



6th National Conference | 6^e Conférence nationale

*Reaching the Highest Peaks
Atteindre les plus hauts sommets*

*October 21-23, 2016
Calgary, Alberta*

*Du 21 au 23 octobre 2016
Calgary, Alberta*



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 6th 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 6e Conférence nationale de CAPWHN.

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Community Engagement and Conference Grant



Welcome message

On behalf of the 2016 CAPWHN National Conference Planning Committee, we welcome you to the 6th CAPWHN National Conference. Dr. Karen Benzies and Melanie Basso, conference co-chairs, are delighted to meet all our members and conference attendees here in Calgary, Alberta. The conference, at the Westin Calgary, is situated in the heart of the downtown core with first-class restaurants, shopping, and entertainment.

This conference is Canada's premier annual nursing event devoted to the art and the science of perinatal and women's health nursing. The theme of this year's CAPWHN National Conference, "Reaching the Highest Peaks", exemplifies the opportunities to exchange ideas, discover novel opportunities, reacquaint with colleagues, meet new friends, and broaden one's knowledge. All areas of perinatal and women's health care and research are covered from "blue sky" clinical applications to highlights from new national guidelines. Conference attendees have the opportunity to facilitate meaningful interactions and create new collaborations. Networking with colleagues from across the country is a tremendous benefit in order to share and expand your clinical practice knowledge.

We are pleased to have Dr. Dorothy Shaw, the Institute of Curiosity, as well as Dr. Manon Ranger as the plenary speakers. In addition to several fantastic specialty sessions, the conference program also includes presentations by local and national clinicians and researchers.

The Conference strives to offer plenty of networking opportunities, providing you with the opportunity to meet and interact with the leading clinicians and researchers, friends and colleagues as well as sponsors and exhibitors.

All of the members of the CAPWHN Conference Planning Committee from the BC/Alberta/Yukon Region wish you a fantastic conference experience!

Message de bienvenue

Au nom du comité de planification de la conférence de 2016, nous aimerions vous souhaiter la bienvenue à la 6e conférence nationale de CAPWHN. Docteure Karen Benzies et Melanie Basso, coprésidentes de la conférence, sont ravies d'accueillir tous les membres et les participants à Calgary (Alberta). La conférence se tient au Westin Calgary, situé au cœur du centre-ville et ses restaurants, ses magasins et ses lieux de divertissement de première classe.

La conférence nationale de CAPWHN constitue le principal événement annuel consacré à l'art et à la science des soins infirmiers spécialisés en périnatalité et en santé des femmes au Canada. Cette année, elle a pour thème Atteindre les plus hauts sommets, qui évoque les occasions d'échanger des idées, de découvrir des possibilités novatrices, de renouer avec des collègues, de se faire des amis et d'enrichir ses connaissances. La conférence couvre tous les domaines des soins et de la recherche en périnatalité et en santé des femmes, des applications cliniques Blue Sky en passant par les points saillants des nouvelles lignes directrices nationales. De plus, elle facilite des interactions significatives et génère de nouvelles collaborations entre les participants. Le réseautage avec des collègues des quatre coins du pays constitue également un avantage formidable, car il favorise le partage et l'enrichissement des connaissances liées à la pratique clinique.

Nous sommes heureuses de recevoir la Dre Dorothy Shaw (Institute of Curiosity) et la Dre Manon Ranger en tant qu'oratrices des séances plénières. En plus de ses fantastiques séances spécialisées, le programme de la conférence inclut des exposés présentés par des cliniciens et des chercheurs locaux et nationaux.

Nous avons tout mis en œuvre pour vous offrir de nombreuses occasions de réseautage qui favoriseront des rencontres et des interactions avec des chercheurs et des cliniciens éminents, vos amis et vos collègues, ainsi que les commanditaires et les exposants.

Tous les membres du comité de planification de la conférence de CAPWHN, qui proviennent de la région de la Colombie-Britannique, de l'Alberta et du Yukon, vous souhaitent une expérience fabuleuse!



Melanie Basso



Karen Benzies

Welcome to CAPWHN's 6th National Conference!

I am very pleased to welcome everyone to the 6th CAPWHN National Conference and Annual General Meeting – an opportunity for reconnecting with colleagues and friends and for meeting new individuals who share similar interests and challenges.

Presentation of cutting edge research, innovations, and experiences of women, families, and care providers make it a time of learning, thinking, networking, and contemplating ways you can move forward your clinical care, educational strategies, research opportunities, and consultation possibilities. CAPWHN provides a venue to discuss new equipment and products not only with other nurses but also with our exhibitors.

I would also like to extend a huge thank you to our Platinum, Silver, and Bronze sponsors – their support helps ensure CAPWHN's continued success. Make a special effort to connect with these individuals and let them know how much their assistance means. We greatly appreciate the support of our sponsors and exhibitors - thank you for the time and effort you invest in the CAPWHN conference.

Massive thanks to our Conference co chairs Melanie and Karen and their hard working committee and working groups. Keep an eye out for them to let know how much you are enjoying yourself. An extra big thanks to Rita Assabgui, our hard working Executive Director, who keeps all of us moving forward – CAPWHN would not be here without her.

Please take a few minutes to speak to members of the Board and particularly your Regional Director. Your input, ideas for change and understanding of CAPWHN helps us improve who we are –your feedback enables us to move ahead.

We have so many ways to enjoy the conference. What a great place to do – Calgary – home of the Stampeders and Flames and the Calgary Stampede itself - a city full of western hospitality waiting to greet us. Have a great time!

Cheers,

Sharon Dore RN, PhD
CAPWHN President

Bienvenue à la 6^e Conférence nationale de CAPWHN!



Sharon Dore

Je suis très heureuse de souhaiter à tous la bienvenue à la 6e conférence nationale et à l'assemblée générale annuelle de CAPWHN. Voici l'occasion de renouer avec vos collègues et vos amis, en plus de rencontrer des personnes qui partagent vos intérêts et vos difficultés.

Cette conférence donnera lieu à la présentation de travaux de recherche de pointe, d'innovations et d'expériences vécues par des femmes, des familles et des prestataires de soins. Elle vous permettra d'apprendre, de réfléchir et de réseauter. Vous pourrez également faire progresser vos démarches de soins cliniques, vos stratégies pédagogiques, de même que vos possibilités de recherche et de consultation. CAPWHN vous propose un endroit où discuter d'équipements et de produits novateurs, et ce, non seulement avec des membres du personnel infirmier, mais aussi avec nos exposants.

Je tiens à remercier vivement nos commanditaires Platine, Argent et Bronze; leur appui contribue à assurer la réussite constante de CAPWHN. Faites un effort particulier pour entrer en contact avec ces personnes et leur dire à quel point leur aide compte pour nous. Nous sommes très reconnaissants à nos commanditaires et à nos exposants pour leur soutien. Le temps et les efforts qu'ils investissent dans la conférence de CAPWHN sont très appréciés.

Un immense merci aux coprésidentes de la conférence, Melanie et Karen, ainsi qu'à leur comité et à leurs groupes de travail, qui déploient des efforts colossaux. Si vous les voyez, faites-leur savoir à quel point vous vous amusez. Un grand merci tout spécial pour le travail acharné de Rita Assabgui, notre directrice générale, grâce à qui nous continuons d'aller de l'avant. CAPWHN n'existerait pas sans elle.

Je vous invite à prendre quelques minutes de votre temps pour converser avec les membres du conseil d'administration et votre directrice régionale en particulier. Votre contribution, vos suggestions de changement et votre compréhension de CAPWHN nous aident à nous améliorer. En fait, votre rétroaction nous incite à évoluer.

Quel endroit formidable pour profiter des innombrables attraits de cette conférence! Calgary, ville des Stampeders, des Flames et aussi du Stampede, est impatiente de vous accueillir en vous gratifiant de son hospitalité typique de l'Ouest canadien. Amusez-vous bien!

Sincères salutations,

Sharon Dore I.A., Ph.D.
Présidente de CAPWHN



Goals of the 6th National Conference: Reaching the Highest Peaks

Objectives for this exciting conference include opportunities for participants to celebrate nursing expertise in the care of women and their families by:

- Fostering collaboration, networking, and knowledge sharing among health professionals
- Translating knowledge and innovation into evidence-informed practice
- Examining strategies to optimize quality and patient safety in varied health care environment

Your continuing education hours at the 2016 CAPWHN National Conference qualify for 13.25 hours (and an additional 4 hours if you participate in a pre-conference workshop) towards CNA perinatal or other relevant specialty certification. Please keep a copy of your certificate of attendance for this purpose.

CAPWHN has received approval for 10.25 L and 5.25 R Continuing Education Recognition Points (CERPs) from the International Board of Lactation Consultant Examiners (IBLCE); IBLCE approval number C1661162. A certificate of attendance detailing the CERPs allocated by IBLCE will be available following the conference.

Conference Charity

Calgary Urban Project Society (CUPS) empowers people to overcome the challenges of poverty and reach their full potential through integrated health care, education and housing services. CUPS' programs aim to engage people who want to make a better life for themselves and empower them with the skills and motivation to achieve their fullest potential. Together, the programs address every aspect of life, and set each person up for success as individuals and as a family. There is an undeniable link between poverty and poor health. For those living in poverty, factors such as trauma, homelessness, lack of food security and low health knowledge levels contribute to health issues. With over 25 years of experience, CUPS health services go beyond basic care to help Calgary's most vulnerable individuals and families overcome the barriers to their well-being.

<http://cupscalgary.com/>

Objectifs de la 6^e Conférence nationale: Atteindre les plus hauts sommets

Les objectifs de cette conférence emballante comprennent des occasions pour les participant(e)s de célébrer l'expertise en soins infirmiers dans le cadre des soins offerts aux femmes et à leurs familles en :

- Favorisant la collaboration, le réseautage et le partage des connaissances entre les professionnels de la santé
- Traduisant les connaissances et l'innovation en pratiques fondées sur les données probantes
- Examinant des stratégies pour optimiser la qualité des soins et la sécurité des patient(e)s dans de divers milieux de soins de santé

La conférence de CAPWHN est reconnue comme activité d'apprentissage continu par l'AIIC pour le renouvellement de votre certification en périnatalité ou dans une spécialité connexe. Veuillez conserver votre attestation de présence à cette fin.

