CONFERENCE

Our 9th Year!

Programme

# Welcome |

## to the 9th Annual MaMa Conference

**3rd & 4th May 2019 |**

The Doubletree by Hilton
Cambridge St Glasgow, Scotland.

#MAMAConference2019

Part of the Birthsparks family

# Friday 3rd May 2019 | Day 1

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| 08.30-09.00 | Registration tea & coffee |
| 09.10-09.30 | **Welcome address by our Conference Chair**<br>Dr Gillian Smith MBE |
| 09.30-10.10 | **Don't dim the bright lights, keep shining!**<br>Consultant Midwife Jaki Lambert |
| 10.10-10.40<br>Abstract presentation | **Our Team: Offering Homebirth to all women in the NHS**<br>Sarah Dewar, Debi Cargil & Lorna Ford |
| **10.40-11.10 Morning Break** | **Exhibition Opens** Tea & Coffee |
| 11.15-12.00 | **The OASI care bundle and rectal examinations: necessary or not?**<br>Professor Jim Thornton. Consultant Obstetrician |
| 12.00 - 12.30<br>Abstract presentation | **Preventing PTSD post childbirth through compassion**<br>Dr. Diane Menage and Dr. Jenny Patterson |
| **12.30-13.45** | **Lunch, Exhibition and lunch time sessions (Below)** |
| ***12.45-13.45**<br>Lunch time innovation camp*<br>Main stage | Cells4Life: **OCC & cord tissue used in stem cell collection** (Main stage)<br>All 4 Maternity: **Innovation in learning** (Main stage)<br>KG Hypnobirthing: **Hypnobirthing in your daily practice** (Main stage)<br>GM Instruments: **Neonatal Resuscitation Practice** (Exhibition hall) UWS student Midwives**: Drop in Breastfeeding update and Emergency skills stations** (Exhibition hall) |
| 12.30-13.45<br>*Lunch time Exhibition Hall | **MaMa Glam** MaMa Festival face painting.<br>**Vacancies and Courses** notice Board (Exhibition hall)<br>**Art Attack!** Timed 5 minutes to create your MaMa masterpiece,<br>**MaMa Dancing for Birth**<br>with the fabulous Eleanor Shirkie of Tribal Dreams. Shake your shimmy, Join in and jiggle about! |
| 13.45-14.15<br>Abstract Presentation | **Hypermobile Ehlers Danlos syndrome (hEDS) and Hypermobility Spectrum Disorders (HSD) in pregnancy**<br>Dr Sally Pezzaro |
| 14.15-15.00 | **The impact of sexual abuse on pregnancy and birth. A story of abuse and surviving through maternity care**<br>Michelle Wright, Student Midwife |
| **15.00-15.20 Afternoon Break** | **Exhibition, MaMa Glam, Art Attack, Tea & Coffee** |
| 15.30-16.20 | **The Baby Box: Evidence and outcomes**<br>Professor Helen L Ball<br>Department of Anthropology, Durham University |
| **16.30 CLOSE** | Day 1 Art Attack Prize giving<br>Day 1 closing address by our Conference Chair |
| 18.45-Midnight | **MAMA AWARDS, DINNER & After Party with Abba Mania**<br>***Tickets are purchased separately*** |
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# Saturday 4th May 2019 | Day 2

