GOLD Midwifery
Online Conference

2019 CONFERENCE PROGRAMME

Delivering from Experience... Nurturing Knowledge

Join Us Online!
Feb. 4 - Apr. 5, 2019
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www.GOLDMidwifery.com
#GOLDMidwifery2019

www.facebook.com/GoldMidwifery
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Welcome Message

As GOLD Midwifery enters its 5th year, we’re excited to continue our work of exploring the latest research, clinical skills, new ideas and hot topics in the world of midwifery care. Join us for an amazing program of thought provoking topics and speakers who will expand your knowledge and skills!

One of the things we love about GOLD is that not only does it provide easy access to education from experts around the globe, it gives us the opportunity to learn from one another at the same time. Our learning experience is greatly enriched by being able to experience it with friends and colleagues, both old and new. Each year when we see your familiar names in our presentation rooms, and as we chat with you via our forums, Facebook and Twitter, it’s like coming home to family. We look forward to learning and sharing with you once again!

The GOLD Learning Family

Fleur Bickford
BSC, RN, IBCLC
Program Director

Fiona Lang-Sharpe
IBCLC, NAMCW
Director of Communication & Master of Ceremonies
Important Dates

November 19, 2018
Early Bird Registration Opens

January 24, 2019
Early Bird Registration Ends

January 25, 2019
Regular Registration Begins

February 4, 11, 12, 19, 25, 2019
GOLD Midwifery 2019 - Live Days

March 15, 2019
Registration Closes

April 5, 2019
End of Conference
Final Day to View Recordings*

April 26, 2019
Final Day to Download Certificates

*GOLD Annual Members will have an additional 3 weeks of viewing time (Until April 26th, 2019)

7 Great Reasons to Attend
GOLD Midwifery 2019

1. Informative!
Access 14.5 Hours of the latest, evidence-based childbirth research, clinical skills, case-studies & cultural experiences.

2. Convenient!
Watch in your pyjamas! Access presentations for a full 8 weeks as many times as you like! No travel, hotels or time away from clients and loved ones.

3. Economical!
Under $9.8 USD per Educational Hour! At GOLD our goal is to make education financially accessible for all. Discounts available for Students, Groups, Associations & Institutions.

4. Group & Association Rewards!
Register as a group and continue the conversation offline! New incentives for Group Coordinators & their members now available. Associations are eligible for exclusive membership discounts + ask us about our Get 10, Give 10 Association rebate program.

5. International!
Join a growing GOLD Community! Over 500+ Delegates from 40 Countries attended in 2018.

6. Interactive!
Participate in Online Chats, Live Question & Answer sessions, and Speaker Moderated Forums.

7. Accredited!
Applied for MEAC Midwifery CEUs, MidPlus Points, ACNM CEUs & CERPs.
About GOLD Midwifery

GOLD Midwifery is becoming one of the fastest growing educational resources for Midwives around the world! Our fifth annual online conference offers an amazing line-up of speakers in the field of childbirth care, who will be providing a wide range of research, and clinical skills to assist in the advancement of your practice and optimal outcomes for the families in your care.

Explore new insights into how we can humanize birth, ways we can engage fathers, handling complications and emergencies, perinatal cannabis use, pharmacologic management of nausea and vomiting, advances in upright birth positioning, managing back pain with sterile water injections and so much more, at your own pace. The GOLD community supports a fun and globally-connected learning environment with forums, live chats during presentations, and an enthusiastic Facebook discussion group. At GOLD, we aim to make learning easy, affordable, and enjoyable.

Education Planning & Delivery Committee

Fleur Bickford
BSC, RN, IBCLC
Program Director

Nina Adrianna
Speaker Accreditation Manager

Fiona Lang-Sharpe
IBCLC, NAMCW
Director of Communication & Master of Ceremonies

Meena Rajanala
Technical Support

Kristin Schwarz
LM, Master of Ceremonies

Jessica Lamb-Brown
Technical Support

Isabel Da Costa
Event Manager

Professional Advisory Committee

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

Adrienne Leeds
LM, CPM, CCH

Marinah Farrell
CPM

Amy Cameron
CLC, Clinical Midwife

Megan Bochum
BA, Midwife, Certified Childbirth Educator

Carole Dodd
RN, RM

Rose Campbell
Labor Doula

Hetti Grove
BSc., Midwife

Shirley Curtis
RN, RM, MScN, PhD

Joanna L. Davis
Herbalist, Midwife

Sue Holland
Midwife/LC

Linda Gaglioti
BSN, MSN, Nurse-Midwife, Teacher

Conflict of Interest Statement

GOLD Midwifery Online Conference is proud to be one of the only continuing education events that is WHO Code compliant! As such, we do not accept sponsorship or advertising from any manufacturer, organization or company that is deemed to be in violation of the World Health Organization's International Code on Marketing of Breast Milk Substitutes. As well, we require our Speakers to sign an agreement stating their knowledge of and compliance with the WHO Code.
Lesley Page CBE, PhD, MSc, BA, RM, HFRCM, Hon DSc

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).

