

8TH NATIONAL CONFERENCE | 8^E CONFÉRENCE NATIONALE

CAPWHN

ANNUAL CLINICAL, EDUCATION,
RESEARCH CONFERENCE



OTTAWA, ONTARIO

OCTOBER
11-13·2018



Canadian Association of Perinatal and Women's Health Nurses
Association canadienne des infirmières et infirmiers en périnatalité et en santé des femmes

THANK YOU TO OUR SPONSORS / MERCI À NOS COMMANDITAIRES

The Canadian Association of Perinatal and Women's Health Nurses gratefully acknowledges the following sponsors for generously providing unrestricted educational grants in support of the 8th CAPWHN National Conference. / L'Association canadienne des infirmières et infirmiers en périnatalité et en santé des femmes (CAPWHN) remercie très chaleureusement les commanditaires suivants, qui nous ont offert des subventions éducationnelles sans restriction pour la 8^e Conférence nationale de CAPWHN.

PLATINUM / PLATINE

The logo for Dräger, featuring the word "Dräger" in a bold, blue, sans-serif font.The logo for Johnson & Johnson Inc., featuring the words "Johnson & Johnson" in a red, cursive script font, with "INC." in a smaller, red, sans-serif font below it.The logo for Pampers, featuring the word "Pampers" in a teal, sans-serif font, with a yellow heart icon above the letter "a".

BRONZE

The logo for Huggies Brand Kimberly-Clark, featuring the word "HUGGIES" in a large, red, bold, sans-serif font, with "BRAND" in a smaller font above it, and the Kimberly-Clark logo and name below.The logo for Philips, featuring the word "PHILIPS" in a blue, sans-serif font.

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Maternal Child Nurses Interest Group
Registered Nurses Association of Ontario

The logo for PSAV, featuring the letters "PSAV" in a bold, black, sans-serif font, with a small yellow square below the letter "V".

Goals of the 8th National Conference: *Leading Change Across our Nation - Networking on the Hill*

The objectives of the 8th National Conference are to:

1. Discuss innovative, evidence-informed strategies to promote excellence in perinatal and women's health care.
2. Reflect on approaches to influence policy at local, provincial, and national levels that aim to improve health care for women, newborns and their families.
3. Create opportunities for clinicians, educators and researchers from across Canada to network and share best practices.
4. Explore current and future roles of perinatal and women's health nurses as members of interprofessional teams.
5. Identify strategies that promote engagement of families to enhance empowerment and shared decision-making.

Conference Charity - Mothercraft Ottawa

The Canadian Mothercraft of Ottawa-Carleton (Mothercraft Ottawa) is a charitable non-profit organization founded in 1944 with the purpose of enhancing the well-being of families through responsive, high quality programming and services aimed at parents and their children, from pregnancy to 12 years of age. For seven decades, Mothercraft Ottawa has been helping Ottawa families through their many child and family service programs which include comprehensive prenatal classes, perinatal support, parenting classes, workshops and drop-in play groups. The organization also offers centre-based and licensed home child care for infants, toddlers, preschool and school age children, before-and-after school programs, an alternative kindergarten program, and school readiness programs.

The only one of its kind in Ottawa, the award-winning Birth and Parent Companion Program (BPCP) provides one-on-one support to at risk, expectant women during the entire pregnancy, birth, post partum and early childhood phases. The goal of this program is to help build healthier families and stronger communities by supporting women and families to feel empowered, informed and confident throughout labour, delivery, and parenthood. The Birth and Parent Companion Program clients include young families, single mothers, isolated women, new Canadians/refugee women and those living with addiction, mental health issues, domestic abuse and other life challenges. Since the early 1990's, our trained volunteers have been providing non-judgmental one-on-one emotional support, advocacy and access to community resources. Through its programming, the BPCP is able to reach many families in the community who would otherwise find themselves navigating the ups and downs of pregnancy and the early years of parenting on their own.



WELCOME MESSAGE - CONFERENCE CO-CHAIRS

On behalf of the 2018 CAPWHN National Conference Planning Committee, we would like to welcome you to CAPWHN's 8th Annual Conference in beautiful Ottawa. Our conference theme highlights leadership and offers an opportunity to learn and share knowledge and innovations with a particular focus on influencing change to improve health care for women, newborns and families. We extend a warm welcome to CAPWHN members, soon-to-be members, and colleagues from across the country. The CAPWHN conference is the leading opportunity for perinatal, women's health and neonatal nurses to engage in discovery and debate, renew acquaintances, meet new colleagues and kindle excitement for our profession. While in our capital city with its rich culture and history, we hope you will take time to enjoy some of the many highlights, including world-class museums, galleries, Parliament Hill, the Rideau Canal, and the ByWard Market.

Our topical pre-conference workshops will provide opportunities for learning and discussion. As a conference participant you will be able to choose from over 80 specialty and concurrent sessions on clinical care related to maternal newborn and women's health. We are excited to feature keynote addresses by Mr. Michael Villeneuve calling on Canadian nurses to lead change, Dr. Cindy-Lee Dennis about perinatal mental health, Ms. Wendy Katherine describing Ontario's initiative to prevent preterm birth, and Dr. Amanda Black speaking about contraception. The combination of practical and creative content will give you many ideas to integrate into your practice and to share with your colleagues.

The 2018 CAPWHN National Conference aims to provide participants with opportunities for networking and for visiting with our conference sponsors and exhibitors who will provide the latest information on products and resources. On Friday night we are excited to host a wonderful Canadiana celebration featuring food, live music and dancing.

Register now for this exciting event on October 11th - 13th and take advantage of Early Bird rates! For those interested in the pre-conference workshops on October 10th, space is limited so we encourage you to register early.

We look forward to seeing you in Ottawa!



Wendy Sword
RN, PhD



Wendy Peterson
RN, PhD, PNC(C)

WELCOME MESSAGE - CAPWHN PRESIDENT

On behalf of the CAPWHN Board of Directors, it is my pleasure to welcome you to CAPWHN's Annual Clinical, Education, Research Conference (ACERC) in Ottawa. The theme of the meeting, Leading Change Across the Nation - Networking on the Hill, speaks to the impact of Perinatal and Women's Health nurses on quality care, patient safety and the health care system. The conference provides an incredible opportunity to connect with colleagues and friends, and to meet nurses from across the country who share similar interests and challenges.

At the ACERC, you will be exposed to incredibly knowledgeable health professionals who will share cutting edge clinical innovations and research evidence. The conference provides a time for learning, thinking, networking and considering options to move forward your clinical care, educational approaches, and to contemplate research opportunities that emerge from discussion and presentations.

CAPWHN extends a huge thank you to our sponsors and exhibitors - without their support we could not maintain ongoing CAPWHN activities. They also bring us the opportunity to learn about equipment advances and medication changes and new products on the market. This information will provide us with suggestions for improvement and changes to consider as we experience hospital renovations and new approaches to care. Please make a special effort to connect with our exhibitors and sponsors and let them know how much their support means.

Massive thanks to our Conference co-chairs, Wendy Sword and Wendy Peterson, and their working groups - they have worked diligently to make this conference extra special and exciting. Keep an eye out for them and let them know how much you are enjoying the conference. An extra big thanks to Rita Assabgui, our hard working Executive Director. Rita's ongoing support contributes to ensuring that CAPWHN continues to move forward in a direction that leads to excellence in perinatal and women's health in Canada. CAPWHN would not be a thriving association without Rita's hard work.

While at the conference, take a few minutes to speak to members of the Board of Directors and particularly your Regional Director. Your input, ideas for change and understanding of CAPWHN helps us improve who we are - we need your on-going feedback to successfully move forward as an association.

I look forward to meeting many of you throughout the conference and at the hospitality events. I would appreciate hearing your thoughts on CAPWHN and how we can make it bigger, better, and as meaningful as possible to our members.



Sharon Dore RN PhD
President, CAPWHN

CAPWHN 8th National Conference Planning Committee / Membres du Comité organisateur de la 8e Conférence nationale de CAPWHN

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Wendy Peterson (co-chair)

Program Working Group

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PRE & POST-CONFERENCE EDUCATIONAL OPPORTUNITIES

PRE-CONFERENCE WORKSHOPS

CAPWHN is offering three pre-conference workshops on Wednesday October 10th. In the morning we will offer a Fetal Health Surveillance in Labour Refresher Course. The afternoon features two workshops: one on Research (“Appraising and Applying Evidence for Best Practices”) and a Perinatal Loss workshop (“A Family-Informed Approach to Perinatal Bereavement Care”) presented by the Perinatal and Infant Loss (PAIL) Network. Additional registration fees apply. Space is limited – register early!

POST-CONFERENCE WORKSHOP

While in Ottawa consider staying for the Fetal Health Surveillance Instructor Program:

October 14 & 15, 2018

08:30 – 16:30

FETAL HEALTH SURVEILLANCE (FHS) INSTRUCTOR PROGRAM

The Champlain Maternal Newborn Regional Program (CMNRP) will be offering a Fetal Health Surveillance (FHS) Instructor Program after the CAPWHN National Conference as an opportunity to increase the availability of FHS education across the country. This program is intended for expert practitioners who are interested in teaching the FHSL Fundamentals and Refresher Courses and wish to support FHS skills and knowledge maintenance in their organization.

REGISTRATION LIMIT: 25 PEOPLE

For more information and to register, please visit: www.cmnrp.ca

— PROGRAM AT A GLANCE —

Pre-Conference - Wednesday October 10 / Le mercredi 10 octobre	
0900-1200	Pre-Conference Workshop #1 Canadian Fetal Health Surveillance Refresher Course
1300-1600	Pre-Conference Workshop #2 - Research Appraising and Applying Evidence for Best Practices - A Roadmap for Excellence
1300-1600	Pre-Conference Workshop #3 - Perinatal Loss Getting it Right: A Family-Informed Approach to Perinatal Bereavement Care

DAY 1 - Thursday October 11 / Le jeudi 11 octobre	
0700-0830	Registration / Breakfast / Exhibits
0830-0855	Opening Ceremonies
0855-0945	Opening Keynote - Public Policy and Canadian Nursing: A Call to Political Action
0945-1045	Concurrent Sessions A A01 - WOMEN'S HEALTH A02 - BREASTFEEDING A03 - NEWBORN CARE A04 - STAFF EDUCATION A05 - FRENCH PRESENTATIONS A06 - ANTENATAL CARE
1045-1115	Refreshment Break / Exhibits
1115-1215	Concurrent Sessions B B01 - PRENATAL CARE B02 - PERINATAL LOSS B03 - INNOVATIVE SOLUTIONS B04 - PERSON-CENTRED CARE B05 - QUALITY STANDARDS B06 - BREASTFEEDING
1215-1330	Lunch / Exhibits
1330-1415	Keynote - Perinatal Mental Health
1415-1445	Refreshment Break / Exhibits
1445-1615	Concurrent Sessions C C01 - HIGH RISK PREGNANCY - CLINICAL CASES C02 - BREASTFEEDING C03 - SUBSTANCE USE C04 - NEWBORN CARE C05 - PRENATAL CARE AND EDUCATION C06 - PROFESSIONAL DEVELOPMENT
1615-1730	CAPWHN CONNECT (ALL invited - Wine/beverage offered) Annual General Meeting and Networking
1730-1930	Reception with Exhibitors

DAY 2 - Friday October 12 / Le vendredi 12 octobre

0700-0800	Toonie Walk or Run on the Rideau Canal
0800-0900	Registration / Breakfast / Exhibits
0900-1000	Keynote - Prevention of Preterm Birth
1000-1030	Refreshment Break / Exhibits
1030-1130	Sponsored Session by Johnson & Johnson - The Developing Baby Microbiome In Baby Skin Care
1130-1230	Concurrent Sessions D D01 - GLOBAL HEALTH D02 - VULNERABLE FAMILIES D03 - SAFE SLEEP D04 - BREASTFEEDING D05 - LABOUR AND BIRTH D06 - PRENATAL AND OUTREACH EDUCATION
1230-1330	Lunch / Exhibits
1330-1530	Specialty Sessions SS01 - ADOLESCENT AND YOUNG SINGLE MOTHERS SS02 - SUBSTANCE USE SS03 - INFORMED DECISION-MAKING REGARDING INFANT FEEDING SS04 - LEGAL UPDATE SS05 - VBAC AND LABOUR INDUCTION BEST PRACTICES SS06 - FAMILY-CENTRED MATERNITY AND NEWBORN CARE NATIONAL GUIDELINES
1530-1630	Poster Presentations
1630-1730	Concurrent Sessions E E01 - MOTHER-BABY DYAD CARE E02 - INTERPROFESSIONAL COLLABORATION E03 - NEWBORN CARE E04 - UNDERGRADUATE EDUCATION E05 - MENTAL WELL-BEING E06 - SUBSTANCE USE
1730-1830	Free Time
1830-2200	Social Event - Celebrate Canada! <i>Dinner followed by entertainment featuring Ambush</i>

DAY 3 - Saturday October 13 / Le samedi 13 octobre

0745-0845	Breakfast and Networking
0845-0900	Opening Remarks
0900-0945	Keynote - Contraception in Canada
0945-1000	Refreshment Break
1000-1130	Concurrent Sessions F F01 - PERINATAL LOSS F02 - RURAL HEALTH F03 - CULTURAL CARE F04 - UNIQUE CONSIDERATIONS IN PREGNANCY F05 - PROFESSIONAL DEVELOPMENT F06 - LABOUR AND BIRTH
1130-1230	Closing Keynote - The Art and Science of Perinatal Care

CAPWHN ANNUAL CLINICAL, EDUCATION, RESEARCH PRE-CONFERENCE WORKSHOPS

Pre-Conference - Wednesday October 10 / Le mercredi 10 octobre

0900-1200 Pre-Conference Workshop 1 - Canadian Fetal Health Surveillance Refresher Course

The Fetal Health Surveillance Refresher Course consists of an online and in-person component. Learners are required to 1) review the online Fundamentals of Fetal Health Surveillance, Self-learning Manual (UBC CPD e-learning site), 2) successfully complete the online examination before the in-person workshop (UBC CPD e-learning site) and 3) attend the in-person workshop.

Learning Objectives:

- Describe various methods of intrapartum fetal assessment with emphasis on electronic fetal monitoring.
- Discuss maternal-fetal physiology and pathophysiology in order to better understand clinical management of FHR findings.
- Propose clinical interventions for commonly encountered problematic clinical scenarios.
- Manage risks through improved interdisciplinary communication, collaboration and management.

Presenters: Leah Thorp MN, RN, PNC(C), Coordinator, Perinatal Outreach Education Program, Regina General Hospital, Regina SK; and Melanie Basso RN, BSN, MSN PNC(C), Senior Practice Leader, Perinatal, BC Women's Hospital and Health Centre, Vancouver, BC

1300-1600 Pre-Conference Workshop 2 - Research Appraising and Applying Evidence for Best Practices - A Roadmap for Excellence

Join colleagues from across the nation in a highly participative, interactive workshop. Practice guidelines will form the basis for exploring whether care is based on the best evidence. A coast-to-coast 'roadmap' will be used to illuminate the steps in exploring, supporting and/or advocating for change that will define effective, relevant and excellent nursing practice. This workshop aims to stimulate collaborative learning about evidence-informed practice for nurses at every level.

Learning Objectives:

- Describe and discuss current practices of concern to nurses and where evidence-informed practices are evident in the work setting.
- Consider the steps needed in appraising the evidence.
- Explore the barriers and facilitators for the advocacy and implementation of changing practices to reflect person-centred excellence.

Presenters: Janet Rush RN, PhD, Hamilton ON; Erna Snelgrove-Clarke RN, PhD, Dalhousie University, Halifax, NS; and Danielle Macdonald RN, PhD(c), University of Ottawa, Ottawa ON

1300-1600 Pre-Conference Workshop 3 - Perinatal Loss

Getting it Right: A Family-Informed Approach to Perinatal Bereavement Care

In 2017, Pregnancy and Infant Loss (PAIL) Network conducted a research survey on the experiences of families impacted by the loss of a baby during pregnancy or the loss of an infant within the first year of life. This interactive workshop will provide the opportunity for participants to review and discuss the findings of this research and to use this understanding to develop innovative and informed pathways for more skilled and compassionate care for this population. The workshop will include four main components:

- 1) A review of the research findings.
- 2) A parent panel from the PAIL Network, describing their experiences and recommendations.
- 3) Facilitated small group break-out sessions to discuss challenges in care delivery and to identify specific, focused strategies for developing a family-informed approach to perinatal bereavement.
- 4) A summary of key 'tips and tools' to assist participants in building capacity within their work environments.

Learning Objectives:

- Understand the experiences of bereaved families' encounters with healthcare providers following a perinatal loss.
- Identify the personal, relational, and institutional challenges in providing family-centred perinatal bereavement care.
- Develop specific strategies for providing compassionate, family-informed perinatal bereavement care that can be applied in participants' settings.

