

**CAPWHN 8th National Conference
Full Program – updated July 31, 2018**

| PRE-CONFERENCE WORKSHOPS – Wednesday October 10 | |
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| 0900-1200 | <p>Pre-Conference Workshop 1 – Canadian Fetal Health Surveillance Refresher Course Presenters: Leah Thorp MN, RN, PNC(C), Coordinator, Perinatal Outreach Education Program, Regina General Hospital, Regina SK; and Melanie Basso RN, BSN, MSN PNC(C), Senior Practice Leader, Perinatal, BC Women’s Hospital and Health Centre, Vancouver, BC</p> <p>The Fetal Health Surveillance Refresher Course consists of an online and in-person component. Learners are required to 1) review the online Fundamentals of Fetal Health Surveillance, Self-learning Manual (UBC CPD e-learning site), 2) successfully complete the online examination before the in-person workshop (UBC CPD e-learning site) and 3) attend the in- person workshop.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Describe various methods of intrapartum fetal assessment with emphasis on electronic fetal monitoring. • Discuss maternal-fetal physiology and pathophysiology in order to better understand clinical management of FHR findings. • Propose clinical interventions for commonly encountered problematic clinical scenarios. • Manage risks through improved interdisciplinary communication, collaboration and management. |
| 1300-1600 | <p>Pre-Conference Workshop 2 – Research <i>Appraising and Applying Evidence for Best Practices – A Roadmap for Excellence</i> Presenters: Janet Rush RN, PhD, Hamilton ON; Erna Snelgrove-Clarke RN, PhD, Dalhousie University, Halifax, NS; and Danielle Macdonald RN, PhD(c), University of Ottawa, Ottawa ON</p> <p>Join colleagues from across the nation in a highly participative, interactive workshop. Practice guidelines will form the basis for exploring whether care is based on the best evidence. A coast-to-coast ‘roadmap’ will be used to illuminate the steps in exploring, supporting and/or advocating for change that will define effective, relevant and excellent nursing practice. This workshop aims to stimulate collaborative learning about evidence-informed practice for nurses at every level.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Describe and discuss current practices of concern to nurses and where evidence-informed practices are evident in the work setting. • Consider the steps needed in appraising the evidence. • Explore the barriers and facilitators for the advocacy and implementation of changing practices to reflect person-centred excellence. |
| 1300-1600 | <p>Pre-Conference Workshop 3 – Perinatal Loss <i>Getting it Right: A Family-Informed Approach to Perinatal Bereavement Care</i> Presenter: Megan Fockler RN, MPH, Advanced Practice Nurse, Women and Babies Program; and Education Coordinator, Pregnancy and Infant Loss Network, Sunnybrook Health Sciences Centre, Toronto ON</p> <p>In 2017, Pregnancy and Infant Loss (PAIL) Network conducted a research survey on the experiences of families impacted by the loss of a baby during pregnancy or the loss of an infant within the first year of life. This interactive workshop will provide the opportunity for participants to review and discuss the findings of this research and to use this understanding to develop innovative and informed pathways for more skilled and compassionate care for this population. The workshop will include four main components:</p> <p>1) A review of the research findings.</p> |

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| | <p>2) A parent panel from the PAIL Network, describing their experiences and recommendations.</p> <p>3) Facilitated small group break-out sessions to discuss challenges in care delivery and to identify specific, focused strategies for developing a family-informed approach to perinatal bereavement.</p> <p>4) A summary of key ‘tips and tools’ to assist participants in building capacity within their work environments.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Understand the experiences of bereaved families’ encounters with healthcare providers following a perinatal loss. • Identify the personal, relational, and institutional challenges in providing family-centred perinatal bereavement care. • Develop specific strategies for providing compassionate, family-informed perinatal bereavement care that can be applied in participants’ settings. |
| CONFERENCE DAY 1 – Thursday October 11 | |
| 0700-0830 | Registration / Breakfast / Exhibits |
| 0830-0855 | Opening Ceremonies |
| 0855-0945 | <p>Opening Keynote – Advocacy <i>Public Policy and Canadian Nursing: A Call to Political Action</i> Presenter: Michael Villeneuve RN, MSc, Chief Executive Officer, Canadian Nurses Association, Ottawa ON</p> <p>Public polls tell us that Canadians have higher expectations of health care than any other public service. And the vast majority expect health care professionals, especially doctors, nurses, health researchers and scientists, to exert a strong role in improving health care systems. The public has high trust in nurses but also very high expectations: they want attentive, communicative, engaged and individualized care—as well as informed political action—from their nurses. Steven Lewis has argued that nursing’s combination of numbers, reputation and reach should translate into power and influence over how health care is financed, organized and delivered. Yet politically, he says, the profession punches below its weight ... and the country is the worse for it. In his multi-media presentation today, Michael Villeneuve will use evidence, humour and experience to push all of us in nursing to act as an effective political force in the effort to achieve better health, better care and better value for Canadians.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Identify four leading population health trends that will impact Canadians, nurses and health systems between 2018 and 2050. • Describe the four main phases and related elements of a theoretical policy development framework called the nursing policy cycle. • Discuss the potential impacts of four examples of dynamics, actors, and forces that influence health policy development and implementation. |
| 0945-1045 | Concurrent Sessions A |
| | <p>A01 – WOMEN’S HEALTH</p> <p>A01-1 Comprehensive Medical Abortion Care <i>Authors:</i> Lindsey Davis RN, BScN, MScN; Amanda Black MD, FRCSC Presenter: Lindsey Davis, The Ottawa Hospital, Ottawa ON Purpose: Access to medical abortion has been fraught with perceived limitations since the introduction of Mifegymiso, made available by Health Canada in 2017. The registered nurse and</p> |

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| | <p>interdisciplinary team enhance access to medical abortion for patients in an ambulatory setting of a large urban tertiary care centre.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Describe one challenge to medical abortion access. • Give an example of how registered nurses can enhance access to medical abortion care. • Summarise a model of care delivery for medical abortion. <p>A01-2 What to Be Aware of When Your Pregnant Patient is a Sexual Assault Survivor Author: Mary Lohre RN, BN, SANE-A Presenter: Mary Lohre, Winnipeg Regional Health Authority, Winnipeg MB Purpose: Sexual assault survivors are more numerous than the estimated number since the majority of the assaults remain unreported. The presentation will highlight the importance of providing trauma-informed care to pregnant women that aims to eliminate the feelings of loss of control and re-traumatization.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Describe response to sexual trauma and rape trauma syndrome (RTS). • Describe principles of trauma-informed care. • Understand how to tailor obstetrical care to meet the unique needs of sexual trauma survivors. |
| | <p>A02 – BREASTFEEDING</p> <p>A02-1 Infant Feeding Key Messages: A Bite-Sized Prenatal Tool for Providers Authors: Sonya Boersma MScN, RN, IBCLC; Joan Bueckert RN, IBCLC Presenters: Sonya Boersma and Joan Bueckert, BFI Strategy for Ontario, Ottawa ON Purpose: A new prenatal infant feeding toolkit provides bite-size infant feeding topics for the busy clinician to discuss at routine prenatal visits. There is an accompanying poster for the office wall that empowers new mothers to ask for information. Learn about the handy tool, its development, accompanying poster, and evaluation.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • State the underlying evidence, development, and evaluation process of this tool. • Demonstrate sample sections while explaining the importance of having access to current, consistent, evidence-informed, and BFI-aligned information when counselling clients with breastfeeding. • Discuss methods to routinely incorporate use of the toolkit in your organization. <p>A02-2 Increasing the Availability of Breastfeeding Education Resources for Inpatient Postpartum Women and Families Who Do Not Speak English Authors: Caroline Assouad HBSc, BScN, RN, PNC(C); Sue Hermann MN, RN, IBCLC, PNC(C), CTPD; Monica Nicholson RN, MN; Jo Watson RN(EC), PhD, IBCLC, PNC(C) Presenter: Caroline Assouad, Sunnybrook Health Sciences Centre, Toronto ON Purpose: To discuss the planning, creation, and introduction of breastfeeding education resources targeting postpartum patients and families in the hospital with low English proficiency.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Describe the barriers facing non-English speaking postpartum patients. • Understand the process of planning and creating multilingual inpatient breastfeeding education resources. • Understand the process measures and medium-term measurable outcomes after implementation of new in-house translated postpartum resources. |
| | <p>A03 – NEWBORN CARE</p> |

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| | <p>A03-1 A Systematic Review of YouTube Videos Showing Neonatal Blood Work Authors: Denise Harrison RN, PhD; Shokoufeh Modanloo PhD Candidate; Ashley Desrosiers RN; Louise Poliquin RN; Mariana Bueno PhD; Jessica Reszel RN, MScN; Margaret Sampson PhD Presenter: Denise Harrison, University of Ottawa and Children's Hospital of Eastern Ontario (CHEO), Ottawa ON Purpose: To conduct a systematic review of YouTube videos of newborn infants undergoing blood sampling to i) evaluate infants' pain during the procedure, ii) ascertain use of recommended pain management evidence. Learning Objectives:</p> <ul style="list-style-type: none"> • Understand the widespread lack of use of evidence-based recommended pain management strategies (breastfeeding, skin-to-skin care, and sweet solutions) for newborn infants during newborn screening and other needle-related painful procedures. • Recognize the widespread use of social media and video sharing platforms such as YouTube by parents for posting videos of their infants undergoing painful procedures. • Recognize the importance of knowledge translation tools such as videos in disseminating information about pain management strategies in infants. <p>A03-2 Newborn Pain: Effectiveness of Parent-Targeted Education Authors: Denise Harrison RN, PhD; Sandra Dunn RN, PhD; Marsha Campbell-Yeo RN, NNP, PhD; Lucy Gilmore RN, MScN; Ian Graham PhD; Jeremy Grimshaw PhD; JoAnn Harrold MD, FRCPC Presenter: Denise Harrison, Children's Hospital of Eastern Ontario, Ottawa ON Purpose: Despite evidence demonstrating that breastfeeding (BF), skin-to-skin care (SSC), and sweet solutions (sucrose) reduce biobehavioural pain response in newborns, these interventions remain underutilized. We aim to evaluate the effect of a parent-targeted video to improve uptake of these interventions during routine newborn screening (NBS). Learning Objectives:</p> <ul style="list-style-type: none"> • Understand the background supporting the need for this cluster RCT with the intervention delivered at the organizational level. • Gain an understanding of reasons to conduct a cluster RCT and its methodology as it relates to newborn care. • Describe strategies that promote parent engagement, improve their knowledge and support parent advocacy in caring for their newborn. |
| | <p>A04 – STAFF EDUCATION</p> <p>A04-1 Promoting Excellence in Perinatal Orientation Education through Combining Resources and Expertise Authors: Christina Cantin RN, MScN, PNC(C); Laura Payant RN, MScN; Gerry Ashton RN, MScN Presenters: Gerry Ashton, The Ottawa Hospital, Christina Cantin, Champlain Maternal Newborn Regional Program, and Laura Payant, Queensway-Carleton Hospital, Ottawa ON Purpose: To describe an innovative, collaborative, regional perinatal orientation program intended to maximize resources and ensure the delivery of standardized, evidence-based education to new hires across multiple organizations. Learning Objectives:</p> <ul style="list-style-type: none"> • Explain the history of the Perinatal Professional Development Program. • Describe the coordination and delivery considerations of the program. • Discuss the strengths and challenges of this type of orientation program. <p>A04-2 Implementation and Evaluation of a Labour and Birth Orientation Program Author: Katelyn Smallwood RN MN Presenter: Katelyn Smallwood, University of Prince Edward Island, Charlottetown PE</p> |

