Join Us Online!
Feb. 6 - Mar. 31, 2017

GOLD Midwifery
Online Conference

2017 CONFERENCE PROGRAMME

Delivering from Experience... Nurturing Knowledge

Join Us Online!
Welcome to the 2017 GOLD Midwifery Online Conference! GOLD Midwifery is hosted by GOLD Learning Online Education, which has been offering evidence-based continuing education since 2007.

We have an amazing line up of speakers who will be providing new insights into scope of practice and competency, labour dystocia, medications and breastfeeding, evidence based models of maternity care, the meaning of informed choice, how care providers can help themselves heal after traumatic births, and so much more. With expert speakers, such as Debra Pascali Bonaro, Robin Lim, Lesley Page, Soo Downe, Yeshi Neumann, and Illysa Foster to name just a few, this conference promises to be full of both information and inspiration.

Learn more at: www.GOLDMidwifery.com

Fleur Bickford, RN, IBCLC
Program Director

Fleur Bickford is a Registered Nurse and International Board Certified Lactation Consultant (IBCLC) with a Bachelor of Science from Queen’s University. As an RN, she worked in Maternal and Child Health, gaining experience in labour and delivery, postpartum care and pediatrics. After the birth of her two children, Fleur became involved with La Leche League, eventually becoming a leader and serving as a member of both the Professional Liaison Department and the Social Media Advisory Committee, while working towards her IBCLC certification. Fleur then made the move to private practice as an RN and IBCLC and spent years working with challenging breastfeeding cases before focusing on health education with GOLD. Fleur has been very active in her local lactation community as past president of Ottawa Valley Lactation Consultants and one of the leaders of the group that established the regional breastfeeding website ottawabreastfeeds.ca. She is also a professional speaker whose presentations and articles have been shared internationally. Fleur’s clinical experience in perinatal care combined with her professional and volunteer experiences with educating both families and health care professionals, lend themselves well to her role as Program Director for GOLD.
Fiona Lang-Sharpe, IBCLC, NAMCW

Public Relations Manager & Master of Ceremonies

Fiona Lang-Sharpe is a Birth Doula and International Board Certified Lactation Consultant in private practice in Edmonton, AB, Canada. Fiona has nearly 20 years of experience attending births, supporting mothers post partum, and offering lactation case management services. Having studied in England under the National Association of Maternal and Child Welfare, Fiona moved with her young family to Canada in 1989, after which she obtained certification as an IBCLC. Fiona’s experience in Midwifery health along with her interest in technology and social media and passion for quality education make her an excellent fit for GOLD Conferences International.

Kristin Schwarz, LM

Master of Ceremonies

Kristin Schwarz is a licensed midwife, maternal fitness educator, childbirth educator and bereavement doula. Kristin moved to the United States from Europe in 1997 where she worked in marketing and online education. After a peaceful home-water birth of her 2nd daughter, Kristin decided to help other women feel empowered in their birth choices. She trained to become a childbirth educator, received a degree in midwifery and holds a Florida midwifery license. Kristin’s experience in perinatal and postpartum health and her background in online education make her a good fit for Gold Conferences International, and she is excited to contribute to GOLD and assist in its online growth. Kristin lives with her family in South Florida where she enjoys snorkeling and yoga on the beach.

PROFESSIONAL ADVISORY COMMITTEE

Along with the Program Chair, the GOLD Professional Advisory Committee is responsible for the review and selection of the conference presentations.

Lynda Robinson - IBCLC, BSN

Lynda is a Registered Nurse with 35+ years experience in Women’s Health with a focus on maternal/infant care. She has 16 years as a Labour & Delivery nurse as well as 13 years as a Public Health Nurse doing postpartum home visits. During her career she has been very passionate about breastfeeding and providing holistic care to moms and families to empower them with tools to be successful with their breastfeeding experience. She has also been an IBCLC since 1998. Presently Lynda is a Nurse Educator at MacEwan University in Edmonton Alberta Canada in the Nursing faculty. She takes 3rd year BScN students into the maternity setting at the Misericordia Hospital in Edmonton where she mentors them to apply their theory knowledge in a family centered care approach. She shares breastfeeding knowledge with students as she works with moms to empower them about the ‘art of breastfeeding.’ Also during Lynda’s Public Health years she worked extensively with moms, families and physician to screen for Post Partum Depression and connect with resources in the community to aid with...
their healing. Lynda is also a mom of a daughter and son who are grown and successfully launched in their chosen careers as educators. Lynda has participated in the GOLD conferences for several years and is honored to have joined the team as Nurse Planner. She very much looks forward to journeying with the team as GOLD continues to grow.