Presenters: Jo Watson, PhD, RN (EC); Michelle La Fontaine, BAA, CLStDipl; and Megan E. Fockler, RN, MPH, Pregnancy and Infant Loss (PAIL) Network, Women and Babies Program, Sunnybrook Health Sciences Centre, Toronto ON; and Anne Simmonds, RN, PhD, PNC(C), Lawrence S. Bloomberg Faculty of Nursing, University of Toronto, Toronto ON

CAPWHN ANNUAL CLINICAL, EDUCATION, RESEARCH CONFERENCE PROGRAM

DAY 1 - Thursday October 11 / Le jeudi 11 octobre

0700-0830 Registration / Breakfast / Exhibits

0830-0855 Opening Ceremonies

0855-0945 Opening Keynote - Advocacy
Public Policy and Canadian Nursing:
A Call to Political Action

Public polls tell us that Canadians have higher expectations of health care than any other public service. And the vast majority expect health care professionals, especially doctors, nurses, health researchers and scientists, to exert a strong role in improving health care systems. The public has high trust in nurses but also very high expectations: they want attentive, communicative, engaged and individualized care—as well as informed political action—from their nurses. Steven Lewis has argued that nursing's combination of numbers, reputation and reach should translate into power and influence over how health care is financed, organized and delivered. Yet politically, he says, the profession punches below its weight ... and the country is the worse for it. In his multi-media presentation today, Michael Villeneuve will use evidence, humour and experience to push all of us in nursing to act as an effective political force in the effort to achieve better health, better care and better value for Canadians.

Learning Objectives:

- Identify four leading population health trends that will impact Canadians, nurses and health systems between 2018 and 2050.
- Describe the four main phases and related elements of a theoretical policy development framework called the nursing policy cycle.
- Discuss the potential impacts of four examples of dynamics, actors, and forces that influence health policy development and implementation.

Presenter: Michael Villeneuve RN, MSc, Chief Executive Officer, Canadian Nurses Association, Ottawa ON

0945-1045 Concurrent Sessions A

A01 - WOMEN'S HEALTH

A01-1 Comprehensive Medical Abortion Care

Authors: Lindsey Davis RN, BScN, MScN; Amanda Black MD, FRCSC

Purpose: Access to medical abortion has been fraught with perceived limitations since the introduction of Mifegymiso, made available by Health Canada in 2017. The registered nurse and interdisciplinary team enhance access to medical abortion for patients in an ambulatory setting of a large urban tertiary care centre.

Learning Objectives:

- Describe one challenge to medical abortion access.
- Give an example of how registered nurses can enhance access to medical abortion care.
- Summarise a model of care delivery for medical abortion.

Presenter: Lindsey Davis, The Ottawa Hospital, Ottawa ON

A01-2 What to Be Aware of When Your Pregnant Patient is a Sexual Assault Survivor

Author: Mary Lohre RN, BN, SANE-A

Purpose: Sexual assault survivors are more numerous than the estimated number since the majority of the assaults remain unreported. The presentation will highlight the importance of providing trauma-informed care to pregnant women that aims to eliminate the feelings of loss of control and re-traumatization.

Learning Objectives:

- Describe response to sexual trauma and rape trauma syndrome (RTS).
- Describe principles of trauma-informed care.
- Understand how to tailor obstetrical care to meet the unique needs of sexual trauma survivors.

Presenter: Mary Lohre, Winnipeg Regional Health Authority, Winnipeg MB

A02 - BREASTFEEDING

A02-1 Infant Feeding Key Messages: A Prenatal Toolkit for Healthcare Providers

Authors: Sonya Boersma MScN, RN, IBCLC; Joan Bueckert RN, IBCLC

Purpose: A new prenatal infant feeding toolkit provides bite-size infant feeding topics for the busy clinician to discuss at routine prenatal visits. There is an accompanying poster for the office wall that empowers new mothers to ask for information. Learn about the handy tool, its development, accompanying poster, and evaluation.

Learning Objectives:

- State the underlying evidence, development, and evaluation process of this tool.
- Demonstrate sample sections while explaining the importance of having access to current, consistent, evidence-informed, and BFI-aligned information when counselling clients with breastfeeding.
- Discuss methods to routinely incorporate use of the toolkit in your organization.

Presenters: Sonya Boersma, BFI Strategy for Ontario, Ottawa ON and Joan Bueckert, Centretown Community Health Centre, Ottawa ON

A02-2 Increasing the Availability of Breastfeeding Education Resources for Inpatient Postpartum Women and Families Who Do Not Speak English

Authors: Caroline Assouad HBSc, BScN, RN, PNC(C); Sue Hermann MN, RN, IBCLC, PNC(C), CTD; Monica Nicholson RN, MN; Jo Watson RN(EC), PhD, IBCLC, PNC(C)

Purpose: To discuss the planning, creation, and introduction of breastfeeding education resources targeting postpartum patients and families in the hospital with low English proficiency.

Learning Objectives:

- Describe the barriers facing non-English speaking postpartum patients.
- Understand the process of planning and creating multilingual inpatient breastfeeding education resources.

- Understand the process measures and medium-term measurable outcomes after implementation of new in-house translated postpartum resources.

Presenter: Caroline Assouad, Sunnybrook Health Sciences Centre, Toronto ON

A03 - NEWBORN CARE

A03-1 A Systematic Review of YouTube Videos Showing Neonatal Blood Work

Authors: Denise Harrison RN, PhD; Shokoufeh Modanloo PhD(c); Ashley Desrosiers RN; Louise Poliquin RN; Mariana Bueno PhD; Jessica Reszel RN, MScN; Margaret Sampson PhD

Purpose: To conduct a systematic review of YouTube videos of newborn infants undergoing blood sampling to i) evaluate infants' pain during the procedure, ii) ascertain use of recommended pain management evidence.

Learning Objectives:

- Understand the widespread lack of use of evidence-based recommended pain management strategies (breastfeeding, skin-to-skin care, and sweet solutions) for newborn infants during newborn screening and other needle-related painful procedures.
- Recognize the widespread use of social media and video sharing platforms such as YouTube by parents for posting videos of their infants undergoing painful procedures.
- Recognize the importance of knowledge translation tools such as videos in disseminating information about pain management strategies in infants.

Presenter: Denise Harrison, University of Ottawa and Children's Hospital of Eastern Ontario (CHEO), Ottawa ON

A03-2 Newborn Pain: Effectiveness of Parent-Targeted Education

Authors: Denise Harrison RN, PhD; Sandra Dunn RN, PhD; Marsha Campbell-Yeo RN, NNP, PhD; Lucy Gilmore RN, MScN; Ian Graham PhD; Jeremy Grimshaw PhD; JoAnn Harrold MD, FRCPC

Purpose: Despite evidence demonstrating that breastfeeding (BF), skin-to-skin care (SSC), and sweet solutions (sucrose) reduce biobehavioural pain response in newborns, these interventions remain underutilized. We aim to evaluate the effect of a parent-targeted video to improve uptake of these interventions during routine newborn screening (NBS).

Learning Objectives:

- Understand the background supporting the need for this cluster RCT with the intervention delivered at the organizational level.
- Gain an understanding of reasons to conduct a cluster RCT and its methodology as it relates to newborn care.
- Describe strategies that promote parent engagement, improve their knowledge and support parent advocacy in caring for their newborn.

Presenter: Denise Harrison, Children's Hospital of Eastern Ontario, Ottawa ON

A04 - STAFF EDUCATION

A04-1 Promoting Excellence in Perinatal Orientation Education through Combining Resources and Expertise

Authors: Christina Cantin RN, MScN, PNC(C); Laura Payant RN, MScN; Gerry Ashton RN, MScN

Purpose: To describe an innovative, collaborative, regional perinatal orientation program intended to maximize resources and ensure the delivery of standardized, evidence-based education to new hires across multiple organizations.

Learning Objectives:

- Explain the history of the Perinatal Professional Development Program.
- Describe the coordination and delivery considerations of the program.
- Discuss the strengths and challenges of this type of orientation program.

Presenters: Gerry Ashton, The Ottawa Hospital, Christina Cantin, Champlain Maternal Newborn Regional Program, and Laura Payant, Queensway-Carleton Hospital, Ottawa ON

A04-2 Implementation and Evaluation of a Labour and Birth Orientation Program

Author: Katelyn Smallwood RN MN

Purpose: To share the implementation and evaluation outcomes of a program aimed at re-development of labour and birth orientation at the Queen Elizabeth Hospital in Charlottetown, PE.

Learning Objectives:

- Identify the phases of the re-developed labour and birth orientation program.
- Describe the implementation processes of this program at the Queen Elizabeth Hospital.
- Identify at least two evaluation outcomes of the orientation program.

Presenter: Katelyn Smallwood, University of Prince Edward Island, Charlottetown PE

A05 - FRENCH PRESENTATIONS

A05-1 Perception d'incohérence dans les conseils reçus en allaitement de femmes adultes allaitantes

Auteurs : Roseline Galipeau inf., IBCLC, Ph. D.; Linda Lemire inf., Ph. D.

But : Décrire la perception d'incohérence de femmes adultes allaitantes dans les conseils reçus en postnatal immédiat.

Objectifs d'apprentissage :

- Connaître la prévalence de la perception d'incohérence dans les conseils reçus en allaitement de femmes adultes allaitantes.
- Connaître la perception d'incohérence dans les conseils reçus en allaitement de femmes adultes allaitantes.
- Connaître des pistes de solution afin d'améliorer le soutien en allaitement.

Conférencière : Roseline Galipeau, Université du Québec en Outaouais, Saint-Jérôme QC

A05-2 Complexifier la notion de deuil illégitime en contexte de décès périnatal

Auteurs : Sabrina Zeghiche Ph. D. (c); Francine De Montigny Ph. D.; José Lopez Ph. D.

But : En s'appuyant sur des documents institutionnels qui traitent du décès périnatal et sur le récit de femmes ayant vécu un décès périnatal, cette recherche vise à complexifier la notion de disenfranchised grief

afin de mieux cerner les différents niveaux de médiation de la régulation sociale du deuil périnatal et les différents espaces d'affranchissement des femmes endeuillées par rapport à cette régulation, via (entre autres) la notion de social labour, concept charnière qui signale à la fois les effets d'un deuil non reconnu et les pratiques mises en place pour le faire reconnaître.

Objectifs d'apprentissage :

- Décrire les différents niveaux de non reconnaissance sociale du deuil périnatal.
- Cerner les différents espaces de médiation de la régulation sociale du deuil périnatal.
- Mieux comprendre les contours de cette (non)reconnaissance pour redonner de l'agentivité aux mères endeuillées.

Conférencière : Sabrina Zeghiche, Université d'Ottawa, Ottawa ON

A06 - ANTENATAL CARE

A06-1 Vaccinating Pregnant Women: Are Maternity Care Providers Hesitant?

Authors: Jocelynn Cook PhD, MBA; Ève Dubé PhD; Vicki Bassett RN, PNC(C), BNSc, MEd

Purpose: To share the results of a national research study on determining knowledge, beliefs, attitudes, and current practices of women's healthcare providers towards vaccination in pregnancy.

Learning Objectives:

- Identify national recommendations for vaccination in pregnancy.
- Discuss the results of a national survey of women's healthcare providers on vaccination in pregnancy.
- Explore strategies for strengthening vaccination practices across Canada.

Presenter: Vicki Bassett, The Ottawa Hospital, Academic Family Health Team, Ottawa ON

A06-2 Leading Change in Obstetrical Patient Blood Management: Riding the Ferrous Wheel

Authors: Christine Finnbogason BSc(M), BN, MN, RN, PNC(C); Shana Chiborak RN, CNCC(C)

Purpose: To describe the collaboration between the Winnipeg Regional Health Authority Women's Health Program and Blood Management Service in their approach to intravenous iron sucrose administration to obstetrical patients with iron-deficient anemia. The presenters will also share best practice in treating iron-deficient anemia in pregnancy as well as how this community program improves patient care.

Learning Objectives:

- Identify current best practice in the administration of parenteral iron to obstetrical patients who have iron deficient anemia.
- Examine the rate of transfusions in obstetrical patients treated with intravenous iron sucrose.
- Illustrate the benefits of a community approach to intravenous iron administration and describe how this approach improves patient care in Winnipeg.

Presenters: Christine Finnbogason and Shana Chiborak, Women's Hospital, Health Sciences Centre, Winnipeg MB

1045-1115 Refreshment Break / Exhibits

1115-1215 Concurrent Sessions B

B01 - PRENATAL CARE

B01-1 Incorporating Women's-Only Sessions into Traditional Face-to-Face Prenatal Education. An Innovative Approach to Inclusive Prenatal Classes and Enriched Birth Preparation

Author: Cynthia Mann RN, MN, MHA, IBCLC, PNC(C)

Purpose: To review what is currently known about what types of prenatal education best meet the needs of women and their families. An example of a face-to-face prenatal class series will be described in order to illustrate an innovative approach to prenatal education that may meet the needs of women who find it more challenging to participate in prenatal education.

Learning Objectives:

- Have a deeper understanding of the self-reported needs of prenatal class participants.
- Gain unique teaching strategies to use during face-to-face prenatal classes.
- Describe how women's-only sessions during prenatal classes enhance women's comfort to participate fully in prenatal classes and gain confidence in their ability to give birth.

Presenter: Cynthia Mann, IWK Health Centre, Halifax NS

B01-2 Reflective Practice Using Cases of Note

Authors: Mary Lohre RN, BN, SANE-A; Karen Daenninck RN, BN

Purpose: To highlight the process that the Antenatal Home Care Program (AHCP) nurses use to ensure that their practice and practice guidelines are regularly reviewed and updated to reflect the most recent scientific knowledge.

Learning Objectives:

- Define reflective practice and discuss reflective practice theories.
- Describe "Cases of Note" and discuss AHCP procedure and format for writing up "Cases of Note".
- Present good catch, near miss and untoward outcome "Cases of Note" and discuss how these cases influenced AHCP practice guidelines.

Presenters: Mary Lohre and Karen Daenninck, Winnipeg Regional Health Authority (WRHA), Winnipeg MB

B02 - PERINATAL LOSS

B02-1 Perinatal Hospice Palliative Care: Honouring Precious Lives

Authors: Lynn Grandmison Dumond RN(EC), MScN, CHPCN(C); Megan Doherty MD

Purpose: To explore this relatively new area of pediatric palliative care and describe the experience of the CHEO Palliative Care and Roger Neilson House teams who recently completed a research project outlining a chart review of families/babies having received perinatal hospice care between 2007 and 2017.

Learning Objectives:

- Describe the Perinatal Hospice approach and population.
- Learn about caring for the perinatal population through participation in small group discussion and work through case studies.
- Describe roles and responsibilities of nurses in the inter-professional team caring for the perinatal population.

Presenter: Lynn Grandmison Dumond, Children's Hospital of Eastern Ontario and Roger Neilson House, Ottawa ON

B02-2 Assisting Health Professionals in Supporting Fathers after Stillbirth

Authors: Francine de Montigny PhD; Christine Gervais PhD; Chantal Verdon PhD

Purpose: To describe a one-day workshop, its implementation and the effects on health professionals' sense of efficacy towards fathers.

Learning Objectives:

- Describe the workshop's themes and strategies.
- Describe the effects of a reflective practice on health professionals' sense of efficacy.
- Share tools that can help support bereaved fathers.

Presenter: Francine de Montigny, Université du Québec en Outaouais, Gatineau QC

B03 - INNOVATIVE SOLUTIONS

B03-1 Delivering the Nurse-Family Partnership Program in Rural Communities

Authors: Karen Campbell RN, MN; Karen MacKinnon RN, PhD; Maureen Dobbins RN, PhD; Natasha Van Borek BA, MScPPH; Susan Jack RN, PhD

Purpose: To explore the delivery of a public health nursing, health equity intervention for socially and economically disadvantaged mothers in rural Canada.

Learning Objectives:

- Understand the findings of a qualitative study exploring the rural delivery of a community-based, health equity intervention for socially and economically disadvantaged mothers.
- Recognize how public health nurses experience rural geography and its influence on program delivery.
- Explore a rural model for delivery of this public health nursing program for pregnant and parenting mothers.

Presenter: Karen Campbell, McMaster University, Hamilton ON

B03-2 Maternal Request for Cesarean Delivery - 'Once a Section Always a Section'

Author: Cynthia Mannion RN, PhD

Purpose: The purpose of this review is to examine if women's first choice to deliver by cesarean section will determine the delivery choices for subsequent pregnancies.

Learning Objectives:

- Understand the trend in Canada towards cesarean birth as a normalized option for first-time mothers.
- Discuss the barriers and facilitators of birth choices for subsequent pregnancies.
- Construct an evidence-based opinion about cesarean birth for first-time mothers and sequelae.

Presenter: Cynthia Mannion, University of Calgary, Calgary AB

B04 - PERSON-CENTRED CARE

B04-1 Coming Together: Discovering the Narrative of Registered Nurses who Care for Women Experiencing an Early Miscarriage

Authors: Patrice Drake BSc, RN, MN, PhD(c); Diane Knyk RN, PhD; Brenda Cameron RN, PhD

Purpose: Emergency room nurses engage in a variety of patient encounters in a fast-paced and challenging environment.

Early miscarriage (<14 weeks gestation) in the emergency room is one such encounter that often presents challenges for nurses. Emergency room nurses, as well as women, report difficulties in their interactions around early miscarriage. The emergency room is frequently the first point of care for women experiencing an early miscarriage, and in the absence of resources, education, and guidelines to support nurses, providing quality care may be challenging. The purpose of this research project is to hear and understand the stories of emergency room nurses who have cared for women suffering an early miscarriage. The hope is that this research will result in the creation of a community of practice to support nurses to care for women.