Nous avons en outre fait approuver une demande de Continuing Education Recognition Points (CERPs) auprès du International Board of Lactation Consultant Examiners (IBLCE); le numéro d'approbation est le C1661162. Somme toute, vous pouvez accumuler jusqu'à 10,25 L et 5,25 R en CERPs. Nous vous donnerons un certificat de participation détaillant les CERPs alloués par IBLCE à cette fin après la conférence.

Œuvre de charité de la Conférence

La Calgary Urban Project Society (CUPS) encourage les gens à surmonter les défis de la pauvreté et à atteindre leur plein potentiel en leur offrant des services intégrés d'éducation, de logement et de soins de santé. Les programmes de la CUPS s'adressent à ceux qui souhaitent améliorer leur existence et leur permettent d'acquérir les compétences et la motivation nécessaires pour réaliser leur plein potentiel. Collectivement, ces programmes touchent à tous les aspects de la vie et aident leurs participants à réussir individuellement et en famille. Il existe un lien indéniable entre la pauvreté et les problèmes de santé. Des facteurs comme les traumatismes, l'itinérance, l'insécurité alimentaire et les faibles connaissances en matière de santé contribuent à ce problème pour les gens qui vivent dans la pauvreté. Établis depuis plus de 25 ans, les services de santé de la CUPS offrent bien plus que des soins de base aux familles et aux individus les plus vulnérables de Calgary pour les aider à surmonter les obstacles à leur bien-être.

<http://cupscalgary.com/>



**CAPWHN 6th National Conference Planning Committee /
Membres du Comité organisateur de la 6^e Conférence
nationale de CAPWHN**

**Executive Working Group /
Groupe de travail exécutif**

Melanie Basso (Co-chair / Co-présidente)

Karen Benzies (Co-chair / Co-présidente)

Sharon Dore (President / Présidente)

Pam O'Sullivan (Regional Director for Alberta, British Columbia and Yukon /
Directrice, région de la Colombie-Britannique, de l'Alberta et du Yukon)

**Abstract Working Group /
Groupe de travail de résumés**

Elizabeth Keys (Co-chair / Co-présidente)

Karen Benzies (Co-chair / Co-présidente)

Katherine Bright

Meredith Brockway

Heather Coutts

Pam O'Sullivan

Cathy Ringham

Lela Zimmer

**Hospitality Working Group /
Groupe de travail d'accueil**

Julia Imanoff (Chair / Présidente)

Laurie Lundy (Registration desk lead / Chef, kiosque d'inscription)

Kristin Hay

Cynthia Mannion

Hazel Mitschke

Alex Morrison

Deborah Wasylenko

**Logistics Working Group /
Groupe de travail de la logistique**

Janet Walker (Chair / Présidente)

**CAPWHN Support /
Collaboration de CAPWHN**

Rita Assabgui (Executive Director / Directrice générale)

**CAPWHN Board of Directors /
Conseil d'administration de CAPWHN**

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Lisa Keenan-Lindsay, Past President / Présidente sortante

Fabienne Morton, Treasurer / Trésorière

Pam O'Sullivan, Regional Director (British Columbia, Alberta and Yukon) /
Directrice (région de la Colombie-Britannique, de l'Alberta et du Yukon)

Pat Gregory, Regional Director (Saskatchewan, Manitoba, Northwest Territories) /
Directrice (région de Saskatchewan, du Manitoba et des Territoires du Nord-Ouest)

Monica Friesen, Regional Director (Ontario) /
Directrice (région de l'Ontario)

Jennifer Marandola, Regional Director (Quebec) /
Directrice (région du Québec)

Lisa Bland, Regional Director (Atlantic Provinces and Nunavut) /
Directrice (région de l'Atlantique et de Nunavut)

Marilyn Evans, Director at large / Conseillère



General Information

The following information is provided to help make your experience at the conference more enjoyable.

Registration Desk

This is your one-stop shop for registration, membership applications, general Calgary information and maps, as well as silent auction and boutique payments. The registration desk is located in the Ballroom foyer of The Westin Calgary and will be staffed during the following hours:

- Friday October 21st 07:00 - 17:15
- Saturday October 22nd 07:00 - 17:15
- Sunday October 23rd 07:45 - 12:30

Name Badges

Name badges must be worn at all times while at the conference. They clearly identify you as a conference delegate and are very helpful when networking with other delegates. The sessions for which you registered are included with your name badge and delegate package.

Meals

Continental breakfasts, breaks and lunches throughout the three day conference are included in the full conference registration fees. If you registered at the daily rate, meals are only included for the day for which you registered. Meals are located in the Exhibit Hall.

Exhibitors

All conference delegates are encouraged to visit the exhibitors in the Exhibit Hall. Our exhibitors' support contributes greatly to the success of the CAPWHN National Conference. Exhibits are open during all meals and breaks until Saturday October 22nd at 13:30.

Passport

Your exhibitor passport is in your delegate bag. You must visit all of the exhibitors to receive the answers to the questions. Deposit your completed passport at the registration desk by Saturday afternoon for a chance to win a 12 month CAPWHN membership.

Opening Reception with Exhibitors

You will have an opportunity to meet with the exhibitors during Friday evening's opening reception. Be sure to take time to fill out your passport and learn about the latest products and advances in perinatal and women's health. If you registered for the reception, you will find your reception ticket and one drink ticket at the back of your badge. Yummy appetizers will be served and a cash bar is available.

Wild Wild West

This is the theme for Saturday evening's dinner. If you registered for the event you will find your dinner ticket at the back of your badge. A cash bar is available. In keeping with the theme, the dress code is casual, jeans and cowboy boots encouraged. Join in with the Chinook Country Line Dancers and dance the night away to the tunes of the Groove Demons!

Généralités

Voici quelques renseignements pour vous aider à profiter davantage de la conférence.

Bureau des inscriptions...et plus!

Oui, ici, en plus de vous inscrire, vous pouvez faire une demande d'adhésion à CAPWHN, obtenir de l'information sur Calgary, voir les articles de l'encan silencieux et effectuer des paiements. Le bureau des inscriptions se trouve au foyer de la salle de bal du Westin Calgary et est ouvert à ces heures:

- Vendredi 21 octobre 7 h - 17 h 15
- Samedi 22 octobre 7 h - 17 h 15
- Dimanche 23 octobre 7 h 45 - 12 h 30

Insignes d'identité

Vous devez porter votre insigne en tout temps pendant la conférence. Cela favorise le réseautage et sert de preuve de votre inscription en bonne et due forme. Les séances auxquelles vous participez figurent sur le carton avec votre insigne.

Petits-déjeuners, pauses et repas du midi

Les petits-déjeuners continentaux, les pauses et les repas du midi vous sont offerts pendant les trois jours de la conférence. Si vous avez opté pour l'inscription quotidienne, vous avez droit aux repas de la journée en question. Les repas sont servis dans la salle d'exposition.

Exposants

Nous vous encourageons à visiter nos exposants dans la salle d'exposition. Leur soutien contribue au succès de la Conférence nationale de CAPWHN. Les kiosques sont ouverts pendant tous les repas et toutes les pauses, jusqu'à samedi 22 octobre à 13 h 30.

Passeport

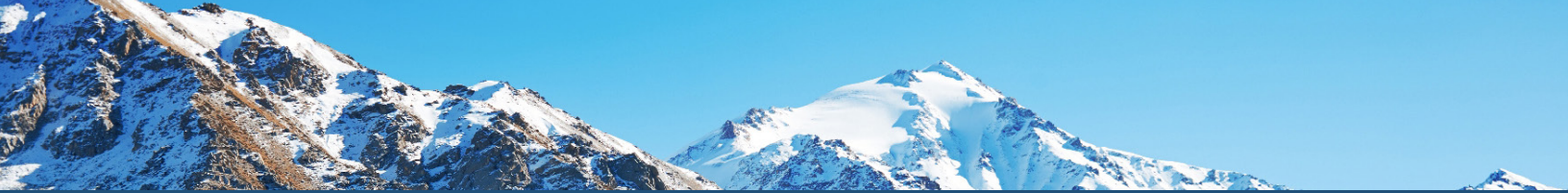
Votre Passeport des exposants est dans votre trousse d'inscription. Vous devez visiter tous les kiosques pour obtenir les réponses aux questions. Une fois votre passeport complété, déposez-le au bureau des inscriptions au plus tard samedi après-midi pour avoir une chance de gagner un abonnement d'un an à CAPWHN.

Réception d'ouverture avec les exposants

Vendredi soir - C'est le moment tout indiqué pour remplir votre Passeport, car vous aurez l'occasion de rencontrer tous les exposants. Si vous avez choisi de participer à cette réception, votre billet d'entrée et votre coupon pour une consommation sont au verso de votre insigne d'identité. On vous servira de succulents hors-d'œuvre et un bar payant vous proposera de bons cocktails.

Soirée Wild Wild West

Soirée Wild Wild West samedi soir - Si vous avez choisi de participer à cette soirée, votre billet pour le souper est au verso de votre insigne d'identité. Encore une fois, un bar payant vous proposera de quoi vous désaltérer. Cet événement demande une tenue décontractée, et nous vous invitons de porter vos jeans et bottes de cow-boy. Nous célébrons avec les Chinook Country Line Dancers, et nous continuerons avec la musique dansante des Groove Demons!



General Information - Cont'd

Posters

A fabulous array of research and clinical posters are being presented at the conference. Make time to visit the poster presentations in the Ballroom foyer to learn new information and findings from projects and initiatives from colleagues across the country. Poster presenters will attend their posters on Saturday October 22, 2016 from 15:30-16:15 to answer any questions you may have.

Conference Charity

We are pleased to support Calgary Urban Project Society (CUPS), a Calgary based organization that empowers people to overcome the challenges of poverty and reach their full potential through integrated health care, education and housing services. We are raising funds through the following activities: the Toonie Trot (drop a Toonie in the donation box before heading out on a picturesque 5 km run led by Paul Vrskovy); Toonie Yoga (an indoor yoga session led by Courtney Boules) – make sure to bring your mat and towel! We are also raising funds through a Silent Auction (check out the great items in the foyer!); and we accept general donations. Please give generously! Note that the accepted forms of payment are cheque or exact cash (to avoid credit card fees) as all proceeds from these events are donated to CUPS.

CAPWHN Boutique

Find great CAPWHN items at terrific prices. Get yours before they sell out!

