2020 CONFERENCE PROGRAMME

Delivering from Experience... Nurturing Knowledge

Join Us Online!

Feb. 3 - Apr. 2, 2020
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Welcome Message

GOLD Midwifery is entering its 6th year, and we’re thrilled to share it with you! In 2020 we’re excited to continue our work of expanding your clinical skills and knowledge, allowing you to provide the best possible care to your clients. Skilled and compassionate care during the vulnerable period of birth changes lives. Our expert speakers will be exploring some of the latest research, clinical techniques, new ideas and hot topics in the world of midwifery care.

GOLD is a unique online learning experience that provides easy access to education from experts around the globe without the need to take time away from work, clients and family. Listen to presentations live or recorded, interact with speakers during live Q&A sessions or in our forums and interact with friends and colleagues, both old and new in our GOLD community.

We look forward to learning and sharing with you!

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 15, 2019
Early Bird Registration Opens

January 24, 2020
Early Bird Registration Ends

January 25, 2020
Regular Registration Begins

February 3, 10, 11, 18, 19, 24, 2020
GOLD Midwifery 2020 - Live Days

March 16, 2020
Registration Closes

April 2, 2020
End of Conference
Final Day to View Recordings*

April 23, 2020
Final Day to Download Certificates

*GOLD Annual Members will have an additional 3 weeks of viewing time (Until April 23rd, 2020)

7 Great Reasons to Attend GOLD Midwifery 2020

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 $10 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 2019.

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

7. Accredited!
1.4 MEAC Midwifery CEUs, 14.5 ACM CPD Hours, 14.5 ACNM CEUs & 13.5 CERPs (13.5 R-CERPs) Approved.
About GOLD Midwifery

GOLD Midwifery Online Conference is becoming one of the fastest growing educational resources for Midwives around the world! Our sixth annual online conference offers an amazing line-up of speakers 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.

Gain new insights into postpartum thyroiditis, burnout in midwives, Japanese birth clips, handling family conflict, caring for queer and trans families, substance-exposed infants and so much more. With expert speakers, such as Whapio Diane Bartlett, Ginger Breedlove, Paul Golden and Evita Fernandez to name just a few, this conference promises to be a practice changing event! 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

Isabel Da Costa
Event Manager

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

Nina Adrianna
Speaker Accreditation Manager

Kristin Schwarz
LM, Master of Ceremonies

Jessica Lamb-Brown
Technical Support

Brandi Paquette
Technical Support

Professional Advisory Committee

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

Barbara Harper
RN, CLD, CCE, CKC, DEM

Hetti Grove
ICBLC, SACLC

Becky Thomas
HND Complementary Therapies, BMid First Class honours), RM, MRes

Kati Krebs
RN, RM, Nurse Immuniser

Lori Isenstadt
IBCLC, CCE, CBD

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.
Whapio Diane Bartlett Independent Midwife

Whapio has been an Independent Midwife and Educator since 1985. In 2001, she founded The Matrona to provide an entry-level Holistic Midwifery program for aspiring midwives. In 2005, The Matrona became a non-profit organization dedicated to providing accessible and affordable birthing wisdom to midwives and birth workers, especially in Mexico and other Latin countries. Currently, The Matrona offers an Accessible Doula Program in the US and Mexico whereby doulas are certified and return to their communities to assist families. The Matrona also offers an online Holistic Midwifery Program.

Whapio speaks frequently and passionately about the consciousness of birth. “Consciousness is the missing element in caregiving that could really raise the bar...understanding the conscious aspect of birth and subsequently responding to the desires of what women and families want. I believe if we made consciousness a priority many of the unnecessary and archaic practices that endanger a woman’s body and soul would naturally fall away. More women and families would have empowering and satisfying experiences and this will be the blueprint through which we transform the earth through birth.”

Conscious Caregiving Transforms the World - 5 mins

We will view birth through the lens of a physiological and transformative event that is satisfying and empowering rather than a painful ordeal that must be endured. More and more women are aware of the transformative potential of their births and are showing up. They are now looking for caregivers...doulas, doctors, midwives, nurses...who can accompany them, witness them and not interfere. They are seeking deeply connected conscious caregivers.