Learning Objectives:

- Be aware of current and relevant literature describing the experience of nurses caring for women experiencing early miscarriage.
- Identify the challenges emergency room nurse face in caring for women experiencing early miscarriage.
- Understand the dilemma experienced by emergency room nurses in caring for early miscarriage and the need for a community of practice to guide care.

Presenter: Patrice Drake, University of Prince Edward Island, Charlottetown PE

B04-2 Combating Heteronormativity in Perinatal Care

Author: Erin Fiander RN, BScN, MN

Purpose: To identify the predominately heteronormative environments that prevail within perinatal care areas and identify the impacts this has on care provision for families navigating through birth experiences.

Learning Objectives:

- Define heteronormativity in perinatal care environments and the impact this can have on care provision for gender minority and sexual minority individuals.
- Identify practical ways in which they can contribute to a more inclusive environment for gender minority and sexual minority individuals.
- Propose changes within participants' own work environments to combat heteronormativity and shift nursing practices to create a more inclusive environment.

Presenter: Erin Fiander, IWK Health Centre, Halifax NS

B05 - QUALITY STANDARDS

B05-1 Maternal-Newborn Levels of Care: Improving the System through Standardization

Authors: Olha Lutsiv MScPH; Laura Zahreddine RN, BScN, MN

Purpose: To provide an overview of the Ontario Maternal-Newborn Levels of Care, and to increase understanding about how standardized provision of care can improve system functioning and maternal-newborn health outcomes.

Learning Objectives:

- Describe the objectives and intended impact of standardizing the maternal-newborn levels of care (LOCs).
- Define the criteria associated with each maternal and newborn LOC, including the population characteristics, diagnostic/treatment services, and human resources.
- Provide an overview of the system-level and patient-level outcomes associated with the implementation of maternal-newborn LOCs.

Presenter: Laura Zahreddine, Provincial Council for Maternal and Child Health, Toronto ON

B05-2 Vaginal Birth After Caesarean (VBAC) Quality Standard: Improving Access and Quality of Care

Authors: Olha Lutsiv MScPH; Suzannah Bennett MHSc; Arielle Baltman-Cord MA; Modupe Tunde-Byass MD; Manavi Handa RM, MA

Purpose: To provide conference attendees with an overview of the Health Quality Ontario (HQP) Quality Standards program, with a specific focus on the VBAC Quality Standard that was developed in partnership with the Ontario Provincial Council for Maternal and Child Health (PCMCH).

Learning Objectives:

- Describe the purpose of Quality Standards and the approach used to develop them.
- Provide an overview of the VBAC Quality Standard, including its recommendations.
- Discuss how care providers and organizations can use the VBAC Quality Standard to improve access and quality of care.

Presenters: Suzannah Bennett, and Arielle Baltman-Cord, Provincial Council for Maternal and Child Health, Toronto ON

B06 - BREASTFEEDING

B06-1 Design, Implementation and Evaluation of a Lactation Support Intervention for Vulnerable Mothers

Authors: Jane Francis MSc, RD; Alison Mildon MSc, RD; Stacia Stewart; Daniel Sellen PhD; Deborah O'Connor PhD, RD

Purpose: To describe the implementation process and evaluation findings for Feeding Tiny Souls, a postnatal lactation support intervention for vulnerable mothers attending a Canada Prenatal Nutrition Program in Toronto.

Learning Objectives:

- Explain the need for postnatal lactation support and elements of effective support.
- Identify major breastfeeding challenges requiring skilled lactation support.
- Describe the components of a successful lactation support intervention for vulnerable mothers.

Presenters: Jane Francis, University of Toronto and Stacia Stewart, Parkdale Queen West Community Health Centre, Toronto ON

B06-2 Overcoming the Stigma of Breastfeeding in Public: Can a Breastfeeding Video Increase Acceptability of Young Mothers Breastfeeding in Public?

Authors: Christina Cantin RN, MScN, PNC(C); Nathalie Fleming MD, FRCSC; Cathryn Fortier RN, BScN

Purpose: Clients attending a breastfeeding program for pregnant and parenting youth identified stigma associated with breastfeeding as a significant concern. We conducted a research study to create, disseminate and evaluate a video promoting young mothers breastfeeding in public.

Learning Objectives:

- Describe the process of developing a youth-informed video.
- Describe the key themes identified in the focus groups as well as the results of the video evaluation.
- Examine the need for continued advocacy work to reduce stigmatization of breastfeeding in public.

Presenters: Cathryn Fortier, Bethany Hope Centre, and Christina Cantin, Ottawa Hospital Research Institute, Ottawa ON

1215-1330 Lunch / Exhibits

1330-1415 Keynote - Perinatal Mental Health Mental Health Across the Perinatal Period: Ideas for Prevention and Treatment

The mental health of women and their partners across the perinatal period is a major public health priority due to its significant cost to society. This presentation will review the prevalence for mental health conditions both antenatally and postnatally and effective strategies for identification. Diverse preventive interventions will be outlined based on the latest evidence and innovative treatment tools presented with a goal to improve 'reach'. A new approach to the management of perinatal mental health will be introduced.

Learning Objectives:

- Describe effective strategies for the identification of mental health conditions both antenatally and postnatally.
- Articulate interventions for the prevention of postpartum depression.
- Discuss treatment tools and approaches to improve access to effect care.

Presenter: Cindy-Lee Dennis PhD, Professor and Canada Research Chair in Perinatal Community Health, University of Toronto and Women's Health Research Chair, Li Ka Shing Knowledge Institute, St. Michael's Hospital, Toronto ON

1415-1445 Refreshment Break / Exhibits

1445-1615 Concurrent Sessions C

C01 - HIGH RISK PREGNANCY - CLINICAL CASES

C01-1 Sickle Cell Disease in Pregnancy: A Case-Based Approach to Maternal and Fetal Challenges

Author: Nancy Watts RN, MN, PNC(C)

Purpose: To provide a specific case study to illustrate the challenges to prenatal, intrapartum, postpartum and neonatal care for a pregnancy complicated with sickle cell disease. Specific challenges such as pain management, immunizations, supports and mood disorders that can complicate these pregnancies will also be discussed. Nurses are critical to continuity of care both in the ambulatory and acute care setting as members of the interdisciplinary team.

Learning Objectives:

- Demonstrate understanding of the needs of a pregnant patient with sickle cell disease during the childbirth continuum.
- Understand the critical elements to care planning for a patient with sickle cell disease (antenatal, intrapartum and postpartum).
- Describe the physiology of sickle cell disease and how pregnancy affects the disease process.

Presenter: Nancy Watts, Mount Sinai Hospital, Toronto ON

C01-2 Caring for a Pregnant Patient with Limb Girdle Muscular Dystrophy (LGMD)

Authors: Leigh Andrews RN, MN, PNC(C), CTD; Mikyung (Elizabeth) Jung RN, MScN, CDE

Purpose: To highlight the care of a medically complex pregnant patient with an extremely rare diagnosis, and how our team collaborated and adapted our standard practice to meet the needs of this unique family.

Learning Objectives:

- Apply the structure of an interprofessional, family-centred care team to one's own practice.
- Recognize the importance of collaboration of disciplines in the care of a medically complex pregnant patient.
- Transform one's current practice to include creative ways to exceed patients' expectations and needs.

Presenters: Leigh Andrews and Mikyung (Elizabeth) Jung, Sunnybrook Health Sciences Centre, Toronto ON

C01-3 A Patient's Diabetes Care in Pregnancy: Leading the Change in Diabetes Management

Author: Fiona Thompson-Hutchison MN, RN, PNC(C), CDE

Purpose: To present some of the challenges that women and nurses face with managing diabetes in pregnancy. We will discuss some strategies that may be helpful, giving women an opportunity to actively manage their diabetes in hospital. A comparative case will outline the differences between a patient's primary and secondary pregnancy to understand what may be helpful at improving patient satisfaction, improving diabetes outcomes and simplifying diabetes care.

Learning Objectives:

- Identify the challenges that women and nurses face with diabetes management in pregnancy.
- Compare the diabetes management changes that may have helped improve a patient's pregnancy outcomes.
- Evaluate the team changes used to assist pregnant women who manage their diabetes.

Presenter: Fiona Thompson-Hutchison, Sunnybrook Health Sciences Centre, Toronto ON

C02 - BREASTFEEDING

C02-1 Level of Implementation of the Neo-BFHI's Three Guiding Principles in Quebec's Neonatal Units: A Self-Assessment Survey

Authors: Sonia Semenic RN, PhD; Laura Haiek MD, MSc

Purpose: To assess and compare the level of implementation of the Neo-BFHI's Three Guiding Principles across all level 2 and 3 neonatal units in Quebec.

Learning Objectives:

- Describe the different components of the Neo-BFHI, including the program's Three Guiding Principles.
- Understand the indicators and scoring system used to measure compliance with the Neo-BFHI's Guiding Principles.
- Compare baseline scores for the Neo-BFHI's Three Guiding Principles across all level 2 and 3 neonatal units in Quebec.

Presenter: Sonia Semenic, McGill University, Ingram School of Nursing, Montreal QC

C02-2 Use of a Maternal Newborn Audit and Feedback System to Decrease Formula Supplementation Rates in Ontario - Barriers and Facilitators to Change: Results from a Case Study Comparison

Authors: Sandra Dunn RN, PhD; Jessica Reszel RN, MScN; Deborah Weiss PhD; Wendy Peterson RN, PhD; Holly Ockenden MSc; Ashley Desrosiers RN, BScN; The MND Research Team

Purpose: As part of a study examining the effectiveness of an electronic audit and feedback system (Maternal Newborn Dashboard (MND)) to improve maternal-newborn care in Ontario, we aimed to improve our

understanding of factors that explain variability in six key performance indicators (KPIs) post-MND implementation. This presentation reports our findings on KPI 3: Formula supplementation in term infants whose mothers intended to breastfeed.

Learning Objectives:

- Describe facilitators to decreasing the rate of formula supplementation in term infants in a sample of Ontario hospitals.
- Describe barriers to decreasing the rate of formula supplementation in term infants in a sample of Ontario hospitals.
- Identify organizational strategies for enhancing facilitators and addressing barriers to decrease medically unnecessary formula supplementation in hospital.

Presenter: Sandra Dunn, BORN Ontario, Ottawa ON

C02-3 Using Strategies and Resources to Build Capacity for Implementing Baby-Friendly Practices at Organizational and Provincial Levels

Authors: Linda Young MScN, EdD, CHE; Hiltrud Dawson RN, BTEch, IBCLC

Purpose: The BFI Strategy for Ontario has been developing a number of high-quality, evidence-informed resources and uses client-informed and client-centred strategies to meet the needs of families, health care providers and policy-makers working in perinatal health. The use of these resources and strategies can be cost-effective, less resource-intensive and provides consistent language and practices to support the implementation of BFI best practices.

Learning Objectives:

- Describe the resources developed and strategies used by the BFI Strategy for Ontario.
- Learn about the process used to develop resources including their extensive stakeholder involvement.
- Examine and discuss how these can be used at an organizational or provincial level to build capacity to implement BFI best practices.

Presenter: Linda Young, Michael Garron Hospital, Toronto ON

C03 - SUBSTANCE USE

C03-1 Living at "Ground Zero" of the Opioid Crisis: Challenges Caring for Women, Babies and Families Experiencing Perinatal Substance Use in Vancouver, BC

Authors: Lani Wittmann MN, RN, PNC(C), IBCLC; Kristen Ruddick BSc, RN, MPH

Purpose: To explore the impact the current opioid crisis has had on an acute care hospital program caring for women experiencing perinatal substance use and their exposed newborns.

Learning Objectives:

- Discuss the impact the current opioid crisis has had on an acute care hospital program caring for women experiencing perinatal substance use and their exposed newborns.
- Reflect on how the principles of harm reduction and trauma informed care guide practice when working with vulnerable populations.
- Identify innovative strategies implemented to meet the needs of women, newborns and families affected by substance use in pregnancy.

Presenters: Lani Wittmann and Kristen Ruddick, BC Women's Hospital, Vancouver BC

C03-2 Pregnancy, Motherhood, and Addiction: Experiences of Pregnant Women with Substance Use Disorders

Author: Jodie Bigalky, RN MN PhD(c)

Purpose: This research explored the narrative experiences of pregnant women with substance use disorders. The purpose of this presentation is to share findings from this research to help shift how pregnant women with substance use disorders are perceived and to inform future programs of care across various settings including acute care and the community.

Learning Objectives:

- Describe the complex lives and traumatic histories that women with substance use disorders often experience.
- Understand the social narrative that views drug-using pregnant women as incapable and precludes their motherhood.
- Identify opportunities to shift how this population of women is perceived and inform future programs of care.

Presenter: Jodie Bigalky, University of Saskatchewan, Regina SK

C03-3 Trauma, Attachment Insecurity and Parenting Stress in Mothers with Problematic Substance Use

Authors: Thao Lan (Karen) Le PhD; Victoria Ingram BA; Mechelle Thomas BAH, MA; Kayla Gillies BAH; Karen Urbanoski PhD; Karen Milligan PhD, C. Psych

Purpose: This presentation will examine the relative impacts of childhood trauma and PTSD symptoms on parenting stress among high-risk mothers with problematic substance use, who are parenting young children and explore the mediating role of attachment insecurity in the relation between childhood trauma and parenting stress.

Learning Objectives:

- Learn about current research on parenting and maternal trauma.
- Gain knowledge on the impacts of childhood trauma and current trauma symptoms on parenting among high-risk mothers.
- Consider ways to enhance trauma-informed care to improve outcomes for high-risk mothers.

Presenter: Karen Le, Ryerson University, Toronto ON

C04 - NEWBORN CARE

C04-1 Evidence-Informed Newborn Care: Updates on Best Practices

Authors: Melanie Basso RN, BSN, MSN, PNC(C); Lani Wittmann RN, BSN, MSN, PNC(C); Megan Bolton RN, BSN, MSN, Neonatal Certification; Danica Hamilton RN, BSN, MSN, PNC(C), Neonatal Certification

Purpose: To present a number of best practice initiatives underway at a tertiary care centre in Canada.

Learning Objectives:

- Understand the process conducted by an interprofessional group to apply evidence to policies and guidelines informing the care of newborns.
- Learn about best practices for the implementation of projects such as Oral Immune Therapy and Sudden Unexpected Postnatal Collapse.
- Understand knowledge translation strategies to implement best practices in a tertiary care setting.

Presenters: Melanie Basso, Megan Bolton, and Danica Hamilton, BC Women's Hospital, Vancouver BC

C04-2 Developing Provincial and National Breastfeeding Protocols: A Cross-Organizational, Cross-Provincial Initiative

Author: Sonya Boersma MScN, RN, IBCLC

Purpose: Evidence-based breastfeeding protocols are in development cross-organizationally and cross-provincially. Learn about the collaborative approach, rigorous methodology, and how these protocols, aligned with the Baby-Friendly Initiative, will help your work with clients or patients.

Learning Objectives:

- Examine the methodology and tools used to create high-quality, evidence-informed breastfeeding protocols for health care providers.
- Describe the lessons learned and opportunities of using a cross-organizational and multi-provincial approach to develop a resource that is applicable and transferable across provinces.
- Familiarize participants with the revised protocols while explaining the importance of having access to current, consistent, evidence-informed, and BFI-aligned information when counselling clients with breastfeeding.

Presenters: Sonya Boersma, BFI Strategy for Ontario, Ottawa ON and Tracy Petrou, Toronto Public Health, Toronto ON

C04-3 Newborn Pain Management - Addressing an Ongoing Knowledge-to-Action Gap

Author: Denise Harrison RN, PhD

Purpose: To highlight an ongoing knowledge-to-action gap concerning pain management in newborn infants during routinely performed painful needle procedures.

Learning Objectives:

- Know the evidence supporting analgesic effects of breastfeeding, skin-to-skin care and sweet solutions in newborn infants.
- Understand the knowledge-to-action gap of effective newborn pain reduction during commonly performed needle procedures.
- Gain an understanding of using social media to disseminate newborn pain knowledge targeted at parents.

Presenter: Denise Harrison, Children's Hospital of Eastern Ontario and University of Ottawa, Ottawa ON

C05 - PRENATAL CARE AND EDUCATION

C05-1 Prepare for Parenting... Before Baby's Arrival. Is this a Possibility or a Pipe Dream?

Authors: Christina Cantin RN, MScN, PNC(C); Lauren Rivard RN, MSc; Marie-Josée Trépanier RN, BScN, MEd, PNC(C)

Purpose: To highlight the value of collaborating with 'parents experience advisors' to create an innovative strategy to better prepare expectant parents in their transition from hospital to home.

Learning Objectives:

- Describe the process of co-designing and developing a 'Postnatal Planning' tool for expectant parents intended to enhance transition to parenthood.
- Discuss results from the pilot study to evaluate the tool.
- Discuss the importance of collaboration between hospital and community perinatal care providers and new and expectant parents to optimize transition to home following birth.