Door Prizes

Draws for prizes occur throughout the conference. Winners must be present at the time of the draw to claim their prize.

Messages

For your convenience, a message board is located in the Ballroom foyer. Please use it to connect with new and old friends and don't forget to check it regularly!

Green Initiative

Delegates will receive a USB with their delegate kit. The USBs will be loaded with the presentations received in advance of the conference where authors have authorized that they be shared. There is a business centre at the hotel should you wish to print a particular presentation.

Scent Free Environment

CAPWHN is committed to providing a scent free environment. Please refrain from wearing any scented products during the conference.

Généralités - suite

Affiches

Rendez-vous au foyer de la salle de bal pour y voir la magnifique série d'affiches scientifiques et prendre connaissance des percées générées par les projets et les initiatives de vos collègues partout au pays, qui seront d'ailleurs auprès de leur affiche le samedi 22 octobre 2016 de 15 h 30 à 16 h 15 pour répondre à vos questions.

Œuvres de bienfaisance

C'est avec plaisir que nous amassons des fonds pour « Calgary Urban Project Society (CUPS) », un organisme de bienfaisance qui encourage les gens à surmonter les défis de la pauvreté et à atteindre leur plein potentiel en leur offrant des services intégrés d'éducation, de logement et de soins de santé. Nous amassons des fonds au moyen de l'activité Toonie Trot : faites don d'une pièce de 2\$ dans la boîte prévue à cet effet avant de prendre part à 5 km de course dans un décor pittoresque, à une séance de Yoga pour celles qui préfèrent une activité intérieure (apportez votre tapis de yoga et votre serviette. Venez faire monter les enchères lors de notre encan silencieux – venez voir les items mis en vente au foyer! Vous pouvez aussi faire un don directement à l'organisme « CUPS ». Nous comptons sur votre générosité (paiement par chèque ou montant exact), car toutes les recettes sont versées à « CUPS ».

Boutique CAPWHN

Procurez-vous des articles CAPWHN à des prix imbattables. Faites vite, car les tablettes se vident rapidement!

Prix de présence

Les tirages ont lieu tout au long de la conférence. Votre présence est exigée au moment du tirage pour que vous puissiez réclamer votre prix.

Messages

Un babillard se trouve au bureau d'inscription, au foyer de la salle de bal. Veuillez le vérifier régulièrement pour y faire des retrouvailles ou de nouveaux contacts.

Une solution verte

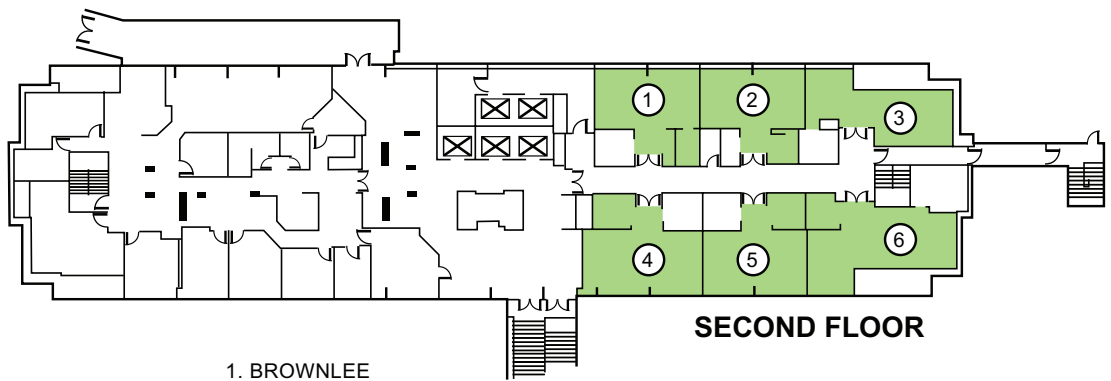
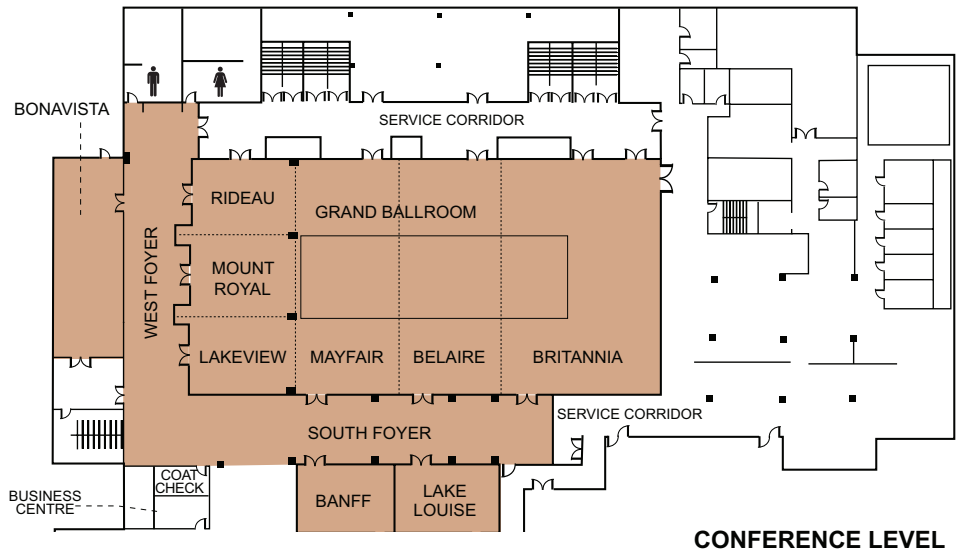
Nous vous remettons sur une clé USB le texte des exposés soumis avant notre conférence. Il vous suffit d'aller au centre d'affaires de l'hôtel pour faire imprimer un exposé quelconque.

Sans parfum

CAPWHN reconnaît l'importance d'un milieu non odorant : veuillez vous abstenir de porter des produits parfumés.

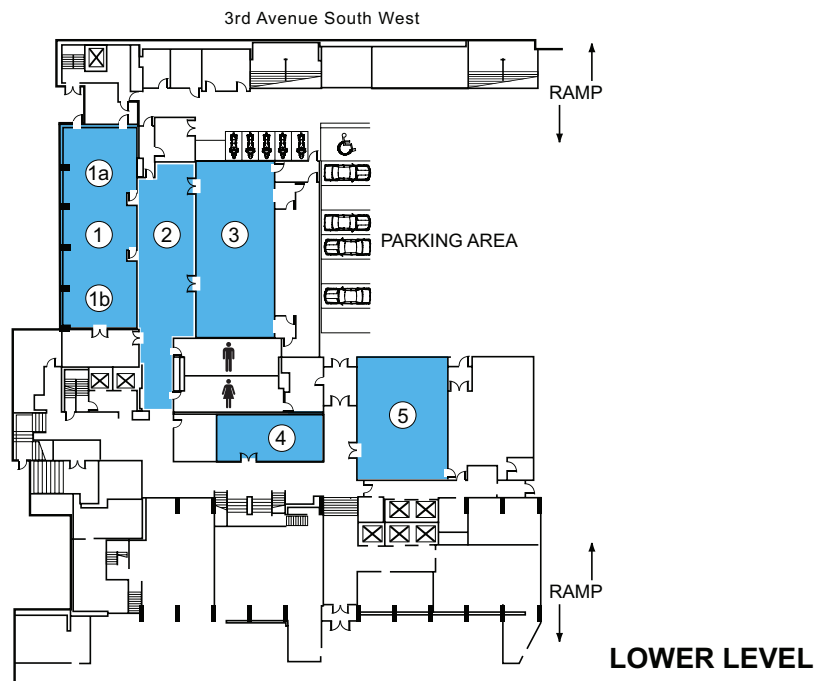


Floor Plans/Plans d'étages



- 1. BROWNLEE
- 2. REID
- 3. GREENFIELD
- 4. ABERHART
- 5. MANNING
- 6. LOUGHEED

- 1. EAU CLAIRE
- 1a. EAU CLAIRE NORTH
- 1b. EAU CLAIRE SOUTH
- 2. ARCADE
- 3. BOW VALLEY
- 4. BARCLAY
- 5. NAKISKA





Pre-Conference Workshops

Thursday, October 20 / Le jeudi 20 octobre

13:00-17:00

Workshop 1-Entry-to-Practice Competencies for Perinatal Nursing - Bow Valley Room

The Canadian Association of Schools of Nursing (CASN) would like to invite you to join a pre-conference workshop for the opportunity to collaborate and network with your colleagues while providing your expertise for the preparation of future nurses!

What it is: A pre-conference workshop to develop and collect feedback on draft entry-to-practice competencies on childbearing family nursing for undergraduate nursing education. The workshop will consist of a brief presentation followed by a world café format review of the draft competency and indicator statements. Working together in small groups your feedback and expertise will be invaluable to the outcome of the final competencies. To view an example of entry-to-practice competencies for undergraduate nursing education please see the CASN Public Health competencies at <http://casn.ca/wp-content/uploads/2014/12/FINALpublichealthcompeENforweb.pdf>

Who should consider attending: Nurse educators with experience teaching or practicing in maternal and newborn nursing, or caring for childbearing families. Practicing nurses who would like to give input on what the core elements are of nursing in this area that all new nurses must be prepared for.

Workshop 2-Obstetrical Triage Acuity Scale (OTAS) Instructor Course - Eau Claire Room

Objectives - At the end of this course, participants will be able to:

- Describe the fundamentals of Obstetrical Triage
- Prioritize care using OTAS when completing initial assessments (including early pregnancy and postpartum)
- Describe the steps involved in secondary assessments using acuity modifiers
- Demonstrate an understanding of patient flow, communication, teaching, and ongoing assessment in triage
- Discuss the implementation options for OTAS and associated staff education process

Presenters: Kathryn Wodrich, RN, Coordinator, Birthing Unit, London Health Sciences Centre, London ON; Dr. R. Gratton, MFM, Chief of Obstetrics at London Health sciences Centre, London ON; and Nancy Watts, RN, MN, PNC(C), Clinical Nurse Specialist, Women's and Infant's Program, Mount Sinai Hospital, Toronto ON

Note: Colleen Brayman, Canadian Triage and Acuity Scale (CTAS) Executive Committee member will be in attendance and participating with us in this workshop.



