International keynote speaker

Assoc Prof Judith McCara Couper

Judith has a longstanding interest in midwifery and the issues that impact on practice and the health and wellbeing of women and their babies. She is committed to research that makes a difference, particularly in the area of health outcomes. Recent research projects are around sustainability in midwifery practice, place of birth, maternal mental health and access to, and engagement with maternity services. She is the head of department Midwifery, Co-director of the Centre for Midwifery and Women’s Health Research, Auckland University of Technology.

Australian speakers

Professor Jennie Brand Miller AM or GI Jennie, as she is known – is internationally recognised for her groundbreaking work that developed a way to measure the body’s absorption of carbohydrates, now known as the glycemic index (GI).

Her research interests focus on all aspects of carbohydrates, including diet and diabetes, the glycemic index and insulin resistance, lactose intolerance and oligosaccharides in infant nutrition. Jennie’s current research includes investigating the diets of pregnant women, with the ultimate aim of reducing child obesity. “Our hypothesis is that a low GI diet during pregnancy will lower maternal glucose levels and be superior to a conventional low fat diet.”

She holds a special interest in evolutionary nutrition and the diet of Australian Aborigines. Her books about the glycemic index and its relationship to diabetes and weight loss have gained her international acclaim. Her research group is internationally recognised for its work on nutritional aspects of food and carbohydrates. Currently Jennie is the Professor of Human Nutrition at the University of Sydney.

Professor Sandra Eades is a Noongar woman from Mount Barker, Western Australia, and is Australia’s first Aboriginal medical doctor to be awarded a Doctorate of Philosophy (2003), which was completed in epidemiology at the Institute for Child Health Research, Perth. Sandra’s research career has focussed on the epidemiology of Indigenous child health in Australia. Over the past decade, she has made substantial contributions to the area of Aboriginal health and has provided leadership at a national level in Aboriginal research. Sandra has recently been appointed an Initiating Fellow of the new Australian Academy of Health and Medical Sciences.

Sandra’s PhD examined causal pathways to poor birth outcomes and significant illness in the first year of life among urban Aboriginal infants. Her research program follows on from this early work and includes a randomised controlled trial of a culturally specific smoking intervention for pregnant Indigenous women. She is currently leading a randomised
controlled trial to test the effectiveness of a systems-based collaborative to improve treatment for type 2 diabetes in 18 Aboriginal Community Controlled Primary Health Care Services in Western Australia, the Northern Territory, South Australia and Victoria. Sandra is Domain Head of Aboriginal Health at Baker IDI Heart and Diabetes Institute.

**Professor Lynn Kemp** is recognised as an international leader in the field of early childhood interventions in primary and community health and translational research. Her local, national and international research in early childhood is bringing quality evidence-based early intervention programs to vulnerable families with young children in Australia and world-wide.

Lynn commenced her academic career in 2002 with a commitment to improving health equity for vulnerable groups, focussed on the critical early years of life. The Maternal Early Childhood Sustained Home-visiting (MECSH) program Lynn developed in south-western Sydney has received USA government approval as an effective, evidence-based sustained home visiting intervention. MECSH is now implemented in Australia, the UK, USA and South Korea, currently serving more than 15,000 families world-wide. Through the MECSH programs nurses working with families have, as described by one nurse, "a great opportunity to facilitate some changes, empower families to find a way forward that might be different from their past." Lynn is Professor in Nursing, School of Nursing and Midwifery, Western Sydney University.

*NB: Professor Lynn Kemp is unable to attend personally but is providing an audiovisual presentation. Her colleague Tracey Bruce will be present to answer questions and add any further information.*

**Professor Virginia Schmied** is a registered midwife and nurse with experience extending across clinical practice, education, research and consultancy. Professor Schmied is a leading Australian researcher in midwifery and child and family health. Her program of scholarship, teaching and research is grounded in social science theory and methods and focuses on transition to motherhood, perinatal mental health, breastfeeding and infant feeding decisions, postnatal care, effective models to support vulnerable families, family centered care in NICU, strengthening the universal health services for families and children and the role of the child and family health nurse. In addition she works with colleagues to research strategies to facilitate normal birth including studies on obesity in childbirth, physiological birth positions and place of birth Virginia is Professor in the School of Nursing and Midwifery, Western Sydney University.

**Assoc Professor Moira Williamson** has a long history of involvement in both Midwifery education, professional leadership and most recently occupying a variety of academic positions. Her research and publications have included incorporating cultural sensitivity into Midwifery Practice and the functional status after fatherhood. She is Head of Program – Midwifery; Higher Education Division, CQ University.

**SLHD speakers**

Kate Cheney  
*Midwife and PhD candidate, RPAH*

Catherine Dunphy  
*Clinical Midwifery Consultant, Canterbury Hospital*

Dr Hala Phipps  
*SLHD Research Clinical Midwifery Consultant*

Dr Jane Tooher  
*Research Midwife, RPAH*
Program: equivalent to 6 hours CPD

Session 1

0830 – 0840 Welcome

0840 – 0920 Assoc Prof Judith McCara Couper: Intervention rates and maternal neonatal outcomes for low risk women labouring in a primary maternity unit or tertiary hospital

0920 – 0945 Professor Virginia Schmied: Finding the strength! Working with women to improve perinatal mental health.

0945 – 1010 Assoc Professor Moira Williamson: The importance of including partners in woman’s journey

1010 – 1035 Catherine Dunphy: Building Group Practice at Canterbury Maternity

1035 – 1105 MORNING TEA

Session 2: This session is dedicated to Sister Alison Bush

1105 – 1130 Kate Cheney: Pregnancy intention and socio-demographic characteristics in obese and non-obese women, attending antenatal clinics: a cross-sectional analysis

1130 – 1200 Professor Jennie Brand Miller AM: Dietary interventions in pregnancy to reduce the risk of child obesity – effective or not?

1200 – 1230 Professor Sandra Eades: Tackling the challenges posed by diabetes in pregnancy

1230 – 1330 LUNCH

Session 3: This session is dedicated to Maureen Ryan

1330 – 1415 Panel discussion ‘The use of technology in Midwifery’

1415 – 1445 Hala Phipps: Posterior and transverse positions in labour: should we turn baby around?

1445 – 1510 Jane Tooher: Hypertension in pregnancy – the present and the long term risks

1510 – 1540 Professor Lynn Kemp, Tracey Bruce: Changing the inevitable: breaking the link between perinatal risk and poor child outcomes

1540 – 1610 Associate Professor Judith McCara Couper: Achieving a work life balance

1610 – 1615 Closing address

Program correct at time of printing. The organisers reserve the right to alter the program if required by circumstances.

REGISTRATION: This year RPAH is pleased to offer online registration and receipting.


***Please print the receipt or email the receipt to yourself as proof of payment***

Registration deadline: 12 September 2016

Inquiries: rpawb.research@email.cs.nsw.gov.au Fee: flat rate of $120

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