**Humanising Birth - 75 mins**

Humanising birth is an approach that recognises the significance of birth not only to the baby being born, the woman becoming mother, and her family, but also to society. Humanisation of birth goes beyond a focus on medical care and simply reducing mortality and morbidity. Humanisation of birth aims to give the best start in life; supports reduction of the excessive medicalization of birth, while ensuring appropriate and balanced medical care is accessible to all women, their babies and families. We will consider the wider politics, international and national, the status of women, developing health services policy and organization, human rights in birth, broadening our science base to include all relevant evidence, and the development of humanised maternity systems and practice. Moving from broad views to focus on practice will provide the opportunity to think, reflect, develop ideas and to act, for everyone involved in maternity care.

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**2019 Keynote Speakers & Topics**

**Betty-Anne Daviss** RM, MA

Betty-Anne Daviss MA, RM has practised as a midwife for over 40 years on various continents, and as a researcher in the social sciences and clinical epidemiology, for over 25 years. An Adjunct Professor in Ottawa, Canada, she has taught since the 1980s about the politics of gender and health. She has worked towards midwifery legislation in Canada and the U.S. and acted as the project coordinator for the Safe Motherhood Initiative of the International Federation of Gynecology and Obstetrics (FIGO). Engaged with the SOGC when it first began to reintroduce vaginal breech birth to Canada, she has helped to organize several breech conferences and was the co-principal investigator and principle writer for the Frankfurt study comparing vaginal breeches born with the mothers upright vs on their backs (2017). She was a co-editor of Birth Models That Work (2009) and is principal editor of Speaking Truth to Power: Childbirth Models on the Human Rights Frontier (forthcoming 2019).

**Speaking Truth to Power: Childbirth Models on the Human Rights’ Frontier - 75 minutes**

This presentation traces how national and international efforts to improve childbirth care have graduated from disenfranchised social movements in the 1970s and 1980s to entrenchment of human rights in childbirth in UN declarations and the courts. Dynamic communities around the world that are rejecting the imposition of status quo dysfunctional pregnancy and childbirth systems and replacing them with more appropriate models of care will be highlighted. Using unorthodox means, such as employing non physicians to do cesareans, placing a psychologist instead of an obstetrician in charge of the caseroom, choosing to support instead of arrest and eliminate the traditional midwives, I present these iconoclastic models that work even under dire circumstances, in countries as diverse as China, Canada, India, Afghanistan, Turkey, Hungary, Tanzania, Palestine and Mexico. Tackling the problems of the neoliberal drive for privatization and centralization of health care services and the bullying between and among the professions, I demonstrate how the use of radical, conscious change in birth practices, puts practitioners at their peril who choose to take their stand with childbearers, but places power and control in the right hands.
2019 Conference Speakers & Topics

Duncan Fisher OBE

Duncan Fisher is working to help health and family services engage better with the wider family group, fathers in particular, and has recently taken this work onto the international level through The Family Initiative, www.FamilyInitiative.org.uk. The organization provides training for health professionals and is developing information services for families. In UK he co-founded the Fatherhood Institute and for three years he served on the Board of the Government’s gender equality body, the Equal Opportunities Commission. He initiated and currently manages a website for Cambridge and Princeton Universities reporting research on child welfare and development, ChildandFamilyBlog.com. He was awarded an OBE by the Queen in 2008 for his “services to children”. Duncan is returning to international work after giving it up to care for his daughters at home.

Engaging Fathers in Maternity Care - 60 min

I will address seven questions. (1) Why we should engage fathers? (2) What does the World Health Organisation say on this? (3) What are the needs and motivations of fathers? (4) What biological and brain changes take place in men when they cuddle a baby? (5) What difference does engaging fathers make to health outcomes for mother and baby? (6) How to organise engagement with fathers in a health service? (7) Why is it so difficult to maintain strong engagement with fathers?

Gloria Esegbona MRCOG, MBBS, BSc, MSc, MBA, FHEA, Dip (CLIN Ed), WC Fellow, SSE Fellow, CCA SHCR

Gloria Esegbona is an Obstetrician & Gynaecologist, obstetric fistula surgeon & educator from London, UK. She has been privileged to support many mothers and babies to birth physiologically in the UK and Africa – and has trained over a thousand birth workers.

Gloria was tired of seeing so much unnecessary trauma and intervention of mothers and babies and then found out it was not due to intervention but because of the wrong amount of physiological pressure in the wrong direction at the wrong time, and we do not know how to teach it simply to ourselves and our mothers or not have a way of coming together to share and advocate about it. We are too focused on asking “where’s the evidence,” we need to start asking #wheresthephysiology as this is truly where the evidence is.