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| **09.00-9.15** | **Tea/coffee & pastries** |
| 9.15-9.25 | **Welcome address by our Conference Chair**<br>Dr Gillian Smith MBE |
| 09.25-10.15 | **Managing pelvic girdle pain during childbirth**<br>Shalini Wiseman**.** Senior Physiotherapist in Women's Health & Continence |
| 10.15-10.45 | **Down's Syndrome: Supporting parents from pregnancy to parenthood, a toolkit for care**<br>Jo Hughes. Family Support Service Manager, Down's Syndrome Scotland |
| **10.45-11.15** | **Morning break Tea & Coffee Exhibition** |
| 11.15-11.40<br>Abstract presentation | **Facilitating physiological birth: a specialist role for midwives using complementary therapies**<br>Denise Tiran, Midwife |
| 11.40-12.30 | **Decolonising maternity care: Decreasing mortality and morbidity for black and minority ethnic mothers.**<br>Dr Amali Lokugamage**.** Consultant Obstetrician |
| 12.30-13.45<br>Lunch | Lunch, Exhibition and lunch time sessions (Below) |
| 12.55-13.45<br>*Lunch time innovation camp*<br>Main stage<br><br>12.30-13.45<br>*Lunch time session<br>Exhibition Hall | Hannah Tizard: **OCC and DCC: resources for learning**<br>KG Hypnobirthing: **Hypnobirthing integral to mainstream midwifery care**<br>GM Instruments: **Resuscitation Practice (Exhibition hall)**<br>UWS student Midwives: **Drop in Breastfeeding update and Emergency skills stations (Exhibition hall)**<br>**MaMa Glam** Festival face painting.<br>**Vacancies and Courses** notice Board (Exhibition hall)<br>**Art Attack!** Timed 5 minutes to create your MaMa masterpiece.**MaMa Dancing for Birth** |
| 13.50-14.20 | **Residual blood following OCC/DCC: Therapeutic advances and treatments in autism and cerebral palsy**<br>Wayne Channon, C4L |
| 14.20-14.50<br>Abstract Presentation | **The effects & potential therapeutic qualities of 'journaling' on mental health and wellbeing for pregnant women and new mothers.**<br>Laura Godfrey Issacs. Midwife |
| 14.50-15.10 | Tea & Coffee, Exhibition, |
| 15.10-16.10 | **Stop the fear and embrace birth**<br>Professor Hannah Dahlen |
| 16.15-16.30 | Conference film presentation. Announcement of MaMa Raffle Prizes<br>**Closing address By Conference Chair Gillian Smith** |
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# A warm welcome and thanks to our MAMA Conference 2019 | PARTNERS

Cells4Life
the experts in stem cell processing

Birthsparks

CUB
Comfortable Upright Birth

NMC Nursing & Midwifery Council

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LEARNING • SHARING • CARING

THE PRACTISING MIDWIFE

THE ROYAL COLLEGE OF MIDWIVES

SiMBA
Simpson's Memory Box Appeal ©

Break the Silence

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Health-Care Equipment

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AROMATHERAPY FOR CHILDBIRTH

Blood to Baby
Optimal Cord Clamping

DUNDONALD HOUSE

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GM INSTRUMENTS

BJM
British Journal of Midwifery

- Art Attack, Posters, MaMa Glam and MaMa Dancing are open to any delegate. Participation is voluntary. They are not a part of the main Conference programme and as such it is up to individuals if they wish to attend them during breaks or not. MaMa Conference organisers (Birthsparks Ltd) accept no liability for any injury or harm caused during participation in any of these events.
- Please remember that this conference is being attended by the majority of delegates as part of their professional work and on-going learning. If you are bringing your breastfed baby *(See Terms & Conditions on our website)* please be considerate of other delegates and leave the session if your baby becomes noisy or needs attention during the conference.
- The organisers reserve the right to make any changes deemed necessary at any time to the programme should the need arise.
- The evening MaMa Awards is NOT included in the cost of your conference delegate ticket or exhibition space. Tickets for this event must be purchased separately. Please do not turn up to the Awards/Party without having purchased a ticket in advance.
- Photography and filming will be ongoing throughout the conference. The organisers retain all copyright of any images obtained during the conference.
- Some speakers may be willing to provide their presentations after the conference to delegates. We will post links to those speakers that are willing to share their presentations after the conference. All copyright to presentations remain with the presenters and should not be shared without reference and prior permission.
- No live streaming of presentations during the conference by delegates is allowed.
- We take your privacy seriously. With this in mind we will not publish a delegate list or pass on any delegate, award winners, speakers or exhibitors contact details to a third party.

Hope you enjoyed your experience with us at #MAMAConference2019