Programme (ACP) and SingHealth Duke-NUS Paediatrics Academic Clinical Programme. We are also grateful for the support given by the SingHealth Duke-NUS Maternal & Child Health Research Institute & Federation of Asia and Oceania Perinatal Societies (FAOPS). We thank the sponsors and also the support of the NMRC (National Medical Research Council)'s collaborative centre grant – IPRAMHO) involving KKH, SingHealth Polyclinics and National Health Group Polyclinics, KKH Centre Grant & OBGYN ACP grant. In particular, we thank Lee Foundation and Shaw Foundation for their education grant support.

We look forward to seeing you physically or virtually at this exciting the Asia Pacific Maternal & Child Health Conference and IPRAMHO International Meeting! We thank everyone for the support and wish everyone a fruitful learning experience.

Professor Tan Kok Hian

Chairperson, Organising Committee

Lead, NMRC/MCHRI Integrated Platform for Research in Advancing Maternal & Child Health Outcomes (IPRAMHO)

Head & Senior Consultant, Perinatal Audit & Epidemiology Unit, KK Women's and Children's Hospital

Benjamin Henry Sheares Professor in OBGYN, Duke-NUS



SCIENTIFIC PROGRAMME

Theme: *Towards Better Maternal and Child Mental Health in the Asia Pacific*

Day 1 – 17 February 2023, Friday

8.30am	Registration
9.00am	Welcome Address <i>Prof Alex Sia</i> <i>Chief Executive Officer, KK Women's and Children's Hospital, Singapore</i>
9.05am	Welcome Address on Asia Pacific Collaboration for Maternal & Child Health <i>Prof Victor Samuel Rajadurai</i> <i>President, Federation of Asia and Oceania Perinatal Societies</i>
9.10am	Opening Address <i>Guest-of-Honour: SMS Dr Janil Puthuchery</i>
9.20am	SingHealth Duke-NUS Maternal and Child Health Research Institute (MCHRI) <i>A/Prof Ng Kee Chong</i> <i>Chairman, Medical Board, KK Women's and Children's Hospital, Singapore</i>
9.30am	IPRAMHO Initiatives for Maternal & Child Health <i>Prof Tan Kok Hian</i> <i>Organising Chairperson, Asia Pacific Maternal & Child Health Conference & IPRAMHO International Meeting 2023</i> <i>Lead, IPRAMHO, Singapore and President, Perinatal Society of Singapore</i>
9.40am	College of Obstetricians & Gynaecologists Singapore Initiatives for Maternal Health <i>A/Prof Tan Lay Kok</i> <i>President of the College of Obstetricians & Gynaecologists Singapore</i>
9.50am	Singapore Perinatal Mental Health Guidelines <i>A/Prof Helen Chen</i> <i>Chairperson, Singapore Perinatal Mental Health Guidelines Workgroup</i>
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 <i>Chair:</i> <i>Prof Teoh Tiong Ghee, Director, Maternal & Child Global Health and Care Transformation, KKH</i> <i>A/Prof Lourdes Mary Daniel, Head & Senior Consultant, Department of Child Development, KKH</i>

1. **Keynote Address: Minding the Five Trimesters Because It Matters**
Dr Anne Rifkin-Graboi
Head, Infancy and Early Childhood Research, OER Centre for Research in Child Development, NIE
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, Head & Senior Consultant, Department of Neonatology, KKH
A/Prof Sng Ban Leong, Head & Senior Consultant, Department of Women's Anaesthesia, KKH
1. **Healthy Early Life Moments in Singapore (HELMS)**
- Life Course Approach for a Healthier & More Resilient Population
Dr Loy See Ling
Junior Principal Investigator, Department of Reproductive Medicine, KKH
 2. **CRADLE (Community-enabled Readiness-for-1000-Days Learning Ecosystem)**
A/Prof Ng Kee Chong
Chairman Medical Board, KKH
 3. **Wearable Technology for the Maternal Population**
Prof Tan Kok Hian
Head & Senior Consultant, Perinatal Audit & Epidemiology, KKH
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- 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, Vice Chair (Education), OBGYN Academic Clinical Programme
Dr Chua Tze Ern, Head & Senior Consultant, Women's Mental Wellness Service, KKH