**Ana Polona Mivšek - BSC IN MIDWIFERY, MSC, PHD (Slovenia)**

Since graduating as a first BSc midwife in 2000 (after a period of 14 years when there were no midwives trained in Slovenia) Polona Mivšek has become the first midwifery educator in Slovenia (now Head of Midwifery at the University of Ljubljana, the only midwifery school in Slovenia, Leader of undergraduate Midwifery programme and a Head of midwifery chair) and the first and currently the only midwife with a PhD in Slovenia. In order to develop Slovenian midwifery in the best possible way she nationally actively collaborated with women’s organisations, professional midwifery organisations and Ministry of Health. Her bibliography consists of 140 works, most important: 10 peer-reviewed scientific papers, 8 peer-reviewed professional papers, 19 scientific papers published in conference proceedings, 5 chapters in monograph. The main research interest of Polona is midwifery; in a broader sense women’s reproductive health through the sociological and psychological ocular.

**Denise Henry - SPECIALIST PERINEAL MIDWIFE**

Denise’s family originates from the Caribbean island of Grenada although she was born and grew up in London. In 1988 she qualified as a registered general nurse (RGN). She then went on to complete her midwifery training at Queen Charlotte’s Hospital in 1991.

Denise currently works as Specialist Perineal Midwife at St George’s Hospital in London. Having spent 22 years at Queen Charlotte’s Hospital where she trained she feels like the new girl with just over 2 years’ experience at her current unit. During her many years at one unit she managed to have a varied and satisfying career. The highlight of that time was between 1997 – 2004 when she worked as a caseload midwife. It took her on a steep learning curve and she enjoyed that first real opportunity to truly work as an autonomous practitioner and advocate whilst providing ante, intra and postnatal care to women on her caseload. It was during her time as a caseload midwife she became interested in providing appropriate care for women affected female genital mutilation (FGM). She was instrumental in setting up a clinic for women in 2008 and has recently started another clinic at St George’s Hospital.

Denise finds her job both enjoyable and rewarding, but believes that her time outside of work is far more important. Spending time with her family and friends are very important to her, especially the little ones. In her spare time Denise loves to socialise and also enjoys travelling. Her current favourite place is the Caribbean island of Jamaica.

**Hettie Grove - RN, RM, ICCE, IBCLC**

Hettie Grove received her Bachelor of Nursing in Nursing Education and Administration from University of South Africa, after her diplomas in General Nursing, Midwifery and Community Health Sciences(Honors). She received her specialisation as an Advanced Midwife with Honors at the University of Johannesburg. She has worked extensively in the public health sector as well as midwifery and HIV. Currently she is an International Childbirth educator and a International Board certified Lactation Consultant. She is an honorary Lecturer at the Witwatersrand University in South Africa teaching lactation. Hettie was very involved in an advisory capacity in the establishment of a midwifery driven unit in the private sector in South Africa She serves on the Gauteng Breastfeeding Forum Committee. Currently working in a private practise established 17 years ago and lives with her husband of 32 years in Springs Gauteng. They have 2 kids and 2 grandchildren and have written numerous articles in various midwifery and lactation fields in both professional and informal magazines.
Mia Fothergill - Committee Member

Mia Fothergill has had a wide variety of interesting jobs - including actress, quiz master, tarantula handler and zipline guide - but began her midwifery career in 2000 and found her calling. Working at Britain’s oldest maternity hospital, she co-ordinated a team which provided one-to-one midwifery care to teenagers and vulnerable women, and was very proud of the wonderful outcomes that this approach achieved with this challenging client group. After moving to Canada in 2007, she now works as a Registered Midwife in Edmonton, Alberta, which has the highest homebirth rates in the country. Mia is delighted to be able to practice in a way that allows her to fully indulge her passion for home and water birth. She recently gave birth to her second daughter, both girls born at home of course, and is currently enjoying her maternity leave.

Conference Speakers

GOLD MIDWIFERY 2017 KEYNOTE SPEAKERS

Debra Pascali-Bonaro  B.Ed., LCCE, PDT/BDT(DONA)  (USA)

Debra Pascali-Bonaro is the Founder & President of Pain to Power Childbirth Experience, Director of the award-winning documentary Orgasmic Birth: The Best-Kept Secret and co-writer of “Orgasmic Birth: Your Guide to a Safe, Satisfying and Pleasurable Birth” all of which explore the intimate and sacred nature of birth. Debra is an inspirational international speaker, chair of the International MotherBaby Childbirth Organization, Advisor to Human Rights in Childbirth and the International Childbirth Education Association. Debra’s passion comes from her years as a Lamaze International childbirth educator, and birth and postpartum doula trainer with DONA International where she has worked with families, midwives, doulas and physicians in over 30 countries bringing comfort, love and pleasure to birth and life! Debra has been interviewed by media around the world, including ABC’s 20/20 and The New York Times, as well as numerous Parenting and Health Magazines. Debra is a pioneer in reminding humanity that birth can be full of pleasure and delight.