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| | <p>Purpose: To share the implementation and evaluation outcomes of a program aimed at re-development of labour and birth orientation at the Queen Elizabeth Hospital in Charlottetown, PE.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Identify the phases of the re-developed labour and birth orientation program. • Describe the implementation processes of this program at the Queen Elizabeth Hospital. • Identify at least two evaluation outcomes of the orientation program. |
| | <p>A05 – FRANCOPHONE</p> <p>A05-1 Perception d'incohérence dans les conseils reçus en allaitement de femmes adultes allaitantes Auteurs : <i>Roseline Galipeau inf., IBCLC, Ph. D.; Linda Lemire inf., Ph. D.</i> Conférencière : Roseline Galipeau, Université du Québec en Outaouais, Saint-Jérôme QC But : Décrire la perception d'incohérence de femmes adultes allaitantes dans les conseils reçus en postnatal immédiat. Objectifs d'apprentissage :</p> <ul style="list-style-type: none"> • Connaître la prévalence de la perception d'incohérence dans les conseils reçus en allaitement de femmes adultes allaitantes. • Connaître la perception d'incohérence dans les conseils reçus en allaitement de femmes adultes allaitantes. • Connaître des pistes de solution afin d'améliorer le soutien en allaitement. <p>A05-2 Complexifier la notion de « disenfranchized grief » (deuil illégitime) en contexte de décès périnatal Auteurs : <i>Sabrina Zeghiche Ph. D. (c); Francine De Montigny Ph. D.; José Lopez Ph. D.</i> Conférencière : Sabrina Zeghiche, Université d'Ottawa, Ottawa ON But : En s'appuyant sur des documents institutionnels qui traitent du décès périnatal et sur le récit de femmes ayant vécu un décès périnatal, cette recherche vise à complexifier la notion de <i>disenfranchized grief</i> afin de mieux cerner les différents niveaux de médiation de la régulation sociale du deuil périnatal et les différents espaces d'affranchissement des femmes endeuillées par rapport à cette régulation, via (entre autres) la notion de <i>social labour</i>, concept charnière qui signale à la fois les effets d'un deuil non reconnu et les pratiques mises en place pour le faire reconnaître. Objectifs d'apprentissage :</p> <ul style="list-style-type: none"> • Décrire les différents niveaux de non reconnaissance sociale du deuil périnatal. • Cerner les différents espaces de médiation de la régulation sociale du deuil périnatal. • Mieux comprendre les contours de cette (non)reconnaissance pour redonner de l'agentivité aux mères endeuillées. |
| | <p>A06 – ANTENATAL CARE</p> <p>A06-1 Vaccinating Pregnant Women: Are Maternity Care Providers Hesitant? Authors: <i>Jocelynn Cook PhD, MBA; Ève Dubé PhD; Vicki Bassett RN, PNC(C), BNSc, MEd</i> Presenter: Vicki Bassett, The Ottawa Hospital, Academic Family Health Team, Ottawa ON Purpose: To share the results of a national research study on determining knowledge, beliefs, attitudes, and current practices of women's healthcare providers towards vaccination in pregnancy. Learning Objectives:</p> <ul style="list-style-type: none"> • Identify national recommendations for vaccination in pregnancy. • Discuss the results of a national survey of women's healthcare providers on vaccination in pregnancy. |

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| | <ul style="list-style-type: none"> • Explore strategies for strengthening vaccination practices across Canada. <p>A06-2 Leading Change in Obstetrical Patient Blood Management: Riding the Ferrous Wheel Authors: Christine Finnbogason BSc(M), BN, MN, RN, PNC(C); Shana Chiborak RN, CNCC(C) Presenters: Christine Finnbogason and Shana Chiborak, Women's Hospital, Health Sciences Centre, Winnipeg MB</p> <p>Purpose: To describe the collaboration between the Winnipeg Regional Health Authority Women's Health Program and Blood Management Service in their approach to intravenous iron sucrose administration to obstetrical patients with iron-deficient anemia. The presenters will also share best practice in treating iron-deficient anemia in pregnancy as well as how this community program improves patient care.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Identify current best practice in the administration of parenteral iron to obstetrical patients who have iron deficient anemia. • Examine the rate of transfusions in obstetrical patients treated with intravenous iron sucrose. • Illustrate the benefits of a community approach to intravenous iron administration and describe how this approach improves patient care in Winnipeg. |
| 1045-1115 | Refreshment Break / Exhibits |
| 1115-1215 | Concurrent Sessions B |
| | <p>B01 – PRENATAL CARE</p> <p>B01-1 Incorporating Women's-Only Sessions into Traditional Face-to-Face Prenatal Education. An Innovative Approach to Inclusive Prenatal Classes and Enriched Birth Preparation Author: Cynthia Mann RN, MN, MHA, IBCLC, PNC(C) Presenter: Cynthia Mann, IWK Health Centre, Halifax NS</p> <p>Purpose: To review what is currently known about what types of prenatal education best meet the needs of women and their families. An example of a face-to-face prenatal class series will be described in order to illustrate an innovative approach to prenatal education that may meet the needs of women who find it more challenging to participate in prenatal education.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Have a deeper understanding of the self-reported needs of prenatal class participants. • Gain unique teaching strategies to use during face-to-face prenatal classes. • Describe how women's-only sessions during prenatal classes enhance women's comfort to participate fully in prenatal classes and gain confidence in their ability to give birth. <p>B01-2 Reflective Practice Using Cases of Note Authors: Mary Lohre RN, BN, SANE-A; Karen Daenninck RN, BN Presenters: Mary Lohre and Karen Daenninck, Winnipeg Regional Health Authority (WRHA), Winnipeg MB</p> <p>Purpose: To highlight the process that the Antenatal Home Care Program (AHCP) nurses use to ensure that their practice and practice guidelines are regularly reviewed and updated to reflect the most recent scientific knowledge.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Define reflective practice and discuss reflective practice theories. • Describe “Cases of Note” and discuss AHCP procedure and format for writing up “Cases of Note”. • Present good catch, near miss and untoward outcome “Cases of Note” and discuss how these cases influenced AHCP practice guidelines. |
| | B02 – PERINATAL LOSS |

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| | <p>B02-1 Perinatal Hospice Palliative Care: Honouring Precious Lives Authors: Lynn Grandmaison Dumond RN(EC), MScN, CHPCN(C); Megan Doherty MD Presenter: Lynn Grandmaison Dumond, Children’s Hospital of Eastern Ontario and Roger Neilson House, Ottawa ON Purpose: To explore this relatively new area of pediatric palliative care and describe the experience of the CHEO Palliative Care and Roger Neilson House teams who recently completed a research project outlining a chart review of families/babies having received perinatal hospice care between 2007 and 2017. Learning Objectives:</p> <ul style="list-style-type: none"> • Describe the Perinatal Hospice approach and population. • Learn about caring for the perinatal population through participation in small group discussion and work through case studies. • Describe roles and responsibilities of nurses in the inter-professional team caring for the perinatal population. <p>B02-2 Assisting Health Professionals in Supporting Fathers after Stillbirth Authors: Francine de Montigny PhD; Christine Gervais PhD; Chantal Verdon PhD Presenter: Francine de Montigny, Université du Québec en Outaouais, Gatineau QC Purpose: To describe a one-day workshop, its implementation and the effects on health professionals’ sense of efficacy towards fathers. Learning Objectives:</p> <ul style="list-style-type: none"> • Describe the workshop's themes and strategies. • Describe the effects of a reflective practice on health professionals’ sense of efficacy. • Share tools that can help support bereaved fathers. |
| | <p>B03 – INNOVATIVE SOLUTIONS</p> <p>B03-1 Delivering the Nurse-Family Partnership Program in Rural Communities Authors: Karen Campbell RN, MN; Karen MacKinnon RN, PhD; Maureen Dobbins RN, PhD; Natasha Van Borek BA, MScPPH; Susan Jack RN, PhD Presenter: Karen Campbell, McMaster University, Hamilton ON Purpose: To explore the delivery of a public health nursing, health equity intervention for socially and economically disadvantaged mothers in rural Canada. Learning Objectives:</p> <ul style="list-style-type: none"> • Understand the findings of a qualitative study exploring the rural delivery of a community-based, health equity intervention for socially and economically disadvantaged mothers. • Recognize how public health nurses experience rural geography and its influence on program delivery. • Explore a rural model for delivery of this public health nursing program for pregnant and parenting mothers. <p>B03-2 Maternal Request for Cesarean Delivery - 'Once a Section Always a Section' Author: Cynthia Mannion RN, PhD Presenter: Cynthia Mannion, University of Calgary, Calgary AB Purpose: The purpose of this review is to examine if women's first choice to deliver by cesarean section will determine the delivery choices for subsequent pregnancies. Learning Objectives:</p> <ul style="list-style-type: none"> • Understand the trend in Canada towards cesarean birth as a normalized option for first-time mothers. • Discuss the barriers and facilitators of birth choices for subsequent pregnancies. |

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| | <ul style="list-style-type: none"> Construct an evidence-based opinion about cesarean birth for first-time mothers and sequelae. |
| | <p>B04 – PERSON-CENTRED CARE</p> <p>B04-1 Coming Together: Discovering the Narrative of Registered Nurses who Care for Women Experiencing an Early Miscarriage <i>Authors: Patrice Drake BSc, RN, MN, PhD(c); Diane Kunyk RN, PhD; Brenda Cameron RN, PhD</i> Presenter: Patrice Drake, University of Prince Edward Island, Charlottetown PE Purpose: Emergency room nurses engage in a variety of patient encounters in a fast-paced and challenging environment. Early miscarriage (<14 weeks gestation) in the emergency room is one such encounter that often presents challenges for nurses. Emergency room nurses, as well as women, report difficulties in their interactions around early miscarriage. The emergency room is frequently the first point of care for women experiencing an early miscarriage, and in the absence of resources, education, and guidelines to support nurses, providing quality care may be challenging. The purpose of this research project is to hear and understand the stories of emergency room nurses who have cared for women suffering an early miscarriage. The hope is that this research will result in the creation of a community of practice to support nurses to care for women.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> Be aware of current and relevant literature describing the experience of nurses caring for women experiencing early miscarriage. Identify the challenges emergency room nurse face in caring for women experiencing early miscarriage. Understand the dilemma experienced by emergency room nurses in caring for early miscarriage and the need for a community of practice to guide care. <p>B04-2 Combating Heteronormativity in Perinatal Care <i>Author: Erin Fiander RN, BScN, MN</i> Presenter: Erin Fiander, IWK Health Centre, Halifax NS Purpose: To identify the predominately heteronormative environments that prevail within perinatal care areas and identify the impacts this has on care provision for families navigating through birth experiences.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> Define heteronormativity in perinatal care environments and the impact this can have on care provision for gender minority and sexual minority individuals. Identify practical ways in which they can contribute to a more inclusive environment for gender minority and sexual minority individuals. Propose changes within participants’ own work environments to combat heteronormativity and shift nursing practices to create a more inclusive environment. |
| | <p>B05 – QUALITY STANDARDS</p> <p>B05-1 Maternal-Newborn Levels of Care: Improving the System through Standardization <i>Authors: Olha Lutsiv MScPH; Laura Zahreddine RN, BScN, MN</i> Presenter: Laura Zahreddine, Provincial Council for Maternal and Child Health, Toronto ON Purpose: To provide an overview of the Ontario Maternal-Newborn Levels of Care, and to increase understanding about how standardized provision of care can improve system functioning and maternal-newborn health outcomes.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> Describe the objectives and intended impact of standardizing the maternal-newborn levels of care (LOCs). |