We will focus on 4 salient points:

✔ Women do not give birth in ‘ordinary consciousness’ but rather in a deeper and authentic state of consciousness that expands their perspective.

✔ What is that deeper state of consciousness, how can we language it, how can we get there and be in tandem with women rather then need to manage them?

✔ All women have instinctual responses to their births, whether they access them or not. They much appreciate being validated, trusted and not disturbed in acting on their instinctual responses.

✔ How can we as caregivers trust birth, trust women and trust ourselves to validate a woman’s instincts and nurture and facilitate her to unfold these responses?

Evita Fernandez FRCOG

Dr Evita Fernandez, an obstetrician with three decades of experience, a Fellow of the Royal College of Obstetricians and Gynaecologists is presently the Chairperson of the Fernandez Foundation under whose banner, the 72 year old Fernandez Hospital is managed. She strongly believes in empowering women to make choices, about issues surrounding birth. She is a strong supporter of respectful maternity care and in 2011 launched the Professional Midwifery Education and Training Programme which initiated the campaign PROMISE (PROfessional Midwifery Services) committed to creating a national cadre of professional midwives, vital to the care and delivery of low-risk pregnant women. Fernandez Hospital is now recognized as a national training institute for midwifery educators. With her keen interest in academics, Fernandez Hospital with 10,000 births a year has evolved into a teaching hospital. A prolific speaker, Dr Evita has received several awards for her efforts in enhancing quality care to women of all age groups.

Birth Without Interventions - 75 mins

When a woman enjoys a physiological birth (spontaneous onset of labour without medical interventions) she experiences a deep sense of accomplishment, fulfillment and empowerment. Pregnant women if given the right evidence based information on the normal physiology of labour and birth; enlightened on the options of comfort measures to help cope with the pain of labour will feel more confident to a birth without unnecessary interventions.

The ACOG Committee Opinion No. 76, February 2017, suggested evidence based strategies for low-risk pregnant women. Delaying admission until active phase (> 6cm cervical dilatation), monitoring the fetal heart intermittent auscultation with a hand-held Doppler for monitoring the fetal heart; remaining mobile and upright; ensuring adequate intake of oral liquids and/or food, the presence of a supportive birth companion, the avoidance of unnecessary IV oxytocin infusion, leaving the bag of membranes to break spontaneously, to birth in the position of choice, to hold the baby skin to skin and initiate early breastfeeding are effective steps towards a natural birth. All of this can be offered by a professional midwife trained to meet global standards of competence as outlined by WHO/ICM.
2020 Conference Speakers & Topics

Adrienne Leeds **CPM, CCH**

Adrienne Leeds is a Certified Professional Midwife and Clinical Herbalist. After numerous women told her she had “midwife energy” she heeded the calling. Adrienne has studied birth and women’s health with Wise Womanhood, The Matrona, The Association of Texas Midwives’ Midwifery Training Program, Ysha Oakes’ Sacred Window, and Dr. Rosita Arvigo. She is a graduate of the Rocky Mountain Center for Botanical Studies’ 3-year Clinical Herbalism program. Adrienne apprenticed with two homebirth midwives and completed a month-long midwifery internship at a teaching hospital in Cusco, Peru. She is a married mother of two homebirthed children.

**Postpartum Thyroiditis - 60 min**

Postpartum thyroiditis affects 5 - 10% of women in the USA and 1 in 12 women worldwide. Possessing a quite variable presentation, it can manifest as hyper- or hypothyroidism alone, or as a period of hyperthyroid followed by hypothyroid. Treatment is complicated by the breastfeeding dyad. Prescription medications as well as complementary and alternative therapies may be considered.

Cora Beitel **RM**

Cora Beitel is a midwife and community organizer whose people are settlers of European Jewish ancestry. They work and live on the traditional and unceded homeland of the Coast Salish people. Cora is a founding member of the Strathcona Midwifery Collective, a practice located in the Downtown Eastside of Vancouver where they serve a diverse clientele, including many queer and trans clients. As well as provide clinical care, they run a Trans and Queer Pregnancy and Parenting group and provide education on inclusive care to diverse health care providers in the hospitals and the community setting. When not working, they are spending time with family, sharing food, on their bike or out in nature as much as possible.