Robin Lim  CPM  (Philippines & Indonesia)

Robin Lim (“Mother Robin,” or “Ibu Robin”) is a midwife and founder of Yayasan Bumi Sehat (Healthy Mother Earth Foundation) health clinics, which offer free prenatal care, birthing services and medical aid to anyone who needs it. She and her team have been working since 2003 to combat Indonesia’s high maternal and infant mortality rates, and the Bumi Sehat birth centers serve many at-risk mothers. She was awarded the 2011 CNN Hero of the Year award by the CNN news network for helping thousands of low-income women in Indonesia with healthy pregnancy and birth services.
**Bridget Lynch**  RM, MA (Canada)

Bridget Lynch has been a midwife and midwifery activist for more than 35 years. She is the Past President of the International Confederation of Midwives, where she led the development of global standards for the education and regulation of midwives worldwide. She is a Past-President of the Association of Ontario Midwives and a founding Board Member of the Canadian Association of Midwives. Bridget is an Assistant Professor in the Midwifery Education Program at McMaster University, and was formerly the Head of the Division of Midwifery at three Toronto hospitals. During her career as a midwife, the time following birth has been her focus, both in her research and midwifery practice. Her goal has been to help parents make the early days and weeks after birth a peaceful and happy time for the whole family. She has presented on this topic at conferences in North America, Australia and Europe.

**Dr. Denis Walsh**  RGN, RM, DPSM, MA, PGDip Ed, PhD (UK)

Denis was born and brought up in Queensland, Australia but trained as a midwife in Leicester, UK and has worked in a variety of midwifery environments over the past 30 years. He is now Associate Professor in Midwifery in normal labour and birth, midwifery-led models and midwifery-led units. He had written extensively in these areas over the last 20 years. He lectures on evidence and skills for normal birth internationally and authored the best seller ‘Evidence-Based Care for Normal Labour & Birth’, now in its 2nd edition.

**Illysa Foster**  M.Ed, LPA(USA)

Illysa Foster has worked with birthing families for over 10 years. She holds an M.Ed. from the University of Texas at Austin from 1997 and earned her CPM in 2007. Illysa practiced as a homebirth midwife and later became a licensed mental health provider. Illysa co-authored Professional Ethics in Midwifery Practice (2011) and has presented at local, state and national conferences on the topic of professional ethics. Illysa has taught undergraduate students in psychology and child and family development at the community college and university level. She recently retired from midwifery practice and now runs a private psychotherapy practice, Cypress Tree Therapy, in San Marcos, Texas where she provides depth and body-centered therapy to treat conditions such as postpartum depression and anxiety.
**Jenny Clarke** NHS Midwife (UK)

Jenny Clarke is a full time clinical midwife, her experience as a midwife has led to a passion and interest about the physiology of skin to skin contact. Jenny loves presenting and sees this as an intrinsic part of her role – to pass the baton of midwifery to future midwives. A large part of Jenny’s extramural work is centred around how to improve skin to skin contact rates for the newborn and the mother in all birth settings including the operating theatre. The platform of social media is a key part of Jenny’s life and helps her to connect with others who are working hard to raise the profile of maternity services. In the 21st Century the importance of digital community cannot be underestimated to help spread evidence, question practice, gain courage and inspire others - something which Jenny strives to achieve through her skin to skin work.

**Lesley Page** CBE, PhD, MSc, BA, RM, HFRCM, Hon DSc (UK)

Lesley Page is President of the Royal College of Midwives. She was the first professor of midwifery in the UK at Thames Valley University and Queen Charlotte’s Hospital. She is Visiting Professor of Midwifery at the Florence Nightingale School of Nursing and Midwifery, King’s College London, Adjunct Professor University of Technology Sydney and Griffith University Australia. She is a renowned international academic, advocate and activist for midwives, mothers and babies with more than 40 years’ midwifery experience. Lesley received the International Alumni Award University of Technology Sydney in 2013 and was conferred with an Honorary DSc by University of West London in November 2013. In 2014 she was made a Commander of the British Empire (CBE).

**Mary Sidebotham** PhD, MA, RM, RN (Australia)

Associate Professor Mary Sidebotham was appointed to Griffith University in 2010. Prior to moving to Australia in 2005 she held senior operational positions within maternity organisations in the UK where she designed and conducted service level reviews and subsequently implemented innovative service delivery models in maternity care. She has worked as a midwife in Australia in a variety of settings including small rural units and private midwifery practice. Since commencing at Griffith she has developed a reputation for innovation and excellence in midwifery education design and delivery. Mary has an Australian Office of Learning and Teaching (OLT) national citation for inspirational leadership within midwifery and she currently leads the scholarship of learning and teaching within the Midwifery@Griffith team. The focus of Marys research is on building a strong resilient midwifery workforce with
a particular emphasis on workplace culture and the emotional well-being of the midwifery workforce. Mary contributes to maintaining professional standards at a national level through her work as an approved panel member for the NMBA, an ANMAC assessor and as an assessor for the Queensland Civil and administrative Tribunal (QCAT). Mary is a reviewer for a number of peer reviewed journals and is the editor of the midwifery section within Nurse Education in Practice.

