

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 Puthucheary</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

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10.30am	<p>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></p> <ol style="list-style-type: none"> 1. Keynote Address: Minding the Five Trimesters Because It Matters <i>Dr Anne Rifkin-Graboi</i> <i>Head, Infancy and Early Childhood Research, OER Centre for Research in Child Development, NIE</i> 2. Addressing Depression and Anxiety in the Four Trimesters from Preconception through the Antepartum <i>Dr Chua Tze Ern</i> <i>Head & Senior Consultant, Women’s Mental Wellness Service, KKH</i> 3. Addressing Postnatal Depression and Anxiety to Ensure Healthy Outcomes <i>Dr Theresa Lee Mei Ying</i> <i>Senior Consultant, Women’s Mental Wellness Service, KKH</i> 4. Addressing the needs in Special Groups <i>A/Prof Helen Chen</i> <i>Head & Senior Consultant, Department of Psychological Medicine, KKH</i> 5. Panel Discussion Q&A
12.10pm	Lunch Break & Poster Presentation
1.00pm	<p>SYMPOSIUM II Maternal And Child Health Wellness <i>Chairs:</i> <i>A/Prof Chua Mei Chien, Head & Senior Consultant, Department of Neonatology, KKH</i> <i>A/Prof Sng Ban Leong, Head & Senior Consultant, Department of Women’s Anaesthesia, KKH</i></p> <ol style="list-style-type: none"> 1. CRADLE (Community-enabled Readiness-for-1000-Days Learning Ecosystem) <i>A/Prof Ng Kee Chong</i> <i>Chairman Medical Board, KKH</i> 2. Healthy Early Life Moments in Singapore (HELMS) - Life Course Approach for a Healthier & More Resilient Population <i>Dr Loy See Ling</i> <i>Junior Principal Investigator, Department of Reproductive Medicine, KKH</i> 3. Wearable Technology for the Maternal Population <i>Prof Tan Kok Hian</i> <i>Head & Senior Consultant, Perinatal Audit & Epidemiology, KKH</i>

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2.30pm	<p>SYMPOSIUM III IPRAMHO EDUCATION SESSION: TRAINING PROGRAM FOR DOCTORS AND RESIDENTS ON PERINATAL MENTAL HEALTH FOR EXCELLENCE IN PERINATAL CARE</p> <p><i>Chairs:</i> <i>A/Prof Tan Lay Kok, Vice Chair (Education), OBGYN Academic Clinical Programme</i> <i>Dr Chua Tze Ern, Head & Senior Consultant, Women’s Mental Wellness Service, KKH</i></p> <p><i>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</i></p> <ol style="list-style-type: none">1. Introduction to Mental Health in Perinatal Care <i>Dr Sandy Umboh</i> <i>Consultant, Women’s Mental Wellness Service, Department of Psychological Medicine, KKH</i>2. Understanding Perinatal Depression and Anxiety <i>Dr Hong Lin Feng</i> <i>Associate Consultant, Department of Psychological Medicine, KKH</i>3. Case studies: Approach to Managing Perinatal Depression and Anxiety <i>Dr Elizabeth Siak</i> <i>Consultant, Department of Psychological Medicine, KKH</i>4. Supportive Counselling in Perinatal Mental Health: What Women Prefer <i>Ms Chng Ying Chia</i> <i>Principal Clinical Counsellor, Department of Psychological Medicine, KKH</i>5. Approach to Addressing Maternal Mental Health Needs in Primary Health Setting <i>Dr Ng Lai Peng</i> <i>Family Physician & Senior Consultant, SingHealth Polyclinics - Tampines</i>6. Approach to Addressing Needs of the Dyad: What Matters for Infants <i>Ms Yasmin Hassan</i> <i>Senior Clinical Counsellor, Department of Psychological Medicine, KKH</i>7. Early Child Development: Getting It Right for the Little Ones <i>Dr Y Padmini</i> <i>Senior Consultant, Department of Child Development, KKH</i>8. Panel Discussion Q&A <i>Dr Chua Tze Ern</i> <i>Head & Senior Consultant, Women’s Mental Wellness Service, KKH</i>
5.00pm	End of Programme

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DAY 2 – 18 FEBRUARY 2023, SATURDAY