Canadian Association
of Schools of Nursing

Association canadienne des
écoles de sciences infirmières



Program at a Glance / Survol du programme

| Day 1 - Friday October 21 / Jour 1 - Le vendredi 21 octobre | |
|---|---|
| 07:00-08:00 | Registration / Breakfast / Exhibits - Exhibit Hall |
| 08:00-08:45 | Opening Ceremonies / Cérémonies d'ouverture - Britannia/Belaire |
| 08:45-09:45 | Opening Keynote / Conférence principale d'ouverture - Britannia/Belaire Curiosity and Conversations: Connecting Beyond a Digital World "Logic Takes You From A to B, Curiosity Takes You Everywhere" Presenters: Kathy Taberner BScR (OT) MA CEC and Kirsten Taberner Siggins BA CEC, Institute of Curiosity |
| 09:45-10:15 | Refreshment Break / Exhibits / Posters - Exhibit Hall |
| 10:15-11:45 | Concurrent Sessions A A01 – Breastfeeding and Breastmilk - Eau Claire North A02 – Knowledge Translation / Professional Practice - Bonavista A03 – Promoting Health in Unique Populations - Nakiska A04 – Health Services - Eau Claire South A05 – Innovations in Therapeutics - Bow Valley |
| 11:45-13:15 | Lunch / Exhibits / Posters - Exhibit Hall |
| 12:30-13:15 | Knowledge Theatre - Britannia/Belaire "Diapering: Why Physiological and Psychological Development Care are Relevant" Presenter: Sharon Dore RN PhD, McMaster University, Hamilton ON |
| 13:15-13:35 | Plenary / Conférence principale - Britannia/Belaire Calgary Urban Project Society (CUPS) Theory of Change Presenter: Darryn Werth, Senior Director Program Strategy, CUPS, Calgary AB |
| 13:45-14:45 | Concurrent Sessions B B01 – Breastfeeding - Bow Valley B02 – Professional Practice - Bonavista B03 – Promoting Health in Unique Populations - Nakiska B04 – Health Services - Eau Claire North B05 – Safety and Privacy - Eau Claire South |
| 14:45-15:15 | Refreshment Break / Exhibits / Posters - Exhibit Hall |
| 15:15-16:15 | Concurrent Sessions C C01 – Breastmilk Banking - Eau Claire North C02 – Professional Practice - Bonavista C03 – Promoting Health in Unique Populations - Eau Claire South C04 – Health Services - Nakiska C05 – Parental Support and Education - Bow Valley |
| 16:15-17:15 | Networking Sessions Hospital Staff Nurses - Nakiska Community and Public Health - Barclay Clinical Educators and Advanced Practice Nurses - Bonavista Managers and Directors - Bow Valley University and College Professors - Eau Claire North Researchers - Eau Claire South |
| 17:30-19:30 | Opening Reception with Exhibitors / Réception d'ouverture avec les exposants - Exhibit Hall |



Program at a Glance / Survol du programme

| Day 2 – Saturday October 22 / Jour 2 – Le samedi 22 octobre | |
|---|--|
| 07:00-09:00 | Registration / Breakfast / Exhibits / Posters - Exhibit Hall |
| 07:30-08:45 | Annual General Meeting (CAPWHN Members) / Assemblée générale annuelle (membres de CAPWHN) -Britannia/Belaire |
| 09:00-10:00 | Plenary Keynote / Conférence principale - Britannia/Belaire Global Maternal Newborn Child Health “Progress and Challenges in Global Maternal Newborn Health” Presenter: Dorothy Shaw MBChB FRCSC FRCOG CEC CCPE OC, BC Women’s Hospital and Health Centre, Vancouver BC |
| 10:00-10:30 | Refreshment Break / Exhibits / Posters - Exhibit Hall |
| 10:30-12:00 | Concurrent Sessions D D01 – Breastfeeding - Bonavista D02 – Professional Practice - Bow Valley D03 – Promoting Health in Unique Populations - Eau Claire South D04 – Health Services - Eau Claire North D05 – Parental Support and Education - Nakiska |
| 12:00-13:30 | Lunch / Exhibits / Posters - Exhibit Hall |
| 13:30-15:30 | Specialty Sessions SS01 – Enhancing Patient Safety through the Incorporation of Simulation Based Learning - Eau Claire North SS02 – Perinatal Mental Healthcare: Why, When and How - Bow Valley SS03 – Intrapartum Fetal Health Surveillance Refresher Course - Nakiska SS04 – Non-Invasive Prenatal Testing (NIPT) Based on cfDNA: Possibilities and Pitfalls - Eau Claire South SS05 – Baby-Friendly Initiative – ‘Change is Easy’ (Said No One)! - Bonavista |
| 15:30-16:15 | Poster Presentations - Ballroom Foyer |
| 16:15-17:15 | Networking Sessions Pregnancy - Bow Valley Labour and Birth - Bonavista Postpartum Care - Nakiska Neonatal/Newborn Care - Eau Claire North Women’s Health - Eau Claire South |
| 18:00-22:00 | Dinner / Social Event - Britannia/Belaire Theme: Wild Wild West |



Program at a Glance / Survol du programme

Day 3 - Sunday October 23 / Jour 3 - Le dimanche 23 octobre

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|-------------|--|
| 07:00-07:45 | Toonie Trot - Lobby / Yoga - Britannia/Belaire |
| 07:45-08:30 | Breakfast / Regional Networking - Britannia/Belaire |
| 08:30-08:40 | Opening Remarks / Allocution d'ouverture - Britannia/Belaire |
| 08:40-09:30 | Plenary / Conférence principale - Britannia/Belaire "Dealing the cards and taking your chances": How playing the Brain Architecture Game can inform perinatal and women's health nursing practice Presenters: Karen M. Benzies RN BScN MN PhD, and Nursing Graduate Student Team, The University of Calgary, Calgary AB |
| 09:30-09:45 | Refreshment Break / Posters - Ballroom Foyer |
| 09:45-11:15 | Concurrent Sessions E E01 – Breastfeeding - Nakiska E02 – Professional Practice - Eau Claire South E03 – Promoting Health in Unique Populations - Bow Valley E04 – Health Services - Eau Claire North E05 – Parental Support and Education - Bonavista |
| 11:15-12:15 | Closing Keynote / Conférence principale de clôture - Britannia/Belaire "Inspired by Curiosity: A Nurse Researcher's Journey from Bedside to the Laboratory" Presenter: Manon Ranger RN PhD, University of British Columbia, Vancouver BC |
| 12:15-12:30 | Closing Remarks / Allocution de clôture (box lunch provided) - Britannia/Belaire |



Preliminary Program / Programme préliminaire

Day 1 - Friday, October 21 / Jour 1 - Le vendredi 21 octobre

07:00-08:00 Registration / Breakfast / Exhibits
08:00-08:45 Opening Ceremonies / Cérémonies d'ouverture

08:45-09:45 Opening Keynote / Conférence principale d'ouverture
Curiosity and Conversations: Connecting Beyond a Digital World

“Logic Takes You From A to B, Curiosity Takes You Everywhere”

With advances in technology, we are finding ourselves in a conversation crisis. Hiding behind texts, emails and social media, conversational skills are the most important skills that we are failing to engage in and teach. Success for leaders



lies in the conversations they have and the relationships they build, moving beyond what they think they know, or expect, to discover new possibilities and opportunities, especially in conflict. The antidote is curiosity. This interactive session will explore the innovation-driving, emotion-calming skill we are all born with – curiosity – that so easily gets buried beneath our multi-tasking, over scheduled, technology driven lives. Discover how using curiosity in conversations helps us to be open and non-judging so we can better understand each other, thrive in conflict, improve the quality of our relationships and make us happier. It is essential to build the connection and innovation needed in healthcare today.

Learning Objectives: Participants will

- Understand what a curious conversation is and why it is your most powerful tool in healthcare
- Apply the 3 skills of curiosity in conversations in a digital world
- Appreciate how curiosity makes us happier, improves the quality of relationships, creates innovation and helps us thrive in conflict

Presenters: *Kathy Taberner BScR (OT) MA CEC and Kirsten Taberner Siggins BA CEC*

Mother/daughter team - co-founders of Institute of Curiosity and co-authors of “The Power of Curiosity: How to Have Real Conversations that Create Collaboration, Innovation and Understanding” (Morgan James 2015)

09:45-10:15 Refreshment Break / Exhibits / Posters
10:15-11:45 **Concurrent Sessions A**

Concurrent Session A01 Breastfeeding and Breastmilk

A01-1 Introducing Breastfeeding Peer Counsellors in the NICU

Authors: *Jo Watson RN(EC) PhD IBCLC; Kate Robson MEd; Luisa King RN IBCLC; Beth Nolson RN IBCLC; Ophelia Kwakye*

Purpose: This presentation will describe one centre’s experience developing and introducing a breastfeeding peer counsellor program in a level III NICU.

Learning Objectives:

- Describe the reasons why infants admitted to the NICU are less likely to be exclusively breastfed at the time of discharge
- Understand the steps involved in introducing a breastfeeding peer counsellor program in an NICU

- Describe the outcomes of a breastfeeding peer counsellor program

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

A01-2 Enhancing Postpartum Breastfeeding: Translating Evidence to Enhance Maternal Newborn Outcomes - The TEEM Breastfeeding Study

Authors: *Cynthia Mann RN MN MHA IBCLC PNC(c); Erna Snelgrove-Clarke RN PhD; Diane O’Reilly RN MHA; Erin Fiander RN BScN; Claire Gallant; Ron George MD FRCPC; Ashley Kaye RM; Hilary Kinnear MD*

Purpose: To evaluate the implementation of evidence-informed breastfeeding support for exclusive breastfeeding among mothers with healthy infants

Learning Objectives:

- Identify the barriers and facilitators related to supporting exclusive breastfeeding on a postpartum unit
- Discuss strategies used in the first quarter of study implementation, to increase the use of best available evidence related to providing breastfeeding support in hospital
- Discuss facilitators and challenges when doing pragmatic research on an busy actively changing inpatient postpartum care area

Presenter: *Cynthia Mann, IWK Health Centre, Halifax NS*

Concurrent Session A02 Knowledge Translation / Professional Practice

A02-1 Summary of the RNAO Best Practice Guidelines for Perinatal Depression (2016)

Author: *Angela Bowen RN PhD*

Purpose: To inform CAPWHN members of the new Registered Nurses Association of Ontario (RNAO) Best Practice Guidelines for Perinatal Depression (2016)

Learning Objectives:

- Be introduced to new evidence based best practice guidelines
- Increase awareness of nurses to use the best practice guidelines in their practice

Presenter: *Angela Bowen, University of Saskatchewan, Saskatoon SK*

A02-2 Applications of Knowledge Translation in Maternal-Child Health Nursing

Authors: *Elizabeth Keys RN BN BSc PhD(C) CCHN(C); Karen Benzies RN PhD*

Purpose: To develop capacity for knowledge translation in maternal-child health nursing practice and research.