**Robyn Schafer** CNM, MSN, RN, EdM, IBCLC (USA)

Robyn Schafer, CNM, MSN, RN, EdM, IBCLC, is a full-scope midwife in private practice in Rockland County, New York, where she cares for a diverse patient population. She also works as a lactation consultant at a federally qualified health center in an ultra-Orthodox Jewish community. As the lead author of “Physiologic breastfeeding: A contemporary approach to breastfeeding initiation,” Robyn was honored to receive the Journal of Midwifery and Women’s Health’s award for Best Review Article in 2016. Her current research interests include appropriate and effective midwifery care for grandmultiparous women. Robyn is passionate about providing family-centered, compassionate, evidence-based care to women throughout their pregnancies and births, and supporting mothers and babies in the creation and continuation of positive breastfeeding relationships. When she’s not caring for women or welcoming babies into the world, she enjoys her time with her husband and their five wonderful children.

**Soo Downe** BA(Hons), RM, MSc, PhD, OBE (UK)

Soo spent 15 years working as a midwife. In 2001, she joined UCLan where she is now the Professor of Midwifery Studies. Her main research focus is the nature of, and cultures around, normal birth. She is the editor of ‘Normal Birth, Evidence and Debate’, and, with Sheena Byrom, co-editor of the Roar Behind the Silence, and the founder and Chair of the International Normal Birth Research Conference Series, now in its 11th year. She is currently the Chair of EU COST Action (IS1405) including 31 countries and over 120 scientists from a wide range of disciplines. She is a member of the Board of Directors of the International MotherBaby Childbirth Organisation, and of the Global Respectful Maternity Care Council of the White Ribbon Alliance, a member of the Steering Group for the recent Lancet Midwifery Series, and of the Advisory Group for the current Lancet Stillbirth Series. She is also a member of the Technical Working Group of the current World Health Organisation antenatal guidelines development project, and is a contributor to the new WHO Intrapartum and Reducing Caesarean Section guidelines.
Dr. Wendy Jones  PhD, MSc (UK)

In my employed life I was a community pharmacist and also worked in doctor surgeries supporting cost effective, evidence-based prescribing. I qualified as an pharmacist prescriber specialising in the prevention of Coronary Heart Disease – of which breastfeeding is an extension. I left work in 2011 to work on writing my book Breastfeeding and Medication (Routledge 2013), developing information and training material on drugs in breastmilk. I recently completed Breastfeeding for Dads and Grandmas (Praeclarus Press) and Why Mothers Medication Matters (Pinter and Martin). I run a helpline service on the use of medication in breastfeeding mothers for a UK charity, responding to healthcare professionals and mothers. I have been a breastfeeding supporter for 29 years ago. I am passionate that breastfeeding should valued by all and that medication should not be a barrier. I have three daughters, all breastfed and as passionate about breastfeeding as me, and three grandchildren.

Yeshi Neumann  Certified Nurse Midwife, MA, MPH (USA)

Yeshi Neumann has been working as a midwife since 1970. In 2000, she created Homestyle Midwifery, a unique model of care, blending home and hospital birth. In addition to her work in the United States, Yeshi has taught and learned from nurses and midwives in Mexico, Nicaragua, Guatemala, Trinidad, Tibet, Morocco, India, and China. For many years she was the principal educator of the maternal-child health project, Jungle Mamas, in the Amazonian rainforest in Ecuador. Yeshi has facilitated hundreds of workshops about women’s leadership, diversity, conflict resolution, organizational development, communication and healing family relationships. Yeshi also trains social change leaders from the non-profit, philanthropic, labor and socially responsible business sectors in the Art of Leadership at Rockwood Leadership Institute. Yeshi is a dedicated student and practitioner of Mindfulness. She teaches Mindfulness-Based Childbirth and Parenting. Yeshi is the mother of two daughters and the grandmother of three granddaughters, all of whom were born into her own hands.
Birth in the Era of Climate Change: Lessons learned in the Epicenter of Disasters
Robin Lim, CPM - 75 mins

We want Midwives to be informed of their essential role in the survival and rebuilding of communities who face disasters. Globally the surface temperature is increasing. As our Oceans warm, storms are getting bigger, and more frequent. Drought, heat waves, cyclones, unpredictable precipitation and snow, famine, strife, plus earthquakes (fueled by Global Warming, the Earth’s crust is on the move). Today on Earth there are five times as many disasters as there were in the 1970s. According to the World Meteorological Organization Statement on the Status of Global Climate in 2015: “The warming trend and an increasing number of disasters are expected to continue for several decades.” Experience bringing Midwife-to-Mother care to parts of the planet devastated by disaster has taught me that traumatized communities NEED their midwives. When people suddenly are left homeless, hungry and thirsty, when hospitals and health centers are razed and roads impassible, pregnant women must still have their babies. In addition, Globally, it is the midwives who are trusted as the first go-to medics, when a child is hurt or an elder is ill. In the Samatiga area of Aceh there were 154 midwives before the 9.3 earthquake and tsunami in 2004. Afterwards, there were 32 midwives left alive. These women, also homeless, grieving their dead, without food, water, light or medicines, were the first to respond to the sorrow, suffering and trauma of the people. Attending this session has the potential to help Midwives be more prepared for their role, should disasters continue to strike.