**Inclusive Midwifery Care: Providing Safe, Respectful and Celebratory Care to Our Trans and Non-Binary Families - 60 min**

Inclusive Midwifery Care: Providing Safe, Respectful and Celebratory Care to Our Trans and Non-Binary Families

Eriko Shinohara **Ph.D, CNM, RN, PHN**

Dr. Eriko Shinohara is a certified nurse-midwife in Japan. She worked at University hospitals, birth centers, clinics and psychiatric clinics as a midwife. During her career she attended many natural physiological births, especially working at birth a center. After her graduate Ph.D program at St.Luke’s International University, she started her career in research and teaching, she is now Assistant professor at Tokyo Healthcare University.

**Protection of the Perineum and Alternative to Suturing in Japanese Midwifery Practice - 60 min**

In Japan, midwives are not allowed to suture, except for in emergencies. In this presentation we will discuss the practice of “waiting” and supporting the natural process that allows a woman to birth her baby gently. We also will be discussing practical skills that help prevent lacerations via a gentle hands-on technique. In cases when the midwife does need to intervene, the internal exam should be minimal and gentle to prevent perineal edema and laceration. In this presentation we will be introduced to the kurenme birth clip. These small metal clips have been used by Japanese midwives for many years to treat perineal tears and as an alternative to suturing of small tears that could otherwise cause additional trauma to the area. In this presentation, we will overview and learn how to use the birth clip in a clinical situation.

Ginger Breedlove **PhD, CNM, FACNM, FAAN**

Dr. Breedlove is a past president of the American College of Nurse-Midwives. In 2017 she formed a consulting company, Grow Midwives LLC, to educate Physicians and Hospitals and support Midwives in the design and scaling of best practices in collaborative care models. Prior to consulting she was on faculty 17 years as Professor of Nursing and Midwifery at Shenandoah University and University of Kansas School of Nursing. She co-founded the first free-standing birthing center in Topeka, Kansas in 1979, the first Midwife service in Kansas City, Missouri in 1994, and established the University of KS Midwifery program in 1999. In 2016 she co-founded March for Moms with Dr. Neel Shah and has served as President three years. March for Moms is a new non-profit organization working to align and coordinate the efforts of families, healthcare providers, policymakers and other partners acting to achieve the best possible health and well-being of all mothers. In 2019 over 40 stakeholders joined for the third national rally on the Washington DC Mall. In 2018 Dr.
Breedlove edited and launched a book for first-time parents navigating the first six weeks of pregnancy titled, Nobody Told Me About That!

Postpartum Pause: Identifying Gaps In Preparedness for Parenting - 60 min

Expecting parents, particularly those anticipating first-time parenthood, are most ready to learn about pregnancy, labor and birth. Much focus and attention for expecting families center on these periods of uncertainty and often fear. Our natural tendency is to understand and gain knowledge of what impacts us most at times we experience an event. Consequently, for new parents, emphasis is placed on preparing for childbirth with little education or time dedicated to preparedness for parenting. Most families in the US experience birth in-hospital with discharge (following normal vaginal birth) by 48 hours. Speaking with numerous families, anecdotal evidence shows the typical US family experience less than three hours of education on care for self and newborn prior to being home with their baby. The initial weeks of parenthood are a time of universal vulnerability. And also bring one of the most challenging periods of transition from a confident adult to an inexperienced, first-time parent. Many parents express feeling lied to and being set up for the wildest shock of their life- being someone’s parent. Identifying gaps in preparedness in parenting will assist midwives, nurses and doulas in providing families with real information in real time.

Kimber MacGibbon RN

Kimber MacGibbon, RN, is the Executive Director and Co-Founder of the Hyperemesis Education and Research (HER) Foundation. She worked previously as an ICU nurse, a medical-legal consultant, and as a product manager in medical technology and nutraceutical markets. She has been a consultant on innumerable hyperemesis gravidarum (HG) cases, developed clinical tools and educational materials for both clinicians and families, and coauthored more than 24 peer-reviewed research studies with leading universities. With over 20 years of HG management experience, including her own HG pregnancies, she has extensive insight into best practices for HG management. Her passion is improving assessment and treatment of HG to reduce maternal and fetal morbidity and mortality.