Gloria learned how to create physiological pressure experiences using a simple process called – art (“allow, release, & transform”). She invites you to be a part of the growing art of birth physiology education & advocacy community and use the art process and its unique visual tools and resources, to create physiological (experience) based birth practices and reduce the rates of birth trauma (inappropriate interventions, augmentation, violence, abuse & disrespect, dystocia, tears and episiotomies, asphyxia and PPH etc.) by at least 50% - because if we do that we know that we are not just changing the lives of mothers and babies - but also society.

It Is Time To Go Beyond Upright Birth Positioning! How To Prevent Abuse, Pain, Intervention, and Perineal/Pelvic Tears In The Second Stage - 60 min

During birth pain remains a central issue, > 85% of mothers are still tearing their pelvic tissues, 30% push for 2 hours or more, and 10% fail to progress despite reaching the 2nd stage. Central to achieving this is the need for training on birth positioning physiology to be more formalized and academic. As this will show our fixation on the upright position can be as detrimental to progress and cause more long-term trauma than the supine position. Most of the literature and teaching remains rooted in basic terminology that does not fully address the true physiology of birth positioning and the latest research contradicts the holistic benefits of the upright position. Using unique visual animations you will learn a unique approach that will help you understand how the creation of positive or negative pressures influence outcomes. Things that we desperately need to know about birth positioning that is rarely taught in obstetric or midwifery schools, and why one particular practice > 95% of mothers are encouraged to do in the 2nd stage, is the biggest public heath crisis of our time. Creating prolapse, incontinence, diastasis and trauma to the baby etc.

Heather Thompson MS, PhD

Heather Thompson, MS, PhD, is a molecular and cellular biologist, clinical researcher, birthworker and queer parent. She has worked on issues related to reproductive health for more than 25 years, advocating for equity, access and autonomy in childbirth. From 2010-2017, she was the Research Director at a freestanding birth center in Colorado, advocating for midwives and community birth through data generation, analysis and dissemination. Currently she is the Deputy
Director of Elephant Circle, a birth justice organization allows her to combine her background in birth access and equity with science and community organizing. She is passionate about supporting the family unit and helping families navigate their own journey, particularly as it relates to maternity care, birth choices and legal marijuana. Born and raised in Colorado, in the US, Heather enjoys being outside around a campfire with her partner, two kids and larger community.

**Perinatal Cannabis Use Around the Globe: Research, Policy and Legal Implications - 60 min**

Increased cannabis liberalization has resulted in a more active conversation about perinatal cannabis use, but globally, research and policy perspectives vary dramatically. This presentation will provide a summary of the endocannabinoid system, international rates of perinatal cannabis use, and varying beliefs about the use of cannabis as medicine across the globe. We will explore the published research on the potential health effects of perinatal cannabis use, highlighting physiologic harm reduction strategies. Beyond the health implications, we will discuss the relationship between professional organizational recommendations and the care pregnant and lactating women and families receive when healthcare policies reflect an abstinence-only approach. Any risk/benefit analysis about perinatal cannabis use should include the potential for significant legal and governmental intervention, which has its own set of outcomes and implications. Finally, the emerging science of high CBD/low THC products will be presented with an eye towards understanding the potential implications of perinatal CBD use.

**Iftikher Mahmood MD, FAAP**

Dr. Iftikher Mahmood was born in Cox’s Bazar, Bangladesh. He graduated from Chittagong Medical College, University of Chittagong, Bangladesh in 1987. Subsequently he completed Pediatric Residency training from Brooklyn Hospital, New York and fellowship training in Pediatric Endocrinology from New York Hospital - Cornell University. Dr. Mahmood established; HOPE Foundation for Women; Children of Bangladesh, in 1999 in the USA as a charitable organization with a mission to provide healthcare to the poor and needy women and children in Bangladesh. Through HOPE Foundation he established HOPE Hospital, midwifery training program, 5 rural birth centers, 4 rural health centers in Cox’s Bazar. Under his leadership, HOPE established extensive Rohingya response services with 9 primary care centers and SRH centers and a field hospital for women. Under Dr. Mahmood’s leadership HOPE Foundation is currently building first standalone 75 bed fistula and maternity center in the country. Dr Mahmood is the convener of biennial international conference on maternal health and fistula in Cox’s Bazar, Bangladesh.

Dr. Mahmood maintains full time pediatric practice in Miami since 1996; he maintains consultant position in several hospitals. He is a Fellow of American Academy of Pediatrics and Diplomat of American Board of Pediatrics.

Dr. Iftikher Mahmood lives in Cooper City, Florida with his wife and 3 children.