Breastfeeding and Medication: how to make an evidence based decisions on safety
Dr. Wendy Jones, PhD, MSc - 60 minutes

In the past 21 years of providing support to breastfeeding mothers requiring medication I have found that many women are given information which isn’t based on evidence. Sharing decision-making is about being honest about the limits of knowledge and not just about healthcare professionals avoiding risk. To make an informed decision mothers need an unbiased explanation of options with benefits and risks about what is known about the medicine and its passage into breastmilk. Interrupting breastfeeding to take medication also has risks and we cannot ignore the difficulties that pumping and dumping, produce for the mother. I aim to provide the tools to evaluate the risks and benefits of prescribing and taking medication during breastfeeding and to discuss some of the more commonly encountered conditions where treatment is necessary to maintain a mother if full health to nurture and care for her baby.
Ethical Practice: Boundaries, Scope and Competency
Illysa Foster, M.Ed, LPA - 60 minutes

Professional ethics teaches us how to navigate the challenges of defining and upholding our boundaries to protect our clients, ourselves and our profession. Competency and scope of practice evolve as we build our professional skills and acquire relevant experience. Knowledge of bioethical principles, moral dilemmas and codes of ethics are essential (what we need to know). Virtue ethics (why we need to know) and fluid practice with ethical thinking (how we practice) are key to applying ethical thought to practice to uphold the midwifery model of care. The Midwives Ecological Model of Ethical Thinking (MEMET) illustrates the complexity of real-life ethical dilemmas in midwifery practice.

Healing from Difficult Disappointing or Traumatic Birth for Care Providers and the Women We Care For
Yeshi Neumann, Certified Nurse Midwife, MA, MPH - 60 minutes

Women know that it deeply matters how they give birth to their children. The birth profoundly affects the child’s life and how a mother mother’s her child as well as a mother’s own deep sense of herself. Each birth also profoundly affects the midwife who has cared for a woman and her baby. This class is for both birth givers and their midwives. If you are experiencing the effects of a difficult, disappointing or traumatic birth, either as a woman who has given birth or as a midwife , you are invited to join this class. This class will describe the elements of a difficult disappointing or traumatic birth as a basis for understanding what is involved in healing from such a birth. It will also provide an emotionally safe, non-judgmental space for you as a participant do some restorative and empowering work.

Midwives with women in the world: the world of women and midwives, worlds within worlds.
Lesley Page, CBE, PhD, MSc, BA, RM, HFRCM, Hon DSc - 60 minutes

I will consider aspects of midwifery important to every woman and her baby, every father/parent, no matter where they live, and no matter what their circumstances. We will consider worlds within worlds, starting with the baby as the whole world, moving to worlds of midwifery and current influences, worlds of women, worlds of health care and health care politics, worlds of science and publication. I will end with our achievements and how they might be extended to support reproductive rights, humanized maternity care and the best start in life, for all.

Moving from Pain to Power, with Passion and Pleasure
Debra Pascali-Bonaro, B.Ed., LCCE, PDT/BDT(DONA)- 75 minutes

Join Debra to talk about sexuality and the hormonal physiology of childbirth creating comfort, pleasure and pain relief. It’s time to honor; sexuality, creativity, music, movement, song and love in childbirth. Ask yourself “have our childbirth practices gone too far is making birth a day to endure rather than a transformative, joyful, life affirming process? If you want to offer yourself and your clients more joy, pleasure and power – this workshop will offer you the science, techniques, and inspiration to make subtle changes that will increase your clients power, passion and create transformative, powerful, birth experiences.
Physiologic breastfeeding
Robyn Schafer, CNM, MSN, RN, EdM, IBCLC- 60 minutes

Midwives are making great strides in their efforts to renormalize and promote physiologic birth. As a key component of the fourth stage of birth and a critical moment in the formation of the mother-baby relationship, physiologic breastfeeding initiation should be considered a keystone of midwifery care. Despite the importance of early breastfeeding on maternal-child health and the vital role maternity care providers play in successful initiation, there is limited evidence regarding the effectiveness of various clinical approaches to supporting breastfeeding in the immediate postpartum. In this talk, Robyn Schafer, CNM, MSN, RN, EdM, IBCLC, reviews historical approaches to breastfeeding initiation and presents the available evidence on the efficacy of various methods. She also discusses contemporary philosophies and presents the model of physiologic breastfeeding initiation. In conclusion, she provides recommendations for clinical practice to support mothers and babies in this essential process.

Placenta: the Forgotten Chakra
Robin Lim, CPM - 60 minutes

This presentation will describe the cultural significance as well as the physiological functions of the Placenta, and the difference between early and late clamping and cutting of infants’ umbilical cords. Robin Lim will discuss the role of Midwives in advocating for the human rights of newborns, and emphasize that what Midwives do in the birthroom sets the tone for success, or failure of family relations.