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, Department of Psychological Medicine, 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

Family Physician & Senior Consultant, SingHealth Polyclinics - Tampines

6. Approach to Addressing Needs of the Dyad: What Matters for Infants

Ms Yasmin Hassan

Senior Clinical Counsellor, Department of Psychological Medicine, KKH

7. Early Child Development: Getting It Right for the Little Ones

Dr Y Padmini

Senior Consultant, Department of Child Development, KKH

8. Panel Discussion Q&A

Dr Chua Tze Ern

Head & Senior Consultant, Women's Mental Wellness Service, KKH

5.00pm End of Programme

Day 1 – 18 February 2023, Saturday

SYMPOSIUM IV (VIRTUAL)

- 9.00am **1. Update on IPRAMHO Collaborative Group - IPRAMHO Study Group Reports for Asia Pacific**
Chairs:
Prof Tan Kok Hian, Lead, IPRAMHO Asia Pacific Maternal & Child Network
Prof Victor Samuel Rajadurai, President, Federation of Asia and Oceania Perinatal Societies
- a. Report on IPRAMHO Asia Pacific Vitamin D Collaborative Study**
Dr Ryan Lee
Consultant, Department of Maternal Fetal Medicine, KKH, Singapore
- b. Report on IPRAMHO Asia Pacific Children 24h Activities Collaborative Study**
Dr Elaine Quah
Senior Research Fellow, Division of Obstetrics and Gynaecology, KKH, Singapore
- 9.30am **2. Perinatal Mental Health Management**
Chairs:
A/Prof Helen Chen, Head & Senior Consultant, Department of Psychological Medicine, KKH, Singapore
A/Prof Tan Lay Kok, President, College of Obstetricians & Gynaecologists Singapore
- Perinatal Mental Health: Knowledge, Attitudes, Perceptions and Practices Among Perinatal Women and Healthcare Professionals in Singapore**
Dr Elaine Quah
Senior Research Fellow, Division of Obstetrics and Gynaecology, KKH, Singapore
Dr Poo Zi Xi
Associate Consultant, Department of Maternal Fetal Medicine, KKH, 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
- 10.00am **3. ASIA PACIFIC CONSENSUS WORKSHOP ON PERINATAL MENTAL HEALTH**
Chairs:
Prof Tan Kok Hian, Lead, IPRAMHO & Head, Perinatal Audit & Epidemiology Unit, KKH, Singapore
A/Prof Helen Chen, Head & Senior Consultant, Department of Psychological Medicine, KKH, Singapore
- 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 **4. Asia Pacific Countries on Studies of Perinatal Mental Health and its Management in Asia Pacific Countries**

Chairs:

Prof Tan Kok Hian, Lead, IPRAMHO & Head, Perinatal Audit & Epidemiology Unit, KKH, Singapore

A/Prof Helen Chen, Head & Senior Consultant, Department of Psychological Medicine, KKH, Singapore

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 Jayawardenepura, 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

Chief, Department of Integrated Women's Health & Director of Center for Medical Genetics, 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 TaskForce for Perinatal Psychiatry of the Indian Psychiatric Society

- 2.00pm 5. Update on further collaborative studies in Asia Pacific for IPRAMHO Group – **IPRAMHO Asia Pacific Perinatal Mental Health Survey 2023.**
- 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, Singapore

Dr Elaine Quah

Senior Research Fellow, Division of Obstetrics and Gynaecology, KK Women's and Children's Hospital, Singapore

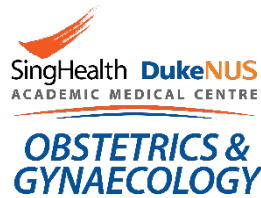
- 3.00pm End of Programme

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