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| | <ul style="list-style-type: none"> • Define the criteria associated with each maternal and newborn LOC, including the population characteristics, diagnostic/treatment services, and human resources. • Provide an overview of the system-level and patient-level outcomes associated with the implementation of maternal-newborn LOCs. <p>B05-2 Vaginal Birth After Caesarean (VBAC) Quality Standard: Improving Access and Quality of Care Authors: <i>Olha Lutsiv MScPH; Suzannah Bennett MHSc; Arielle Baltman-Cord MA; Modupe Tunde-Byass MD; Manavi Handa RM, MA</i> Presenters: Suzannah Bennett, and Arielle Baltman-Cord, Provincial Council for Maternal and Child Health, Toronto ON Purpose: To provide conference attendees with an overview of the Health Quality Ontario (HQO) Quality Standards program, with a specific focus on the VBAC Quality Standard that was developed in partnership with the Ontario Provincial Council for Maternal and Child Health (PCMCH). Learning Objectives:</p> <ul style="list-style-type: none"> • Describe the purpose of Quality Standards and the approach used to develop them. • Provide an overview of the VBAC Quality Standard, including its recommendations. • Discuss how care providers and organizations can use the VBAC Quality Standard to improve access and quality of care. |
| | <p>B06 – BREASTFEEDING</p> <p>B06-1 Design, Implementation and Evaluation of a Lactation Support Intervention for Vulnerable Mothers Authors: <i>Jane Francis MSc, RD; Alison Mildon MSc, RD; Stacia Stewart; Daniel Sellen PhD; Deborah O'Connor PhD, RD</i> Presenters: Jane Francis, University of Toronto and Stacia Stewart, Parkdale Queen West Community Health Centre, Toronto ON Purpose: To describe the implementation process and evaluation findings for <i>Feeding Tiny Souls</i>, a postnatal lactation support intervention for vulnerable mothers attending a Canada Prenatal Nutrition Program in Toronto. Learning Objectives:</p> <ul style="list-style-type: none"> • Explain the need for postnatal lactation support and elements of effective support. • Identify major breastfeeding challenges requiring skilled lactation support. • Describe the components of a successful lactation support intervention for vulnerable mothers. <p>B06-2 Overcoming the Stigma of Breastfeeding in Public: Can a Breastfeeding Video Increase Acceptability of Young Mothers Breastfeeding in Public? Authors: <i>Christina Cantin RN, MScN, PNC(C); Nathalie Fleming MD, FRCSC; Cathryn Fortier RN, BScN</i> Presenters: Cathryn Fortier, Bethany Hope Centre, and Christina Cantin, Ottawa Hospital Research Institute, Ottawa ON Purpose: Clients attending a breastfeeding program for pregnant and parenting youth identified stigma associated with breastfeeding as a significant concern. We conducted a research study to create, disseminate and evaluate a video promoting young mothers breastfeeding in public. Learning Objectives:</p> <ul style="list-style-type: none"> • Describe the process of developing a youth-informed video. • Describe the key themes identified in the focus groups as well as the results of the video evaluation. |

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| | <ul style="list-style-type: none"> Examine the need for continued advocacy work to reduce stigmatization of breastfeeding in public. |
| 1215-1330 | Lunch / Exhibits |
| 1330-1415 | <p>Keynote – Perinatal Mental Health <i>Mental Health Across the Perinatal Period: Ideas for Prevention and Treatment</i> Presenter: Cindy-Lee Dennis PhD, Professor and Canada Research Chair in Perinatal Community Health, University of Toronto and Women’s Health Research Chair, Li Ka Shing Knowledge Institute, St. Michael’s Hospital, Toronto ON</p> <p>The mental health of women and their partners across the perinatal period is a major public health priority due to its significant cost to society. This presentation will review the prevalence for mental health conditions both antenatally and postnatally and effective strategies for identification. Diverse preventive interventions will be outlined based on the latest evidence and innovative treatment tools presented with a goal to improve ‘reach’. A new approach to the management of perinatal mental health will be introduced.</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> Describe effective strategies for the identification of mental health conditions both antenatally and postnatally. Articulate interventions for the prevention of postpartum depression. Discuss treatment tools and approaches to improve access to effect care. |
| 1415-1445 | Refreshment Break / Exhibits |
| 1445-1615 | Concurrent Sessions C |
| | <p>C01 – HIGH RISK PREGNANCY – CLINICAL CASES</p> <p>C01-1 Sickle Cell Disease in Pregnancy: A Case-Based Approach to Maternal and Fetal Challenges Author: Nancy Watts RN, MN, PNC(C) Presenter: Nancy Watts, Mount Sinai Hospital, Toronto ON Purpose: To provide a specific case study to illustrate the challenges to prenatal, intrapartum, postpartum and neonatal care for a pregnancy complicated with sickle cell disease. Specific challenges such as pain management, immunizations, supports and mood disorders that can complicate these pregnancies will also be discussed. Nurses are critical to continuity of care both in the ambulatory and acute care setting as members of the interdisciplinary team. Learning Objectives:</p> <ul style="list-style-type: none"> Demonstrate understanding of the needs of a pregnant patient with sickle cell disease during the childbirth continuum. Understand the critical elements to care planning for a patient with sickle cell disease (antenatal, intrapartum and postpartum). Describe the physiology of sickle cell disease and how pregnancy affects the disease process. <p>C01-2 Caring for a Pregnant Patient with Limb Girdle Muscular Dystrophy (LGMD) Authors: Leigh Andrews RN, MN, PNC(C), CTDP; Mikyung (Elizabeth) Jung RN, MScN, CDE Presenters: Leigh Andrews and Mikyung (Elizabeth) Jung, Sunnybrook Health Sciences Centre, Toronto ON Purpose: To highlight the care of a medically complex pregnant patient with an extremely rare diagnosis, and how our team collaborated and adapted our standard practice to meet the needs of this unique family. Learning Objectives:</p> <ul style="list-style-type: none"> Apply the structure of an interprofessional, family-centred care team to one’s own practice. |

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| | <ul style="list-style-type: none"> • Recognize the importance of collaboration of disciplines in the care of a medically complex pregnant patient. • Transform one’s current practice to include creative ways to exceed patients’ expectations and needs. <p>C01-3 A Patient's Diabetes Care in Pregnancy: Leading the Change in Diabetes Management Author: <i>Fiona Thompson-Hutchison MN, RN, PNC(C), CDE</i> Presenter: Fiona Thompson-Hutchison, Sunnybrook Health Sciences Centre, Toronto ON Purpose: To present some of the challenges that women and nurses face with managing diabetes in pregnancy. We will discuss some strategies that may be helpful, giving women an opportunity to actively manage their diabetes in hospital. A comparative case will outline the differences between a patient’s primary and secondary pregnancy to understand what may be helpful at improving patient satisfaction, improving diabetes outcomes and simplifying diabetes care. Learning Objectives:</p> <ul style="list-style-type: none"> • Identify the challenges that women and nurses face with diabetes management in pregnancy. • Compare the diabetes management changes that may have helped improve a patient’s pregnancy outcomes. • Evaluate the team changes used to assist pregnant women who manage their diabetes. |
| | <p>C02 – BREASTFEEDING</p> <p>C02-1 Level of Implementation of the Neo-BFHI's Three Guiding Principles in Quebec's Neonatal Units: A Self-Assessment Survey Authors: <i>Sonia Semenic RN, PhD; Laura Haiek MD, MSc</i> Presenter: Sonia Semenic, McGill University, Ingram School of Nursing, Montreal QC Purpose: To assess and compare the level of implementation of the Neo-BFHI’s Three Guiding Principles across all level 2 and 3 neonatal units in Quebec. Learning Objectives:</p> <ul style="list-style-type: none"> • Describe the different components of the Neo-BFHI, including the program's Three Guiding Principles. • Understand the indicators and scoring system used to measure compliance with the Neo-BFHI's Guiding Principles. • Compare baseline scores for the Neo-BFHI's Three Guiding Principles across all level 2 and 3 neonatal units in Quebec. <p>C02-2 Use of a Maternal Newborn Audit and Feedback System to Decrease Formula Supplementation Rates in Ontario - Barriers and Facilitators to Change: Results from a Case Study Comparison Authors: <i>Sandra Dunn RN, PhD; Jessica Reszel RN, MScN; Deborah Weiss PhD; Wendy Peterson RN, PhD; Holly Ockenden MSc; Ashley Desrosiers RN, BScN; The MND Research Team</i> Presenter: Sandra Dunn, BORN Ontario, Ottawa ON Purpose: As part of a study examining the effectiveness of an electronic audit and feedback system (Maternal Newborn Dashboard (MND)) to improve maternal-newborn care in Ontario, we aimed to improve our understanding of factors that explain variability in six key performance indicators (KPIs) post-MND implementation. This presentation reports our findings on KPI 3: Formula supplementation in term infants whose mothers intended to breastfeed. Learning Objectives:</p> <ul style="list-style-type: none"> • Describe facilitators to decreasing the rate of formula supplementation in term infants in a sample of Ontario hospitals. • Describe barriers to decreasing the rate of formula supplementation in term infants in a sample of Ontario hospitals. |

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| | <ul style="list-style-type: none"> • Identify organizational strategies for enhancing facilitators and addressing barriers to decrease medically unnecessary formula supplementation in hospital. <p>C02-3 Using Strategies and Resources to Build Capacity for Implementing Baby-Friendly Practices at Organizational and Provincial Levels Authors: Linda Young MScN, EdD, CHE; Hiltrud Dawson RN, BTEch, IBCLC Presenters: Linda Young and Hiltrud Dawson, Michael Garron Hospital, Toronto ON Purpose: The BFI Strategy for Ontario has been developing a number of high-quality, evidence-informed resources and uses client-informed and client-centred strategies to meet the needs of families, health care providers and policy-makers working in perinatal health. The use of these resources and strategies can be cost-effective, less resource-intensive and provides consistent language and practices to support the implementation of BFI best practices. Learning Objectives:</p> <ul style="list-style-type: none"> • Describe the resources developed and strategies used by the BFI Strategy for Ontario. • Learn about the process used to develop resources including their extensive stakeholder involvement. • Examine and discuss how these can be used at an organizational or provincial level to build capacity to implement BFI best practices. |
| | <p>C03 – SUBSTANCE USE</p> <p>C03-1 Living at “Ground Zero” of the Opioid Crisis: Challenges Caring for Women, Babies and Families Experiencing Perinatal Substance Use in Vancouver, BC Authors: Lani Wittmann MN, RN, PNC(C), IBCLC; Kristen Ruddick BSc, RN, MPH Presenters: Lani Wittmann and Kristen Ruddick, BC Women's Hospital, Vancouver BC Purpose: To explore the impact the current opioid crisis has had on an acute care hospital program caring for women experiencing perinatal substance use and their exposed newborns. Learning Objectives:</p> <ul style="list-style-type: none"> • Discuss the impact the current opioid crisis has had on an acute care hospital program caring for women experiencing perinatal substance use and their exposed newborns. • Reflect on how the principles of harm reduction and trauma informed care guide practice when working with vulnerable populations. • Identify innovative strategies implemented to meet the needs of women, newborns and families affected by substance use in pregnancy. <p>C03-2 Pregnancy, Motherhood, and Addiction: Experiences of Pregnant Women with Substance Use Disorders Author: Jodie Bigalky, RN MN PhD(c) Presenter: Jodie Bigalky, University of Saskatchewan, Regina SK Purpose: This research explored the narrative experiences of pregnant women with substance use disorders. The purpose of this presentation is to share findings from this research to help shift how pregnant women with substance use disorders are perceived and to inform future programs of care across various settings including acute care and the community. Learning Objectives:</p> <ul style="list-style-type: none"> • Describe the complex lives and traumatic histories that women with substance use disorders often experience. • Understand the social narrative that views drug-using pregnant women as incapable and precludes their motherhood. • Identify opportunities to shift how this population of women is perceived and inform future programs of care. <p>C03-3 Investigating the Impact of Trauma on Parenting in Mothers with Problematic Substance</p> |