**Role of Midwives in Humanitarian Crisis - 60 min**

Midwives are among the health professionals who provide care early during a humanitarian emergency and stay on for the long term. Women and children become significantly at risk of various reproductive morbidities during crises and are of greatest concern to midwives. Nurse midwives play an important role in women's access to reproductive and maternal health services all over the world especially at the periphery of the health care system where there are no doctors. Midwives are more so needed in areas like Bangladesh where over 90 percent of the population lives in rural areas. To this end, the global community has a duty in the development of the midwifery profession. After all the nursing & midwifery philosophy of caring for individuals, families and communities in need places us in a better position to be actively involved with populations affected by crisis. Nurses and midwives are frontline workers and provide a wide range of health services, which include promotive, preventive, curative, rehabilitative and supportive care to individuals, families and groups.

**Janelle Komorowski DNP, CNM, ARNP**

Janelle has worked as a midwife for 32 years and has taught nursing and midwifery students since 1999. She is an assistant professor at Frontier Nursing University, and co-chair of ACNM BirthTOOLS subcommittee and the Right Care Alliance Women’s Council. She lives off-grid in a tiny house in the mountains of northeast Washington state.

**Evidence-based Pharmacologic Management of Nausea and Vomiting in Pregnancy - 60 min**

Nausea and vomiting in pregnancy remain one of the most persistent and frustrating problems for both expectant mothers and their prenatal care providers. Forty percent or more of women will experience symptoms beyond the first trimester. Evidence for first-line pharmacologic treatments as well as off-label and botanical medicines is discussed, along with efficacy, risks, benefits, and the shared decision-making process in selecting a treatment. Outcomes, prognosis, and treatment of special populations are examined.
Jennifer Hoeprich  CPM, CMT, Certified Hypnotherapist (CHt)

Jennifer had an epiphany in the moments following her son’s natural birth with a midwife in 2004. She said, “I want her job!” Jennifer became certified as a doula, and then a childbirth educator, and finally obtained her Certified Professional Midwife credential in 2011. She has operated her solo practice, Moxie Midwifery, in Chandler, AZ, since that time, and has gone on to obtain certification as a Hypnotherapist and Meditation Teacher. She also cofounded a mother’s empowerment group, Magical Mama Retreat, in 2013. She now spends her time serving midwifery clients, leading women’s circles and mama meditation classes, and enjoying her family, especially her 15-month-old daughter.

Mindfulness & Meditation for Midwives & Mamas - 60 min

A simple and effective mindfulness and meditation program, designed for midwives to use for themselves and teach to their clients, is presented. Stress can contribute to and certainly exacerbates nearly all pregnancy, labor, and postpartum health issues and complications. Yet, there is little regarding stress management included in midwifery texts. Midwives may feel ill-equipped to assist clients in dealing with generalized stress. Further, midwives themselves may lack the tools to moderate their own stress levels that naturally result from the demands of midwifery. Studies show that mindfulness and meditation both have the effect of reducing stress, and, in some cases, have improved clinical outcomes in patients. Both mindfulness and meditation will be discussed, and participants will leave with a downloadable, small-scale daily mindfulness and meditation PDF program, utilizing proven stress-management techniques, designed to be easily implemented, both by midwife and client. Participants will be invited to engage in practice of these techniques, throughout the presentation.

Jus Crea Giammarino  ND

Raised with her Penobscot culture and Native American spiritual practices, Dr. Jus Crea realized the healing powers of nature at a young age. Rich with ancestral knowledge of healing, medicine, and midwifery, Dr. Jus Crea received a Doctorate in Naturopathic Medicine from the University of Bridgeport and a BS in Ethnobotany and Holistic Health from UMass, Amherst. She has also been trained as an auricular acupuncture detox specialist at Lincoln Hospital, WTS therapy for restorative healing as well as Indigenous Midwifery with Mewinzha On daadiziikwe Wiigaming. Dr. Jus Crea has lectured extensively on healing, ethnobotany, midwifery, naturopathic medicine, environmental medicine, and cultural history and traditions. She was previously an adjunct professor of Nutrition at Springfield College and Pathology at STCC as well as a primary care physician in Brattleboro VT. Dr. Jus Crea has been practicing Naturopathic Family Medicine at The Integrative Health Group in Springfield MA since 2005. She is passionate about cultural healing practices and works towards reclamation of her Wabanaki traditions, spiritual practices, and language.

Naturopathics in Labor - 60 min

Naturopathic medicine is a holistic, patient centered approach to healthcare. Expanding our tool bag to assist women in labor and delivery will be helpful knowledge for all midwives to attain. In this lecture, we will delve deep into naturopathic medicine for labor. We will detail herbal medicines for ease of delivery, induction, and delayed labor including specific indications and dosages. Homeopathic remedies with specific indications and dosages along with other holistic health care modalities for delivery and labor will be taught. We will also touch on herbal medicine and homeopathy for hemorrhage and perineal care.