Hyperemesis Gravidarum: Preventing Morbidity and Mortality - 60 min

Hyperemesis gravidarum (HG) is described as severe nausea and vomiting during pregnancy, which often results in dehydration, nutritional deficiencies, metabolic imbalances, and debility. Early diagnosis and treatment are crucial to prevent serious morbidity and mortality, and to promote healthy outcomes for both the mother and baby. Obstetrical clinicians can reduce maternal suffering and prevent serious complications through early and accurate assessment followed by effective therapeutic interventions. This session will discuss best practices in the assessment and management of HG patients.

Lenora Marcellus RN, PhD

Lenora is an Associate Professor in the School of Nursing at the University of Victoria. She has practiced as an RN for over 30 years in a range of maternal-infant settings and roles. Her current research interests include perinatal substance use, neonatal opioid withdrawal, and supporting infants in foster care. She is a member of the Canada FASD Partnership Network Action Team on FASD Prevention from a Women’s Determinants of Health Perspective.

Substance Use During Pregnancy: Supporting Healthy Outcomes for Women, Infants and Their Families - 60 min

Drug and alcohol use during pregnancy continues to be a substantial global health and social concern. In this workshop, we will reflect on the history of how society and health care providers have viewed and treated women who use substances during pregnancy. Using the perspectives of trauma informed care, harm reduction and health equity, we will explore recent developments in perinatal and neonatal evidence-informed practice in the care of women and infants. Exemplars of innovative community and hospital programs will be shared.

Madeline Murray CPM

Madeline Murray is a homebirth baby, homebirth turned hospital-transfer mom, midwife on a mission to make more midwives and bring the midwives model of care to more American families. Madeline’s passion project, Believe in Midwifery is designed to raise awareness among midwives and mothers about the perils of the on-call lifestyle and the changes in practice necessary for making midwifery careers more attainable for students and more sustainable for practicing midwives. Through writing, speaking engagements and personalized consultations Madeline hopes to encourage midwives to begin working with one another to reduce burnout and to become aware of their own unique needs to make their midwifery careers long lasting.

Avoiding Burnout in Midwifery - 60 min

The current culture of maternity care in the United States is at best lacking and at worst dangerous. With maternal mortality and postpartum depression rates at an all time
high, unnecessary inductions and cesareans still incredibly common and breastfeeding rates staggeringly low, it’s time for a change. Midwifery care has been proven to improve almost all of those statistics but as it stands, there are not enough midwives to impact this kind of drastic change we need. The reason we don’t have enough midwives is because the rates of burnout in midwifery are so high. It’s time for midwives to join forces and begin taking care of themselves and each other to avoid burnout so that we can help more women have positive and empowering birth experiences and change the current culture of maternity care. This presentation will discuss why it’s so important to avoid burnout and give practical suggestions on how to avoid burnout both in midwifery education and midwifery practice.

Margreet Wibbelink PhD
Margreet co-Founded the Healthy Mom and Baby Clinic in Jeffrey’s Bay, South Africa (www.hmbc.co.za). This is a non-profit organization committed to delivering professional private care to the most vulnerable and underprivileged women of their community. She also works as a private midwife and is known as ‘The Surfing Midwife’ (www.thesurfingmidwife.com). She is currently the managing director at Sister Lilian Centre (www.sisterlilian.co.za) and Sensitive Midwifery (www.sensitivemidwifery.co.za) a national education platform for midwives and parents. She finds herself in a transitioning stage where her local, small scale operations, are developing into a national and international platform to be a voice and champion the midwifery profession as a whole. This is in line with her PhD, which is looking at strategies to scale-up clinical midwifery practices in South Africa. She can call herself a pro-surfer as she has placed herself twice at the WSL World Longboarding Championship and still compete in various surfing competitions in South Africa.

She obtained her Bachelors degree in Midwifery from the Artevelde Hogeschool in Gent, Belgium (2002). She furthered her studies with a BcurHons in Advanced Midwifery and Neonatal Nursing Science (2012), a Master’s Research in Midwifery (2014) and a Doctorate in Philosophy (PhD) in Midwifery, all at the Nelson Mandela University in Port Elizabeth, South Africa.