Presenters: Lauren Rivard and Christina Cantin, Champlain Maternal Newborn Regional Program, Ottawa ON

C05-2 Prenatal Education - Key Messages

Author: Louise Choquette BA

Purpose: Prenatal education providers sometimes have difficulty ensuring that the messages they provide to prospective parents are evidence-based. The Best Start Resource Centre of Ontario has developed a website that is a central source of key messages for those who offer prenatal care to future parents.

Learning Objectives:

- Understand how to use the Ontario Prenatal Key Messages Web site.
- Discuss how to modify prenatal education curriculum to ensure that it is evidence-based.
- Understand how to integrate other prenatal education resources into prenatal meetings and into interactions with prospective parents.

Presenter: Louise Choquette, Best Start Resource Centre - Health Nexus, Toronto ON

C05-3 Implementation and Evaluation of a Group Prenatal Care Pilot Project

Authors: Glenda Carson PhD, RN, PNC(C), IBCLC; Renata Kolanko MN, RN; Susan Cahill RN; Whitney Cruikshank CD(DONA), BJ(H); Nancy Cashen MN, RN

Purpose: To describe the implementation of a pilot project for group prenatal care in an ambulatory prenatal care setting.

Learning Objectives:

- Identify the core philosophy and principles of group prenatal care from the perspective of parent empowerment and self-efficacy.
- Describe the benefits and challenges of implementing group prenatal care in an ambulatory prenatal care setting.
- Determine the benefits and challenges of group prenatal care from the perspective of one's own perinatal care practices and population.

Presenter: Nancy Cashen, IWK Health Centre, Halifax NS

C06 - PROFESSIONAL DEVELOPMENT

C06-1 An Innovative Approach to Support Development of Clinical Decision Making for Perinatal Nurses

Authors: Nancy Hewer RN, MSN, PNC(C); Farah Jetha RN, MSN

Purpose: To present the Situated Clinical Decision Making Framework as an innovative tool that supports the development and analysis of clinical decision making for novice perinatal nurses.

Learning Objectives:

- Discuss the Situated Clinical Decision Making Framework and its application to perinatal nursing practice.
- Describe how the framework can be used in a variety of perinatal teaching and learning environments.
- Explain how the framework can be utilized by educators, learners, and managers to assess and analyze the development of decision making of the novice nurse.

Presenters: Nancy Hewer and Farah Jetha, British Columbia Institute of Technology, Burnaby BC

C06-2 Releasing Time to Care: Growing Nursing Leaders

Authors: Parminder Kaila RN, BSN; Erlinda Jalandoon RN, BSN; Sabrina Yeh RN, BSN

Purpose: To describe the *Releasing Time to Care Initiative* and how nurse-driven change has led to growing leaders.

Learning Objectives:

- Understand and identify the key components of the *Releasing Time to Care Initiative*.
- Recognize the cultural changes that can be made when front-line staff are able to voice their concerns.
- Recognize how *Releasing Time to Care* can impact staff experience and grow nursing leaders.

Presenters: Parminder Kaila, Erlinda Jalandoon, and Sabrina Yeh, BC Women's Hospital and Health Centre, Vancouver BC

C06-3 Working Together to Lead Best Practice: An Interdisciplinary Approach to Knowledge Translation

Authors: Erna Snelgrove-Clarke RN, PhD; Jennifer West RN, MN; Cynthia Mann RN, MN; Lisa Courtney RN; Danielle Macdonald RN, MN, PhD(c); Krista Ritchie PhD; Rebecca McLeod RN; Claire Gallant; Lauren Matheson BA; Martha Paynter MS, RN; Diane O'Reilly RN, MN; Michelle LeDrew RN, MN; Nancy Heritt RN; Dolores McKeen MD; Ron George MD; Nancy Van Eyk MD; Tammy Stutley RN; Tracy Dryden RN

Purpose: To share the successes and challenges of creating, leading, and maintaining an interdisciplinary research team for best practice.

Learning Objectives:

- Identify three innovative approaches to creating and maintaining an interdisciplinary research team.
- Describe four collaborative and inclusive strategies that create opportunities for putting best evidence into practice.
- Share a variety of practices that get in the way of supporting excellence in perinatal and women's health care.

Presenter: Erna Snelgrove-Clarke, Dalhousie University and IWK Health Centre, Halifax NS

1615-1730 CAPWHN CONNECT

(ALL invited - Wine/beverage offered)

All delegates are welcome to join this session which includes the CAPWHN Annual General Meeting and networking.

1730-1930 Reception with Exhibitors

DAY 2 - Friday October 12 / Le vendredi 12 octobre

0700-0800 Toonie Walk or Run along the Rideau Canal

0800-0900 Registration / Breakfast / Exhibits

0900-1000 **Keynote - Prevention of Preterm Birth
Moving Upstream: The Alliance for the Prevention
of Preterm Birth and Stillbirth**

The Alliance for the Prevention of Preterm Birth and Stillbirth is a collaboration between families, hospitals, maternal-child networks and maternal and infant care providers that is spreading a greater understanding of preterm birth and stillbirth and how to prevent them. Parent groups, practice leaders, data and health improvement experts and supporters across the maternal-newborn care system are poised to participate in an accountable and coordinated collaboration. This presentation will review recent preterm and stillbirth prevention research, strategic steps towards establishing a provincial program, upcoming knowledge mobilization collaborations and opportunities for engagement.

Learning Objectives:

- Identify the evidence-informed interventions associated with preterm and stillbirth prevention and the time periods in pregnancy when they relate.
- Appraise whether there are opportunities to incorporate preterm birth and stillbirth prevention programs in clinical settings.
- Discuss and explain ways that preterm and stillbirth prevention programs can be taken up in clinical settings.

Presenter: Wendy Katherine RM (Retired), MBA, Sunnybrook Health Science Centre, Toronto ON

1000-1030 Refreshment Break / Exhibits

1030-1130 **Sponsored Session by Johnson & Johnson
The Developing Baby Microbiome In Baby Skin Care**

Session information to come.

Learning Objectives TBC

Presenter: Dr. Kimberly Capone

1130-1230 **Concurrent Sessions D**

D01 - GLOBAL HEALTH

D01-1 Creating a Community of Practice for Nurses Interested in Global Health

Authors: Danielle Macdonald RN, MN, PhD(c); Megan Aston RN, PhD; Heather Ezurike RN, MN, PNC(C); Rachel Ollivier BSN, RN; Keisha Jefferies MN, RN; Darlene DesBarres RN

Purpose: To share our experiences creating a supportive community of nurses interested and active in global health practice, research, and education.

Learning Objectives:

- Identify the important role that nurses have in the achievement of the Sustainable Development Goals.
- Recognize the importance of nurse-led support for perinatal and women's health nurses interested in global health practice, research, and education.

- Develop an understanding of one example of how to build a community of practice for perinatal and women's health nurses interested in global health practice, research, and education.

Presenters: Danielle Macdonald, University of Ottawa, Ottawa ON; Megan Aston, Heather Ezurike, Rachel Ollivier, and Darlene DesBarres, Dalhousie University and IWK Health Centre, Halifax NS

D01-2 Building Capacity in Global Maternal-Child Health Research: A Canadian-Nigerian Case Study

Authors: Danielle Macdonald RN, MN, PhD(c); Bagnini Kahoun PhD; Josephine Etowa PhD, RN, RM, FWACN, FAAN

Purpose: To present the findings of a case study, which explored collaborative relationships between maternal-child health researchers in Canada and Nigeria.

Learning Objectives:

- Understand the impact that perinatal nurse leaders can have on building capacity for maternal-newborn health research and policy.
- Identify the strengths of this international research partnership.
- Identify the challenges of this initiative and share lessons learned when conducting maternal- newborn health research with international collaborators.

Presenters: Danielle Macdonald, Bagnini Kahoun, and Josephine Etowa, University of Ottawa, Ottawa ON

D02 - VULNERABLE FAMILIES

D02-1 Examining the Impact of Executive Functions on Parenting Outcomes in High-Risk Mothers Parenting Young Children

Authors: Victoria Ingram BAH, BSCh, MA; Tamara Meixner BAH, MA; Shirley Lo BA; Kayla Gillies BAH; Karen Urbanoski PhD; Karen Milligan PhD, C. Psych

Purpose: To examine the relation between executive functions and parenting in high-risk mothers with problematic substance use parenting children 0-4 years of age.

Learning Objectives:

- Learn about current research on parenting and executive functions.
- Gain understanding of the importance of executive functions in the parenting role, particularly for high-risk mothers.
- Consider ways to accommodate executive function difficulties to enhance high-risk patient outcomes.

Presenter: Victoria Ingram, Ryerson University, Toronto ON

D02-2 Mobile Phone-Based Peer Support to Prevent Postpartum Depression Among Adolescent Mothers: A Pilot Randomized Controlled Trial

Authors: Barbara Chyzzy RN, BN, MN, PhD(c); Cindy-Lee Dennis RN, PhD; Jennifer Stinson RN-EC, PhD, CPNP; LaRon Nelson PhD, RN, FNP, FNAP, FAAN; Simone Vigod MD, MSc, FRCPC

Purpose: To describe the findings from a pilot randomized controlled trial of a mobile phone-based peer support program using both text messaging and voice calling.

Learning Objectives:

- Understand the defining attributes of peer support: informational, emotional and appraisal support.
- Describe how mobile phone-based peer support can be used to improve health outcomes for adolescent mothers.
- Discuss the preliminary effects of mobile phone-based peer support on depressive symptomatology.

Presenter: Barbara Chyzy, University of Toronto, Toronto ON

D03 - SAFE SLEEP

D03-1 Thinking Outside the Baby Box

Author: Meggie Ross MSN, IBCLC

Purpose: To increase awareness related to the potential ethical, privacy, equity, and effectiveness concerns related to popular baby box programs.

Learning Objectives:

- Describe the history of baby boxes and the variations in programs across Canada and internationally.
- Recognize the risks related to the most popular program in Canada.
- Evaluate the actions taken by the BC Lactation Consultants Association to influence provincial policy.

Presenter: Meggie Ross, Penticton Health Centre, Summerland BC

D03-2 Thinking 'Inside the Box': Making Bed-Sharing Safer for a Vulnerable Population

Author: Lani Wittmann MN, RN, IBCLC, PNC(C)

Purpose: To discuss the trial introduction of the *Pepi-Pod Sleep Space* as a safer sleep option for babies more vulnerable to accidental suffocation.

Learning Objectives:

- Reflect on the challenges faced by new mothers who are also dealing with substance use issues and a vulnerable newborn who may be experiencing symptoms of withdrawal.
- Identify the background and principles of Perinatal Services BC's Safer Infant Sleep healthcare provider and parent resources, and how these apply to this high-risk population.
- Discuss the advantages of the *Pepi-Pod* as a safe sleep space option over other Baby Boxes (which are often directly tied to consumer product marketing).

Presenter: Lani Wittmann, BC Women's Hospital, Vancouver BC

D04 - BREASTFEEDING

D04-1 The Breastfeeding Experiences of Older First-Time Mothers: A Constructivist Grounded Theory Study

Author: Rosann Edwards RN, MScN, PhD(c), IBCLC

Purpose: To present the findings of a current study being undertaken in Ottawa exploring the factors that affect the breastfeeding expectations, experiences, and decision-making of first-time mothers over the age of 35 in the first 6 months postpartum. The goal is to provide participants with insights into the decision-making process of older mothers in the early postpartum period related to infant feeding in order to inform nursing practices related to breastfeeding support and improve

community-based mother-centred nursing interventions tailored towards this growing demographic of first-time mothers.

Learning Objectives:

- Identify unique features of the first-time mothers over the age of 35 and the current state of literature on this demographic.
- Describe factors affecting the decision-making process of the first-time mothers over the age of 35 who participated in this study surrounding infant feeding over the first 6 months postpartum and how that process changed between the first 3 months postpartum and months 4-6.
- Understand the transition to early motherhood for this demographic and how nurses can support and empower these mothers through health teaching and breastfeeding-related clinical interventions.

Presenter: Rosann Edwards, University of Ottawa/Ottawa Public Health, Ottawa ON

D04-2 An Exploration of Maternal Satisfaction with Breastfeeding as a Clinically Relevant Measure of Breastfeeding Success

Author: Rosann Edwards RN, MScN, PhD(c), IBCLC

Purpose: Examine the concept of maternal satisfaction with breastfeeding as originally conceived by Leff, Jefferis & Gagne (1994), including the literature related to breastfeeding supports and the concept of maternal satisfaction with breastfeeding as a clinically relevant outcome. This talk will propose that healthcare professionals shift their view of what constitutes successful breastfeeding to more fully encompass the concept of maternal satisfaction as a clinically relevant outcome and examine examples of this in the clinical context

Learning Objectives:

- Identify clinical practices that aid to foster early maternal satisfaction with breastfeeding.
- Understand how to discuss the topic of maternal satisfaction with breastfeeding with prenatal and postnatal mothers in the context of health teaching, promotion and the provision of breastfeeding supports.
- Understand maternal satisfaction with breastfeeding as a desired outcome to be used along with more quantifiable measures of successful breastfeeding.

Presenter: Rosann Edwards, University of Ottawa/Ottawa Public Health, Ottawa ON

D05 - LABOUR AND BIRTH

D05-1 Childbirth for Survivors - Understanding the Childbirth Experiences for Childhood Sexual Abuse Survivors

Authors: Caitlin Mathewson RN, BScN, MN; Sherry Espin BScN, MEd, PhD; Ryan Van Lieshout MD, PhD, FRCPC; Sharon Dore RN, PhD; Patricia McNiven RM, BSc, MSc, PhD

Purpose: Recent media attention has shed light on the pervasiveness of sexual abuse and its lasting impact. Despite this, child sexual abuse (CSA) and childbirth remain an understudied phenomenon and we subsequently understand very little of what birth is like for survivors of CSA. The purpose of this presentation is to outline the birth experiences of four women (extending from pregnancy to the postpartum period). The purpose is also to empower care providers with expertise on CSA and its sequelae, understanding that birth can be an empowering and healing experience when handled with skill and sensitivity.

Learning Objectives:

- Describe the sequelae of CSA and its potential impact on childbirth.
- Identify how control, anxiety and detachment may be manifested/demonstrated by the survivor during the perinatal period.
- Identify strategies for providing therapeutic, sensitive care during the perinatal period.

Presenter: Caitlin Mathewson, McMaster University, Hamilton ON

D05-2 When Fear Surrounding Childbirth Leads Women to Seek a Planned Cesarean

Authors: Janet Bryanton RN, PhD, PNC(C); Cheryl Tatano Beck RN, PhD, CNM; Stephanie Morrison BScN, RN, MN (student)

Purpose: To explore womens' experiences of fear surrounding childbirth in relation to their decision to request a planned cesarean birth.

Learning Objectives:

- Identify relevant literature related to fear and childbirth.
- Describe womens' fears surrounding childbirth in relation to their decision to request a planned cesarean birth.
- Identify implications for practice and research, related to study findings.

Presenters: Janet Bryanton and Stephanie Morrison, University of Prince Edward Island, Charlottetown PE

D06 - PRENATAL AND OUTREACH EDUCATION

D06-1 Right Care, Right Time, Right Place by the Right Care Providers - Regionalizing Perinatal Care

Authors: Renato Natale MD, RCPC; Kevin Coughlin MD, BScH, MHSc, FRCPC; Henry Roukema MD, MSc, FRCPC; Leanne McArthur (McCullough) RN, BScN, MN, PNC(C); Felix Harnos MHSc(HA); Suhair Alshanteer MD, MBBS, MScHIS

Purpose: To describe how outreach education and support by formalized regional networks can impact on patient outcomes and support quality patient care delivered by the right care provider at the right time in the right place. The impact this has on a regional system of care to support care close to home while ensuring optimal patient outcomes.

Learning Objectives:

- Recognize the impact of outreach education by regional networks as it relates to perinatal care and outcomes.
- Identify the impact of perinatal outreach education on supporting the right care at the right place by the right care provider for better patient outcomes.
- Identify the key aspects of a high functioning regional perinatal system.

Presenters: Leanne McArthur (McCullough) and Kevin Coughlin, South West Maternal Newborn Child and Youth Network, London ON

D06-2 Offline and Online Prenatal Information and Support: Exploring the Experiences of First-Time Mothers

Authors: Victoria Little RN, BScN; Megan Aston PhD, RN; Sheri Price PhD, RN; Andrea Chircop PhD, RN; Debbie Sheppard-LeMoine PhD, RN

Purpose: To present the findings of a feminist poststructuralist study, which explored the experiences of first-time mothers accessing offline and online prenatal information and support in Halifax Regional Municipality, Nova Scotia. The intent of this research study was to provide a deeper understanding of first-time mothers' experiences of prenatal information and support with the potential to create change to tailor prenatal education and support programs to meet the health needs of mothers in Nova Scotia.

Learning Objectives:

- Understand how first-time mothers in Halifax Regional Municipality (HRM), Nova Scotia experienced, accessed, and navigated prenatal information and support through various online and offline formats.
- Develop an understanding of how social and institutional discourses may have influenced the ways that first-time mothers experienced prenatal information and support in HRM, Nova Scotia.
- Discuss the implications of study findings for prenatal education programs in HRM, Nova Scotia.