Nigel Lee  BHIthSci, MMId, PhD

Nigel is a Midwife with clinical, education, research and policy experience. The main focus of his research has been on optimising care during childbirth. His PhD research explored the use of sterile water injections for the relief of back pain in labour. His work in this area is ongoing and has contributed to the increased use of this novel, simple and effective analgesic technique in Australia and the United Kingdom. Nigel has also published in the area of normal labour progress, including a randomised trial of labour documentation and management incorporating practice recommendations from the American College of Obstetricians and Gynaecologists, and retrospective studies into strategies for preventing severe perineal injury. Nigel is currently a Midwifery researcher and lecturer for the School of Nursing, Midwifery and Social Work at the University of Queensland and an Honorary Research Fellow with the Mater Research Institute.

Managing Back Pain in Labour Using Sterile Water Injections - 60 min

Up to 30% of women experience severe back pain in labour. In qualitative studies women have described how labour back pain limited their mobility and altered their plans for
analgesia use. Injections of small amounts of sterile water into the skin of the lower back are used to alleviate back pain for up to two hours. Whilst much research supports the effectiveness of the technique critics suggest a placebo effect or dismiss the procedure as ‘midwifery voodoo’. This presentation will examine the causes and physiology of back pain in labour, examine and critique the research into sterile water injections and describe the techniques, benefits and limitations for use in clinical practice.

**Sally Pezaro**  
RM, BA(Hons), MSc, PhD

Dr Sally Pezaro is an editorial board member of the International Journal of Childbirth. She is also ‘The Academic Midwife’ on Facebook, where she shares her academic life as a registered midwife online. She has experience working as a midwife clinically in the United Kingdom, the Gambia and Ethiopia. These experiences, along with further workforce research have afforded Sally new insights into the emotional labour of midwifery work. Through these insights, Sally has developed a passion for supporting the psychological wellbeing of health care professionals. Throughout her PhD work, Sally secured the case for developing an online intervention, designed to primarily support midwives in work-related psychological distress. The overriding vision for Sally’s ongoing research as an academic midwife is to secure a psychologically safe professional journey for midwives and excellence in maternity care. Her latest work focuses upon improving maternity care for women with hypermobile Ehlers-Danlos syndrome (hEDS) in particular.

**Breastfeeding a Baby with t21 (Down Syndrome) - 60 min**

The Ehlers-Danlos Syndromes (EDS) are inherited multisystemic conditions affecting all connective tissues. Those affected perceive a lack of understanding. Hypermobile EDS (hEDS) is the most common subtype, with significant implications for childbearing women, for whom it is more common. This seminar will present and discuss evidence-based maternity care considerations for this unique subgroup of childbearing women, derived from a recent review of the evidence and an international qualitative study. Greater understandings could translate into practical improvements within maternity care, and a reduction in physical trauma and psychological distress for those with hEDS. Participants are invited to actively engage in critical thinking, practical solutions planning and translating this research into real and positive improvements for maternity services.

**Saraswathi Vedam**  
MS, CNM, FACNM

Saraswathi Vedam is Lead Investigator of the Birth Place Lab at University of British Columbia. Over 35 years, she has been a midwife, educator, and researcher. She led the provincial, community-based participatory studies, Changing Childbirth in BC and the Giving Voice to Mothers Studies, exploring access to respectful maternity care across birth settings in North America. These projects led to two new quality measures: the Mothers’ Autonomy in Decision Making (MADM) scale and the Mothers on Respect (MORi) index, that assess quality and safety as defined by the service user. She is currently PI of a 5-year CIHR funded national study of respectful maternity care across Canada. Professor Vedam has been active in setting international policy on place of birth and interprofessional collaboration. She led a multidisciplinary team to conduct the Access and Integration Maternity care Mapping (AIMM) Study; convened 3 national Home Birth Summits; and chaired the 5th International Normal Labour and Birth Research conference.

**“They Threatened and Bullied Me”: Examining Disparities in Autonomy, Respect, and Mistreatment Across Childbearing Communities - 60 min**

New global standards highlight the critical impact of patient-provider communication, emotional support, and respectful care (RMC) on quality and safety for mothers and newborns. Yet, very little is known about how people experience maternity care in high and middle resource countries; and validated indicators of RMC are scarce.

Researchers have proposed that institutional racism and lack of access to autonomy and respect, and physiologic birth options, contribute to adverse outcomes. Community members in Canada and the US worked with clinicians, NGO leaders, and researchers to design a study on quality of maternity care as experienced by pregnant persons from communities that experience higher rates of adverse outcomes due to race (African American, Indigenous, and Latina), immigrant or refugee status, or social barriers (homelessness, incarceration, substance use). Together they developed and administered a cross-sectional online survey and convened focus groups to explore novel topics including: women’s experiences of agency in decision-making, non-consented care, access to supportive services, and systemic respect or discrimination over the course of care.