9.00am	<p>SYMPOSIUM IV (VIRTUAL)</p> <p>1. Update on IPRAMHO Collaborative Group - IPRAMHO Study Group Reports for Asia Pacific <i>Chairs:</i> <i>Prof Tan Kok Hian, Lead, IPRAMHO Asia Pacific Maternal & Child Network</i> <i>Prof Victor Samuel Rajadurai, President, Federation of Asia and Oceania Perinatal Societies</i></p> <p>a. Report on IPRAMHO Asia Pacific Vitamin D Collaborative Study <i>Dr Ryan Lee</i> <i>Consultant, Department of Maternal Fetal Medicine, KKH, Singapore</i></p> <p>b. Report on IPRAMHO Asia Pacific Children 24h Activities Collaborative Study <i>Dr Elaine Quah</i> <i>Senior Research Fellow, Division of Obstetrics and Gynaecology, KKH, Singapore</i></p>
9.30am	<p>2. Perinatal Mental Health Management <i>CChairs;</i> <i>A/Prof Helen Chen, Head & Senior Consultant, Department of Psychological Medicine, KKH, Singapore</i> <i>A/Prof Tan Lay Kok, President, College of Obstetricians & Gynaecologists Singapore</i></p> <p>Perinatal Mental Health: Knowledge, Attitudes, Perceptions and Practices Among Perinatal Women and Healthcare Professionals in Singapore <i>Dr Elaine Quah</i> <i>Senior Research Fellow, Division of Obstetrics and Gynaecology, KKH, Singapore</i></p> <p><i>Dr Poo Zi Xi</i> <i>Associate Consultant, Department of Maternal Fetal Medicine, KKH, Singapore</i></p> <p>Early identification and management of perinatal mental health issues: why it is important to establish best practice and the barriers to doing so <i>Prof Anne Buist</i> <i>Chair, Women’s Mental Health, University of Melbourne, Australia</i></p>
10.00am	<p>3. ASIA PACIFIC CONSENSUS WORKSHOP ON PERINATAL MENTAL HEALTH <i>Chairs:</i> <i>Prof Tan Kok Hian, Lead, IPRAMHO & Head, Perinatal Audit & Epidemiology Unit, KKH, Singapore</i> <i>A/Prof Helen Chen, Head & Senior Consultant, Department of Psychological Medicine, KKH, Singapore</i></p> <p>All Asia Pacific Perinatal Mental Health Collaborative Study Group including Singapore members, Prof Anne Buist, Australia</p> <p>Dr Madura Jayawardane, Sri Lanka</p> <p>Prof Prabha S. Chandra, India</p> <p>Asst Prof Supachoke Singhakant, Thailand</p> <p>Dr Endang Retno Surjaningrum, Indonesia</p> <p>Prof Shenghui Li, China</p> <p>Dr Muniswaran s/o Ganesham, Malaysia</p> <p>Asst Prof Kim Seo-Yeon, South Korea</p>

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	<p>Dr Amelia Hui, Hong Kong Prof Tiran Dias, Sri Lanka A/Prof D Boriboonhirunsarn, Thailand Dr Michiko Yamanaka, Japan Dr Ernerst Nora, Philippines</p>
11.00am	<p>4. Asia Pacific Countries on Studies of Perinatal Mental Health and its Management in Asia Pacific Countries <i>Chairs:</i> <i>Prof Tan Kok Hian, Lead, IPRAMHO & Head, Perinatal Audit & Epidemiology Unit, KKH, Singapore</i> <i>A/Prof Helen Chen, Head & Senior Consultant, Department of Psychological Medicine, KKH, Singapore</i></p> <p>Presentations by Group Members & Asia Pacific Partners</p> <p>Postnatal depression scale during COVID-19 pandemic in Hong Kong <i>Dr Amelia Hui</i> <i>Consultant, Department of Obstetrics & Gynaecology, Queen Mary Hospital, Hong Kong</i></p> <p>The Associations of Sleep with Maternal and Child Health: A Sleep Series Study in China <i>Dr Shenghui Li</i> <i>Professor, School of Public Health, Shanghai Jiaotong University, China</i></p> <p>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 <i>Dr Madura Jayawardane</i> <i>Consultant & Senior Lecturer, Department of Obstetrics and Gynaecology, University of Sri Jayewardenepura, Sri Lanka</i></p> <p>Survey on Perinatal Mental Care for Mothers in Korea and Proposal of the Feasible and Effective Perinatal Mental Care <i>Asst Prof Kim Seo-Yeon</i> <i>Assistant Professor, Department of Obstetrics and Gynaecology, Kangbuk Samsung Hospital, Sungkyunkwan University School of Medicine, Korea</i></p> <p>Mental Health Issues in Pregnancy in Thailand <i>Asst Prof Supachoke Singhakant</i> <i>Vice Chair for Education, Department of Psychiatry, Siriraj Hospital, Thailand</i></p> <p>An Obstetrician-Led Perinatal Mental Health Services: The Malaysian Experience <i>Dr Muniswaran s/o Ganesham @ Ganeshan</i> <i>Maternal Fetal Medicine Specialist & Consultant Obstetrician & Gynaecologist, Women & Children's Hospital Kuala Lumpur (Hospital Tunku Azizah)</i></p>

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	<p>Road to Establishing Maternal Mental Health Care in Primary Health Care (PHC) in Surabaya: The Role of Community Health Workers (Kader Posyandu) <i>Dr Endang Retno Surjaningrum</i> <i>Vice Dean for Research, Publication and Collaboration Affairs, Faculty of Psychology, Universitas Airlangga, Indonesia</i></p> <p>Perinatal Mental Health in Japan <i>Dr Michiko Yamanaka</i> <i>Chief, Department of Integrated Women’s Health & Director of Center for Medical Genetics, St Luke’s International Hospital, Tokyo, Japan</i></p> <p>New Initiatives and Best Practices for Perinatal Mental Health in India <i>Prof Prabha S. Chandra, MD, FRCPsych, FRCPE, FAMS</i> <i>Senior Professor of Psychiatry and Dean of Faculty, National Institute of Mental Health and Neurosciences, Bangalore, INDIA</i> <i>President, International Association of Women’s Mental Health.</i> <i>Past EC member of the International Marce Society for Perinatal Mental Health</i> <i>Past Chairperson of Perinatal Psychiatry TaskForce for Perinatal Psychiatry of the Indian Psychiatric Society</i></p>
2.00pm	<p>5. Update on further collaborative studies in Asia Pacific for IPRAMHO Group – IPRAMHO Asia Pacific Perinatal Mental Health Survey 2023. <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, Singapore</i></p> <p><i>Dr Elaine Quah</i> <i>Senior Research Fellow, Division of Obstetrics and Gynaecology, KK Women’s and Children’s Hospital, Singapore</i></p>
3.00pm	End of Programme