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| | <p>Use: Relative Impacts of Childhood Trauma and Current PTSD Symptoms Authors: Karen Milligan PhD, C. Psych; Mechelle Thomas BAH, MA; Victoria Ingram BA; Kayla Gillies BAH; Karen Urbanoski PhD Presenter: Karen Milligan, Ryerson University, Toronto ON Purpose: To examine the relative impacts of childhood trauma and PTSD symptoms on parenting behaviours among high-risk mothers with problematic substance use, who are parenting young children. Learning Objectives:</p> <ul style="list-style-type: none"> • Learn about current research on parenting and maternal trauma. • Gain knowledge on the impacts of childhood trauma and current trauma symptoms on parenting among high-risk mothers. • Consider ways to enhance trauma-informed care to improve outcomes for high-risk mothers. |
| | <p>C04 – NEWBORN CARE</p> <p>C04-1 Evidence-Informed Newborn Care: Updates on Best Practices Authors: Melanie Basso RN, BSN, MSN, PNC(C); Lani Wittmann RN, BSN, MSN, PNC(C); Megan Bolton RN, BSN, MSN, Neonatal Certification; Danica Hamilton RN, BSN, MSN, PNC(C), Neonatal Certification Presenters: Melanie Basso, Megan Bolton, and Danica Hamilton, BC Women's Hospital, Vancouver BC Purpose: To present a number of best practice initiatives underway at a tertiary care centre in Canada. Learning Objectives:</p> <ul style="list-style-type: none"> • Understand the process conducted by an interprofessional group to apply evidence to policies and guidelines informing the care of newborns. • Learn about best practices for the implementation of projects such as Oral Immune Therapy and Sudden Unexpected Postnatal Collapse. • Understand knowledge translation strategies to implement best practices in a tertiary care setting. <p>C04-2 Infant Feeding Protocols - A Cross-Organizational, Cross-Provincial Initiative Author: Sonya Boersma MScN, RN, IBCLC Presenter: Sonya Boersma, BFI Strategy for Ontario, Ottawa ON Purpose: Evidence-based breastfeeding protocols are in development cross-organizationally and cross-provincially. Learn about the collaborative approach, rigorous methodology, and how these protocols, aligned with the Baby-Friendly Initiative, will help your work with clients or patients. Learning Objectives:</p> <ul style="list-style-type: none"> • Examine the methodology and tools used to create high-quality, evidence-informed breastfeeding protocols for health care providers. • Describe the lessons learned and opportunities of using a cross-organizational and multi-provincial approach to develop a resource that is applicable and transferable across provinces. • Familiarize participants with the revised protocols while explaining the importance of having access to current, consistent, evidence-informed, and BFI-aligned information when counselling clients with breastfeeding. <p>C04-3 Newborn Pain Management - Addressing an Ongoing Knowledge-to-Action Gap Author: Denise Harrison RN, PhD Presenter: Denise Harrison, Children's Hospital of Eastern Ontario and University of Ottawa, Ottawa ON Purpose: To highlight an ongoing knowledge-to-action gap concerning pain management in newborn infants during routinely performed painful needle procedures.</p> |

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| | <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Know the evidence supporting analgesic effects of breastfeeding, skin-to-skin care and sweet solutions in newborn infants. • Understand the knowledge-to-action gap of effective newborn pain reduction during commonly performed needle procedures. • Gain an understanding of using social media to disseminate newborn pain knowledge targeted at parents. |
| | <p>C05 – PRENATAL EDUCATION</p> <p>C05-1 Offline and Online Prenatal Information and Support: Exploring the Experiences of First-Time Mothers Authors: Victoria Little RN, BScN; Megan Aston PhD, RN; Sheri Price PhD, RN; Andrea Chircop PhD, RN; Debbie Sheppard-LeMoine PhD, RN Presenter: Victoria Little, Dalhousie University, Halifax NS Purpose: To present the findings of a feminist poststructuralist study, which explored the experiences of first-time mothers accessing offline and online prenatal information and support in Halifax Regional Municipality, Nova Scotia. The intent of this research study was to provide a deeper understanding of first-time mothers’ experiences of prenatal information and support with the potential to create change to tailor prenatal education and support programs to meet the health needs of mothers in Nova Scotia. Learning Objectives:</p> <ul style="list-style-type: none"> • Understand how first-time mothers in Halifax Regional Municipality (HRM), Nova Scotia experienced, accessed, and navigated prenatal information and support through various online and offline formats. • Develop an understanding of how social and institutional discourses may have influenced the ways that first-time mothers experienced prenatal information and support in HRM, Nova Scotia. • Discuss the implications of study findings for prenatal education programs in HRM, Nova Scotia. <p>C05-2 Prenatal Education - Key Messages Author: Louise Choquette BA Presenter: Louise Choquette, Best Start Resource Centre - Health Nexus, Toronto ON Purpose: Prenatal education providers sometimes have difficulty ensuring that the messages they provide to prospective parents are evidence-based. The Best Start Resource Centre of Ontario has developed a website that is a central source of key messages for those who offer prenatal care to future parents. Learning Objectives:</p> <ul style="list-style-type: none"> • Understand how to use the Ontario Prenatal Key Messages Web site. • Discuss how to modify prenatal education curriculum to ensure that it is evidence-based. • Understand how to integrate other prenatal education resources into prenatal meetings and into interactions with prospective parents. <p>C05-3 Implementation and Evaluation of a Group Prenatal Care Pilot Project Authors: Glenda Carson PhD, RN, PNC(C), IBCLC; Renata Kolanko MN, RN; Susan Cahill RN; Whitney Cruikshank CD(DONA), BJ(H); Nancy Cashen MN, RN Presenter: Glenda Carson, IWK Health Centre, Halifax NS Purpose: To describe the implementation of a pilot project for group prenatal care in an ambulatory prenatal care setting. Learning Objectives:</p> <ul style="list-style-type: none"> • Identify the core philosophy and principles of group prenatal care from the perspective of |

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| | <p>parent empowerment and self-efficacy.</p> <ul style="list-style-type: none"> • Describe the benefits and challenges of implementing group prenatal care in an ambulatory prenatal care setting. • Determine the benefits and challenges of group prenatal care from the perspective of one’s own perinatal care practices and population. |
| | <p>C06 – PROFESSIONAL DEVELOPMENT</p> <p>C06-1 An Innovative Approach to Support Development of Clinical Decision Making for Perinatal Nurses Authors: Nancy Hewer RN, MSN, PNC(C); Farah Jetha RN, MSN Presenters: Nancy Hewer and Farah Jetha, British Columbia Institute of Technology, Burnaby BC Purpose: To present the <i>Situated Clinical Decision Making Framework</i> as an innovative tool that supports the development and analysis of clinical decision making for novice perinatal nurses. Learning Objectives:</p> <ul style="list-style-type: none"> • Discuss the <i>Situated Clinical Decision Making Framework</i> and its application to perinatal nursing practice. • Describe how the framework can be used in a variety of perinatal teaching and learning environments. • Explain how the framework can be utilized by educators, learners, and managers to assess and analyze the development of decision making of the novice nurse. <p>C06-2 Releasing Time to Care: Growing Nursing Leaders Authors: Parminder Kaila RN, BSN; Erlinda Jalandoon RN, BSN; Sabrina Yeh RN, BSN Presenters: Parminder Kaila, Erlinda Jalandoon, and Sabrina Yeh, BC Women’s Hospital and Health Centre, Vancouver BC Purpose: To describe the <i>Releasing Time to Care Initiative</i> and how nurse-driven change has led to growing leaders. Learning Objectives:</p> <ul style="list-style-type: none"> • Understand and identify the key components of the <i>Releasing Time to Care Initiative</i>. • Recognize the cultural changes that can be made when front-line staff are able to voice their concerns. • Recognize how <i>Releasing Time to Care</i> can impact staff experience and grow nursing leaders. <p>C06-3 Working Together to Lead Best Practice: An Interdisciplinary Approach to Knowledge Translation Authors: Erna Snelgrove-Clarke RN, PhD; Jennifer West RN, MN; Cynthia Mann RN, MN; Lisa Courtney RN; Danielle Macdonald RN, MN, PhD(c); Krista Ritchie PhD; Rebecca McLeod RN; Claire Gallant; Lauren Matheson BA; Martha Paynter MS, RN; Diane O’Reilly RN, MN; Michelle LeDrew RN, MN; Nancy Heritt RN; Dolores McKeen MD; Ron George MD; Nancy Van Eyk MD; Tammy Stutley RN; Tracy Dryden RN Presenter: Erna Snelgrove-Clarke, Dalhousie University and IWK Health Centre, Halifax NS Purpose: To share the successes and challenges of creating, leading, and maintaining an interdisciplinary research team for best practice. Learning Objectives:</p> <ul style="list-style-type: none"> • Identify three innovative approaches to creating and maintaining an interdisciplinary research team. • Describe four collaborative and inclusive strategies that create opportunities for putting best evidence into practice. • Share a variety of practices that get in the way of supporting excellence in perinatal and women’s health care. |

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| 1615-1730 | CAPWHN CONNECT (ALL invited – Wine/beverage offered) Annual General Meeting |
| 1730-1930 | Reception with Exhibitors |
| CONFERENCE DAY 2 – Friday October 12 | |
| 0700-0800 | Toonie Walk or Run along the Rideau Canal |
| 0800-0900 | Registration / Breakfast / Exhibits |
| 0900-1000 | <p>Keynote – Prevention of Preterm Birth <i>Moving Upstream: the Alliance for the Prevention of Preterm Birth and Stillbirth</i> Presenter: Wendy Katherine, RM (Retired), MBA, Sunnybrook Health Science Centre, Toronto ON</p> <p>The Alliance for the Prevention of Preterm Birth and Stillbirth is a collaboration between families, hospitals, maternal-child networks and maternal and infant care providers that is spreading a greater understanding of preterm birth and stillbirth and how to prevent them. Parent groups, practice leaders, data and health improvement expert and supporters across the maternal-newborn care system this are poised to participate in an accountable and coordinated collaboration. This presentation will review recent preterm and stillbirth prevention research, strategic steps towards establishing a provincial program, upcoming knowledge mobilization collaborations and opportunities for engagement.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Identify the evidence-informed interventions associated with preterm and stillbirth prevention and the time periods in pregnancy when they relate. • Appraise whether they have opportunities to incorporate preterm birth and stillbirth prevention programs in their practice. • Discuss and explain ways that preterm and stillbirth prevention programs can be taken up in their clinical setting. |
| 1000-1030 | Refreshment Break / Exhibits |
| 1030-1130 | <p>Sponsored Session by Johnson & Johnson Topic: The Developing Baby Microbiome In Baby Skin Care Presenter: Dr. Kimberly Capone</p> |
| 1130-1230 | <p>Concurrent Sessions D</p> <p>D01 – GLOBAL HEALTH</p> <p>D01-1 Creating a Community of Practice for Nurses Interested in Global Health Authors: Danielle Macdonald RN, MN, PhD(c); Megan Aston RN, PhD; Heather Ezurike RN, MN, PNC(C); Rachel Ollivier BSN, RN; Keisha Jefferies MN, RN; Darlene DesBarres RN Presenters: Danielle Macdonald, University of Ottawa, Ottawa ON; Megan Aston, Heather Ezurike, Rachel Ollivier, and Darlene DesBarres, Dalhousie University and IWK Health Centre, Halifax NS Purpose: To share our experiences creating a supportive community of nurses interested and active in global health practice, research, and education.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Identify the important role that nurses have in the achievement of the Sustainable Development Goals. • Recognize the importance of nurse-led support for perinatal and women's health nurses interested in global health practice, research, and education. • Develop an understanding of one example of how to build a community of practice for perinatal and women's health nurses interested in global health practice, research, and education. |