Through these large community-based participatory research projects, we validated three new quality measures, the Mother’s Autonomy in Decision Making (MADM) scale and the Mothers on Respect (MORi) index, and the Pregnant Persons Experience of Mistreatment by Providers (PPEMP) Index, and adapted a fourth, the Perceptions of Racism scale. Using these as indicators, and adjusting for
differences in socio-demographics, risk profile, type of provider, and place of birth, our multi-stakeholder team has completed descriptive, psychometric, regression, and mixed-effects analysis of data from over 5000 women in the US and Canada.

In this session we will explore how these reports of the lived experience of care can help us to understand how to address equitable access to the highest quality of care across all communities.

**Sarita Bennett DO, CPM**

Sarita’s experience with birth spans 40 years and began with the birth of her firstborn in 1978. By 1980, she was actively studying midwifery and was illegally practicing midwifery in the mountains of West Virginia by 1983. Her own births – three followed that first one (1980, 1984, 1990) – were a foundation for her understanding that birth is a manifestation of the spirit through a physical act. As a founding member of the Midwives Alliance of WV, she participated in developing midwifery standards of care, risk factor guidelines, and peer review protocols. Sarita entered the WV School of Osteopathic Medicine in 1994 and finished her community based Family Medicine residency in 2001. She served her rural WV community as a physician and midwife in a private clinic as well as in nursing home, emergency room and government clinic positions from 2001-2013. She has lived and practiced in the Charlottesville, VA, area since 2013 and currently provides home birth and birth center services. To fulfill her commitment to the future of midwifery, Sarita provides apprenticeship and clinical rotation opportunities to a variety of health provider students.

**Ready, Response-able, Resilient; Handling Complications & Emergencies - 60 min**

This session addresses the competencies midwives need to manage complications and emergencies regardless of the situation, and when or where it occurs. How do we prepare for the many possibilities that can come a midwife's way and feel confident in our abilities to think on our feet and work together for optimal outcomes? How do we improve our teamwork and ability to respond? After an emergency is over, what tools can we use to evaluate how to improve our practice? How do we heal our own trauma? We will take a look at ways to answer these questions with a focus on improving communication, teamwork, and leadership skills.

**Vicki Chan RN, CM**

Vicki Chan is the mother of four children, and one very happy grandmother. She has been a midwife since 1983, working in hospitals, birth centre, and 25 years in homebirth practice. Presently she is working in a private hospital facilitating normal birth and has private practice rights at the Sunshine Coast University Hospital. She leads (radical) preparation for birth for parents-to-be and, with midwife Lynne Staff, is co-presenter for the Better Birth Workshops for birth-workers. She loves to write poetry, make pottery, and has published her first children's book. Vicki helped set up the FreMo Birth Centre in the Kawangware slum of Nairobi, Kenya in 2011 where the local staff continue to set a shining example for maternity care in Kenya. She is “committed for life” to the centre and part of the ongoing financing, planning, implementation, and evaluation of midwifery practice there.

**The Story of the FreMo Birth Centre. Midwifery Care in a Low Resource Setting. - 60 min**

Sub-Saharan Africa has experienced little improvement in maternity outcomes in recent years (World Health Organization[WHO], 2014) and yet, in an informal settlement in Nairobi, where the urban poor suffer the greatest losses of mothers and babies (Ndirangu, 2015; Ziraba, Madise, Mills, Kyobutungi, & Ezeh, 2009), one place stands out.

“An equal chance at life and love”. This phrase is embedded into the vision of the not-for-profit, privately-run FreMo Birth Centre(FBC).

Although under-staffed and under-resourced, the FreMo Birth Centre provides

- free/small cost maternity care focusing on normal birth, including breech, twins, VBAC.
- well baby/well woman/family planning/post abortion care.
- zero maternal mortality or serious injury (including no 3rd degree tears or beyond)
- neonatal morbidity/mortality far below national figures. (Fremo Medical and Birth Centre, 2011-2017; WHO, 2014).

On behalf of those heroes who run the centre on a day-to-day basis, I am honored to tell their story. Vicki Chan
Conference Add-ons

Extend your conference experience with our pre-recorded lecture series available in addition to the main conference.

Managing Complication During Birth Lecture Pack 5 Hours

Being prepared for emergencies is an important part of every birth professionals skill set. This package provides practical information on managing potential complications during birth and the immediate postpartum period. Update your knowledge and skills when it comes to dealing with breech birth, complications during suturing, shoulder dystocia, preeclampsia and the compromised baby.