Perspectives of South African Women and Midwives on Clinical Practice in Public Maternity Units: Facilitating the Scaling-Up of Such Clinical Practices - 60 min

Despite a steady drop globally in maternal and newborn deaths since 1990, thousands of women and newborns still die each year during pregnancy and childbirth. South Africa, together with other countries, failed to achieve the Millennium Development Goal of reducing maternal mortality by three quarters by 2015. This is despite the positive efforts made in the country towards achieving these goals. However, much more still needs to be done. For that reason, proper and safe care of labouring women remains the identified major focus to prevent these deaths.

The study was the culmination of an investigation into the problem of poor performance regarding maternal and perinatal outcomes as identified by the researcher. The aim of the study was to understand the experiences and perceptions of the women and the midwives regarding the clinical practices in public maternity units in South Africa in order to facilitate the scaling-up of the midwifery practice.

The study found that midwives were committed to provide quality care but major factors needed to be addressed to facilitate scaling-up of clinical midwifery practices. The midwifery profession needed to be strengthened and an enabling working environment provided. Based on the results of the study as well as the theoretical, conceptual and contextual framework, two strategies were developed:

Strategy 1: Empowering midwives to deliver woman-centred care in public sector maternity units
Strategy 2: Creating an enabling work environment in order to deliver woman-centred care in public sector maternity units

Mars Lord Doula, Birth Activist, Educator
Award winning doula and birth activist Mars Lord has been a birth keeper for well over a decade. After attending the Paramana Doula course with Michel Odent and Lilliana Lammers, a spark was lit within her and the passion that she discovered for birth and supporting parents has fired her soul ever since. She has had the privilege of working with hundreds of families. A birth activist, with a desire to see the ‘colouring in of the landscape of birth’ and finding out the reasons for the maternal and neonatal morbidity rates amongst the BAME community, Mars created Abuela Doulas a doula preparation course primarily, but not exclusively, for women of colour. Her desire for reproductive justice led to the creation of the ‘Reproductive Justice Retreat’. Mars was recently recognised in the Mayor of London’s Hidden Credits campaign and continues to speak out against cultural safety and reproductive justice.

The Importance of Black Birthkeepers - 60 min

The results of the MBRRACE report 2018, a UK study into maternal deaths made me want to look beyond the statistics and see what, if anything, could be done to close the disparities gap. Much of my knowledge has been gained via personal stories, blog posts, articles, news reports and reading research about black maternal deaths, as well as from the MBRRACE study itself.

Looking into the statistics caused me to want to know if they were specific to the UK and the West and if so, why? By discovering that the outcomes for black women were better on the African continent, I began to read about the differences in lifestyles to see if that made a difference. Acknowledging systemic and structural racism brought many issues to light. From this I was
able to hypothesise that implicit and explicit bias are significant factors in the poor outcomes. The inevitable conclusion to this, in my mind, was the need for people to be supported by those who would work without, or with a minimum level of bias ergo black women being supported by black women.

There needs to be a more holistic approach to the care of black women, so that non black birthkeepers are also able to give good, safe support.

**Paul Golden** RM RN PGCE (teaching) Mediator, BA Law

Paul is a midwife working independently and in a variety of government hospitals in the UK, NZ, Australia, Asia etc. Paul trained in law and mediation. He lectures on midwifery, law, human rights in childbirth globally, including: Russia, China, India, Europe, etc. He is a neonatal intensive care nurse and provides newborn feeding support including tongue tie release (frenulotomy). He has a special interest in twins as he and his sons are identical twins. He has been working with birth for over thirty years and is now writing and film-making on global human rights and childbirth choices.

**Mediation - 60 min**

Mediation is a peaceful way to resolve and prevent conflict. By drawing attention to options strategies and reframing the real issues parties can release stuckness to find positive ways of communicating. We can mediate for each other and ourselves through awareness & self care.

Family conflict affects us all. Midwives have their own families at home and their familiar relationships at work. The families we care for may have their own conflicts. Mediation will bring mindfulness to being with ourselves with increased sense of calm. Midwives are often being all things to others and not finding time to be with themselves. Connecting to Mindfulness can bring mediation into our relationships and improved communications.