Presenter: Victoria Little, Dalhousie University, Halifax NS

1230-1330 Lunch / Exhibits

1330-1530 Specialty Sessions

SS01 - ADOLESCENT AND YOUNG SINGLE MOTHERS

Making a Difference for Adolescent and Young Single Mothers

Adolescent and young single mothers experience judgmental care from health care providers including perinatal nurses. Such poor experiences are harmful because they deter mothers from trusting providers and seeking care when needed. Join our session with researchers, mothers and clinicians to critique the common understanding of risks that adolescent and young single mothers face and to learn how you can make an important difference in their lives.

Learning Objectives:

- Understand the evidence about the risks associated with pregnancy and early parenting for adolescent or young single women.
- Value the strengths of adolescent and young single mothers.
- Describe behaviours that are commonly perceived as judgmental by young single mothers and identify how to make the necessary changes to nursing practice.

Presenters: Wendy Peterson RN, PhD, Associate Professor, School of Nursing, Faculty of Health Sciences, University of Ottawa, Ottawa ON and Ashley Desrosiers RN, BScN, MScN student University of Ottawa, and community partners

SS02 - SUBSTANCE USE

Engaging Families through Partnering to Improve Perinatal Outcomes

This interactive and engaging specialty session will provide a high-level overview of substance use in Canada. Participants will hear about innovative models of care that are effectively engaging and supporting families impacted by substance use, and will have a chance to discuss emerging health issues related to this topic. The overall aim of this session is to increase knowledge about perinatal substance use, enhance

skills in conversing with families, and identify practical ideas to reduce barriers experienced by both families as well as health care providers.

Learning Objectives:

- Describe the elements of evidence-based models to support families.
- Articulate the pros and cons of using structured screening and scoring tools.
- Incorporate open-ended questions when dialoguing with families.
- Identify features of innovative programs contributing to positive maternal and newborn outcomes.

Presenters: Christina Cantin RN, MScN, PNC(C), Perinatal Consultant, Champlain Maternal Newborn Regional Program, Ottawa ON; Lynn Newton RN(EC), BScN, MEd, IBCLC, Nurse Practitioner - Pediatrics (Neonatal), Women and Children's Programs, Kingston Health Sciences Centre, Kingston ON

SS03 - INFORMED DECISION-MAKING REGARDING INFANT FEEDING

Informed Decision-Making: Having Meaningful Conversations Regarding Infant Feeding

The BFI Strategy for Ontario conducted a provincial survey in 2015 asking service providers about their experience with providing information to mothers to allow them to make an informed infant-feeding decision. Many respondents reported that they struggled with knowing what needed to be discussed. As a result, a resource and workshop were developed and disseminated provincially. This session will help service providers with informed decision-making conversations regarding infant feeding with mothers. The workshop will provide tips and examples of conversations in order to provide support for service providers. Topics covered will include how to help clients to make informed decisions prenatally, postpartum and when preparing for discharge. Service providers will learn how to determine what infant-feeding information a mother may require prenatally, after her baby's birth and after discharge from the hospital. Results from workshop evaluations will be shared.

Learning Objectives:

- Identify the key requirements for engaging in an informed decision-making conversation with mothers/families concerning infant feeding.
- Identify strategies to support mothers through an informed decision-making process in different situations (medical need for supplementation, mother's wish to introduce supplementation and mother's wish to exclusively formula feed).

Presenters: Linda Young MScN, EdD; Catharine Lowes RN, BScN, IBCLC; Doris Balcarras RN, IBCLC, PNC(C), Toronto ON

SS04 - LEGAL UPDATE

The Last Few Cases: Update on Canadian Perinatal Law

This presentation, given by a lawyer from the Canadian Nurses Protective Society and a former obstetrics nurse, will primarily consist of recent Canadian legal decisions of interest and importance to perinatal nurses. The cases will be analyzed with an emphasis on what can be learned from them to improve patient outcomes but also legal outcomes for perinatal nurses. This insight will be supplemented by participants' own questions since there will be time for discussion. Participants should leave the session confident they understand the most common legal proceedings and how the law sees them.

Learning Objectives:

- Identify the elements of negligence, i.e., what the plaintiff must prove in a malpractice lawsuit.

- Understand how to work with a lawyer in one's own defence if sued in negligence.
- Reaffirm one's professional duty of confidentiality by learning about where one is placed in statutory laws protecting privacy of health information.

Presenter: Elaine Borg BNSc, RN, LLB, Legal Counsel, Canadian Nurses Protective Society, Ottawa ON

SS05 - VBAC AND LABOUR INDUCTION BEST PRACTICES

Thinking Outside the Box Without Reinventing the Wheel - How Can We Make VBAC and Induction of Labour a Better Experience for Patients?

This interactive session will explore current evidence and best practice initiatives related to Vaginal Birth After Cesarean (VBAC) and induction of labour.

Learning Objectives:

- Identify the current evidence about VBAC and an overview of innovative VBAC initiatives, standards and guidelines.
- Understand the challenges and success in implementation of local initiatives to improve Trial of Labour After Cesarean (TOLAC) rates.
- Understand current evidence and controversies surrounding induction of labour.
- Describe old and new approaches to induction of labour.

Presenter: Jessica Dy MD, MPH, FRCS(C) Associate Professor, Head, Division of General Obstetrics and Gynecology, University of Ottawa, Ottawa ON

SS06 - FAMILY-CENTRED MATERNITY AND NEWBORN CARE NATIONAL GUIDELINES

This specialty session will be broken up into various presentations on the released chapters of the Family-Centred Maternity and Newborn Care (FCMNC): National Guidelines. The presenters will discuss the content of the following chapters:

- Family-Centred Maternity and Newborn Care in Canada: Underlying Philosophy and Principles
- Preconception Care
- Care during Pregnancy
- Care during Labour and Birth
- Breastfeeding

Following the presentations, a panel discussion will take place to encourage comments and questions from participants.

Learning Objectives:

- Describe the revision process and status of the Family-Centred Maternity and Newborn Care National Guidelines.
- Become aware of the newly released chapters of the FCMNC National Guidelines and their key highlights.

Presenter: Lynn Menard RN, BScN, MA, Maternal and Child Health Unit, Public Health Agency of Canada, Ottawa ON

1530-1630 **Poster Presentations**

1630-1730 **Concurrent Sessions E**

E01 - MOTHER-BABY DYAD CARE

E01-1 Improving Pain Management for Infants on a Mother Baby Unit

Author: Cynthia Mann RN, MN, MHA, IBCLC PNC(C)

Purpose: To describe the knowledge translation strategies used on a mother baby unit to increase the use of a variety of pain management strategies for infants, focusing on empowering parents to decide what strategies that they feel most comfortable using and how they plan to support their infant during painful procedures.

Learning Objectives:

- Describe the strategies available to manage infant pain.
- Articulate strategies to empower parents to make decisions on pain management strategies they will use for their infant during painful procedures.
- Identify tools that one can use for change management to increase the use of pain management strategies for infants on a mother baby unit.

Presenter: Cynthia Mann, IWK Health Centre, Halifax NS

E01-2 Transitional Neonatal Hypoglycemia in the Term and Late-Preterm Newborn: Don't Forget the Basics!!

Author: Jennifer Marandola RN, MN, IBCLC, PNC(C)

Purpose: To highlight the impact of skin-to-skin and breastfeeding or breastmilk-feeding on neonatal transitional hypoglycemia and how these, combined with the addition of dextrose gel, will provide safer neonatal transition to extra-uterine life.

Learning Objectives:

- Recognize the correlation between skin-to-skin and neonatal transition and its role in maintaining a euglycemic state for the neonate.
- Understand the components of colostrum and the early initiation of colostrum feeds that are associated with maintaining euglycemia to assist the newborn in transition.
- Understand how to incorporate the use of skin-to-skin and breastfeeding in addition to dextrose gel into evidence-informed hospital protocols for transitional neonatal hypoglycemia.

Presenter: Jennifer Marandola, CIUSSS West-Island of Montreal, Sainte-Catherine QC

E02 - INTERPROFESSIONAL COLLABORATION

E02-1 Understanding Collaboration between Midwives and Nurses in Nova Scotia

Authors: Danielle Macdonald RN, MN, PhD(c); Josephine Etowa PhD, RN, RM, FWACN, FAAN

Purpose: To present preliminary findings from a qualitative, feminist poststructuralist case study about collaboration between midwives and nurses in Nova Scotia.

Learning Objectives:

- Develop an understanding of the preliminary findings about collaboration between midwives and nurses in Nova Scotia.
- Identify current and historical discourses which may be influencing collaboration between midwives and nurses.
- Recognize the importance of research about collaboration between nurses and other perinatal health care providers.

Presenter: Danielle Macdonald, University of Ottawa, Ottawa ON

E02-2 Learning Together to Change the Health Care Community: Interprofessional Breastfeeding Education for Students in the Health Professions

Authors: Jo Watson RN(EC), PhD; Kathy O'Grady Venter RN, IBCLC; Elizabeth McLaney MEd, BScOT, OT Reg. (ON), BA; Sue Hermann MN, RN, IBCLC, PNC(C), CTD

Purpose: To provide information about a breastfeeding course that was developed through an interprofessional lens and designed as an elective course for students in health professions programs at the University of Toronto. During the presentation, course content will be reviewed and the audience will have the opportunity to participate in interprofessional activities and case-based learning. The results of pre and post student questionnaires, demonstrating a positive shift in breastfeeding attitudes and knowledge, will be shared.

Learning Objectives:

- Outline the key components of an interprofessional breastfeeding education session.
- Participate in case-based learning and interprofessional activities.
- Describe the positive outcomes of pre/post questionnaire results.

Presenter: Kathy O'Grady Venter, Sunnybrook Health Sciences Centre, Toronto ON

E03 - NEWBORN CARE

E03-1 Decreasing Length of Stay in the Special Care Nursery

Authors: Susan Alliston BScN, MSN, RN(EC); Cailynn Bateson RN, BScN, MBA (student)

Purpose: The purpose of this Quality Improvement (QI) initiative is to review our current discharge process and identify barriers or processes that can be improved upon to facilitate earlier discharge and reduce hospital length of stay.

Learning Objectives:

- Describe an innovative quality improvement and Lean-thinking approach to interdisciplinary groups working on a QI project.
- Identify strategies that promoted and enhanced patient and family engagement in the Special Care Nursery.
- Identify evidence-informed strategies that promote excellence in women and infant care

Presenters: Susan Alliston and Cailynn Bateson, St. Joseph's Healthcare Hamilton, Hamilton ON

E03-2 Establishing a Level II Neonatal Intensive Care Unit (NICU) at Kimbanguiste Hospital in Kinshasa, Congo

Authors: Maryam Mozafarina RN, MSc; Micha Mfuana RN, BScN; Stephanie Mardakis RN, MScN; Cynthia Garcia RN, MScN; Louis Beaumier, MD

Purpose: This presentation describes the proposed plan of a nurse-led non-for-profit organization called "Une Chance De Vivre (CDV)" (a chance to live) aimed to address environment of care for sick newborns in Democratic Republic of the Congo. The presentation entails CDV's main objectives, project timeline and goals as well as barriers and potential solution to the implementation of the project for the designated centre. We also share CDV's completed and ongoing tasks. Nurses, based on their clinical expertise, are in a unique position to address disparities in healthcare. Disparity and lack of resources have various causes and

are symptoms of the larger systemic problem with poverty being the principle one. This situation particularly affects the most vulnerable populations, women and children. One way to alleviate this burden is through help within the profession. CDV's main mission is to put in place evidence-informed care practices to help infants survive and grow healthier.

Learning Objectives:

- Understand the importance of “nursing clinical expertise” as a unique means to identify effective ways of working within the context of shared health challenges in countries with limited health resources.
- Understand the importance of integrating institutional and environmental culture for implementation of a transition project.
- Identify the necessity of adopting a theoretical performance evaluation framework (Transition Model) to ensure consistency throughout the project phases and facilitate the evaluation of project results.

Presenter: Maryam Mozafarinia, Ingram School of Nursing, McGill University and McGill University Health Centre, Montreal QC

E04 - UNDERGRADUATE EDUCATION

E04-1 Fostering Nursing Student Growth and Development using Computer-Assisted Learning

Authors: Elizabeth (Liz) White-MacDonald RN, BScN, MN; Keri-Ann Berga RN, BScN, MScN, IBCLC, PNC(C); Chunyan Zhang MA, MS, Simulation Technologist

Purpose: To share development and use of our computer-assisted learning (CAL) program to support undergraduate nursing student knowledge acquisition, retention, and application of learning in relation to the maternal and fetal adaptations to pregnancy. We hope to stimulate dialogue about alternative uses of computer-assisted as well as on-line learning strategies to support both undergraduate and professional nursing education needs and potential partnerships between academia and the practice environment toward these goals.

Learning Objectives:

- Identify options for alternative learning strategies to facilitate and support undergraduate nursing student learning.
- Identify opportunities to integrate computer-assisted and on-line learning modalities for undergraduate nursing education as well as ongoing professional nursing education.
- Establish potential opportunities to collaborate with academic partners to meet ongoing professional nursing education needs.

Presenters: Elizabeth (Liz) White-MacDonald and Keri-Ann Berga, Grant MacEwan University, Edmonton AB

E04-2 Student-Based Interprofessional Initiative to Enhance Trauma-Informed Care

Authors: Rachele Marek Sparrow BA, BScN; Daniela Graziano MSc; Aja Toste BSc, BScN; Sarah Kanji BSc, MSc; Julia Pasquale BMSc, MSc; Sarah Freeman BSc; Athena Hau BSc, BScN

Purpose: To increase participant awareness of the prevalence of trauma in our communities and learn strategies of how to implement trauma-informed care into practice to best support patients and their families.

Learning Objectives:

- Describe effective strategies to integrating comprehensive trauma-informed care into nursing and medicine curricula.

- Describe the outcomes of a one-day trauma-informed care event on participants' confidence in and application of trauma-informed care practices.
- Identify strategies to expand and replicate workshops in other universities and across healthcare settings.

Presenter: Rachele Marek Sparrow, University of Toronto, Toronto ON

E05 - MENTAL WELL-BEING

E05-1 Care by Text - A Pilot Project using Technology to Support Mental Wellbeing in the Perinatal Period

Authors: Heather Dickson RN, BScN, CCHN(C); Rebecca Wickson RN, BScN

Purpose: To share an innovative program developed by Kingston, Frontenac and Lennox & Addington Public Health and Community Partners to provide pregnant persons with information about mental wellbeing, local resources, and opportunities to self-screen for perinatal mood disorders via text.

Learning Objectives:

- Describe the importance of mental health and overall parental wellbeing throughout the perinatal period.
- Understand the importance of using patient identified methods of communicating important information about mental wellbeing and self-screening.
- Describe the process/methodology being used by the Care by Text program throughout Kingston, Frontenac and Lennox & Addington.

Presenters: Heather Dickson and Rebecca Wickson, KFL&A Public Health, Kingston ON

E05-2 Working Collaboratively Towards a “Healing Birth”: Sharing Three Patients’ Stories

Author: Christine Finnbogason BSc(M), BN, MN, RN, PNC(C)

Purpose: To examine, through case review, three patient stories of traumatic birth and how a collaborative birth plan assisted them with having a “healing birth”. The presenter will share these stories along with ideas of how nurses can be part of this healing process.

Learning Objectives:

- Define traumatic childbirth and identify the potential outcomes related to these experiences.
- Understand how health care providers can assist women with traumatic birth experiences through the use of mothers' stories.
- Describe the effectiveness of a collaborative birthing plan.

Presenter: Christine Finnbogason, Women's Hospital, Health Sciences Centre, Winnipeg MB

E06 - SUBSTANCE USE

E06-1 Integrated Treatment Programs for Pregnant and Parenting Women with Problematic Substance Use: Service Descriptions and Client Perceptions of Care

Authors: Lesley Tarasoff MA; Karen Milligan PhD, C. Psych; Karen Le PhD; Karen Urbanoski PhD

Purpose: To describe the services offered by integrated treatment programs for pregnant and parenting women with problematic substance use in Ontario, as well as to describe how clients of these programs

use in Ontario, as well as to describe how clients of these programs perceive their care in comparison to clients of traditional treatment programs.

Learning Objectives:

- Describe the services provided by integrated treatment programs in Ontario.
- Describe integrated program clients' perceptions of care as compared to clients of standard treatment programs.
- Describe which domains of care integrated program clients find most helpful.

Presenter: Lesley Tarasoff, University of Toronto/Ryerson University, Toronto ON

E06-2 Core Values and Processes of Care for Pregnant and Parenting Women with Problematic Substance Use: Service Provider Perspectives

Authors: Tamara Meixner BAH, MA; Victoria Ingram BAH, BSCh, MA; Karen Urbanoski PhD; Karen Milligan PhD, C. Psych

Purpose: To describe core values and processes of care underlying effective service provision for pregnant and parenting women with problematic substance use, from the perspective of service providers at 12 treatment programs across Ontario.

Learning Objectives:

- Identify core values of care underlying effective integrated service delivery for mothers experiencing problematic substance use.
- Describe key processes of care within the service provider-client relationship focusing on executive functions and emotion regulation.
- Articulate strategies for how to attend to identified values and processes when working with pregnant and parenting women experiencing problematic substance use.