Learning Objectives:

- Review select tools and frameworks useful in the process of knowledge translation
- Understand one approach to applying a knowledge translation plan in an actual clinical-research setting
- Work with knowledge translation tools to build a transferable knowledge translation plan

Presenter: *Elizabeth Keys, University of Calgary, Calgary AB*



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Concurrent Session A03
Promoting Health in Unique Populations

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A03-1 Gestational Diabetes Mellitus: How Well Are We Doing Postpartum?

A Scoping Review

Authors: *Natalie Giannotti RN MN PhD (c); Marilyn Evans RN PhD; Sandra Regan RN PhD; Erin Keely MD FRCPC*

Purpose: To summarize what is currently known about the implementation of the CDA guidelines pertaining to postpartum women with prior GDM (blood glucose screening, breastfeeding, and lifestyle modifications), and to determine future research needs.

Learning Objectives:

- Understand the current clinical practice guidelines for the management of women with prior GDM
- Identify how well the clinical practice guidelines are being followed by health care providers and women with prior GDM
- Identify the gaps in the literature related to diabetes prevention as well as identify future research needs

Presenter: *Natalie Giannotti, Western University, London ON*

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A03-2 Improving Rates of Exclusive Breastfeeding Prior to Hospital Discharge in Women With Gestational Diabetes

Authors: *Jo Watson RN(EC) PhD IBCLC PNC(C); Sue Hermann RN MN IBCLC PNC(C) CTD; Fiona Thompson-Hutchinson RN MN PNC(C) CDE; Billarar Johnson RN MN PNC(C); Michelle O'Connor RN MN PNC(C)*

Purpose: This presentation will describe a hospital based initiative to improve rates of breastfeeding exclusivity for women with gestational diabetes.

Learning Objectives:

- Understand the global diabetes epidemic
- Describe how diabetes affects the initiation of breastfeeding
- Describe the process and outcome of a project aimed at increasing rates of exclusive breastfeeding prior to hospital discharge for women with diabetes who are planning to breastfeed

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

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Concurrent Session A04
Health Services

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A04-1 The Move to a New Women's Hospital: "Building a Culture of Change"

Authors: *Christine Finnbogason RN BSc(M) BN PNC(c); Heather Elands RN BN PNC(c)*

Purpose: The purpose of this presentation is to examine the application of multidisciplinary collaborative change management strategies on the context of planning a move to a new state-of-the-art Women's Hospital in 2017.

Learning Objectives:

- Examine process improvement, change management strategies, and LEAN methodology used in the planning for the new Women's Hospital in Winnipeg, Manitoba
- Share lessons learned regarding supporting staff through large scale change
- Explore a multidisciplinary, collaborative approach to change management in the context of moving to a new state-of-the-art Women's Hospital and the long-term benefits of such an approach

Presenters: *Christine Finnbogason and Heather Elands, Women's Hospital, Winnipeg MB*

A04-2 Reaching the Summit: Lessons From the Development and Move of a Large Community Hospital

Authors: *Cindy MacDonald RN MScN; Christi Robert RN BScN*

Purpose: To share the history and learnings from the planning stages through to post move from a 50 year old small community hospital to a state of the art health care facility. This will include strategies to embed family centered care principles as well as staff engagement in design and processes. Techniques to facilitate change and support education/orientation will also be presented.

Learning Objectives:

- Share how LEAN events and thinking assisted in the preparation for the move of the Maternal Child Program to a green field site
- Present model on providing education to staff encompassing equipment training, orientation, and process flow changes/improvements
- Share design that facilitates and supports family centered care

Presenters: *Cindy MacDonald and Christi Robert, Halton Healthcare, Oakville ON*

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Concurrent Session A05
Innovations in Therapeutics

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A05-1 Rockyview Induction of Labour Quality Improvement Project

Authors: *Wynne Leung MD FRCSC; Leila Jackson RN BN; Heather Bensler RN MSN; Lorna Spitzke RN BN; Brad Sullivan MD MSC4; Kirk Stephanson MSC1; Selphee Tang PhD*

Purpose: To present a quality improvement initiative and knowledge translation project to encourage the implementation of best practice guidelines related to labour induction in a multidisciplinary team environment.

Learning Objectives:

- Examine the challenges of implementing multidisciplinary practice change
- Discuss the role of knowledge translation in realizing unit-wide multidisciplinary practice change
- Identify relevant KT strategies related to barriers to multidisciplinary practice change

Presenter: *Heather Bensler, Rockyview General Hospital, Mount Royal University School of Nursing and Midwifery, Calgary AB*

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A05-2 Oral Immune Therapy: A BC Women's Hospital Neonatal/Perinatal imPROVE Collaboration

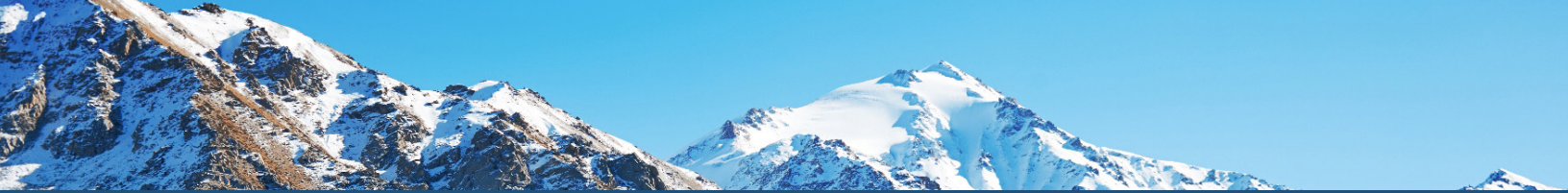
Authors: *Lani Wittmann RN MN IBCLC; Frances Jones RN MSN IBCLC; Sarah Coutts, RN MPH IBCLC; Megan Bolton RN MSN*

Purpose: This presentation will report on a collaboration between the acute perinatal and neonatal programs to imPROVE neonatal access to colostrum in the form of oral immune therapy (OIT). The goal was to increase the percentage of eligible neonates receiving OIT and to reduce the time after birth to the first dose.

Learning Objectives:

- Examine the current evidence and recommendations for oral immune therapy
- Outline the steps in the quality improvement process targeting increased access to oral immune therapy
- Identify the key challenges, successes and recommendations for implementing OIT

Presenters: *Lani Wittmann, Frances Jones, Sarah Coutts, and Megan Bolton, BC Women's Hospital and Health Centre, Vancouver BC*



11:45-13:15 Lunch / Exhibits / Posters

12:30-13:15 Knowledge Theatre

“Diapering: Why Physiological and Psychological Development Care are Relevant”

The Huggies Nursing Advisory Council, consisting of expert nurses from the United States and Canada, conducted a review of over 400 research articles specific to diapering care. The scope of the review included the preterm neonate to the term baby to the child in infancy. This is the first time a review has focused just on diapering issues. Five core areas of the diapering experience emerged as key elements to enhance baby’s physiological and psychological development. Details of these 5 areas, the evidence and clinical applicability will be presented. These elements will be assembled in easy to use resources for education.

This information is being released for the first time in North America at the CAPWHN conference. It will be presented later at the CAPHC meeting (Canadian Association of Paediatric Health Centres) and will be followed by presentation in the United States.

Learning Objectives:

- To review current evidence related to holistic elements of diapering that encompass physiological and psychological developmental care
- To discuss the 5 core foci that provide the practical elements of evidence based developmental care
- To examine the evidence related to the physiology of skin care specific to the diapering and diaper dermatitis
- To discuss clinical applicability of using a developmental guide for diapering care

Presenter: Sharon Dore RN PhD, McMaster University, Hamilton ON

13:15-13:35 **Plenary / Conférence principale – Calgary Urban Project Society (CUPS) Theory of Change**

Mission: Through integrated healthcare, education and housing CUPS and its partners will assist adults and families in Calgary living with the adversity of poverty and traumatic events to become self-sufficient.

How we work: We believe that people progress (and retreat) along a spectrum of resilience. Success is self-sufficiency on multiple dimensions. CUPS and our partners deliver integrated health, education and housing services in order push people towards self-sufficiency. Applying and contributing to the science of building brains and resiliency underpin our work. Advocating to reduce barriers to services among those we serve is a critical component to larger impact.

Learning Objectives:

- Understand CUPS and our work
- Understand the focus on resiliency and how it makes a difference
- Understand how CUPS generates our impact

Presenter: Darryn Werth, Senior Director Program Strategy, CUPS, Calgary AB

13:45-14:45 **Concurrent Sessions B**

**Concurrent Session B01
Breastfeeding**

B01-1 Medicalization of Breastfeeding: Are We the Problem or the Solution?

Author: Marina Green RN MSN IBCLC

Purpose: Breastfeeding is increasingly medicalized following a similar history

to the medicalization of childbirth. The purpose of this session is to learn from our history: to examine the effects of medicalization and describe strategies to limit medicalization and its detrimental effects on the breastfeeding mother and child.

Learning Objectives:

- Describe the concept of medicalization
- Describe why medicalization is a problem for breastfeeding women
- Describe parallels between the medicalization of childbirth and breastfeeding

Presenter: Marina Green, BC Children’s and Women’s Hospital and Health Centre, Vancouver BC

B01-2 Informal Milk Sharing: Opinions of Canadian Health Care Providers

Authors: Lani Wittmann RN MN IBCLC; Meggie Ross RN MN IBCLC; Lea Geiger RN BScN IBCLC

Purpose: This presentation will report on a survey exploring the experience of Canadian health care providers with informal milk sharing - how frequently they encounter it in their practice, their personal beliefs and opinions, and on how prepared they feel for having an informed discussion.