**Sara Kindberg** RM, MhSs, PhD

Sara Kindberg has been a midwife since 1999, working in hospitals in Denmark, Norway, Sweden and Greenland. Perineal care and especially surgical repair of perineal lacerations has been her clinical and academic focus and subject of her Master of Health Thesis in 2005 and her PhD dissertation in 2008.

The research highlighted an unmet need for hands-on training and bedside supervision among midwifery students and midwifery colleagues. The Danish Ministry of Innovation and Research rewarded Sara with a grant to commercialise her knowledge and passion for training perineal repair into an online resource: GynZone.net. Sara was nominated “Female Entrepreneur of the Year” in 2011.

GynZone offers online learning about the diagnosis and surgical repair of perineal lacerations from 1st to 4th degree tears.

Sara currently also works as a perineal care specialist at Aarhus University Hospital in Denmark and is managing the first Scandinavian midwifery led pelvic floor unit that offers early secondary perineal repair.

The World Health Organization (WHO) highlighted this set-up of a midwifery-led pelvic floor clinic as an example of excellent clinical practice in the European compendium of good practices in nursing and midwifery towards Health 2020 report.

**Healing Well After Childbirth: Experiences from a Midwifery-Led Pelvic Floor Clinic in Denmark - 60 min**

Since 2013 Aarhus University Hospital has offered all women a postnatal check-up 2-3 days after birth. We provide services for approx. 4.000 vaginal births annually.

More than 90% of primiparous women sustain perineal injury or lacerations to the labial area that requires surgical repair following vaginal birth.

I will present cases and photos showing examples of normal, delayed and pathological healing of different types of perineal lacerations.

- Healing of 1st and 2nd degree perineal tears
- Mediolateral episiotomies
- Healing of 3rd and 4th degree tears (anal sphincter injuries

Inadequate primary perineal repair or early suture break down was found in approx. 1% of the population. We wish to share experiences from a case study of 250+ cases including 1st -2nd degree lacerations and mediolateral episiotomies.

Our findings with more than 40 photo documented cases featuring different healing outcomes are available as an online resource through the website GynZone.net.

**Panel Discussion 2019**

**Madeline Murray** CPM

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**The Real Life Experience of Midwives and Birth Workers: Struggles and Solutions - 60 min**

It’s a wonderful feeling when you’re able to support a family through birth in a way that leaves them feeling empowered as they start their journey into parenthood. Those moments are heartwarming and we celebrate those achievements for both our clients and ourselves. What doesn’t get talked about very often however, is the struggles that go alongside those triumphs. The caregiver burnout, compassion fatigue, overwhelm, guilt, and feelings of failure that can derail our confidence in ourselves as care providers. This panel digs deep into the realities of working as a midwife, examining both the struggles and possible solutions.
Conference Add-ons

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

**Perinatal Nutrition Lecture Pack 6 Hours**

We all know good nutrition is important, but how much do you really understand about what good nutrition means, how to achieve it and how it influences the perinatal period? Join our expert speakers for an in depth look at perinatal nutrition and the impact on both the birthing parent and infant.

This special package will provide information on optimizing perinatal nutrition to support birth, recovery and maternal mental health, translating nutritional guidelines to everyday practice, nutritional management of obesity, Indigenous wisdom and functional medicine and nutrition therapy for gestational diabetes.

- **Optimizing Perinatal Nutrition to Support Birth, Recovery, and Maternal Mental Health**
  Crystal Karges  MS, RDN, IBCLC - 60 minutes

- **Can Broths and Baths Help the Baby Blues? Where Indigenous Wisdom Meets Functional Medicine**
  Ihotu Jennifer Ali MPH, LMT, CLC - 60 minutes

- **The Importance of Gut Flora in Perinatal Nutrition**
  Jus Crea Giammarino ND - 60 minutes

- **Building a Baby Bite by Bite**
  Theresa Nesbitt RN, MD - 60 minutes

- **Nutrition, What is it Good For, Translating Guidelines to Everyday Practice for Perinatal Years**
  Swati Scott RD, IBCLC - 60 minutes

- **Primers for Nutritional Counseling in Pregnancy: Lessons from Gestational Diabetes**
  Teri L. Hernandez PhD, RN - 60 minutes

**Labour Support Skills Lecture Pack 5 Hours**

Skilled support during labour and delivery makes an important difference for families. Research has shown that skilled support can help the birthing person feel more in control of their labour and delivery process and have more confidence in their ability to give birth. The impact of this lasts far beyond the birth of the baby. This package brings together experts in the field of labour support to help you elevate your knowledge and skills.