Presenter: Tamara Meixner, Ryerson University, Toronto ON

1730-1830 Free Time

1830-2200 Celebrating Canada

Please join us to celebrate our beautiful country! Come casually dressed in red and white or in your Canadian apparel. **Dine** and **dance** the night away to the music of **Ambush**, "Canada's Rockin' Country Band". Ambush is raw energy, sheer entertainment, and just plain fun! Family or friends in town? Buy them a ticket and join in on the fun!



DAY 3 - Saturday October 13 / Le samedi 13 octobre

0745-0845 Breakfast and Networking

0845-0900 Opening Remarks

0900-0945 Keynote - Women's Health
Contraception in Canada: Where Are We Now and How Can We Improve?

Learning Objectives:

- Understand the current landscape of Canadian women's attitudes, knowledge, and beliefs about contraception.
- Increase awareness of resources available for patients and health care providers.
- Highlight social media campaigns designed to increase awareness of contraceptive choices.

Presenter: Amanda Black MD, MPH, FRCSC, Professor, Obstetrics and Gynecology, The University of Ottawa; Medical Director, The Shirley E. Greenberg Women's Health Centre; Dr. Elaine Jolly Chair in Women's Health Research, Ottawa ON

0945-1000 Refreshment Break

1000-1130 Concurrent Sessions F

F01 - PERINATAL LOSS

F01-1 Early Pregnancy Complications and Loss Quality Standard: Guiding High-Quality Care in All Settings in Ontario

Authors: Sarah McTavish MSc; Michelle La Fontaine BAA, CLS, tDIP; Doreen Day MHS; Sarah Burke Dimitrova MSPH; Laura Zahreddine MN

Purpose: To develop an early pregnancy complications and loss quality standard - a concise set of statements with associated quality indicators and supports for adoption and implementation -based on the best available evidence, guided by an interdisciplinary advisory committee from across Ontario.

Learning Objectives:

- Identify the areas for improvement in care that were prioritized by the Early Pregnancy Complications and Loss Quality Standard Advisory Committee.
- Describe one's role, as a health care professional, in adopting the quality standard and providing high-quality care for people experiencing early pregnancy complications and loss across settings.
- Understand how to adopt the quality standard in one's practice, health care organization, community or region.

Presenters: Sarah McTavish, Health Quality Ontario, Toronto ON and Michelle La Fontaine, Pregnancy and Infant Loss (PAIL) Network, Toronto ON

F01-2 An Innovative Nursing-Led Program to Enhance Patient-Centred Care for the Management of Early Pregnancy Loss

Authors: Lindsey Davis BScN, MSN; Pam Berger MD, FRCSC; Megan Gomes MD, FRCSC; Florence Gregoire-Briard MD; Samantha Montuk RPN; Amanda Black MD, MPH, FRCSC

Purpose: Historically, access to treatment options for women who suffer from early pregnancy loss (EPL) can be fragmented and lack a patient-centred approach to address the emotional burden of an EPL.

Nursing can play an important role in addressing this care gap and enhance access to care. We describe a nursing-led collaborative

Outpatient Program for the Management of Early Pregnancy Loss (OPEL) that provides rapid access to patient-focused, holistic, and quality care for those who experience EPL.

Learning Objectives:

- Describe challenges for patients and families who experience EPL.
- Identify the potential for an expanded role of the registered nurse caring for patients experiencing EPL.
- Discuss the implementation process for OPEL in other centres and determine quality indicators of such programs.

Presenter: Lindsey Davis, The Ottawa Hospital, Ottawa ON

F01-3 More Than Advice: Partnering with Parents to Provide Perinatal Loss Education for Healthcare Providers

Authors: Michelle La Fontaine BAA, CLS, tDIP; Megan Fockler RN, MPH

Purpose: Pregnancy and Infant Loss (PAIL) Network provides education to healthcare providers across Ontario about compassionate, skilled, and sensitive perinatal bereavement care for families. Purposefully, this education is taught in a dyad: one healthcare provider with expertise in perinatal bereavement care and one parent with a lived experience of loss. This presentation will allow participants to explore how incorporating the parent voice into all aspects of perinatal bereavement education supports best practices and a more meaningful experience for participants who are seeking to improve their own bereavement care for families.

Learning Objectives:

- Identify the difference between including parents on committees versus incorporating the family voice when developing educational curriculum.
- Understand the benefits of this unique healthcare education provided by PAIL Network for both care providers and bereaved families.
- Develop personal strategies to identify innovative ways to include families in the implementation of initiatives to support the needs of families experiencing pregnancy and infant loss.

Presenters: Michelle La Fontaine and Megan Fockler, Pregnancy and Infant Loss (PAIL) Network, Toronto ON

F02 - RURAL HEALTH

F02-1 Meeting Women Where They Are: Offering Best Practice Maternity Care in a Culturally Diverse Rural Environment

Authors: Erica Corbett MSc; Sunday Smith RN, MSN, CNM

Purpose: To share the practice model of a midwife working collaboratively with nurses and other skilled healthcare providers to offer full scope women's health care to vulnerable women with otherwise limited access in rural upstate New York.

Learning Objectives:

- Articulate how midwives and nurses can work together to support isolated women.
- Understand ways to support rural women through the continuum of women's reproductive health.
- Understand the needs of culturally diverse populations related to pregnancy, birth and postpartum.

Presenters: Erica Corbett and Sunday Smith, National College of Midwifery, Halifax NS

F02-2 Factors Associated with Inadequate Prenatal Care among Women in Northern Manitoba

Authors: Patricia Gregory RN, PhD; Maureen Heaman RN, PhD

Purpose: To share the findings of a mixed methods study on the barriers, facilitators and motivators associated with the use of prenatal care among women giving birth in Northern Manitoba.

Learning Objectives:

- Identify the barriers, facilitators and motivators associated with prenatal care use in the North.
- Explore women's and health care provider perceptions of barriers to prenatal care utilization in the North.
- Identify potential health care system improvements to facilitate the use of prenatal care in the North.

Presenter: Patricia Gregory, Red River College of Applied Arts, Science and Technology, Winnipeg MB

F02-3 Experiences of Intrapartum Nurses Providing Labour Support in a Northeastern Ontario Setting

Authors: Ylise Dobson BScN, RN, PNC(C), MScN; Roberta Heale RN(EC), NP-PHC, MN, DNP, PhD; Irene Koren BA, BScN, RN, MSc; Susan James BScN, MN, PhD

Purpose: To explore the experiences of intrapartum nurses in Northeastern Ontario setting and the meaning they place on providing labour support.

Learning Objectives:

- Describe the experiences of intrapartum nurses in providing labour support.
- Identify the barriers and challenges that exist in providing continuous labour support.
- Understand the culture of technology and the role it plays on intrapartum nurses providing labour support.

Presenter: Ylise Dobson, North Bay Regional Health Centre, North Bay ON

F03 - CULTURAL CARE

F03-1 First Nation Families and Health Care Providers - Walking the Perinatal Journey Together

Authors: Barbara Webster RN, BScN, MSc; Lucy Barney RN, BSN, MSN

Purpose: To discuss the health of First Nation women in relation to pregnancy and postpartum and the care they receive during this perinatal period. Several themes will emerge during this presentation: culturally relevant, trauma informed and relational practice care; successes and challenges in providing or receiving care; standard practices that potentially create barriers to holistic care; availability of resources and conference participant self-reflection.

Learning Objectives:

- Recognize the need to provide culturally based, trauma informed and relational practice care.
- Describe approaches in providing holistic care to First Nation women and families.
- Identify culturally relevant resources available to clients and care providers.

Presenter: Barbara Webster, First Nations Health Authority, Vancouver BC

F03-2 A Relational Approach to Health Service Delivery: Creating Positive Change for Indigenous Mothers and Infants

Authors: Amy Wright MScN, NP-Pediatrics; Olive Wahoush PhD, RN; Marilyn Ballantyne PhD, RN; Chelsea Gabel PhD; Susan M. Jack PhD, RN

Purpose: To better understand how Indigenous mothers select and use health care in urban settings in Canada to develop meaningful strategies to improve health care, impacting at the provider, organizational and health policy levels.

Learning Objectives:

- Identify facilitators and barriers to accessing postnatal care in urban settings for Indigenous mothers.
- Understand strategies for improving access to, and health care provision for, Indigenous mothers and their infants.
- Appreciate the importance of providing culturally safe health care for Indigenous families.

Presenter: Amy Wright, McMaster University, Hamilton ON

F03-3 Examining HIV-Related Stigma Among Childbearing Women African Descent

Authors: Josephine Etowa PhD, RM, RN, FWACN; Jean Hannan PhD, RN, ARNP; Craig Phillips LLM, PhD, RN, ARNP, FAAN; Seye Babatunde FWACP, MPH, MBBS; Chinedu Oraka MD; Tyler Boyce Honours BA; Sarah Layng BScN (student)

Purpose: To present the preliminary findings of a study examining infant feeding practices of HIV positive Black mothers living in Canada, Nigeria and the United States. This paper focuses on the Ottawa, Canada site.

Learning Objectives:

- Describe infant feeding practices among Black mothers living with HIV.
- Understand HIV-related stigma and discrimination.
- Describe the socio-cultural context of Black mothers' infant feeding practices and HIV.

Presenter: Josephine Etowa, University of Ottawa, Ottawa ON

F04 - UNIQUE CONSIDERATIONS IN PREGNANCY

F04-1 Perinatal Outcomes in Women with Disabilities: A Systematic Review and Meta-Analysis

Authors: Lesley Tarasoff MA, PhD(c); Saranyah Ravindran BSc; Hannan Malik BSc; Hilary Brown PhD

Purpose: To describe the perinatal outcomes of women with disabilities based on a systematic review and meta-analysis of the available literature.

Learning Objectives:

- Describe perinatal outcomes of women with disabilities.
- Describe the quality of studies on perinatal outcomes of women with disabilities.
- Identify gaps in knowledge regarding perinatal health of women with disabilities.

Presenter: Lesley Tarasoff, University of Toronto, Toronto ON

F04-2 Action on Discussing Legal Substance Use with Women

Authors: Nancy Poole PhD; Karen Gelb MA; Lindsay Wolfson MPH; Rose Schmidt MPH; Natalie Hemsing MA

Purpose: To present a pan-Canadian project designed to better understand the incorporation of gender-, equity-, and trauma-informed brief interventions on alcohol, cannabis, tobacco, and prescription opioids, into health and social service practice with women and their partners, in the preconception, interconception and perinatal periods.

Learning Objectives:

- Demonstrate the use of brief intervention practices with women and their partners who use alcohol, tobacco, cannabis, and prescription opioids in the preconception, interconception and perinatal periods.
- Recognize opportunities to apply gender-, equity- and trauma-informed substance use approaches to brief interventions.
- Increase competence and confidence of nurses regarding the use of discussion-based interventions on substance use.

Presenter: Lindsay Wolfson, Centre of Excellence for Women's Health, Vancouver BC

F04-3 Improving Support for Pregnant Women who Use Opioids - Linking Hospital Care with Community Care

Authors: Debbie Champ RN(EC), BScN; Jackie Girard RN

Purpose: To review the development of a roadmap for program quality improvement in a medium-sized, non-teaching hospital's current Neonatal Abstinence Program, from gap identification and solution building to implementation.

Learning Objectives:

- Describe how to develop a roadmap that will guide implementation of evidence-based guidelines.
- Describe strategies to identify gaps in a program.
- Understand how to build-in patient participation in a program's quality improvement activities.

Presenters: Debbie Champ and Jackie Girard, Cornwall Community Addictions and Mental Health, Cornwall ON

F05 - PROFESSIONAL DEVELOPMENT

F05-1 Evaluation of Fetal Health Surveillance (FHS) Recertification Program: Our Journey to Improving Communication

Author: Melanie Basso RN, BSN, MSN, PNC(C)

Purpose: To provide a review of data collected to evaluate the Fetal Health Surveillance Recertification Program and its impact on communication and practice at a tertiary care centre in Canada.

Learning Objectives:

- Understand the purpose of the evaluation framework used to review the Fetal Health Surveillance Recertification Program.
- Identify ways in which the program could be improved in future updates.
- Understand the impact of the Fetal Health Surveillance Recertification program on interprofessional communication.

Presenter: Melanie Basso, BC Women's Hospital, Vancouver BC

F05-2 An Interprofessional Postpartum Hemorrhage (PPH) Mock Code Quality Initiative Using In-Situ Simulation

Authors: Leigh Andrews RN, MN, PNC(C), CTD; Monica Nicholson RN, MN

Purpose: An interprofessional simulation initiative for Birthing Unit staff was designed to address management of Code Omega Obstetrics (COO). Code Omega Obstetrics at our tertiary facility is defined as an out-of-control bleeding state requiring rapid access to blood products. PPH is a leading cause of morbidity and mortality worldwide even in developed countries, including Canada. Recommendations by the International Postpartum Hemorrhage Collaborative Group and the Ontario Coroner's office included utilizing simulated mock codes on birthing units to train interprofessional teams. Collaboration between a Canadian Simulation Centre, a Women & Babies Program and an interprofessional leadership working group was established to design a simulation which could be translated to any patient within any team.

Learning Objectives:

- Describe innovative, interprofessional methods of care to enhance quality and safety across health care teams.
- Identify tools and resources that promote improved interprofessional clinical team-based care.
- Reflect and apply simulation practices within one's own setting.

Presenters: Leigh Andrews and Monica Nicholson, Sunnybrook Health Sciences Centre, Toronto ON

F05-3 An Infant Feeding Peer Mentoring Initiative for Nursing Staff on a High-Risk Pregnancy Inpatient Unit

Authors: Glenda Carson PhD, RN, PNC(C), IBCLC; Renata Kolanko MN, RN; Linda Mason BN, RN; Cheryl Lavoie BN, RN; Amanda James LPN

Purpose: To describe a peer mentoring initiative that was developed to assist nursing staff facilitate informed decisions regarding infant feeding for patients on a high-risk pregnancy inpatient unit.

Learning Objectives:

- Describe the key components of staff mentoring that are beneficial to facilitating parental informed decisions regarding infant feeding.
- Identify strategies that are useful in successfully initiating staff mentoring.
- Describe the applicability of a peer mentoring initiative for one's perinatal care teams and populations.

Presenter: Nancy Cashen, IWK Health Centre, Halifax NS

F06 - LABOUR AND BIRTH

F06-1 Optimizing the Chance of Vaginal Birth - A Quality-Based Procedure

Authors: Doreen Day MHS; Jane Wilkinson BSc, MD, FRCSC, CSPE; Lucy Gilmore RN, BScN, MScN

Purpose: To review the clinical recommendations for a Quality-Based Procedure related to Low-Risk Birth.

Learning Objectives:

- Understand the variation in caesarean section rates for the low-risk pregnant woman across hospitals in Ontario.
- Describe accepted best practices that promote vaginal birth.
- Identify how individual health care providers within the interprofessional team can help optimize the chance of a vaginal delivery for the low-risk pregnant woman.

Presenters: Jane Wilkinson and Lucy Gilmore, Toronto ON

F06-2 Management of the Occiput Posterior Position in Labour

Author: Kim Campbell RM, RN, MN

Purpose: Occiput posterior is the most common malposition in labour and is associated with an increase in intrapartum interventions. This presentation reviews the evidence for the prevention, diagnosis and management of occiput posterior position during labour.

Learning Objectives:

- Define and describe how to identify occiput posterior in labour.
- Describe the risks associated with occiput posterior position in labour.
- Describe the evidence for prevention, diagnosis and management of a fetus presenting in an occiput posterior position in labour.

Presenter: Kim Campbell, University of British Columbia, Vancouver BC

F06-3 Prevention of Bladder Injury and Promotion of Bladder Health during the Intrapartum and Postpartum Periods

Authors: Cynthia Mann RN, MN, MHA, IBCLC PNC(C); Teri-Lyn Holm-Laursen RN, BScN

Purpose: To share what is currently known about bladder care and risk to bladder health during the intrapartum and postpartum periods. The nursing care and interventions that support bladder health and promote recovery after bladder distention injuries will be presented along with the change management strategies that accompanied this quality improvement initiative.

Learning Objectives:

- Understand the risk factors and actions that lead to bladder distention and voiding dysfunction.
- Describe bladder assessment and interventions that prevent bladder injury and promote healing after bladder distention.
- Identify tools to implement change in the management of bladder health during both the intrapartum and postpartum periods to avoid complications, including voiding dysfunction.