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| | <p>D01-2 Building Capacity in Global Maternal-Child Health Research: A Canadian-Nigerian Case Study Authors: Danielle Macdonald RN, MN, PhD(c); Bagnini Kahoun PhD; Josephine Etowa PhD, RN, RM, FWACN, FAAN Presenters: Danielle Macdonald, Bagnini Kahoun, and Josephine Etowa, University of Ottawa, Ottawa ON Purpose: To present the findings of a case study, which explored collaborative relationships between maternal-child health researchers in Canada and Nigeria. Learning Objectives:</p> <ul style="list-style-type: none"> • Understand the impact that perinatal nurse leaders can have on building capacity for maternal-newborn health research and policy. • Identify the strengths of this international research partnership. • Identify the challenges of this initiative and share lessons learned when conducting maternal-newborn health research with international collaborators. |
| | <p>D02 – VULNERABLE FAMILIES</p> <p>D02-1 Examining the Impact of Executive Functions on Parenting Outcomes in High-Risk Mothers Parenting Young Children Authors: Victoria Ingram BAH, BScH, MA; Tamara Meixner BAH, MA; Shirley Lo BA; Kayla Gillies BAH; Karen Urbanoski PhD; Karen Milligan PhD, C. Psych Presenter: Victoria Ingram, Ryerson University, Toronto ON Purpose: To examine the relation between executive functions and parenting in high-risk mothers with problematic substance use parenting children 0-4 years of age. Learning Objectives:</p> <ul style="list-style-type: none"> • Learn about current research on parenting and executive functions. • Gain understanding of the importance of executive functions in the parenting role, particularly for high-risk mothers. • Consider ways to accommodate executive function difficulties to enhance high-risk patient outcomes. <p>D02-2 Mobile Phone-Based Peer Support to Prevent Postpartum Depression Among Adolescent Mothers: A Pilot Randomized Controlled Trial Authors: Barbara Chyzy RN, BN, MN, PhD(c); Cindy-Lee Dennis RN, PhD; Jennifer Stinson RN-EC, PhD, CPNP; LaRon Nelson PhD, RN, FNP, FNAP, FAAN; Simone Vigod MD, MSc, FRCPC Presenter: Barbara Chyzy, University of Toronto, Toronto ON Purpose: To describe the findings from a pilot randomized controlled trial of a mobile phone-based peer support program using both text messaging and voice calling. Learning Objectives:</p> <ul style="list-style-type: none"> • Understand the defining attributes of peer support: informational, emotional and appraisal support. • Describe how mobile phone-based peer support can be used to improve health outcomes for adolescent mothers. • Discuss the preliminary effects of mobile phone-based peer support on depressive symptomatology. |
| | <p>D03 – SAFE SLEEP</p> <p>D03-1 Thinking Outside the Baby Box Author: Meggie Ross MSN, IBCLC Presenter: Meggie Ross, Penticton Health Centre, Summerland BC</p> |

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| | <p>Purpose: To increase awareness related to the potential ethical, privacy, equity, and effectiveness concerns related to popular baby box programs.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Describe the history of baby boxes and the variations in programs across Canada and internationally. • Recognize the risks related to the most popular program in Canada. • Evaluate the actions taken by the BC Lactation Consultants Association to influence provincial policy. <p>D03-2 Thinking 'Inside the Box': Making Bed-Sharing Safer for a Vulnerable Population Author: Lani Wittmann MN, RN, IBCLC, PNC(C) Presenter: Lani Wittmann, BC Women's Hospital, Vancouver BC Purpose: To discuss the trial introduction of the <i>Pepi-Pod Sleep Space</i> as a safer sleep option for babies more vulnerable to accidental suffocation.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Reflect on the challenges faced by new mothers who are also dealing with substance use issues and a vulnerable newborn who may be experiencing symptoms of withdrawal. • Identify the background and principles of Perinatal Services BC's Safer Infant Sleep healthcare provider and parent resources, and how these apply to this high-risk population. • Discuss the advantages of the <i>Pepi-Pod</i> as a safe sleep space option over other Baby Boxes (which are often directly tied to consumer product marketing). |
| | <p>D04 – BREASTFEEDING</p> <p>D04-1 The Breastfeeding Experiences of Older First-Time Mothers: A Constructivist Grounded Theory Study Author: Rosann Edwards RN, MScN, PhD(c), IBCLC Presenter: Rosann Edwards, University of Ottawa/Ottawa Public Health, Ottawa ON Purpose: To present the findings of a current study being undertaken in Ottawa exploring the factors that affect the breastfeeding expectations, experiences, and decision-making of first-time mothers over the age of 35 in the first 6 months postpartum. The goal is to provide participants with insights into the decision-making process of older mothers in the early postpartum period related to infant feeding in order to inform nursing practices related to breastfeeding support and improve community-based mother-centred nursing interventions tailored towards this growing demographic of first-time mothers.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Identify unique features of the first-time mothers over the age of 35 and the current state of literature on this demographic. • Describe factors affecting the decision-making process of the first-time mothers over the age of 35 who participated in this study surrounding infant feeding over the first 6 months postpartum and how that process changed between the first 3 months postpartum and months 4-6. • Understand the transition to early motherhood for this demographic and how nurses can support and empower these mothers through health teaching and breastfeeding-related clinical interventions. <p>D04-2 An Exploration of Maternal Satisfaction with Breastfeeding as a Clinically Relevant Measure of Breastfeeding Success Author: Rosann Edwards RN, MScN, PhD(c), IBCLC Presenter: Rosann Edwards, University of Ottawa/Ottawa Public Health, Ottawa ON Purpose: Examine the concept of maternal satisfaction with breastfeeding as originally conceived by Leff, Jefferis & Gagne (1994), including the literature related to breastfeeding supports and the</p> |

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| | <p>concept of maternal satisfaction with breastfeeding as a clinically relevant outcome. This talk will propose that healthcare professionals shift their view of what constitutes successful breastfeeding to more fully encompass the concept of maternal satisfaction as a clinically relevant outcome and examine examples of this in the clinical context.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Identify clinical practices that aid to foster early maternal satisfaction with breastfeeding. • Understand how to discuss the topic of maternal satisfaction with breastfeeding with prenatal and postnatal mothers in the context of health teaching, promotion and the provision of breastfeeding supports. • Understand maternal satisfaction with breastfeeding as a desired outcome to be used along with more quantifiable measures of successful breastfeeding. |
| | <p>D05 – LABOUR AND BIRTH</p> <p>D05-1 Childbirth for Survivors - Understanding the Childbirth Experiences for Childhood Sexual Abuse Survivors Authors: Caitlin Mathewson RN, BScN, MN; Sherry Espin BScN, MEd, PhD; Ryan Van Lieshout MD, PhD, FRCPC; Sharon Dore RN, PhD; Patricia McNiven RM, BSc, MSc, PhD Presenter: Caitlin Mathewson, McMaster University, Hamilton ON Purpose: Recent media attention has shed light on the pervasiveness of sexual abuse and its lasting impact. Despite this, child sexual abuse (CSA) and childbirth remain an understudied phenomenon and we subsequently understand very little of what birth is like for survivors of CSA. The purpose of this presentation is to outline the birth experiences of four women (extending from pregnancy to the postpartum period). The purpose is also to empower care providers with expertise on CSA and its sequelae, understanding that birth can be an empowering and healing experience when handled with skill and sensitivity.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Describe the sequelae of CSA and its potential impact on childbirth. • Identify how control, anxiety and detachment may be manifested/demonstrated by the survivor during the perinatal period. • Identify strategies for providing therapeutic, sensitive care during the perinatal period. <p>D05-2 When Fear Surrounding Childbirth Leads Women to Seek a Planned Cesarean Authors: Janet Bryanton RN, PhD, PNC(C); Cheryl Tatano Beck RN, PhD, CNM; Stephanie Morrison BScN, RN, MN (student) Presenters: Janet Bryanton and Stephanie Morrison, University of Prince Edward Island, Charlottetown PE Purpose: To explore women's experiences of fear surrounding childbirth in relation to their decision to request a planned cesarean birth.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Identify relevant literature related to fear and childbirth. • Describe womens' fears surrounding childbirth in relation to their decision to request a planned cesarean birth. • Identify implications for practice and research, related to study findings. |
| | <p>D06 – COLLABORATION IN ACTION</p> <p>D06-1 Right Care, Right Time, Right Place by the Right Care Providers - Regionalizing Perinatal Care Authors: Renato Natale MD, RCPSC; Kevin Coughlin MD, BSCh, MHSc, FRCPC; Henry Roukema MD, MSc, FRCPC; Leanne McArthur (McCullough) RN, BScN, MN, PNC(C); Felix Harnos MHSc (HA); Suhair Alshanteer MD, MBBS, MScHIS</p> |

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| | <p>Presenters: Leanne McArthur (McCullough) and Kevin Coughlin, South West Maternal Newborn Child and Youth Network, London ON</p> <p>Purpose: To describe how outreach education and support by formalized regional networks can impact on patient outcomes and support quality patient care delivered by the right care provider at the right time in the right place. The impact this has on a regional system of care to support care close to home while ensuring optimal patient outcomes.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Recognize the impact of outreach education by regional networks as it relates to perinatal care and outcomes. • Identify the impact of perinatal outreach education on supporting the right care at the right place by the right care provider for better patient outcomes. • Identify the key aspects of a high functioning regional perinatal system. <p>D06-2 Prepare for Parenting... Before Baby's Arrival. Is this a Possibility or a Pipe Dream? Authors: Christina Cantin RN, MScN, PNC(C); Lauren Rivard RN, MSc; Marie-Josée Trépanier RN, BScN, MEd, PNC(C)</p> <p>Presenters: Lauren Rivard and Christina Cantin, Champlain Maternal Newborn Regional Program, Ottawa ON</p> <p>Purpose: To highlight the value of collaborating with 'parents experience advisors' to create an innovative strategy to better prepare expectant parents in their transition from hospital to home.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Describe the process of co-designing and developing a 'Postnatal Planning' tool for expectant parents intended to enhance transition to parenthood. • Discuss results from the pilot study to evaluate the tool. • Discuss the importance of collaboration between hospital and community perinatal care providers and new and expectant parents to optimize transition to home following birth. |
| 1230-1330 | Lunch / Exhibits |
| 1330-1530 | Specialty Sessions |
| | <p>SS01 – ADOLESCENT AND YOUNG SINGLE MOTHERS <i>Making a Difference for Adolescent and Young Single Mothers</i> Presenter: Wendy Peterson RN, PhD, Associate Professor, School of Nursing, Faculty of Health Sciences, University of Ottawa, Ottawa ON</p> <p>Presentation Outline/Description: Adolescent and young single mothers experience judgmental care from health care providers including perinatal nurses. Such poor experiences are harmful because they deter mothers from trusting providers and seeking care when needed. Join our session with researchers, mothers and clinicians to critique the common understanding of risks that adolescent and young single mothers face and to learn <u>how</u> you can make an important difference in their lives.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Understand the evidence about the risks associated with pregnancy and early parenting for adolescent or young single women. • Value the strengths of adolescent and young single mothers. • Describe behaviours that are commonly perceived as judgmental by young single mothers and identify how to make the necessary changes to nursing practice. |
| | <p>SS02 – SUBSTANCE USE <i>Engaging Families through Partnering to Improve Perinatal Outcomes</i> Presenters: Christina Cantin RN, MScN, PNC(C), Perinatal Consultant, Champlain Maternal Newborn Regional Program, Ottawa ON; Lynn Newton RN (EC), BScN, MEd, IBCLC, Nurse</p> |