Rhythms in Labour: A Critical Review of Dystocia
Dr. Denis Walsh, RGN, RM, DPSM, MA, PGDip Ed, PhD - 60 minutes

Current understandings of dystocia rest on outdated definitions of active first stage of labour and its progress and on treatments with an equivocal evidence base. These include the cervical dilatation threshold for active first stage, uncertainty over whether a reduced rate of dilatation and reduced strength of uterine contractions represents pathology and the effectiveness of amniotomy and oxytocin for preventing or treating dystocia. Recommendations are made for revising the definitions of active phase of the first stage and for dystocia and for alternative, non-medical interventions that are known to shorten the length of labour.

Skin to skin – Is it really happening?
Jenny Clarke, NHS Midwife - 60 minutes

This presentation will look at current recommendations for skin to skin contact from UNICEF and WHO and explore why current modern systems do not support implementation in practice. I will look at the barriers and the drivers, and tell my own story of change. I will also discuss the phenomenon of social media and how sharing good practice through this medium connects maternity workers with women of the world. Also we will discuss why being a health care radical helps me to question practice and speak out for women and newborns.
Sustaining practice –sustaining self: Supporting the transition to evidence based models of maternity care

Mary Sidebotham, PhD, MA, RM, RN - 60 minutes

There is now compelling evidence of the benefits of re-orientating maternity services to provide all women, regardless of risk, with a known caseload midwife within a supportive multi-disciplinary team 1-3. The strength of evidence has created international momentum to make women’s access to continuity of midwifery care a priority (referred to as caseload midwifery). There is consistent and significant high-level policy support within Australia (e.g. National Maternity Services Plan, 2011)1 and internationally (e.g. NHS England National Maternity Review, 2016 )2 to provide caseload midwifery. However, despite the strength of evidence and policy support, the transition and re-orientation of maternity services to provide caseload midwifery care has been slow 4 . A review of the literature reveals significant barriers to implementation including disinterest and misinformation about caseload midwifery within the existing midwifery workforce, poorly designed or absent implementation and support processes and inadequate leadership 5-7. This paper will outline strategies that could be implemented to support leaders developing these services, and importantly strategies that could support the emotional wellbeing of midwives transitioning to and working in caseload midwifery models.

The Loss of the Lying-In Time: How Medicine and Midwifery Abandoned Women Following Birth

Bridget Lynch, RM, MA- 60 minutes

Until the early decades of the 20th century the time following childbirth was known as the ‘lying-in’ time in North America. This was a specified time and space wherein mothers were supported to be with their newborns without household or social responsibilities. The lying-in was the domain of women and was protected by midwives. While versions of lying-in have been practiced historically in societies around the world, today the observance of a protected time and space following childbirth has all but disappeared within the biomedical model of maternity care in Western societies. We now describe the time following birth as ‘the postpartum’, a medical term which has served to relegate this time to secondary status after the birth. Ironically and poignantly, ‘the postpartum’, indicates not only a loss of status of the time following birth, it is now synonymous with maternal depression. This presentation will review the common historical and cross-cultural aspects of care following childbirth prior to medicalization. It will raise questions for midwifery care and research and challenge midwives to examine if our care following birth is truly ‘woman-centred’.

“Any colour as long as it is rose-tinted”: the meaning of informed choice when women don’t have access to evidence based care provision

Soo Downe, BA(Hons), RM, MSc, PhD, OBE - 60 minutes

More than 90% of Victorian mothers initiate breastfeeding but the number of women breastfeeding their babies decreases quickly.1 During the first two days of life more than half of women experience problems with latching and feeding their babies.6 By three months of age only half of Victorian babies are fully breastfed.4 In a survey of 729 Australian women with gestational diabetes 97% reported ‘ever’ breastfeeding but only 19% had breastfed for ≤3 months.8 A combination of lack of effective support and incorrect advice often results in
women experiencing breastfeeding problems. Our study of first time mothers found that 80% experienced nipple pain in the early weeks and 60% had nipple damage. Babies are capable of effective breastfeeding, but too often their innate abilities are disrupted by hospital practices. In this session I will explain how I work with new mothers and their babies to overcome the disruptions of medicalised births and allow babies to breastfeed themselves. Using illustrations and examples from practice I will provide midwives with tools to support breastfeeding in birthsuite and the early hours following birth. I will show how applying the science of neonatal behaviour helps us to understand what new mother baby dyads need to transition to successful breastfeeding. This session will translate research into practice and demonstrate how we can transform outcomes for mothers and babies with small changes in practice in the first 24 hours after birth.

In addition to the main conference, GOLD Midwifery is proud to offer two optional add-on lecture packs that cover hot topics within the industry: Breech Birth 2017 and Infant Mental Health 2017. These lecture series are pre-recorded and will be available from the start of the Conference on February 6th.