Presenters: Cynthia Mann and Teri-Lyn Holm-Laursen, IWK Health Centre, Halifax NS

1130-1230 Closing Keynote Balancing the Art and Science of Perinatal Care Amid the Tidal Wave of Information

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

Learning Objectives:

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

Presenter: Mari Teitelbaum BScH, MHA, Vice President, Provincial Programs and Chief Information Officer, Children's Hospital of Eastern Ontario (CHEO), Ottawa ON

– POSTER PRESENTATIONS –

P01

Exploring Postpartum Sexual Health in Nova Scotia Using Feminist Post-Structuralism

Authors: Rachel Ollivier BSN, RN; Megan Aston PhD, RN; Sheri Price PhD, RN

Purpose: Sexual health is defined as a “state of physical, mental and social well-being in relation to sexuality. It requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence” (World Health Organization, 2017). Therefore, sexual health is fundamental to overall health and well-being (World Health Organization, 2017). The purpose of this prospective study using a feminist post-structural methodology will be to further understand the influence of sexual health during postpartum experiences. An enhanced understanding of sexual health experiences of new mothers may assist in improving postpartum outcomes, including enhanced mental health and overall wellbeing. By using feminist post-structuralism, an equity-based research methodology, and in considering my co-supervisors’ previous work re: mothers’ social networks and collaborative partnerships with public health, my proposed research will have a higher likelihood of successful uptake into public health practice as a result of timely conduct and engagement of key knowledge users.

Learning Objectives:

- Identify current knowledge gaps regarding the exploration of the meaning attributed to sexual health for postpartum childbearing persons.
- Describe the use of feminist post-structuralism in relation to understanding the meaning of sexual health for postpartum childbearing persons.
- Identify objectives of the proposed study and its contribution to nursing knowledge and best practice.

Presenter: Rachel Ollivier, School of Nursing, Dalhousie University, Halifax NS

P02

Translation into Practice: Introducing Dextrose 40% Oral Gel Treatment for Hypoglycemia in Infants

Authors: Jo Watson RN(EC), PhD; Marion De Land RNC-NIC, MN; Wendy Mouldsdale RN(EC), MN, NNP-BC; Julie Choudhury PharmD; Sue Hermann MN, RN, IBCLC, PNC(C), CTDp

Purpose: To share the outcomes of a knowledge translation project to introduce the evidence-based use of 40% oral dextrose to treat newborn hypoglycemia in the immediate postnatal period. This presentation, focused on the adoption of research evidence into practice, will share emerging lessons with potential users of this intervention.

Learning Objectives:

- Identify current evidence regarding the use of dextrose to treat hypoglycemia.
- Understand how a knowledge translation approach was used to introduce dextrose to treat hypoglycemia in the immediate postpartum period.
- Describe the outcomes of this knowledge translation project and consider implementation.

Presenter: Jo Watson, Sunnybrook Health Sciences Centre, Toronto ON

P03

Transition-home from NICU for Adolescent Mothers and their Newborns - Highlighting the Multiple, Complex Transition Experiences for this Group of New Mothers

Authors: Elizabeth Orr RN, MSc; Marilyn Ballantyne RN(EC), PhD; Andrea Gonzalez MA, PhD; Susan Jack RN, PhD

Purpose: To a) highlight the multiple, complex transitions experienced by adolescent mothers as they are discharged home from the Neonatal Intensive Care Unit (NICU) with their infant; b) identify gaps within the current literature related to understanding transitions among this population; and c) discuss addressing this knowledge gap with research, including implications for nursing policy and practice.

Learning Objectives:

- Identify the multiple, complex transitions experienced by adolescent mothers as they are discharged home from the NICU with their infant.
- Recognize the gaps within the current literature related to understanding these complex transition experiences.
- Engage in discussion related to addressing these knowledge gaps.

Presenter: Elizabeth Orr, School of Nursing, McMaster University, Hamilton ON

P04

Interprofessional Postpartum Hemorrhage (PPH) Education for a Women and Babies Program: An In-Situ Simulation Initiative

Authors: Susan DeSousa BSc, RRT, CTDp; Leigh Andrews RN, MN, PNC(C), CTDp; Enrico Valenzuela; Sue Hermann RN, MN, PNC(C), IBCLC, CTDp; Gillian Ballantyne RN, BScN, PNC(C); Deborah Cull-Hollingsworth RN, BScN

Purpose: An interprofessional simulation initiative for Birthing Unit staff was designed to address management of Code Omega Obstetrics. Code Omega Obstetrics at our tertiary facility is defined as an-out-of-control bleeding state requiring rapid

access to blood products. Due to a Code Omega OB policy revision happening simultaneously, this simulation initiative was then redesigned to focus on the management of the initial stages of postpartum hemorrhage (PPH) only. Our policy and guidelines defines PPH as blood loss in vaginal or cesarean deliveries, which causes major physiological change and may produce hemodynamic instability requiring a blood transfusion. This PPH simulation initiative began with staff on the High Risk Obstetrics (HRO) and Maternal Newborn Units (MNU). We initially focused on staff in these units due to their limited exposure to PPH patients and management of this critical event. In addition to the organizational gap, there were also gaps identified by the International Postpartum Hemorrhage Collaborative Group and the Ontario Coroner's office. PPH is a leading cause of morbidity and mortality worldwide even in developed countries, including Canada. Recommendations included utilizing simulated mock codes on birthing units to train interprofessional teams.

Learning Objectives:

- Identify strategies which promote engagement of an interprofessional team to work on similar quality projects.
- Utilize lessons learned from our quality initiative and apply it to one's facility.
- Create simulation codes to practice within an interprofessional team at one's facility.

Presenter: Leigh Andrews, Sunnybrook Health Sciences Centre, Toronto ON

P05

Pregnancy Passport Pilot Project

Authors: Alison Barwick RN, BScN, MSc(A); Ingrid Wood BSc, MSc(A); Sophia Kapellas RN, MSc(A); Andréa Maria Laizner RN, PhD; Pierina Fusco RN

Purpose: To focus on the steps required to implement a quality improvement project in an ambulatory care setting, more specifically, an obstetrics clinic. An examination of a small-scale pilot implementation of a pregnancy passport will be presented. Topics will include planning, implementing, and evaluating quality improvement projects as well as a discussion of the advantages and disadvantages of the use of a pregnancy passport for obstetrical clinic patients. Maternal-child health nurses and any healthcare provider working with pregnant women or working in quality improvement will enhance their knowledge by attending this presentation.

Learning Objectives:

- Describe the knowledge-to-action cycle and develop SMART goals in order to design a quality improvement project.
- Recognize the value of benchmarking across healthcare institutions and of involving all stakeholders in quality improvement projects.
- Understand the process of implementing change and will identify potential challenges to implementing change in a high-risk ambulatory care setting.

Presenters: Alison Barwick, Ingrid Wood, and Sophia Kapellas, McGill University, Montreal QC

P06

Initiating Safe Sleep Practices in the NICU - A Quality Improvement Project

Authors: Michelle O'Connor RN, MN; Leona Gallagher RN; Kamani Abdul RN

Purpose: Safe sleep practices are difficult to implement in the NICU due to physiological positioning requirements for preterm infants. Implementation of evidence-based guidelines was successful in the NICU due to the quality improvement approach utilized.

Learning Objectives:

- Understand how to integrate safe sleep practices in a specialty setting.
- Utilize a unit champion to spearhead the initiative to enhance nursing performance.
- Apply tools to engage staff to evaluate process measures.

Presenters: Leona Gallagher, Kamani Abdul, and Michelle O'Connor, Scarborough and Rouge Hospital, Scarborough ON

P07

Fausse-couche à l'urgence : Quels sont les besoins des femmes ?

Auteurs : Danaë Larivière-Bastien MA; Francine de Montigny Ph. D.; Chantal Verdon Ph. D.

But : L'objectif de cette étude est d'identifier, à partir de leur expérience, les besoins des femmes relativement aux soins reçus à l'urgence lors d'une fausse couche.

Objectifs d'apprentissage :

- Nommer les enjeux vécus par les femmes vivant une fausse-couche à l'urgence.
- Identifier les besoins des femmes vivant une fausse-couche à l'urgence.
- Identifier des stratégies pouvant être mises en place pour aider les infirmières à accompagner les femmes vivant une fausse-couche.

Conférencières : Danaë Larivière-Bastien, Francine de Montigny et Chantal Verdon, Université du Québec en Outaouais, Gatineau QC

P08

Récits de mères immigrantes ayant vécu un décès périnatal, des témoignages pour mieux revoir nos soins et nos pratiques

Auteurs : Chantal Verdon Ph. D.; Francine de Montigny Ph. D.; Sabrina Zeghiche Ph. D. (c); Christine Gervais Ph. D.

But : Le témoignage de 13 mères immigrantes ayant perdu un bébé durant la grossesse démontre que leur expérience de deuil est liée à plusieurs réalités dont leur parcours migratoire, leur situation familiale et la complexité du système de santé.

Cette présentation vise à décrire leurs réalités et réfléchir à aux défis qu'elles traversent en vue d'améliorer nos pratiques de soutien envers cette clientèle vulnérable.

Objectifs d'apprentissage :

- Décrire la réalité et la spécificité du deuil dans le récit des mères immigrantes ayant vécu un décès périnatal.
- Exposer les défis inhérents au parcours migratoire dans un contexte de deuil périnatal.
- Explorer des pratiques de soins pouvant répondre aux besoins de cette clientèle vulnérable.

Conférencières : Chantal Verdon, Francine de Montigny et Sabrina Zeghiche, Université du Québec en Outaouais, Gatineau

P09

From Paper to Paperless: Improving Outcomes and Efficiency of Postpartum HBHC Screening

Authors : Paula D. Morrison RN, BScN, MSPsy; Gillian Alton PhD; Barbara Dominic

Purpose: BORN Ontario has partnered with the Ministry of Children and Youth Services (MCYS) to enhance the way key maternal-child health information on the Healthy Babies Healthy Children (HBHC) Screen moves between hospitals and public health units (PHUs). Enhancement of the current data collection mechanisms support its transfer to public health units eliminates the need for manual data capture, faxing and re-keying of personal health information.

Learning Objectives:

- Improve outcomes for children and families in Ontario by applying innovative strategies with accurate, complete screening as well as the potential to identify populations that decline the offer of screening.
- Enhance knowledge of the initiative and understand the use of innovation to provide a standardized mechanisms for universal post partum screening for more timely client follow-up in the community.
- Understand how this initiative has reduced the risk of privacy breaches by eliminating non-secure transfer methods of Personal Health Information (PHI).

Presenter: Paula D. Morrison, BORN Ontario, Ottawa ON

P10

Development and Testing of a Tool to Measure Perinatal Nurses' Work

Author: Maggie Quance RN, PhD

Purpose: Describe the processes used to develop a tool to measure nurses' work.

Learning Objectives:

- Outline the process of the development of a quantitative tool.
- Discuss the steps to the implementation of such a tool.
- Discuss the effectiveness of a tool that measures RNs' work with labouring women.

Presenter: Maggie Quance, Mount Royal University, Calgary AB

P11

Winnipeg's Antenatal Home Care Program: From 1985 to 2018, "We've Come a Long Way Baby"

Authors: Mary Lohre RN, BN, SANE-A; Karen Daenninck RN, BN; Allyson Stewart RN, BN; Zorina Marzan Chang RN, BN, MN

Purpose: To discuss how the Antenatal Home Care program has evolved over time to ensure that community based care continues to remain a safe and viable option for women who experience complications of pregnancy and to meet the increasing demand for this unique service.

Learning Objectives:

- Describe the growth of the Antenatal Home care Program from 1985 to present.
- Discuss how the nursing documentation and data collection have changed with changing needs of the program and program reporting.
- Understand the genesis of AHCP postpartum hypertension follow up, the inclusion criteria and format of follow up.

Presenters: Karen Daenninck, Allyson Stewart, and Zorina Marzan Chang, Winnipeg Regional Health Authority (WRHA), Winnipeg MB

P12

Be Sweet to Babies During Painful Procedures: Evaluation of a Parent-Targeted Video in Persian

Authors: Shokoufeh Modanloo PhD(c); Denise Harrison RN, PhD; Jessica Reszel RN, MScN

Purpose: This study aims to disseminate BSweet2Babies video, translated in Persian, through popular video sharing platforms in Iran (Telegram, Facebook, YouTube, Aparat) and evaluate viewers' baseline knowledge, previous use and intention to use of these pain management strategies and recommend the video.

Learning Objectives:

- Understand the use and knowledge of evidence-based recommended pain management strategies (breastfeeding, skin to skin care, and sweet solutions) for newborn infants during newborn screening and other needle-related painful procedures among Iranians.
- Recognize the widespread use of social media and video sharing platforms such as, Telegram, YouTube, Facebook for seeking health information regarding pain management strategies in infants in developing countries such as Iran.
- Recognize the importance of knowledge translation tools such as videos in disseminating information about pain management strategies in infants.

Presenters: Shokoufeh Modanloo, University of Ottawa and Children's Hospital of Eastern Ontario (CHEO), Ottawa ON

P13

Knowledge, Workplace Culture, and Participant Experiences Associated with Participation in the MORE^{OB} Program: A Mixed-Methods Evaluation

Authors: Deborah Weiss PhD; Jessica Reszel RN, MScN; Ann Sprague RN, PhD; Deshayne Fell PhD; Sandra Dunn RN, PhD; Mark Walker MD, FRCSC; The MORE^{OB} Research Team

Purpose: Implemented in Ontario in 2002, the MORE^{OB} program is an obstetric patient safety program for healthcare teams. In 2013, the Ministry of Health and Long-Term Care offered funding for sites not yet enrolled, and 26 completed the program. This provided the opportunity to conduct a mixed-methods evaluation of the impact of the MORE^{OB} program in Ontario.

Learning Objectives:

- Understand the literature on the effectiveness of the MORE^{OB} obstetrical patient safety program.
- Describe qualitative and quantitative findings relating to the impact of the MORE^{OB} patient safety program in 26 Ontario hospitals, on staff knowledge.
- Describe qualitative and quantitative findings relating to the impact of the MORE^{OB} patient safety program in 26 Ontario hospitals, on workplace culture and perceived patient safety.

Presenter: Deborah Weiss, BORN Ontario, Ottawa ON

P14

Factors associated with between-hospital differences in uptake of the Maternal Newborn Dashboard across Ontario

Authors: Deborah Weiss PhD; Sandra Dunn RN, PhD; Jessica Reszel RN, MScN; Ann Sprague RN, PhD; Deshayne Fell PhD; Jeremy Grimshaw PhD

Purpose: We have demonstrated previously that implementation of an audit and feedback intervention, the Maternal Newborn

Dashboard (MND), resulted in improvements in four out of six clinical performance indicators across Ontario. In this next phase of the evaluation, we aimed to account for between-hospital variation in our models, and to examine potential effect modifiers measured at the hospital level, so that factors associated with improved hospital performance could be identified.

Learning Objectives:

- Review current literature around audit and feedback interventions in maternal-newborn care.
- Identify opportunities for improving audit and feedback interventions in maternal-newborn care.
- Summarize appropriate methodology for identifying factors which are associated with improved hospital performance.

Presenter: Deborah Weiss, Better Outcomes Registry & Network, Ottawa ON

P15

Understanding Nurses Experiences During Handover Between Labour & Delivery and Post Partum Care Units

Authors: Timothy Harnish RN, BScN; Elizabeth Greene RN; Erna Snelgrove-Clarke PhD, RN; Sheri Price PhD, RN; Megan Ashton PhD, RN

Purpose: The purpose of this research study is to explore and seek to understand the experiences of nurses in handover in the labour and delivery and post partum care units at the IWK Health Centre.

Learning Objectives:

- Understand the barriers that exist around handover in the labour and delivery and post partum settings.
- Define handover, its implications and best practices in the clinical setting.
- Improve communication in handover between labour and delivery and post partum settings.

Presenter: Elizabeth Greene, IWK Health Centre, Halifax NS

– SPEAKER BIOS – – INVITED KEYNOTE SPEAKERS –

Michael Villeneuve RN, MSc



With four decades of progressive experience in the health-care system, Mike Villeneuve has worked in all the domains of nursing practice – direct care, administration, education, research and policy. He was appointed chief executive officer of CNA in June 2017. He leads the Ottawa-based organization's team and operations as it works for its more than 139,000 members across all 13 Canadian provinces and territories. In his role, he is helping to implement a forward-leaning vision for professional nursing in Canada and the related services needed at CNA to

*support that transformation. He also serves as a member of the board of directors of the Canadian Nurses Foundation and, for 2017-2018, has been appointed as the virtual visiting scholar at the Dalhousie University School of Nursing. Since 2000, Mike has held teaching, executive and consulting roles with the federal Office of Nursing Policy, the Organisation for Economic Co-operation and Development, the Academy of Canadian Executive Nurses, CNA and its National Expert Commission, and the Lawrence S. Bloomberg Faculty of Nursing at the University of Toronto. Prior to returning to CNA as CEO, Mike led his own consultancy in health policy analysis, research, strategy and communication, serving governments, professional associations, unions and universities across Canada and internationally. During the 1990s, Mike was an educator and then patient care manager in the neuro intensive care and neuro/trauma/plastics units at Sunnybrook Health Sciences Centre in Toronto. One of three authors of CNA's centennial history book, Mike also is author of *Public Policy and Canadian Nursing: Lessons from the Field* (2017), the first Canadian text focused on nursing and public policy. Mike lives in rural Eastern Ontario, where he is proud to serve as the Chair of the Board of Directors at Winchester District Memorial Hospital—one of Ontario's highest-performing small community hospitals.*

Cindy-Lee Dennis PhD



Dr. Cindy-Lee Dennis is a Professor in the Lawrence S. Bloomberg Faculty of Nursing and the Faculty of Medicine, Department of Psychiatry at the University of Toronto. She holds a Canada Research Chair in Perinatal Community Health and was recently appointed the Women's Health Research Chair at Li Ka Shing Knowledge Institute, St. Michael's Hospital. She is currently the principal investigator of seven large, multi-site studies and is a co-investigator on twenty-four other research projects concerning maternal, paternal, and infant health outcomes. She holds over \$23 million

in funding from the Canadian Institutes of Health Research (CIHR) and has over 175 peer-review publications. She is the lead author on eight Cochrane systematic reviews and has provided over 155 invited presentations.