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| | <p>Practitioner – Pediatrics (Neonatal), Women and Children’s Programs, Kingston Health Sciences Centre, Kingston ON</p> <p>Presentation Outline/Description: This interactive and engaging specialty session will provide a high-level overview of substance use in Canada. Participants will hear about innovative models of care that are effectively engaging and supporting families impacted by substance use, and will have a chance to discuss emerging health issues related to this topic. The overall aim of this session is to increase knowledge about perinatal substance use, enhance skills in conversing with families, and identify practical ideas to reduce barriers experienced by both families as well as health care providers.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Describe the elements of evidence-based models to support families. • Articulate the pros and cons of using structured screening and scoring tools. • Incorporate open-ended questions when dialoguing with families. • Identify features of innovative programs contributing to positive maternal and newborn outcomes. |
| | <p>SS03 – INFORMED DECISION-MAKING REGARDING INFANT FEEDING <i>Informed Decision-Making: Having Meaningful Conversations Regarding Infant Feeding</i></p> <p>Presenters: Linda Young MScN, EdD; Catharine Lowes RN, BScN, IBCLC; Doris Balcarras RN, IBCLC, PNC(C), Toronto ON</p> <p>Presentation Outline/Description: The BFI Strategy for Ontario conducted a provincial survey in 2015 asking service providers about their experience with providing information to mothers to allow them to make an informed infant-feeding decision. Many respondents reported that they struggled with knowing what needed to be discussed. As a result, a resource and workshop were developed and disseminated provincially. This session will help service providers with informed decision-making conversations regarding infant feeding with mothers. The workshop will provide tips and examples of conversations in order to provide support for service providers. Topics covered will include how to help clients to make informed decisions prenatally, postpartum and when preparing for discharge. Service providers will learn how to determine what infant-feeding information a mother may require prenatally, after her baby’s birth and after discharge from the hospital. Results from workshop evaluations will be shared.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Identify the key requirements for engaging in an informed decision-making conversation with mothers/families concerning infant feeding. • Identify strategies to support mothers through an informed decision-making process in different situations (medical need for supplementation, mother’s wish to introduce supplementation and mother’s wish to exclusively formula feed). |
| | <p>SS04 – LEGAL UPDATE <i>The Last Few Cases: Update on Canadian Perinatal Law</i></p> <p>Presenter: Elaine Borg BNSc, RN, LLB, Legal Counsel, Canadian Nurses Protective Society, Ottawa ON</p> <p>Presentation Outline/Description: This presentation, given by a lawyer from the Canadian Nurses Protective Society and a former obstetrics nurse, will primarily consist of recent Canadian legal decisions of interest and importance to perinatal nurses. The cases will be analyzed with an emphasis on what can be learned from them to improve patient outcomes but also legal outcomes for perinatal nurses. This insight will be supplemented by participants’ own questions since there will be time for discussion. Participants should leave the session confident they understand the most common legal proceedings and how the law sees them.</p> |

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| | <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Identify the elements of negligence, i.e., what the plaintiff must prove in a malpractice lawsuit. • Understand how to work with a lawyer in one’s own defence if sued in negligence. • Reaffirm one’s professional duty of confidentiality by learning about where one is placed in statutory laws protecting privacy of health information. |
| | <p>SS05 – VBAC AND LABOUR INDUCTION BEST PRACTICES <i>Thinking Outside the Box Without Reinventing the Wheel - How Can We Make VBAC and Induction of Labour a Better Experience for Patients?</i> Presenter: Jessica Dy MD, MPH, FRCSC Associate Professor, Head, Division of General Obstetrics and Gynecology, University of Ottawa, Ottawa ON</p> <p>Presentation Outline/Description: This interactive session will explore current evidence and best practice initiatives related to Vaginal Birth After Cesarean (VBAC) and induction of labour.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Identify the current evidence about VBAC and an overview of innovative VBAC initiatives, standards and guidelines. • Understand the challenges and success in implementation of local initiatives to improve Trial of Labour After Cesarean (TOLAC) rates. • Understand current evidence and controversies surrounding induction of labour. • Describe old and new approaches to induction of labour. |
| | <p>SS06 – FAMILY-CENTRED MATERNITY AND NEWBORN CARE NATIONAL GUIDELINES Presenter: Lynn Menard RN, BScN, MA, Maternal and Child Health Unit, Public Health Agency of Canada, Ottawa ON</p> <p>Presentation Outline/Description: This specialty session will be broken up into various presentations on the released chapters of the Family-Centred Maternity and Newborn Care (FCMNC): National Guidelines. The presenters will discuss the content of the following chapters:</p> <ul style="list-style-type: none"> • Family-Centred Maternity and Newborn Care in Canada: Underlying Philosophy and Principles • Preconception Care • Care during Pregnancy • Care during Labour and Birth • Breastfeeding <p>Following the presentations, a panel discussion will take place to encourage comments and questions from participants.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Describe the revision process and status of the Family-Centred Maternity and Newborn Care National Guidelines. • Become aware of the newly released chapters of the FCMNC National Guidelines and their key highlights. |
| 1530-1630 | Poster Presentations |
| 1630-1730 | Concurrent Sessions E |
| | <p>E01 – MOTHER-BABY DYAD CARE</p> <p>E01-1 Improving Pain Management for Infants on a Mother Baby Unit Author: Cynthia Mann RN, MN, MHA, IBCLC PNC(C) Presenter: Cynthia Mann, IWK Health Centre, Halifax NS Purpose: To describe the knowledge translation strategies used on a mother baby unit to increase</p> |

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| | <p>the use of a variety of pain management strategies for infants, focusing on empowering parents to decide what strategies that they feel most comfortable using and how they plan to support their infant during painful procedures.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Describe the strategies available to manage infant pain. • Articulate strategies to empower parents to make decisions on pain management strategies they will use for their infant during painful procedures. • Identify tools that one can use for change management to increase the use of pain management strategies for infants on a mother baby unit. <p>E01-2 Transitional Neonatal Hypoglycemia in the Term and Late-Preterm Newborn: Don't Forget the Basics!!</p> <p>Author: Jennifer Marandola RN, MN, IBCLC, PNC(C)</p> <p>Presenter: Jennifer Marandola, CIUSSS West-Island of Montreal, Sainte-Catherine QC</p> <p>Purpose: To highlight the impact of skin-to-skin and breastfeeding or breastmilk-feeding on neonatal transitional hypoglycemia and how these, combined with the addition of dextrose gel, will provide safer neonatal transition to extra-uterine life.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Recognize the correlation between skin-to-skin and neonatal transition and its role in maintaining a euglycemic state for the neonate. • Understand the components of colostrum and the early initiation of colostrum feeds that are associated with maintaining euglycemia to assist the newborn in transition. • Understand how to incorporate the use of skin-to-skin and breastfeeding in addition to dextrose gel into evidence-informed hospital protocols for transitional neonatal hypoglycemia. |
| | <p>E02 – INTERPROFESSIONAL COLLABORATION</p> <p>E02-1 Understanding Collaboration between Midwives and Nurses in Nova Scotia</p> <p>Authors: Danielle Macdonald RN, MN, PhD(c); Josephine Etowa PhD, RN, RM, FWACN, FAAN</p> <p>Presenter: Danielle Macdonald, University of Ottawa, Ottawa ON</p> <p>Purpose: To present preliminary findings from a qualitative, feminist poststructuralist case study about collaboration between midwives and nurses in Nova Scotia.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Develop an understanding of the preliminary findings about collaboration between midwives and nurses in Nova Scotia. • Identify current and historical discourses which may be influencing collaboration between midwives and nurses. • Recognize the importance of research about collaboration between nurses and other perinatal health care providers. <p>E02-2 Learning Together to Change the Health Care Community: Interprofessional Breastfeeding Education for Students in the Health Professions</p> <p>Authors: Jo Watson RN(EC), PhD; Kathy O'Grady Venter RN, IBCLC; Elizabeth McLaney MEd, BScOT, OT Reg. (ON), BA; Sue Hermann MN, RN, IBCLC, PNC(C), CTDP</p> <p>Presenter: Kathy O'Grady Venter, Sunnybrook Health Sciences Centre, Toronto ON</p> <p>Purpose: To provide information about a breastfeeding course that was developed through an interprofessional lens and designed as an elective course for students in health professions programs at the University of Toronto. During the presentation, course content will be reviewed and the audience will have the opportunity to participate in interprofessional activities and case-based learning. The results of pre and post student questionnaires, demonstrating a positive shift in breastfeeding attitudes and knowledge, will be shared.</p> <p>Learning Objectives:</p> |

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| | <ul style="list-style-type: none"> • Outline the key components of an interprofessional breastfeeding education session. • Participate in case-based learning and interprofessional activities. • Describe the positive outcomes of pre/post questionnaire results. |
| | <p>E03 – NEWBORN CARE</p> <p>E03-1 Decreasing Length of Stay in the Special Care Nursery Authors: Susan Alliston BScN, MSN, RN(EC); Cailynn Bateson RN, BScN, MBA (student) Presenters: Susan Alliston and Cailynn Bateson, St. Joseph's Healthcare Hamilton, Hamilton ON Purpose: The purpose of this Quality Improvement (QI) initiative is to review our current discharge process and identify barriers or processes that can be improved upon to facilitate earlier discharge and reduce hospital length of stay. Learning Objectives:</p> <ul style="list-style-type: none"> • Describe an innovative quality improvement and Lean-thinking approach to interdisciplinary groups working on a QI project. • Identify strategies that promoted and enhanced patient and family engagement in the Special Care Nursery. • Identify evidence-informed strategies that promote excellence in women and infant care. <p>E03-2 Establishing a Level II Neonatal Intensive Care Unit (NICU) at Kimbanguiste Hospital in Kinshasa, Congo Authors: Maryam Mozafarinia RN, MSc; Micha Mfuana RN, BScN; Stephanie Mardakis RN, MScN; Cynthia Garcia RN, MScN; Louis Beaumier, MD Presenter: Maryam Mozafarinia, Ingram School of Nursing, McGill University and McGill University Health Centre, Montreal QC Purpose: This presentation describes the proposed plan of a nurse-led non-for-profit organization called “<i>Une Chance De Vivre (CDV)</i>” (a chance to live) aimed to address environment of care for sick newborns in Democratic Republic of the Congo. The presentation entails CDV’s main objectives, project timeline and goals as well as barriers and potential solution to the implementation of the project for the designated centre. We also share CDV’s completed and ongoing tasks. Nurses, based on their clinical expertise, are in a unique position to address disparities in healthcare. Disparity and lack of resources have various causes and are symptoms of the larger systemic problem with poverty being the principle one. This situation particularly affects the most vulnerable populations, women and children. One way to alleviate this burden is through help within the profession. CDV’s main mission is to put in place evidence-informed care practices to help infants survive and grow healthier. Learning Objectives:</p> <ul style="list-style-type: none"> • Understand the importance of “nursing clinical expertise” as a unique means to identify effective ways of working within the context of shared health challenges in countries with limited health resources. • Understand the importance of integrating institutional and environmental culture for implementation of a transition project. • Identify the necessity of adopting a theoretical performance evaluation framework (Transition Model) to ensure consistency throughout the project phases and facilitate the evaluation of project results. |
| | <p>E04 – UNDERGRADUATE EDUCATION</p> <p>E04-1 Fostering Nursing Student Growth and Development using Computer-Assisted Learning Authors: Elizabeth (Liz) White-MacDonald RN, BScN, MN; Keri-Ann Berga RN, BScN, MScN, IBCLC, PNC(C); Chunyan Zhang MA, MS, Simulation Technologist Presenters: Elizabeth (Liz) White-MacDonald and Keri-Ann Berga, Grant MacEwan University,</p> |