Learning Objectives:

- Describe the reported experience of health care providers with the practice of milk sharing
- Explore the range of attitudes and beliefs held by various health care providers on informal milk sharing
- Identify the key themes raised by survey respondents in relation to the practice of informal milk sharing

Presenters: Lea Geiger, Perinatal Services BC, Kamloops BC; and Meggie Ross, Interior Health, Penticton BC

**Concurrent Session B02
Professional Practice**

B02-1 Orientation to Maternity Program - Innovative Approach to Orient New Grads and Experienced RNs to Postpartum and Labour and Delivery Unit

Authors: Isabelle Baribeau RN MN BSc BS; Lindsay Barton RN(C) BScN BA

Purpose: The purpose of this presentation is to showcase an innovative orientation program at a large tertiary centre to address the learning needs of both newly graduated nurses and experienced nurses into postpartum and labour and delivery unit.

Learning Objectives:

- Discuss how the Clinical Collaborative Learning unit model and Preceptorship model were combined to create a unique orientation framework
- Describe and share the orientation curriculum and the key innovative elements
- Describe and share the competency assessment tools used to validate knowledge, skills and critical thinking and attitude.

Presenters: Isabelle Baribeau and Lindsay Barton, British Columbia Women’s Hospital and Health Centre, Vancouver BC

B02-2 Integrating New Nursing Graduates into the Neonatal Intensive Care Unit

Authors: Meghan Donohue RNC-NIC BScN; Yvonne Yu RNC-NIC MN

Purpose: This presentation will explore how the development of a comprehensive orientation program addresses the educational needs of new graduate nurses or nurses with no NICU experience to facilitate a successful integration into a Level III NICU.



Learning Objectives:

- Explore how to utilize the option of using inexperienced or new graduate nurses in highly specialized areas such as the NICU
- Discuss the importance of involving an interdisciplinary team of subject matter experts to develop and deliver specific content relevant to each topic covered
- Discuss methods to convey expectations, track orientee progress and facilitate integration as a fully functioning member of the health care team

Presenter: *Meghan Donohue, Sunnybrook Health Science Centre, Toronto ON*

Concurrent Session B03
Promoting Health in Unique Populations

B03-1 The Perinatal HIV Prevention Protocol for Saskatchewan

Authors: *Roxanne Laforge RN BScN BA MSc; Debbie Rodger RN ACRN; Amanda Galambos; Lisa Lockie*

Purpose: To share the multidisciplinary process of developing protocols aimed at reducing perinatal transmission of HIV through consistent approaches to management and care for HIV affected women and newborns, regardless of location of birth in the province of Saskatchewan.

Learning Objectives:

- Describe the multisectorial provincial initiative undertaken to reduce perinatally acquired HIV in Saskatchewan
- Describe how the Perinatal Prevention Protocol can be used by health care providers and facilities to guide the care for women living with HIV during labour, birth and the immediate postpartum period and guide appropriate care for newborns.
- Discuss knowledge translation strategies to implement the protocols at the local, regional and provincial level

Presenters: *Roxanne Laforge and Debbie Rodger, University of Saskatchewan, Saskatoon SK*

B03-2 Nursing Abroad: Volunteer Work in Haiti

Authors: *Meggie Carpel RN; Amy Renaud RN*

Purpose: The purpose of this presentation is to share our experience of volunteer work in Haiti. We gave 2 weeks of our time for the organisation called Midwives for Haiti.

Learning Objectives:

- Discover Midwives for Haiti mission
- Learn about the challenges of obstetrics abroad
- Listen to how volunteering has impacted our nursing practice

Presenters: *Meggie Carpel and Amy Renaud, Royal Victoria Hospital, McGill University Health Centre, Montreal QC*

Concurrent Session B04
Health Services

B04-1 Perinatal Health and Parenting in Corrections

Authors: *Martha Paynter MSc; Emma Halpern; Julie Bilotta*

Purpose: The purpose of this presentation is to outline the results of our Women's Wellness Within (WWW) project which serves criminalized women facing poverty, addiction, isolation and mental illness in pregnancy and while parenting.

Learning Objectives:

- Understand the context of reproductive justice in corrections for women in Atlantic Canada

- Recognize the health histories of violence, mental illness, addiction and poverty experienced by women in corrections
- Commit to the ethical imperative of providing perinatal health and parenting support to women in corrections

Presenter: *Martha Paynter, Dalhousie University, Halifax NS*

B04-2 Inspiring Perinatal and Women's Health Nurses to Promote Early Brain Development

Author: *Karen Benzies RN BScN MN PhD*

Purpose: The purpose of this presentation is to describe (1) the complex science of early brain and biological development, and (2) simple interventions to promote brain development that the perinatal and women's health nurses can implement in their practices.

Learning Objectives:

- Understand the prevalence of developmental delay in young children, and associated risk factors
- Understand the mechanisms underlying early brain and biological development in young children
- Understand how to integrate simple interventions to promote brain development in everyday perinatal nursing practice

Presenter: *Karen Benzies, University of Calgary, Calgary AB*

Concurrent Session B05
Safety and Privacy

B05-1 Social Media and Privacy in the Neonatal Intensive Care Unit (NICU)

Authors: *Laura Borges RN; Shelley Higazi RN; Anne Cooke RN*

Purpose: To increase knowledge of Social Media and privacy policies and guidelines, and apply them to our professional roles.

Learning Objectives:

- Discuss professional, organizational and governmental privacy policies and their uniformity related to Social Media and privacy
- Initiate conversation about professional expectations and responsibilities related to Social Media practice
- Encourage staff to utilize Social Media appropriately

Presenters: *Laura Borges and Anne Cooke, Sunnybrook Health Sciences Centre, Toronto ON*

B05-2 Creating and Sustaining a Culture of Patient Safety

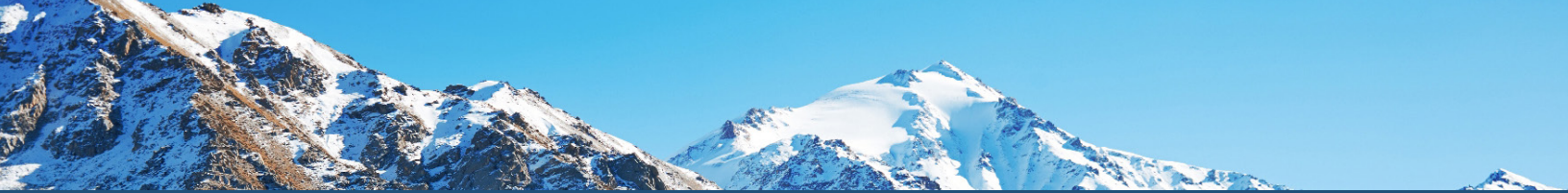
Authors: *Sheri DeMeester RN BScN; Liz DeMaere RN BS*

Purpose: To share the key success factors associated with teams who have made significant strides in creating and sustaining a culture of safety within their units.

Learning Objectives:

- Define the elements of a culture of safety
- Share key success factors that are imperative to produce culture change within a unit
- Discuss ways teams can continue to sustain and continuously improve the culture of safety within their units and beyond

Presenter: *Sheri DeMeester, Salus Global Corporation, London ON*



14:45-15:15 Refreshment Break / Exhibits / Posters

15:15-16:15 **Concurrent Sessions C**

Concurrent Session C01
Breastmilk Banking

C01-1 Got Extra Milk? Collaboration Among BC Health Authorities to Provide Donor Milk Provincially

Author: Frances Jones RN MSN IBCLC

Purpose: Outline the program offered through BC Women's Provincial Milk Bank to provide pasteurized donor human milk (PDHM) throughout the province in a cost sharing arrangement.

Learning Objectives:

- Outline the history of milk banking in Canada
- Describe why PDHM is important particularly in NICUs
- Present provincial cost sharing arrangement that has enabled standardization of care through provision of PDHM in all BC NICUs

Presenter: Frances Jones, BC Children's and Women's Hospital and Health Care Centre, Vancouver BC

C01-2 Clinical Ideals and Political Realities of Local Human Donor Milk Collection

Authors: Martha Paynter MSc; Kathryn Hayward

Purpose: This inquiry examines the feasibility of creating a hospital-based or community-based human milk depot to increase local milk collection from breastfeeding mothers in Halifax, NS.

Learning Objectives:

- Understand the current competitive landscape of milk donation: milk-sharing, for-profit companies, and non-profit banks
- Recognize the health equity considerations of remaining without milk donation facilities while we use milk in Atlantic Canada
- Discuss the practical, ethical and economic considerations of milk donation options

Presenter: Martha Paynter, Dalhousie University, Halifax NS

Concurrent Session C02
Professional Practice

C02-1 Responsive Education for Rural & Remote Perinatal Practice

Authors: Rose Perrin BSN; Lela Zimmer RN BScN PhD

Purpose: To present an innovative, perinatal education course for registered nurses working in rural/remote contexts that is reality-based and responsive to the needs of communities and practice.

Learning Objectives:

- Understand the challenges faced by nurses caring for childbearing families in rural/remote communities
- Learn approaches to perinatal nursing education for rural/remote practice
- Gain insight into a practice-driven approach to perinatal education

Presenter: Lela Zimmer, University of Northern British Columbia, Prince George BC

C02-2 Low Fidelity-Simulation, High Impact Learning: Educating Future Maternal and Child Health Nurses

Authors: Zahra Shajani RN MPH CCHNC(C); Diana Snell RN MN; Carla Ferreira RN MN CCHNC(C)

Purpose: The purpose of this presentation is to demonstrate how low fidelity-simulation as an educational tool can be utilized to increase student competence and confidence in maternal and child health nursing and potentially increase the interest of new graduate nurses to choose roles in this specialty area.

Learning Objectives: Participants will be able to

- Describe the benefits of using low-fidelity simulation as an approach to teaching maternal child health nursing
- Discover potential opportunities for intersectoral and interprofessional collaboration to ensure nursing students' clinical preparedness in the context of maternal child health nursing
- Identify strategies to improve how nurses are educated to promote quality and safe patient care of women and their families

Presenters: Zahra Shajani, Diana Snell, and Carla Ferreira, University of Calgary, Calgary AB

Concurrent Session C03
Promoting Health in Unique Populations

C03-1 With a Steep Learning Curve in View, Postpartum Nurses Rise to the Challenge to Master Central Venous Access Device (CVAD) Care

Author: Ginette Aucoin RN MScA IBCLC

Purpose: Following a growing trend of patients requiring a CVAD on a postpartum unit, we will share the lessons learned throughout the process of training postpartum nurses for CVAD care with the goal of providing safe and quality care to this ever evolving patient population.