Preeclampsia And Nutrition: Separating Fact From Fiction
Adrienne Leeds CPM & Clinical Herbalist- 60 minutes

Two-Step Delivery and the Prevention of Shoulder Dystocia
Andrew Kotaska MD FRCSC - 60 minutes

Understanding the Needs of the Newborn Who Has Experienced a Hypoxic Insult During Labor: The Relationship Between Hypoxia, Hypoglycemia and Hypothermia
Joanna L. Davis CPM, CLS - 60 minutes

Suturing Skills for Midwifery Practice
Nell Tharpe MS CNM, CRNFA,FACNM - 60 minutes

An Algorithm for Physiological Breech Birth
Shawn Walker RM PhD - 60 minutes
Conference Add-ons

Extend your conference experience with our pre-recorded lecture series available in addition to the main conference.

**Mental Health in the Perinatal Period Lecture Pack 6 Hours**

Mental health of parents is crucial to the growth of a healthy child, healthy family and healthy society. Learn more about supporting the transition to parenthood in a way that promotes mental well-being during this vulnerable time. With presentations on the identification, prevention and treatment of perinatal mental health issues, the importance of fathers’ mental health, the impact of postpartum depression on parenting, managing mental illness in pregnancy, anxiety in the perinatal period, and helping families heal from birth trauma, this package is your opportunity to dive in and expand your knowledge and skills.

**Perinatal Mental Health: Identification, Prevention, and Treatment**  
Cindy-Lee Dennis PhD - 60 minutes

**Managing Mental Illness in Pregnancy**  
Jayashri Kulkarni Professor - 60 minutes

**“It Was Right but so Wrong:” Helping Families Make Sense of Difficult Births with Trauma Sensitive and Prenatal and Perinatal Healing Approaches**  
Nicola Singletary MA, LMT, RCST®, CEIM, SEP - 60 minutes

**The Importance of Fathers’ Mental Health**  
Dr. Jane Hanley PhD, RGN, RMN, Dip HV, Dip Couns FRSPH & Mark Williams - 60 minutes

**Anxiety and Related Disorders During Pregnancy and Postpartum**  
Melanie Badali PhD, RPsych, CACBT-ACTCC Certified in Cognitive Behaviour Therapy - 60 minutes

**Impact of Paternal and Maternal Postpartum Depression on Parenting Behaviors and Infant/Child Outcomes**  
Sheehan David Fisher PhD - 60 minutes

**Suturing Skills and Perineal Repair Lecture Pack 6 Hours**

Improve your suturing skills and dive into the details of perineal repair with this amazing package of instructional videos developed by GynZone. Learn more about choosing suture material, different suturing techniques, diagnosing different degrees of perineal tears, choosing appropriate anaesthetics, labia repair and repair of 1st and 2nd degree tears.

**Module 1: Surgical Skills**  
GynZone, Denmark - 127 minutes

**Module 2: Diagnostics**  
GynZone, Denmark - 47 minutes

**Module 3: Anaesthetics**  
GynZone, Denmark - 44 minutes

**Module 4 : Labia Repair**  
GynZone, Denmark - 95 minutes

**Module 5: 1st Degree Tear**  
GynZone, Denmark - 16 minutes

**Module 6: 2nd Degree Tear**  
GynZone, Denmark - 44 minutes
GOLD Annual Membership

Extend your conference experience with the GOLD Annual Membership. Benefits of Annual Membership include:

- 3 weeks viewing extension on Conferences!
- Access to 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.
Registration

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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. 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 childbirth care advocates we recognise 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. The Categories are based of the World Bank Data. Please view our Reduced Rate Terms. Proof of residency may be required.

Category A
Andorra, Antigua and Barbuda, Aruba, Australia, Austria, Bahamans, Bahrain, Barbados, Belgium, Bermuda, British Virgin Islands, Brunei Darussalam, Canada, Cayman Islands, Channel Islands, Chile, Curacao, Cyprus, Czech Republic, Denmark, Estonia, Faroe Islands, Finland, France, French Polynesia, Germany, Gibraltar, Greece, Greenland, Guam, Hong Kong, Hungary, Iceland, Ireland, Isle of Man, Israel, Italy, Japan, Rep. Korea, Kuwait, Latvia, Liechtenstein, Lithuania, Luxembourg, Macao, Malta, Monaco, Netherlands, New Caledonia, New Zealand, Northern Mariana Islands, Norway, Oman, Palau, Poland, Portugal, Puerto Rico, Qatar, San Marino, Saudi Arabia, Seychelles, Singapore, Sint Maarten (Dutch part), Slovak Republic, Slovenia, Spain, St. Kitts and Nevis, St. Martin (French part), Sweden, Switzerland, Trinidad and Tobago, Turks and Caicos Islands, United Arab Emirates, United Kingdom, United States, Uruguay, Virgin Islands (U.S.).