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| | <p>Edmonton AB</p> <p>Purpose: To share development and use of our computer-assisted learning (CAL) program to support undergraduate nursing student knowledge acquisition, retention, and application of learning in relation to the maternal and fetal adaptations to pregnancy. We hope to stimulate dialogue about alternative uses of computer-assisted as well as on-line learning strategies to support both undergraduate and professional nursing education needs and potential partnerships between academia and the practice environment toward these goals.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Identify options for alternative learning strategies to facilitate and support undergraduate nursing student learning. • Identify opportunities to integrate computer-assisted and on-line learning modalities for undergraduate nursing education as well as ongoing professional nursing education. • Establish potential opportunities to collaborate with academic partners to meet ongoing professional nursing education needs. <p>E04-2 Student-Based Interprofessional Initiative to Enhance Trauma-Informed Care Pedagogy Authors: <i>Rachelle Marek BA, BScN; Daniela Graziano MSc; Aja Toste BSc, BScN; Sarah Kanji BSc, MSc; Julia Pasquale BMSc, MSc; Sarah Freeman BSc; Athena Hau BSc, BScN</i> Presenter: Rachelle Marek, University of Toronto, Toronto ON</p> <p>Purpose: To increase student awareness of the prevalence of trauma in our communities and learn strategies of how to implement trauma-informed care into practice to best support patients and their families.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Describe effective strategies to integrating comprehensive trauma-informed care into nursing and medicine curricula. • Describe the outcomes of a one-day trauma-informed care event on participants' confidence in and application of trauma-informed care practices. • Identify strategies to expand and replicate workshops in other universities and across healthcare settings. |
| | <p>E05 – MENTAL WELL-BEING</p> <p>E05-1 Care by Text - A Pilot Project using Technology to Support Mental Wellbeing in the Perinatal Period Authors: <i>Heather Dickson RN, BScN, CCHN(C); Rebecca Wickson RN, BScN</i> Presenters: Heather Dickson and Rebecca Wickson, KFL&A Public Health, Kingston ON</p> <p>Purpose: To share an innovative program developed by Kingston, Frontenac and Lennox & Addington Public Health and Community Partners to provide pregnant persons with information about mental wellbeing, local resources, and opportunities to self-screen for perinatal mood disorders via text.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Describe the importance of mental health and overall parental wellbeing throughout the perinatal period. • Understand the importance of using patient identified methods of communicating important information about mental wellbeing and self-screening. • Describe the process/methodology being used by the Care by Text program throughout Kingston, Frontenac and Lennox & Addington. <p>E05-2 Working Collaboratively Towards a “Healing Birth”: Sharing Three Patients’ Stories Author: <i>Christine Finnbogason BSc(M), BN, MN, RN, PNC(C)</i> Presenter: Christine Finnbogason, Women's Hospital, Health Sciences Centre, Winnipeg MB</p> <p>Purpose: To examine, through case review, three patient stories of traumatic birth and how a</p> |

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| | <p>collaborative birth plan assisted them with having a "healing birth". The presenter will share these stories along with ideas of how nurses can be part of this healing process.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Define traumatic childbirth and identify the potential outcomes related to these experiences. • Understand how health care providers can assist women with traumatic birth experiences through the use of mothers' stories. • Describe the effectiveness of a collaborative birthing plan. |
| | <p>E06 – SUBSTANCE USE</p> <p>E06-1 Integrated Treatment Programs for Pregnant and Parenting Women with Problematic Substance Use: Service Descriptions and Client Perceptions of Care Authors: Lesley Tarasoff MA; Karen Milligan PhD, C. Psych; Karen Le PhD; Karen Urbanoski PhD Presenter: Lesley Tarasoff, University of Toronto/Ryerson University, Toronto ON Purpose: To describe the services offered by integrated treatment programs for pregnant and parenting women with problematic substance use in Ontario, as well as to describe how clients of these programs perceive their care in comparison to clients of traditional treatment programs.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Describe the services provided by integrated treatment programs in Ontario. • Describe integrated program clients' perceptions of care as compared to clients of standard treatment programs. • Describe which domains of care integrated program clients find most helpful. <p>E06-2 Core Values and Processes of Care for Pregnant and Parenting Women with Problematic Substance Use: Service Provider Perspectives Authors: Tamara Meixner BAH, MA; Victoria Ingram BAH, BSch, MA; Karen Urbanoski PhD; Karen Milligan PhD, C. Psych Presenter: Tamara Meixner, Ryerson University, Toronto ON Purpose: To describe core values and processes of care underlying effective service provision for pregnant and parenting women with problematic substance use, from the perspective of service providers at 12 treatment programs across Ontario.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Identify core values of care underlying effective integrated service delivery for mothers experiencing problematic substance use. • Describe key processes of care within the service provider-client relationship focusing on executive functions and emotion regulation. • Articulate strategies for how to attend to identified values and processes when working with pregnant and parenting women experiencing problematic substance use. |
| 1730-1830 | Free Time |
| 1830-2200 | <p>Celebrating Canada - Please join us to celebrate our beautiful country! Come casually dressed in red and white or in your Canadian apparel. Dine and dance the night away to the music of Ambush, "Canada's Rockin' Country Band". Ambush is raw energy, sheer entertainment, and just plain fun! Family or friends in town? Buy them a ticket and join in on the fun!</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> |

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| CONFERENCE DAY 3 – Saturday October 13 | |
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| 0745-0845 | Breakfast and Regional Networking |
| 0845-0900 | Opening Remarks |
| 0900-0945 | <p>Keynote – Women’s Health <i>Contraception in Canada: Where are we now and how can we improve?</i> Presenter: Amanda Black MD, MPH, FRCSC, Professor, Obstetrics and Gynecology, The University of Ottawa; Medical Director, The Shirley E. Greenberg Women’s Health Centre; Dr. Elaine Jolly Chair in Women’s Health Research, Ottawa ON</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Understand the current landscape of Canadian women’s attitudes, knowledge, and beliefs about contraception. • Increase awareness of resources available for patients and health care providers. • Highlight social media campaigns designed to increase awareness of contraceptive choices. |
| 0945-1000 | Refreshment Break |
| 1000-1130 | Concurrent Sessions F |
| | <p>F01 – PERINATAL LOSS</p> <p>F01-1 Early Pregnancy Complications and Loss Quality Standard: Guiding High-Quality Care in All Settings in Ontario <i>Authors: Sarah McTavish MSc; Michelle La Fontaine BAA, CLS, tDIPL; Doreen Day MHSc; Sarah Burke Dimitrova MSPH; Laura Zahreddine MN</i> Presenters: Sarah McTavish, Health Quality Ontario, Toronto ON and Michelle La Fontaine, Pregnancy and Infant Loss (PAIL) Network, Toronto ON Purpose: To develop an early pregnancy complications and loss quality standard - a concise set of statements with associated quality indicators and supports for adoption and implementation - based on the best available evidence, guided by an interdisciplinary advisory committee from across Ontario.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Identify the areas for improvement in care that were prioritized by the Early Pregnancy Complications and Loss Quality Standard Advisory Committee. • Describe one’s role, as a health care professional, in adopting the quality standard and providing high-quality care for people experiencing early pregnancy complications and loss across settings. • Understand how to adopt the quality standard in one’s practice, health care organization, community or region. <p>F01-2 An Innovative Nursing-Led Program to Enhance Patient-Centred Care for the Management of Early Pregnancy Loss <i>Authors: Lindsey Davis BScN, MSN; Pam Berger MD, FRCSC; Megan Gomes MD, FRCSC; Florence Gregoire-Briard MD; Samantha Montuk RPN; Amanda Black MD, MPH, FRCSC</i> Presenter: Lindsey Davis, The Ottawa Hospital, Ottawa ON Purpose: Historically, access to treatment options for women who suffer from early pregnancy loss (EPL) can be fragmented and lack a patient-centred approach to address the emotional burden of an EPL. Nursing can play an important role in addressing this care gap and enhance access to care. We describe a nursing-led collaborative Outpatient Program for the Management of Early Pregnancy Loss (OPEL) that provides rapid access to patient-focused, holistic, and quality care for those who experience EPL.</p> |

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| | <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Describe challenges for patients and families who experience EPL. • Identify the potential for an expanded role of the registered nurse caring for patients experiencing EPL. • Discuss the implementation process for OPEL in other centres and determine quality indicators of such programs. <p>F01-3 More Than Advice: Partnering with Parents to Provide Perinatal Loss Education for Healthcare Providers Authors: Michelle La Fontaine BAA, CLS, tDIPL; Megan Fockler RN, MPH Presenters: Michelle La Fontaine and Megan Fockler, Pregnancy and Infant Loss (PAIL) Network, Toronto ON</p> <p>Purpose: Pregnancy and Infant Loss (PAIL) Network provides education to healthcare providers across Ontario about compassionate, skilled, and sensitive perinatal bereavement care for families. Purposefully, this education is taught in a dyad: one healthcare provider with expertise in perinatal bereavement care and one parent with a lived experience of loss. This presentation will allow participants to explore how incorporating the parent voice into all aspects of perinatal bereavement education supports best practices and a more meaningful experience for participants who are seeking to improve their own bereavement care for families.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Identify the difference between including parents on committees versus incorporating the family voice when developing educational curriculum. • Understand the benefits of this unique healthcare education provided by PAIL Network for both care providers and bereaved families. • Develop personal strategies to identify innovative ways to include families in the implementation of initiatives to support the needs of families experiencing pregnancy and infant loss. |
| | <p>F02 – RURAL HEALTH</p> <p>F02-1 Meeting Women Where They Are: Offering Best Practice Maternity Care in a Culturally Diverse Rural Environment Authors: Erica Corbett MSc; Sunday Smith RN, MSN, CNM Presenters: Erica Corbett and Sunday Smith, National College of Midwifery, Halifax NS Purpose: To share the practice model of a midwife working collaboratively with nurses and other skilled healthcare providers to offer full scope women’s health care to vulnerable women with otherwise limited access in rural upstate New York.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Articulate how midwives and nurses can work together to support isolated women. • Understand ways to support rural women through the continuum of women’s reproductive health. • Understand the needs of culturally diverse populations related to pregnancy, birth and postpartum. <p>F02-2 Factors Associated with Inadequate Prenatal Care among Women in Northern Manitoba Authors: Patricia Gregory RN, PhD; Maureen Heaman RN, PhD Presenter: Patricia Gregory, Red River College, Winnipeg MB Purpose: To share the findings of a mixed methods study on the barriers, facilitators and motivators associated with the use of prenatal care among women giving birth in Northern Manitoba.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Identify the barriers, facilitators and motivators associated with prenatal care use in the North. |