Wendy Katherine RM (Retired), MBA



Wendy Katherine is the Co-Lead of an emerging Ontario Alliance to improve maternal and infant health quality through prevention of preterm birth and stillbirth. As Principal Consultant at Phoenix Health Consulting, she is champion of maternal and child health quality projects including the recent OMama Project. Among Ontario's first registered midwives, Wendy provided reproductive health care for many years before joining the Ministry of Health and Long-Term Care to develop health improvement programs and strategies including the Ontario Midwifery

Program, the Better Outcomes Registry and Network (BORN), among others. As an alumnus of the Rotman School of Management, volunteer Board Director at Health Nexus and published author and speaker, she is passionate about evidence-based health care policy and value in publicly funded health systems.

Amanda Black MD, MPH, FRCSC



Dr. Black is Full Professor of Obstetrics and Gynaecology at the University of Ottawa. She works at The Ottawa Hospital, where she is Medical Director of the Shirley E. Greenberg Women's Health Centre, and at the Children's Hospital of Eastern Ontario. She completed medical training at the University of Western Ontario, University of Ottawa, and Queen's University and holds a Masters of Public Health from Johns Hopkins University. She is an Associate Scientist at The Ottawa Hospital Research Institute and holds the Dr. Elaine Jolly Chair in Women's Health Research.

She has assumed many national leadership roles with the Society of Obstetricians and Gynecologists of Canada (SOGC) and is a member of the SOGC Board of Directors. She is Chair of the National Contraception Awareness Program, has authored many national guidelines, and has published in the areas of pediatric gynecology, contraception, and obstetrics. She has been involved in the ongoing development of the international award-winning website www.sexandu.ca (www.lesexetmoi.ca) and in a number of educational initiatives in the area of contraception and sexual health, including the development of counselling aids for office practice, the development of contraception modules and workshops for physicians and residents, and the development of on-line learning modules for physicians. She has represented Canada at both the CDC and the WHO in the development of the Medical Eligibility Criteria for Contraception. She is Associate Editor of Contraception and Reproductive Medicine.

Mari Teitelbaum BSCh, MHA



Mari Teitelbaum is the Vice President of Provincial Programs and Chief Information Officer at the Children's Hospital of Eastern Ontario (CHEO). Her unique background and her passion for applying technology to improve health care systems make her an asset to the CHEO team. Mari started her career as an electrical engineer before getting her Masters of Health Administration at the University of Ottawa. Following her residency, Mari joined BORN Ontario where she served as Director for five years. Mari is passionate about using her technology skills to help clinicians care for kids in this community.

- SPEAKER BIOS -
- INVITED SPECIALTY SESSION SPEAKERS -

Wendy Peterson RN, PhD, PNC(C)



Wendy Peterson RN, PhD is an Associate Professor at the School of Nursing, Faculty of Health Sciences, University of Ottawa. Wendy's clinical background includes working in high risk obstetrics and neonatal intensive care. She teaches in the undergraduate and graduate programs, supervises graduate students and conducts research. Wendy's program of research aims to improve the quality and experience of maternal-newborn health services for marginalized women, reduce unnecessary interventions during pregnancy and birth, and promote the role of registered nurses in maternal-newborn health services.

Christina Cantin RN, MScN, PNC(C)



Christina Cantin is a Perinatal Consultant with the Champlain Maternal Newborn Regional Program (CMNRP). Christina worked as a Registered Nurse for 14 years at The Ottawa Hospital in a variety of Perinatal Units. It is through her work in the Special Care Nursery and the Obstetrics Clinic that she developed a passion for implementing evidence-based models to enhance the care of families impacted by substance use. In 2013-14, Christina completed an Advanced Clinical Practice Fellowship through the Registered Nurses' Association of Ontario whereby she developed and now facilitates an 8 hour regional workshop entitled "Perinatal Substance Use: Improving the Care of Mothers and Newborns". She has been working in regional role since 2012.

Lynn Newton RN(EC), BScN, MEd, IBCLC



Lynn Newton is a Neonatal Nurse Practitioner at Kingston Health Sciences Centre. Lynn has worked in the women's and children's program for 25 years at Kingston Health Sciences Centre. She is a recipient of the Canadian Nurses Association (CNA) 150 Nurses for Canada award, as well as she is the CNA Neonatal certification mentor for Ontario, and exam preparation member for the Canadian Association of Neonatal Nurses. She completed an RNAO fellowship in 2006 titled: Nurturing Neonatal Abstinence Syndrome (NAS). She also participated in a speaker's bureau for RNAO on NAS, and was an external stakeholder reviewer for the RNAO best practice guideline for supporting clients on methadone maintenance. She is the co-lead for the NAS Rooming In program at Kingston Health Sciences Centre.

Linda Young MScN, EdD



Linda Young developed her knowledge and expertise with breastfeeding as a clinical nurse specialist at Women's College where she focused on enhancing breastfeeding and family-centred care. Linda has worked in Director roles across the GTA for over 20 years and has been the Director of Maternal Newborn Child, Mental Health, Interprofessional Practice and Organizational Learning at Michael Garron Hospital for the past six years, during which MGH became re-designated as a Baby-Friendly Hospital. Linda has been the lead for the Baby-Friendly Initiative Strategy for Ontario for five years and is now also the lead for the Pumps for Premies Program, both initiatives of the Ontario Ministry of Health and Long-term Care.

Catharine Lowes RN, BScN, IBCLC



Catharine is the Practice Nurse Specialist for Niagara Region Public Health. Catharine is also a Health Promotion Specialist with the BFI Strategy for Ontario. Catharine is an Internationally Board Certified Lactation Consultant and has a passion for promoting the support of ALL families regardless of their feeding method.

Doris Balcarras RN, IBCLC, PNC(C)



Doris is a health promotion specialist for the BFI Strategy for Ontario. She has worked at Grand River Hospital, in Kitchener Ontario, as a Registered Nurse in labour and delivery, is a Lactation Consultant and was the BFI lead for Grand River Hospitals' successful BFI designation in 2008 and re-designation in 2013. Doris has spoken at conferences within Canada advocating for the implementation of strategies that support childbirth best practices. She is passionate about providing health care workers with the skills to effectively communicate the information needed so mothers can make an informed decision about infant feeding. She is actively involved in her church community, enjoys biking, traveling, and most of all spending time with her family, especially her two beautiful grandchildren.

- SPEAKER BIOS -
- INVITED SPECIALTY SESSION SPEAKERS -

Elaine Borg BNSc, RN, LLB

Elaine Borg, BNSc, RN, LLB, is Legal Counsel with the Canadian Nurses Protective Society. She received her undergraduate degree in nursing from Queen's University at Kingston, Ontario. She worked in the infant neurosurgery unit at The Hospital for Sick Children in Toronto prior to focusing on her main interest, obstetrics, which she practiced at Mount Sinai Hospital, Toronto and The Ottawa Civic Hospital. Her interest in ethical decision-making led to a position on a hospital clinical ethics committee, and from there, to a career in law after graduating from University of Ottawa's law school. Elaine is a member of the College of Nurses of Ontario, the Registered Nurses Association of Ontario, and the Law Society of Ontario. She was on the working group that drafted the National Disclosure Guidelines published by the Canadian Patient Safety Institute. She was on the Advisory Council for Queen's University's Masters in Healthcare Quality.

Lynn Menard RN, BScN, MA



Lynn Menard works with the Maternal and Child Health unit at the Public Health Agency of Canada and is the lead on the revisions to the Family-Centred Maternity and Newborn Care National Guidelines.

Jessica Dy MD, MPH, FRCS(C)



Dr. Jessica Dy received her Bachelor of Science Degree in Honours Physiology from the University of British Columbia (1995) and her medical degree from the University of Western Ontario (1999). She then completed her residency training in Obstetrics and Gynecology at the University of Ottawa and became a Fellow of the Royal College of Physicians and Surgeons of Canada in 2004. She pursued further training in Quantitative Research and Epidemiology and obtained her Master's Degree in Public Health (MPH) at the Harvard School of Public Health (2010).

Dr. Dy is currently Division Head of General Obstetrics and Gynecology at The Ottawa Hospital. She has an active general obstetrics and gynecology practice at TOH - Civic Campus and at the Shirley Greenberg Women's Health Centre and is Vice Chair of Quality and Patient Safety. She is an Associate Professor at the University of Ottawa where she is actively involved in medical education and training both at the undergraduate and post-graduate level. She is also an instructor with the Canadian Network of International Surgery.

Dr. Dy's research interests are in labour management, induction of labour, Caesarean sections, patient safety and health services research in Obstetrics and Gynecology. She is the principal investigator of a multi-center randomized labour trial on the use of oxytocin in nulliparous women in labour. She is one of the lead authors of SOGC national guidelines on Induction of Labour and Management of Labour. She has been instrumental in many practice changes occurring locally. From the bedside and beyond, she has dedicated her career in improving the health outcomes of women and their babies.

REGISTRATION INFORMATION

A full conference fee includes breakfasts, lunches and breaks for all three days, as well as the opening reception with exhibitors on Thursday evening, and the **Canadiana** themed social event on Friday evening.

A one-day registration fee includes breakfast, lunch and breaks only. One day registrants are welcome to attend the opening reception and the Saturday dinner by paying the additional fee for each event.

Pre-conference registration fees are separate from the conference registration fee.

CAPWHN members in good standing pay a reduced registration fee. There are two non-member rates: one that includes membership in CAPWHN for the next 12 months and one that does not. If you register at the member-incentive rate, you will be asked to complete CAPWHN's membership application form. Your registration is not complete until the application form has been submitted. We recommend that you submit your membership registration prior to registering for the conference.

Registration for the student rate requires proof of enrollment in a full-time program. We also offer a discount for students who are members in good standing or join CAPWHN with their conference registration. As noted above, students must provide proof of full time studies and complete and submit the membership application form in order to receive the member discount.

REGISTER AND PAY FOR THE CONFERENCE IN ONE OF THREE WAYS:

- Online registration and payment (credit card) at <https://capwhn.simplesignup.ca>
- Online registration and payment by phone (credit card)
- Online registration and payment by mail (credit card, cheque or money order to CAPWHN)

Note that you may register for the conference and submit your payment separately, but your registration is not complete until full payment has been received.

PAYMENTS MUST BE IN CANADIAN FUNDS.

CONTACT CAPWHN AT:

2781 Lancaster Road, Suite 200

Ottawa, ON K1B 1A7

Tel: 613-730-4192 x 266 or 1-800-561-2416 x 266

Fax: 613-730-4314

E-mail: admin@capwhn.ca

EARLY-BIRD REGISTRATION

Register early and save! To obtain the early-bird rate, make sure we receive your registration and payment in full by September 13, 2018.

ACCOMMODATIONS

A block of rooms has been set aside for the 2018 CAPWHN Conference at The Westin Ottawa. We recommend booking your room early to ensure availability, as there are limited rooms available.

THE WESTIN OTTAWA

11 Colonel By Dr, Ottawa ON

Room rate (taxes extra):

Traditional Room \$199 (per night - single or double occupancy)

Call The Westin Ottawa Reservations at 613-560-7000 and quote the group code "CJ04AE" or the following names "CAPWHN 2018" and "Perinatal and women's health."

Note the **cancellation policy** when making your reservation and **early departure fee** upon check in at the hotel.

CAUTION: BEWARE OF FRAUDULENT HOTEL OFFERS

The hotel room blocks organized by CAPWHN for the 2018 CAPWHN Conference are those listed above only. CAPWHN does not endorse or recommend booking hotel reservations through any source other than the hotel itself. Should you have any questions or concerns, please contact CAPWHN. Contact information is listed on the Registration Information page.



TRANSPORTATION

There are a number of travel options to Ottawa Ontario. CAPWHN has secured promotional rates for several modes of transportation as noted below.

AIR

Discounts are available for air travel to Ottawa.

AIR CANADA

Promotion Code: 8F9M6U71

The promotion code applies only to flight bookings (including round trips) to Ottawa ON (YOW).

The travel period begins Tuesday, October 02, 2018 and ends Saturday, October 20, 2018.

How to Book

To book a reduced-fare flight, access aircanada.com and enter the promotion code (**8F9M6U71**) in the Search panel.

PORTER AIRLINES

Porter Airlines is proud to offer a 10% discount on available base fares (with the exception of the lowest class fare during a public seat sale) for travel to and from the CAPWHN's 8th Annual Conference. The discounted fares are available for booking from until October 16, 2018 and available for travel:

Location		Dates of Travel	
From: Anywhere in Canada or US	To: Ottawa	From: October 10, 2018	To: October 13, 2018
From: Ottawa	To: Anywhere in Canada or US	From: October 11, 2018	To: October 16, 2018

Please book online at <https://flyporter.com/Flight?culture=en-CA&promocode=PWHNAC> or through your travel agent using promo code **PWHNAC**. Porter offers complimentary in-flight snacks and beverages (including beer and wine), GatePorter service for carry-on and access to the Porter Lounge in Toronto and Ottawa, where free Wi-Fi and comfortable, leather seating is available.

The promo code is intended for use by conference attendees and organizers and is not meant for distribution outside of authorized channels. Porter's fare rules and conditions apply. For any questions regarding Porter's services or any pre-travel concerns, contact Porter at 1-888-619-8622.

TRAIN / VIA RAIL CANADA

The following conditions apply to train travel to the conference:

VALID:

October 5, 2018 to October 17, 2018

TERRITORY:

From all stations throughout the VIA system to **Ottawa, Ontario** and return.

RESTRICTIONS:

Fare applies to a maximum of two passengers per booking. One complimentary stopover is allowed at no additional charge. For travel on all fare plans in Business class, the first stopover is allowed at no additional charge, provided that this stopover takes place in Toronto, Montréal or Ottawa only.

DISCOUNT:

10% off the best available fare in Economy, Economy Plus, Business, Business Plus, Sleeper class. "Subject to the conditions and restrictions of the fare plan to which the additional discount is being applied."

EXCEPTION:

Discount does not apply in any **Escape fares and Prestige Class.**

IDENTIFICATION:

Participants must reference the event's VIA convention discount code: **13752.**

VIA RAIL ONLINE BOOKING TIPS:

You must log in to your profile, or create one prior to booking. On the Passenger information screen, select "Convention fare" from the "Discount Type" drop-down menu, and enter the discount code for your convention or event in the "Discount code" field (**13752**). The conference fare will be shown on the next page.

GROUND TRANSPORTION

There is no airport shuttle between the Ottawa Airport or the VIA Rail station and The Westin Ottawa. Taxi fares from the train station to the hotel costs approximately \$15-20, while the fare from the airport is \$35-40. **OC Transpo** buses run between both the train station and the airport and the CF Rideau Centre, which has direct access to The Westin Ottawa from the 3rd floor of the shopping centre. Bus fare is currently \$3.50 one way for adults. Note that this fare may change by the time of the conference.



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Philips **50** Years
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Supporting healthy integration for your perinatal department

Used in the birth of more than 45 million babies, GE's Centricity™ Perinatal helps you deliver optimal care to every mother and baby for quality outcomes from L&D, through the NICU or Nursery. Our consolidated solution interfaces with major enterprise Hospital Information Systems (HIS) and leverages the latest technology to help simplify workflow in today's complex healthcare environment. It's designed so your practitioners can focus more on their patients, allowing you to focus on successful outcomes.

We invite you to stop by the GE Healthcare booth for a demonstration of our latest innovations or learn more at gehealthcare.com



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Centricity Perinatal does not replace clinical observation and evaluation of the patient at regular intervals, by a qualified care provider, who will make diagnoses and decide on treatments or interventions. Features of the Centricity Perinatal system are intended to support clinical decision making and should be used in combination with other clinical inputs, such as real time patient observation and information contained within other systems or recording tools. Not intended to be used as a primary monitoring device.
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Pampers is committed to **research** and **innovation** that will safely care for babies now and for generations to come.



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Products sold in **130 countries** worldwide, serving **50 million** babies every day



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We strive to make Pampers products best in class — so they meet needs, exceed expectations, and have the research to back them up. That's why Pampers Sensitive Wipes are clinically proven mild for babies' skin and designed to help restore natural skin surface pH. The Pampers lineup also includes Swaddlers — our softest diaper ever — in sizes P-3 through size 6, featuring three preemie sizes designed with NICU nurses to meet the needs of even the smallest babies.



*Product lineup, features and availability vary by region

#1

Choice of Canadian Nurses*

*vs. other hospital brands, among those with a preference



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Care for preemies like never before.
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Meet the skin care line specially designed for delicate newborn skin. COTTONTOUCH™ contains real cotton to help enhance touch as part of a bath-time and massage routine, and is clinically proven not to disrupt babies' developing skin and microbiome.¹

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