Category B
Albania, Algeria, American Samoa, Argentina, Azerbaijan, Belarus, Belize, Bosnia and Herzegovina, Botswana, Brazil, Bulgaria, China, Colombia, Costa Rica, Croatia, Cuba, Dominican, Dominican Republic, Ecuador, Equatorial Guinea, Fiji, Gabon, Grenada, Guyana, Iran, Islamic Rep., Iraq, Jamaica, Kazakhstan, Lebanon, Libya, FYR Macedonia, Malaysia, Maldives, Marshall Islands, Mauritius, Mexico, Montenegro, Namibia, Nauru, Panama, Paraguay, Peru, Romania, Russian Federation, Samoa, Serbia, South Africa, St. Lucia, St. Vincent and the Grenadines, Suriname, Thailand, Tonga, Turkey, Turkmenistan, Tuvalu, RB Venezuela.

Category C

Category D

Start a Group & SAVE!
Gather 5 or more colleagues and register as a group to receive even more discounts! Visit our Group Coordinator Tools page to learn more. Learn more here
How GOLD Works

The 2019 GOLD Midwifery Conference kicks off on February 4, 2019 with our Free Live Keynote Presentation and is followed by a series of “Live Days” which are held over the following weeks. Each Live Day consists of 4 or more Live Speaker Presentations followed by a Question & Answer Session after each presentation. This year, we’ve made attending Live presentations even easier with convenient presentation times to fit a range of international timezones. Each presentation is recorded and we make recordings available in the Delegates Area at the end of each Live Day. Conference Attendees will have until April 5, 2019 to watch as many presentations as they like. Those with GOLD Annual Membership will have until April 26, 2019.

1. Registration

Early Bird Registration for the Conference opens on November 19, 2018. Registration is very easy and only takes a few minutes to complete. In addition to the discounted early bird rate for individual Delegates, there are additional discount savings for groups and those from certain Countries.

- Early Bird Registration Opens: November 19, 2018
- Regular Registration Opens: January 25, 2019
- Final Day for Registration: March 15, 2019

2. The Delegate Area

After Registration, you will be sent login details that will give you access to the Conference Delegates Area. From this page, your GOLD Experience begins!

- Print Custom Live Presentation Schedule
- Access Live & Recorded Presentations
- Download Certificates
- Interact on Forums & More!

3. View Presentations

Viewing Presentations is easy with our Virtual Meeting Rooms! All you need is a computer & an internet connection. Watch Presentations LIVE or view the Recordings the following day.

- Live Speaker Question & Answer Session
- Presentation Handouts for making notes
- Start & Stop & Re-watch Recordings
- 8 WEEKS+ Viewing Time. At your own Pace

4. Verify Attendance

After each presentation, simply check off your attendance on our Attendance Record page. Once all complete, submit your final attendance record to unlock your Conference Certificate.

5. Download Certificate

Easily Download / Print your Certificate of Attendance which is automatically generated based on your Attendance Record. Receive individual certificates.
For our GOLD Midwifery 2019 Conference, we'll be offering 14.5 hours of continuing education for the main conference. The following credits have been applied for:

**Midwifery CEUs - MEAC Schools**
This program has applied for MEAC CEUs by the Midwifery Education Accreditation Council. CEUs are applicable for Certified Professional Midwives recertifying through the North American Registry of Midwives (NARM) and those that require MEAC Certified Education. Please note that 0.1 MEAC Midwifery CEU is equivalent to 1.0 NARM CEUs.

**Midwifery MidPlus Points**
This program has applied for MidPLUS CPD Points. These are provided by the Australian College of Midwives (ACM).

**ACNM - Continuing Medical Education**
This program has applied for education hours by the American College of Nurse Midwives. This credit is applicable to Nurse-Midwives, Certified Midwives, Registered Nurses. May be accepted by other certifying bodies.

**CERPs**
Applicable to IBCLC Lactation Consultants, Certified Lactation Consultants (CLCs), CBES, CLE, Doulas & Birth Educators. GOLD Midwifery Online Conference 2019 has applied for 14.5 CERPs. GOLD Learning is designated as a Long Term Provider of CERPs by the International Board of Lactation Consultant Examiners (IBLCE) - Approval #CLT114-07.

**GOLD Midwifery 2019 Add-ons**
MEAC Midwifery CEUs, ACNM CEUs, MidPlus Points & CERPs have been applied for the Managing Complications During Birth Lecture Pack (5 hours). The Mental Health in the Perinatal Period Lecture Pack (6 hours), has been approved for 6 CMEs, CNEs, MEAC CEUs & CERP continuing education credits. The Suturing Skills and Perineal Repair Lecture Pack (6 hours) has been approved for 6 MEAC Midwifery CEUs, ACNM CEUs and MidPlus Points.

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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**Technical Information**

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!

**Contact Information**

Email: team@goldlearning.com
Phone: +1 604 566 8311
Fax: +1 604 681 1049

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