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| | <ul style="list-style-type: none"> • Explore women's and health care provider perceptions of barriers to prenatal care utilization in the North. • Identify potential health care system improvements to facilitate the use of prenatal care in the North. <p>F02-3 Experiences of Intrapartum Nurses Providing Labour Support in a Northeastern Ontario Setting Authors: <i>Ylise Dobson BScN, RN, PNC(c), MScN(c); Roberta Heale RN(EC), NP-PHC, MN, DNP, PhD(c); Irene Koren BA, BScN, RN, MSc; Susan James BScN, MN, PhD</i> Presenter: Ylise Dobson, North Bay Regional Health Centre, North Bay ON Purpose: To explore the experiences of intrapartum nurses in Northeastern Ontario setting and the meaning they place on providing labour support. Learning Objectives:</p> <ul style="list-style-type: none"> • Describe the experiences of intrapartum nurses in providing labour support. • Identify the barriers and challenges that exist in providing continuous labour support. • Understand the culture of technology and the role it plays on intrapartum nurses providing labour support. |
| | <p>F03 – CULTURAL CARE</p> <p>F03-1 First Nation Families and Health Care Providers - Walking the Perinatal Journey Together Authors: <i>Barbara Webster RN, BScN, MSc; Lucy Barney RN, BSN, MSN</i> Presenters: Barbara Webster and Lucy Barney, First Nations Health Authority, Vancouver BC Purpose: To discuss the health of First Nation women in relation to pregnancy and postpartum and the care they receive during this perinatal period. Several themes will emerge during this presentation: culturally relevant, trauma informed and relational practice care; successes and challenges in providing or receiving care; standard practices that potentially create barriers to holistic care; availability of resources and conference participant self-reflection. Learning Objectives:</p> <ul style="list-style-type: none"> • Recognize the need to provide culturally based, trauma informed and relational practice care. • Describe approaches in providing holistic care to First Nation women and families. • Identify culturally relevant resources available to clients and care providers. <p>F03-2 A Relational Approach to Health Service Delivery: Creating Positive Change for Indigenous Mothers and Infants Authors: <i>Amy Wright MScN, NP-Pediatrics; Olive Wahoush PhD, RN; Marilyn Ballantyne PhD, RN; Chelsea Gabel PhD; Susan M. Jack PhD, RN</i> Presenter: Amy Wright, McMaster University, Hamilton ON Purpose: To better understand how Indigenous mothers select and use health care in urban settings in Canada to develop meaningful strategies to improve health care, impacting at the provider, organizational and health policy levels. Learning Objectives:</p> <ul style="list-style-type: none"> • Identify facilitators and barriers to accessing postnatal care in urban settings for Indigenous mothers. • Understand strategies for improving access to, and health care provision for, Indigenous mothers and their infants. • Appreciate the importance of providing culturally safe health care for Indigenous families. <p>F03-3 Examining HIV-Related Stigma Among Childbearing Women of African Descent Authors: <i>Josephine Etowa PhD, RM, RN, FWACN; Jean Hannan PhD, RN, ARNP; Craig Phillips LLM, PhD, RN, ARNP, FAAN; Seye Babatunde FWACP, MPH, MBBS; Chinedu Oraka MD; Tyler Boyce</i></p> |

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| | <p><i>Honours BA; Sarah Layng BScN (student)</i> Presenters: Josephine Etowa, Tyler Boyce, Chinedu Oraka, and Sarah Layng, University of Ottawa, Ottawa ON Purpose: To present the preliminary findings of a study examining infant feeding practices of HIV positive Black mothers living in Canada, Nigeria and the United States. This paper focuses on the Ottawa, Canada site. Learning Objectives:</p> <ul style="list-style-type: none"> • Describe infant feeding practices among Black mothers living with HIV. • Understand HIV-related stigma and discrimination. • Describe the socio-cultural context of Black mothers' infant feeding practices and HIV. |
| | <p>F04 – UNIQUE CONSIDERATIONS IN PREGNANCY</p> <p>F04-1 Perinatal Outcomes in Women with Disabilities: A Systematic Review and Meta-Analysis Authors: Lesley Tarasoff MA, PhD(c); Saranyah Ravindran BSc; Hannan Malik BSc; Hilary Brown PhD Presenter: Lesley Tarasoff, University of Toronto, Toronto ON Purpose: To describe the perinatal outcomes of women with disabilities based on a systematic review and meta-analysis of the available literature. Learning Objectives:</p> <ul style="list-style-type: none"> • Describe perinatal outcomes of women with disabilities. • Describe the quality of studies on perinatal outcomes of women with disabilities. • Identify gaps in knowledge regarding perinatal health of women with disabilities. <p>F04-2 Action on Discussing Legal Substance Use with Women Authors: Nancy Poole PhD; Karen Gelb MA; Lindsay Wolfson MPH; Rose Schmidt MPH; Natalie Hemsing MA Presenters: Nancy Poole, Karen Gelb, and Lindsay Woolfson, Centre of Excellence for Women's Health, Vancouver BC Purpose: To present a pan-Canadian project designed to better understand the incorporation of gender-, equity-, and trauma-informed brief interventions on alcohol, cannabis, tobacco, and prescription opioids, into health and social service practice with women and their partners, in the preconception, interconception and perinatal periods. Learning Objectives:</p> <ul style="list-style-type: none"> • Demonstrate the use of brief intervention practices with women and their partners who use alcohol, tobacco, cannabis, and prescription opioids in the preconception, interconception and perinatal periods. • Recognize opportunities to apply gender-, equity- and trauma-informed substance use approaches to brief interventions. • Increase competence and confidence of nurses regarding the use of discussion-based interventions on substance use. <p>F04-3 Improving Support for Pregnant Women who Use Opioids – Linking Hospital Care with Community Care Authors: Debbie Champ RN(EC), BScN; Jackie Girard RN Presenters: Debbie Champ and Jackie Girard, Cornwall Community Addictions and Mental Health, Cornwall ON Purpose: To review the development of a roadmap for program quality improvement in a medium-sized, non-teaching hospital's current Neonatal Abstinence Program, from gap identification and solution building to implementation. Learning Objectives:</p> <ul style="list-style-type: none"> • Describe how to develop a roadmap that will guide implementation of evidence-based |

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| | <p>guidelines.</p> <ul style="list-style-type: none"> • Describe strategies to identify gaps in a program. • Understand how to build-in patient participation in a program’s quality improvement activities. |
| | <p>F05 – PROFESSIONAL DEVELOPMENT</p> <p>F05-1 Evaluation of Fetal Health Surveillance (FHS) Recertification Program: Our Journey to Improving Communication Author: <i>Melanie Basso RN, BSN, MSN, PNC(C)</i> Presenter: Melanie Basso, BC Women's Hospital, Vancouver BC Purpose: To provide a review of data collected to evaluate the Fetal Health Surveillance Recertification Program and its impact on communication and practice at a tertiary care centre in Canada. Learning Objectives:</p> <ul style="list-style-type: none"> • Understand the purpose of the evaluation framework used to review the Fetal Health Surveillance Recertification Program. • Identify ways in which the program could be improved in future updates. • Understand the impact of the Fetal Health Surveillance Recertification program on interprofessional communication. <p>F05-2 An Interprofessional Postpartum Hemorrhage (PPH) Mock Code Quality Initiative Using In-Situ Simulation Authors: <i>Leigh Andrews RN, MN, PNC(C), CTDP; Monica Nicholson RN, MN</i> Presenters: Leigh Andrews and Monica Nicholson, Sunnybrook Health Sciences Centre, Toronto ON Purpose: An interprofessional simulation initiative for Birthing Unit staff was designed to address management of Code Omega Obstetrics (COO). Code Omega Obstetrics at our tertiary facility is defined as an out-of-control bleeding state requiring rapid access to blood products. PPH is a leading cause of morbidity and mortality worldwide even in developed countries, including Canada. Recommendations by the International Postpartum Hemorrhage Collaborative Group and the Ontario Coroner's office included utilizing simulated mock codes on birthing units to train interprofessional teams. Collaboration between a Canadian Simulation Centre, a Women & Babies Program and an interprofessional leadership working group was established to design a simulation which could be translated to any patient within any team. Learning Objectives:</p> <ul style="list-style-type: none"> • Describe innovative, interprofessional methods of care to enhance quality and safety across health care teams. • Identify tools and resources that promote improved interprofessional clinical team-based care. • Reflect and apply simulation practices within one’s own setting. <p>F05-3 An Infant Feeding Peer Mentoring Initiative for Nursing Staff on a High-Risk Pregnancy Inpatient Unit Authors: <i>Glenda Carson PhD, RN, PNC(C), IBCLC; Renata Kolanko MN, RN; Linda Mason BN, RN; Cheryl Lavoie BN, RN; Amanda James LPN</i> Presenter: Glenda Carson, IWK Health Centre, Halifax NS Purpose: To describe a peer mentoring initiative that was developed to assist nursing staff facilitate informed decisions regarding infant feeding for patients on a high-risk pregnancy inpatient unit. Learning Objectives:</p> <ul style="list-style-type: none"> • Describe the key components of staff mentoring that are beneficial to facilitating parental |

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| | <p>informed decisions regarding infant feeding.</p> <ul style="list-style-type: none"> • Identify strategies that are useful in successfully initiating staff mentoring. • Describe the applicability of a peer mentoring initiative for one’s perinatal care teams and populations. |
| | <p>F06 – LABOUR AND BIRTH</p> <p>F06-1 Optimizing the Chance of Vaginal Birth - A Quality-Based Procedure Authors: Doreen Day MHSc; Jane Wilkinson BSc, MD, FRCSC, CSPE; Lucy Gilmore RN, BScN, MScN Presenters: Jane Wilkinson and Lucy Gilmore, Toronto ON Purpose: To review the clinical recommendations for a Quality-Based Procedure related to Low-Risk Birth. Learning Objectives:</p> <ul style="list-style-type: none"> • Understand the variation in caesarean section rates for the low-risk pregnant woman across hospitals in Ontario. • Describe accepted best practices that promote vaginal birth. • Identify how individual health care providers within the interprofessional team can help optimize the chance of a vaginal delivery for the low-risk pregnant woman. <p>F06-2 Management of the Occiput Posterior Position in Labour Author: Kim Campbell RM, RN, MN Presenter: Kim Campbell, University of British Columbia, Vancouver BC Purpose: Occiput posterior is the most common malposition in labour and is associated with an increase in intrapartum interventions. This presentation reviews the evidence for the prevention, diagnosis and management of occiput posterior position during labour. Learning Objectives:</p> <ul style="list-style-type: none"> • Define and describe how to identify occiput posterior in labour. • Describe the risks associated with occiput posterior position in labour. • Describe the evidence for prevention, diagnosis and management of a fetus presenting in an occiput posterior position in labour. <p>F06-3 Prevention of Bladder Injury and Promotion of Bladder Health during the Intrapartum and Postpartum Periods Authors: Cynthia Mann RN, MN, MHA, IBCLC PNC(C); Teri-Lyn Holm-Laursen RN, BScN Presenters: Cynthia Mann and Teri-Lyn Holm-Laursen, IWK Health Centre, Halifax NS Purpose: To share what is currently known about bladder care and risk to bladder health during the intrapartum and postpartum periods. The nursing care and interventions that support bladder health and promote recovery after bladder distention injuries will be presented along with the change management strategies that accompanied this quality improvement initiative. Learning Objectives:</p> <ul style="list-style-type: none"> • Understand the risk factors and actions that lead to bladder distention and voiding dysfunction. • Describe bladder assessment and interventions that prevent bladder injury and promote healing after bladder distention. • Identify tools to implement change in the management of bladder health during both the intrapartum and postpartum periods to avoid complications, including voiding dysfunction. |
| 1130-1230 | <p>Closing Keynote – Balancing the Art and Science of Perinatal Care Amid the Tidal Wave of Information Presenter: Mari Teitelbaum BSCh, MHA, Vice President, Provincial Programs and Chief Information Officer, Children’s Hospital of Eastern Ontario (CHEO), Ottawa ON</p> |

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Everyone struggles with managing huge amounts of information to provide best care possible. As we continue to work on evidence-based practice, we are also the product of what we learned in training and experience since then. The role of information in balancing the science of evidence with the art of experience is critical in finding our equilibrium.

Learning Objectives:

- Discuss the information we use to manage care
- Discuss how we use that information to make clinical decisions
- Summarize how health care outcomes have evolved over time