- **How to Correctly Use Peanut Balls During Labor**
  Cheri Grant  RN, ICCE, CLC, ICD, CLD, CD BDT(DONA) - 60 minutes

- **Caring For A Family When A Baby Dies**
  Denise Love RN, MN - 60 minutes

- **Why Black Women Need Black Birthkeepers**
  Mars Lord Doula, Birth Activist, Educator - 60 minutes

- **DANCING FOR BIRTH™— A Powerful, Evidence-Based Birth Method to Improve Birth Satisfaction**
  Stephanie Larson PDFBT, BFA - 60 minutes

- **Spinning Babies in Labor**
  Tammy Ryan AdvCD/BDT(DONA), SpBT - 60 minutes
Virtual Exhibitors

GOLD Learning invites you to exhibit at our next series of online conferences. As a conference exhibitor, your information will be made visible to all public visitors and registered delegates. Plus conference attendees will be encouraged to interact with exhibitor throughout the conference period.

Virtual Delegate Bag
A great way to promote your product or services, you'll have the opportunity to provide special discounts and offers to registered Delegates. No printing required!

Highlight Features
Maximize your engagement with our Gold & Silver level exhibitor packages. Have your product or services featured through the Delegate newsletter as well as on the conference Facebook & Twitter social media profiles

Exhibiting Period
No need to travel! Your virtual exhibition exposure begins as soon as you sign on and runs until 1 month after the conference period ends. Get in early to maximize your visibility

Conference Registration
Attend yourself, offer it through a contest or sponsor someone that could benefit from the education. A great way to reward your customers ($250 USD Value)

Interested in becoming an Exhibitor? Contact us to learn more!
Email: team@goldlearning.com  |  Phone: +1 604 566 8311
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 for Country Category A
- USD$25 for Country Category B
- USD$15 for Country Category C&D

Available for purchase at anytime. 10% Discount will automatically be applied when purchased with conference registration.
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 2020 GOLD Midwifery Conference kicks off on February 3, 2020 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 3 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 2, 2020 to watch as many presentations as they like. Those with GOLD Annual Membership will have until April 23, 2020.

1. Registration

Early Bird Registration for the Conference opens on November 15, 2019. 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 15, 2019
- Regular Registration Opens: January 25, 2020
- Final Day for Registration: March 16, 2020

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.
Continuing Education Credits

For our GOLD Midwifery 2020 Conference, we are offering 14.5 hours of continuing education for the main conference. The following credits have been approved:

**Midwifery CEUs - MEAC Schools**
This program has been approved for 1.4 MEAC Midwifery 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.

**ACM CPD Recognition**
This program has been approved for 14.5 ACM CPD Recognized Hours. These are provided by the Australian College of Midwives (ACM).

**ACNM - Continuing Medical Education**
This program has been approved for 14.4 ACNM 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), CBEd, CLE, Doulas & Birth Educators. GOLD Midwifery Online Conference 2020 has been approved for 13.5 CERPs (13.5 R-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 2020 Add-ons**
The Perinatal Nutrition Lecture Pack (6 hours) has been approved for 5 ACNM CEUs (1 applied), ACM CPD Recognised Hours (1 applied), 0.5 MEAC Midwifery CEUs (0.1 NARM CEU Equivalent to 1 NARM CEUs) (1 applied) and 5 CERPs (5 R-CERPs) (1 R-CERP applied). The Labour Support Skills Lecture Pack (5 hours), has been approved for 0.5 MEAC Midwifery CEUs, 5 ACM CPD Recognized Hours & 5 CERPs (5 R-CERPs). ACNM CEUs have been applied for this lecture pack.

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

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

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