**BREECH BIRTH ADD-ON PACK 2017**

A New Lecture Series! The latest information and recommendations for practice from leading experts on the top topics in lactation. 5 Hours

**Heads-up not hands-up: the Unexpected Breech Birth**
Dr. Andrew Kotaska MD FRCS(C) - 60 minutes

**Illustrating Breech Complications**
Gail Tully BS, CPM, CD(DONA) - 60 minutes

**Using research to improve the way we teach and learn vaginal breech birth**
Shawn Walker MA, RM - 60 minutes

**Understanding the mechanisms as the key to safe breech birth**
Shawn Walker MA, RM - 60 minutes

**The Home Breech Option, Proper Selection & Technique**
Dr. Stuart Fischbein MD, FACOG - 60 minutes

[Click here to view Speaker Bio, Abstracts and Pricing]
INFANT MENTAL HEALTH ADD-ON PACK 2017

This year we are excited to be offering a special add-on package that provides focused presentations from experts in the field of infant mental health. Mental health isn’t just for adults! Infant mental health refers to the emotional, social and cognitive well being of infants and young children. Infants are conscious beings and what happens to them in infancy and even in utero can have a lasting impact over their lifetime. Learn about the growing body of research that explains how health care providers can encourage positive mental development starting in infancy.

Infant Trauma: Impact on Breastfeeding
Alison Hazelbaker PhD, IBCLC, FILCA, RCST - 60 minutes

Best Practices in Prenatal and Perinatal Psychology and Somatic Health for Optimal Birth Outcomes
Kate White MA, LMT, RCST®, CEIM, SEP - 60 minutes

12 Guiding Principles for Nurturing Human Potential: Effects of Prenatal and Birth Experiences Over the Life Span
Marti Glenn PhD, MFT - 60 minutes

The First 1,000 days: Promoting Infant Mental Health
Monica Roosa Ordway PhD, APRN, PPNP-BC, IBCLC - 60 minutes

The connected baby: How understanding infant brain development changes our view of humanity
Suzanne Zeedyk PhD - 60 minutes

Click here to view Speaker Bio, Abstracts and Pricing

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- 2 week viewing extension on Conferences!
- Access the Conference for a full 10 weeks!
- 10% Discount on ALL GOLD Conferences & Events
- Log in anywhere, anytime, 365/24/7!
- No more lost Certificates!
- Print Receipts any time!

Cost - USD $50 and can be purchased at time of registration. 10% Discount will automatically be applied to your registration.

View Details Here
For our GOLD Midwifery 2017 Conference, our goal is to offer 13.5 hours of continuing education for the main conference. The following credits will be applied for:

**CERPs** - International Board of Lactation Consultant Examiners (IBCLE). GOLD Conferences has been designated as a Long Term Provider of CERPs by the IBLCE--Approval #CLT114-07

**Midwifery CEUs - Midwifery Continuing Education Units** - Midwifery Education and Accreditation Council (MEAC) are applicable to CPM’s & Recertification through NARM.

**Midwifery Mid Plus Points - Midwifery Continuing Education Units** - Australian College of Midwives

**ACNM** (American College of Nurse Midwives) - Specialty credit has been applied for.

GOLD Midwifery 2017 Add-ons

We will be applying for the same credits for the Breech Birth Add-On (5 hours) and the Infant Mental Health Add-on Lecture Packs (5 hours).

Please visit our [Continuing Education page](#) for the most current information on approved continuing education credits and a list of instructional hours.

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**Conference Schedule**

- December 1, 2016 - Early Bird Registration Opens
- January 31, 2017 – Early Bird Registration Ends
- February 1, 2016 – Regular Registration Begins
- February 6, 2017 – GOLD Midwifery 2017 - Free Public Opening Keynote February
- February 13, 2017 – GOLD Midwifery 2017 - Live Day 1
- February 14, 2017 – GOLD Midwifery 2017- Live Day 2
- February 15, 2017 – GOLD Midwifery 2017- Live Day 3
- February 20, 2017 – GOLD Midwifery 2017 - Free Public Closing Keynote
- March 15, 2017– Registration Closed
March 28, 2017 – Closing Ceremonies

March 31, 2017 - End of Conference

April 15, 2017 – Final Day to Download Certificates

*GOLD Annual Members will be have an additional 2 weeks of viewing time (Until April 15th)

Conference Flow

All Main Conference Presentations will be conducted LIVE through our Virtual Seminar Room. Presentations will be delivered via audio & PowerPoint slides and Delegates will be able to access the room 15 minutes prior to the scheduled start time. Once inside the presentation room, Delegates can communicate with colleagues and post questions to the Speaker. At the end of the presentation, a Question & Answer session will begin, and the Speaker will address any questions that are in the room.

Each presentation will come with a PDF handout that can be downloaded prior to the presentation for you to take notes on & keep after the conference is over.