Learning Objectives:

- Describe the challenges and the lessons learned in caring for women who were readmitted for postpartum complications and who required a CVAD
- Share the stories of three of these women to illustrate their lived experiences during their re-admission to the hospital
- Describe the process of training postpartum nurses to master a set of skills they were rarely faced with but are now are increasingly obliged to

Presenter: Ginette Aucoin, Montréal QC

C03-2 Congenital Cytomegalovirus (cCMV) Infection: Reaching Higher Peaks in Diagnosis and Treatment in BC

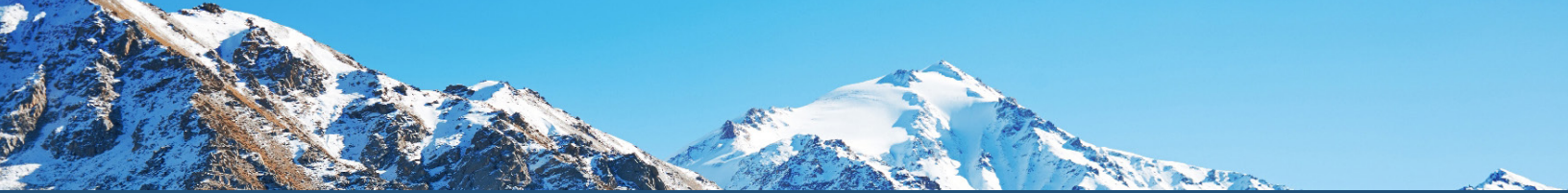
Authors: Melanie Basso RN MSN PNC(C); Soren Gantt MD PhD MPH; Sonya VanDriel RN BSN MN

Purpose: To present an innovative program which targets screening for congenital Cytomegalovirus (CMV) for newborns who fail their early hearing screening with the goal of improving outcomes in hearing loss and developmental delay.

Learning Objectives:

- Understand the burden of unreported disease among newborn infants infected with congenital cytomegalovirus
- Become familiar with indications and appropriate methods for cCMV testing
- Understand the need for timely diagnosis, referral and workup of newborns infected with cCMV

Presenters: Melanie Basso and Megan Bolton, BC Women's Hospital and Health Centre, Vancouver BC



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Concurrent Session C04
Health Services
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C04-1 Just Don't Look Down! The Incredible Journey Towards MotherBaby Care in the NICU

Authors: Julie de Salaberry RN MSN (c); Kimberly Thornton, RN MSN; Valoria Hait BScN MScHQ; Marg Seppelt BN MBA; Jenna Johnston RN BSN RN MA IBCLC; Megan Bolton RN MSN; Shabnam Ziabakhsh PhD

Purpose: To provide information about MotherBaby Care, the process of implementing this innovative combined mother/baby care model in the NICU and to share the anticipated benefits of its model of care. The discussion will also encompass some of the change management strategies required to implement a large scale change.

Learning Objectives:

- Describe the inspiration to introduce this innovative model of care
- Examine and the various steps in planning, implementation and ongoing evaluation required to make MBC a reality for mothers and their babies
- Learn what change management tools were employed, what worked well and what could be improved
- Learn about the anticipated impacts of MotherBaby Care on the health and well being of mothers, their newborns and the health care system

Presenters: Julie de Salaberry and Kimberly Thornton, BC Women's Hospital and Health Centre, Vancouver BC

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C04-2 An Ever Changing Target: Implementing Evidence Informed Practice on our Baby-Friendly Journey

Authors: Frances Jones RN MSN IBCLC; Marina Green RN MSN IBCLC

Purpose: Outline implementation challenges and strategies for several evidence-informed practice changes in a large tertiary hospital.

Learning Objectives:

- Describe the Baby-Friendly Journey of a large tertiary centre
- Outline the most recent challenges in evidence based care - safe, uninterrupted skin-to-skin care (including after cesarean birth) implementing oral immune therapy, cue based feeding in all areas (including the NICU)
- Describe strategies to achieve success

Presenters: Frances Jones and Marina Green, BC Children's and Women's Hospital and Health Care Centre, Vancouver BC

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Concurrent Session C05
Parental Support and Education
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C05-1 Postnatal Parental Education for Optimizing Infant General Health and Parent-Infant Relationships: A Cochrane Review

Authors: Janet Bryanton RN PNC(C) PhD; Cheryl Tatano Beck DNS CNM FAAN; William Montelpare PhD

Purpose: The primary purpose of this systematic review and meta-analyses was to assess the effects of structured postnatal education delivered to an individual/

group of parents related to infant general health/care and parent-infant relationships.

Learning Objectives:

- Discuss the current state of knowledge related to the effectiveness of structured postnatal parenting education
- Discuss the methodology used to conduct the systematic review and meta-analyses of included RCTs
- Discuss the results of the meta-analyses and conclusions related to practice

Presenter: Janet Bryanton, University of Prince Edward Island, Charlottetown PE

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C05-2 Development of Discharge Booklet for Parents of Late Preterm Infants

Author: Jennifer Marandola RN MSN (candidate) PNC(C) IBCLC

Purpose: The purpose of this presentation is to discuss safe discharge practices of late preterm infants from high-risk maternity wards as well as to present a discharge booklet that can be distributed to parents of this population.

Learning Objectives:

- Share pertinent discharge information regarding late preterm infant from maternity ward
- Discuss importance of patient empowerment, consistency of information, and support to parents of late preterm infants
- Present management of complicated case scenario regarding 35 week infant on maternity ward

Presenters: Jennifer Marandola and Marie-Christine Rodrigue, McGill University Health Centre, Montreal QC

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16:15-17:15 Networking Sessions

The Conference Planning Committee has organized special meetings to promote networking opportunities among conference participants. Connect with colleagues from across the country who play a similar role as you to discuss common areas of interest, share ideas and build new friendships! All are welcome to participate, and you can choose any of the following options:

- Hospital Staff Nurses
- Community and Public Health
- Clinical Educators and Advanced Practice Nurses
- Managers and Directors
- University and College Professors
- Researchers

17:30-19:30 Opening Reception with Exhibitors / Réception d'ouverture avec les exposants

Day 2 - Saturday, October 22 / Jour 2 - Le samedi 22 octobre

07:00-09:00 Registration / Breakfast / Exhibits / Posters
07:30-08:45 **Annual General Meeting (CAPWHN Members) / Assemblée générale annuelle (membres de CAPWHN)**
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09:00-10:00 **Plenary Keynote / Conférence principale**
Global Maternal Newborn Child Health
"Progress and Challenges in Global Maternal Newborn Health"



Global maternal and child mortality rates have fallen significantly in the last decade. Challenges remain in global maternal newborn health and perceived as affecting Low and Middle Income Countries, yet the picture is not perfect in High Income Countries. Mortality statistics are underreported; indigenous and vulnerable populations are not captured separately; changing demographics such as rising maternal age, fertility and increasing rates of obesity require targeted policies that support access and woman-centred care for all women. Overutilization of technology is common, as is unnecessary intervention and such models are being adopted in LMICs. Fear is sometimes a driver for women and the health care team. Preterm birth remains the most common contributor to neonatal mortality; stillbirth is becoming better recognized as an area of focus. Simple interventions such as breastfeeding significantly impact newborn survival. Reverse innovation such as use of sms demonstrates the benefit of sharing knowledge between countries.

Learning Objectives:

- Review factors contributing to maternal and perinatal mortality and progress globally
- Consider drivers of maternal health care, including woman-centred care
- Discuss areas of research with potentially high impact on outcomes

Presenter: *Dorothy Shaw (MBChB FRCSC FRCOG CEC CCPE OC) is the Vice President, Medical Affairs for British Columbia's Women's Hospital and Health Centre, responsible for quality and safety in patient care using patient-centred, cost-effective approaches. She is a Clinical Professor in the Departments of Obstetrics and Gynaecology and Medical Genetics in the Faculty of Medicine at the University of British Columbia.*



10:00-10:30 Refreshment Break / Exhibits / Posters

10:30-12:00 **Concurrent Sessions D**

**Concurrent Session D01
Breastfeeding**

D01-1 Immediate Uninterrupted Skin-To-Skin Caesarean Sections

Authors: *Gillian Ballantyne RN BScN PNC(C); Sue Hermann RN MN IBCLC PNC(C) CTDP; Carrie Winslade RN BScN RN; Melanee Eng-Chong M.L.T. B. Comm. CIC*

Purpose: The purpose of this presentation is to describe and illustrate how immediate uninterrupted skin-to-skin can occur during the caesarean section while maintaining sterile technique and adhering to infection prevention and control protocols. The safety aspects and benefits of skin-to-skin will be highlighted through video footage and photographs. Strategies will be reviewed to help implement this in other centres.

Learning Objectives:

- Review the process for immediate uninterrupted skin-to-skin during a caesarean section
- Describe the challenges experienced during implementation of this process
- Discuss the benefits and safety aspects of immediate uninterrupted skin-to-skin

Presenters: *Gillian Ballantyne, Sue Hermann, and Carrie Winslade, Sunnybrook Health Sciences Centre, Toronto ON*

D01-2 The Argument for Exclusive and Sustained Breastfeeding: Evidence from the Infant Gut

Author: *Meredith Brockway RN BN BSc IBCLC*

Purpose: The purpose of this presentation will be to raise awareness of the reasoning for the WHO optimal breastfeeding guidelines (exclusive breastfeeding for 6 months and sustained breastfeeding for 2 years and beyond) and to present recent research that demonstrates how breast milk impacts the development of the infant gut microbiome.

Learning Objectives:

- Understand and discuss the rationale for the WHO breastfeeding guidelines
- Understand how optimal breast milk feeding influences the infant gut microbiome
- Understand how nursing practices can potentially impact breastfeeding duration and development of the infant gut

Presenter: *Meredith Brockway, University of Calgary, Calgary AB*

**Concurrent Session D02
Professional Practice**

D02-1 Interprofessional Collaboration to Implement Practice Change Associated With Newborn Care in the First 2 Hours of Life in a Tertiary Centre

Authors: *Isabelle Baribeau RN MN BSc BA; Jody Nikkinen RN BSN*

Purpose: Outline the process used to successfully implement best practices maternal and newborn care in the first 2 hours post birth.