All Live presentations and Q&A will be recorded and made available at the end of that presentation day. Delegates are welcome to view the recordings if they missed the live presentation as well as go back and view a presentation again if they missed anything the first time. All recordings have the ability to pause & resume play.

- Registration – You will be emailed login details as soon as registration payment is made.

- Delegates Area – Once logged in, you will have access to the live conference schedule, live presentation lobby (from where you enter the Virtual Meeting Room), Recordings Page & and Lecture Add-ons you have selected.

- Presentations – Watch Live or Recorded. Our system will track your progress and let you know which presentations you have viewed.

- Certificates – Once you have completed viewing the desired presentations, submit your attendance record and download your accreditation certificate.

- Forums – During the entire conference, Speakers will monitor the forums for any questions you may have about their presentation. A great opportunity to engage directly with the Speaker after their Live Presentation.
Learn more about the conference flow by visiting our “How GOLD Works” page.

### Registration

<table>
<thead>
<tr>
<th></th>
<th>Individual Registration</th>
<th>Group Registration (pp)</th>
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</thead>
<tbody>
<tr>
<td><strong>Early Bird</strong></td>
<td>$120</td>
<td>$95</td>
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<tr>
<td><strong>Regular</strong></td>
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<td>$130</td>
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<td><strong>Regular</strong></td>
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<tr>
<td><strong>Early Bird</strong></td>
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<td>$15</td>
</tr>
<tr>
<td><strong>Regular</strong></td>
<td>$30</td>
<td>$25</td>
</tr>
</tbody>
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### Payment

Registration can be completed via Credit Card (Visa, Mastercard), Cheque, Bank Transfer or Wire Transfer. Cheque, bank transfer & wire transfer options will incur an additional $20 processing fee and access to the conference will be made available once the payment comes in. Credit card payments receive immediate access to the Delegates Area.

### Groups

Receive a discount when you register as a group of 5 or more individuals. The early bird group price is $95 per person. We ask one person to coordinate the registration information and payment for all the members and submit as a single payment during group registration.
Group Payment Options
To complete your group registration via a credit card, full group payment will be required. For alternate payment options, we ask if you could send a combined transaction total for your group.

Institutional License
For Hospitals, schools and other qualifying institutions of 30 or more seats, please contact us for institutional pricing.

REGISTRATION CATEGORIES

As an international conference, we are sensitive to the fact that not all countries are economically equal. As breastfeeding advocates we recognize that people in these countries generally have the most need for this information and limited resources, which is why in addition to our standard registration options, this year we are offering a special registration fee for residents from countries that fall in Cat. B, C & D of ILCA country categories list. Please view our Reduced Rate Terms. Proof of residency maybe required.

Category A
Andorra, Anguilla, Australia, Austria, Bahamas, Bahrain, Belgium, Bermuda, Brunei, Canada, Cayman Islands, Croatia, Czech Republic, Denmark, Finland, France, Germany, Hong Kong, Hungary, Iceland, Ireland, Israel, Italy, Japan, South Korea, Kuwait, Latvia, Luxembourg, Macao, Netherlands, New Zealand, Norway, Oman, Poland, Portugal, Qatar, Saudi Arabia, Singapore, Slovenia, Spain, Sweden, Switzerland, Taiwan, Trinidad and Tobago, United Arab Emirates, United Kingdom, United States of America.

Category B
Albania, Algeria, American Samoa, Antigua and Barbuda, Argentina, Azerbaijan, Belarus, Bosnia and Herzegovina, Brazil, Bulgaria, Chile, China, Colombia, Costa Rica, Cuba, Curaçao, Dominican Republic, Ecuador, Greece, Grenada, Guatemala, Ecuador, Iran, Jamaica, Kazakhstan, Latvia, Lebanon, Lithuania, Malaysia, Mexico, Peru, Puerto Rico, Romania, Russia, St. Lucia, South Africa, Thailand, Turkey, Uruguay, Venezuela.

Category C
Angola, Armenia, Bolivia, Egypt, El Salvador, Georgia, Ghana, Honduras, India, Indonesia, Iraq, Nigeria, Pakistan, Panama, Paraguay, Philippines, Sri Lanka, Timor-Leste, Turkmenistan, Ukraine, Uzbekistan, Vietnam.

Category D
Afghanistan, Bangladesh, Benin, Cambodia, Cameroon, Equatorial Guinea, Ethiopia, Guinea, Haiti, Kenya, Kyrgyz Republic, North Korea, Malawi, Nicaragua, Rwanda, Tajikistan, Uganda, Zimbabwe.
You’re never alone! Our GOLD Technical Staff will provide online technical support for you during the Conference.

The GOLD virtual meeting room is accessible by all desktop computers as well as most modern mobile devices (You will be required to download an APP). You will be able to access the conference from anywhere, as long as you have an Internet connection.

Our team is based in beautiful Vancouver, Canada, and is happy to help you with any question or concern you have. We’re available via phone or email, and during the live presentations we are on live chat. We looking forward to ‘meeting’ you online!

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