Learning Objectives:

- Understand barriers within the current hospital system to implement best practice maternal and newborn care
- Outline the quality improvement process use to change current practice on the labour and delivery unit
- Discuss the challenges and outcomes in a large quality improvement project

Presenters: *Isabelle Baribeau and Jody Nikkinen, BC Women's Hospital and Health Centre, Vancouver BC*

D02-2 Scaling the Barriers to Collaborative Care Between Anesthesiologists and Nurses on Labour and Delivery

Authors: *Lillia Fung MD FRCPC; Nancy Watts RN MN PNC(c); Kristi Downey MSc; Jose Carvalho MD PhD FANZCA FRCPC*

Purpose: To identify barriers to collaborative care between anesthesiologists and nurses in a busy Canadian tertiary labor and delivery (L&D) unit and to validate these findings in other units across Canada and the United States.

Learning Objectives:

- Exploring barriers to collaborative care between Anesthesiologists and Nurses on the Labour and Delivery ward
- Understanding the strengths and weakness of using the Delphi Technique for consensus building in an interprofessional framework
- Equipping audience members to carry out similar projects exploring barriers to collaborative care in their own centres

Presenters: *Lillia Fung and Nancy Watts, Mount Sinai Hospital, Toronto ON*

**Concurrent Session D03
Promoting Health in Unique Populations**

D03-1 Report to CAPWHN on the SOGC "Canadian Consensus on Female Nutrition: Adolescence, Reproduction, Menopause and Beyond"

Author: *Angela Bowen RN PhD*



Purpose: This presentation will inform CAPWHN members on the recommendations from the “Canadian Consensus on Female Nutrition: Adolescence, Reproduction, and Menopause” by the Society of Obstetricians and Gynaecologists of Canada.

Learning Objectives:

- Familiarize CAPWHN conference attendees with the SOGC nutrition guidelines
- Describe the priorities of female nutrition across the lifespan
- Discuss the key points for implementing these guidelines into nursing practice

Presenter: *Angela Bowen, University of Saskatchewan, Saskatoon SK*

D03-2 Cancer Risk Reduction for Women with BRCA Mutations: The Role of Nurses in Providing Information and Support to Patients

Authors: *Joanne Power RN MScN CON(C); Heidi Thomas RN BScN CON(C); Elisha Andrews RN MN; Nancy Drummond RN MSc(A) CON(C); Janet Giroux RN(EC) MScN CCN(C) CON(C); Carrie Thornton RN BScN; Linda Jurincic RN CON(C); Joanne Brodeur Inf BScN*

Purpose: This presentation will provide an overview of BRCA1/2 mutations, BRCA testing and risk reduction therapy options, and will describe strategies for providing information and support to women with BRCA mutations.

Learning Objectives:

- Provide an overview of BRCA 1/2 mutations and BRCA testing
- Describe risk reduction therapy options for patients with BRCA mutations
- Share strategies for providing information and support to women with BRCA mutations

Presenter: *Joanne Power, McGill University Health Centre, Montreal QC*

**Concurrent Session D04
Health Services**

D04-1 Single Room Maternity Care and Traditional Maternity Care: A Comparative Study Protocol

Authors: *Elena Ali RN MN Doctoral Student; Deborah White RN PhD; Jill Norris MSc ACC NCC; Marc Hall MSc; Luz Palacios-Derflinger PhD*

Purpose: This mixed method comparative study aims to describe and compare single room maternity care with traditional maternity care.

Learning Objectives:

- Learn about two different types of maternity care, single room maternity and traditional care maternity
- Understand the design of this mixed-method, comparative study
- Understand steps to implementation of the study in Calgary, Alberta

Presenter: *Elena Ali, University of Calgary, Calgary AB*

D04-2 Reconsidering Discharge From an In-Patient Postpartum Unit: Trying to Reach an Appropriate Length of Stay

Authors: *Cynthia Mann RN MHA IBCLC PNC(c); Erin Fiander RN BScN; Diane O'Reilly RN MHA; Nancy Herritt RN*

Purpose: This presentation is provide an overview of the process we used to improve the care we provide in the postpartum period to create a more consistent higher quality of care to all families, while at the same time attempting to reduce our average length of stay in order to become more in line with the national average. This presentation will review the evidence, the stakeholder engagement and the strategies employed throughout this process.

Learning Objectives:

- Discuss the evidence related to best practice in the discharge of postpartum families
- Identify strategies that can be used to streamline care and focus on the areas that require attention in order to facilitate discharge

- Identify the key milestones developed to identify families that are ready for discharge in order to ensure that families are discharged at an appropriate time

Presenters: *Cynthia Mann and Erin Fiander, IWK Health Centre, Halifax NS*

**Concurrent Session D05
Parental Support and Education**

D05-1 The Perinatal Anxiety Symptoms Scale - The PASS Use in the Clinical Setting (Calgary, Alberta)

Authors: *Katherine Bright RN BN BSc MN; Cynthia Mannion RN PhD; Lisa Gagnon MD FRCPC*

Purpose: Women in the perinatal period have increased vulnerability to mental health symptoms or illness and symptoms of anxiety during the perinatal period are occurring with greater frequency. There is also growing evidence of the detrimental sequel of maternal anxiety for mothers and their infants. Elevated, prolonged, and untreated anxiety in pregnancy may have negative and longstanding impact on the developing fetus, emotional and behavioural development in children as well as cognitive development in children. Additionally, anxiety in pregnancy is one of the strongest predictors of postpartum depression. Given that anxiety during the perinatal period has numerous consequences for mothers and their infants, there is an increased need for an effective mental health screening tool to assess for risk, the opportunity for providing appropriate, and for timely intervention.

Learning Objectives:

- Provide an overview of the Perinatal Anxiety Symptoms Scale
- Increase awareness of valid assessment tools to screen for anxiety during pregnant and the postpartum period
- Describe the outcome measures of using the Perinatal Anxiety Screening Scale as an perinatal anxiety-screening tool

Presenters: *Katherine Bright and Cynthia Mannion, Alberta Health Services/University of Calgary, Calgary AB*

D05-2 Women of Mwanza: Perspectives on Pregnancy-related Anxiety in a Low-Income Country

Authors: *Melanie King Rosario RN MN; Shahirose Premji PhD; Shelley Raffin Bouchal PhD; David Este PhD*

Purpose: Few studies have explored pregnancy-related anxiety (PRA) in low-and-middle income countries (LMIC); even more rare is the exploration of the patient perspective in these regions. This presentation illuminates the women's stories, including aspects of culture, politics, patriarchy, and poverty, while demonstrating some of these important domains that are currently not identified in tools to measure PRA. This study demonstrates the importance of the patient perspective and the need for a refined tool to more accurately measure this phenomenon.

Learning Objectives:

- Gain an understanding of the context of PRA in LMIC
- Reinforce the importance of patient perspective, especially in disenfranchised populations
- Review the need for tools that accurately reflect patient needs and experiences

Presenter: *Melanie King Rosario, Calgary AB*



12:00-13:30 Lunch/ Exhibits / Posters

13:30-15:30 **Specialty Sessions**

Specialty Session 01

Enhancing Patient Safety Through The Incorporation of Simulation Based Learning

This session will provide an introduction to current standards of practice which support a growing body of evidence that can guide the use of simulation based learning principles to enhance learning in health care service and educational settings. Participants will have hands on opportunities to utilize simulation products and discuss potential uses that support the provision of safe patient care.

Learning Objectives:

At the end of this session, participants will be able to:

- Describe the levels of fidelity utilized in simulation based learning
- Identify evidence informed research and resources which support simulation as an educational pedagogy that incorporates the INACSL Standards for Best Practice in Simulation
- Participate in simulation based learning activities which support demonstrate effective approaches to learning that support safe patient care

Presenter: *Pat Morgan RN MSN, Director Clinical Simulation Learning Centre, Senior Instructor, Faculty of Nursing, University of Calgary, Calgary AB*

Specialty Session 02

Perinatal Mental Healthcare: Why, When, and How

This session will provide an overview of perinatal mental healthcare in Canada. It will describe international trends in perinatal mental health screening and management and overview the most recent international guidelines. The session will describe barriers to perinatal mental health screening and management based on Canadian studies. It will present novel approaches for perinatal mental healthcare based on Canadian trials on the acceptability, feasibility, and effectiveness of e-screening and e-therapy.

Learning Objectives:

- Understand recent key evidence on the impact of poor prenatal mental health on child outcomes
- Understand the state of perinatal mental healthcare in Canada
- Identify what is “keeping us back” based on Canadian evidence
- Understand current international recommendations regarding perinatal mental health screening and management
- Define what moving forward in Canada in perinatal mental healthcare looks like based on Canadian evidence

Presenter: *Dawn Kingston RN PhD, Associate Professor, Faculty of Nursing, Professorship in Perinatal Mental Health and Child Well-being, University of Calgary, Calgary AB*

Specialty Session 03

Intrapartum Fetal Health Surveillance Refresher Course

This session will provide an overview of current Canadian guidelines for methods of intrapartum fetal health surveillance. A detailed review of IA and EFM definitions, interpretation, classification and management will be provided. The physiology causing FHR changes will be reviewed. Participants will have

opportunity to listen to fetal heart rates and classify EFM tracings, propose management strategies and predict the outcome of real cases.

Learning Objectives:

At the end of this session, participants will be able to:

- Describe current Canadian guidelines for methods of intrapartum fetal surveillance
- Identify the physiology of fetal heart rates changes
- Explain intermittent auscultation indications, procedure and classification
- Practice systematic interpretation and management of EFM tracings from cases with known outcomes

Presenters:

1. *France Morin RN BScN MScN, Perinatal Consultant, Champlain Maternal Newborn Regional Program (CMNRP), Ottawa ON*
2. *Melanie Basso RN MSN PNC(C), Senior Practice Leader-Perinatal, BC Women’s Hospital and Health Centre, Vancouver BC*

Specialty Session 04

Non-Invasive Prenatal Testing (NIPT) Based on cfDNA: Possibilities and Pitfalls

This session will provide an overview of NIPT based on cfDNA. The basis of cfDNA analysis will be presented and its’ current and future applications reviewed. Participants will also gain appreciation of the clinical, ethical and medicolegal challenges of implementation in a public health care setting.

Learning Objectives:

At the end of this session, participants will be able to:

- Describe the basis of cfDNA analysis
- Discuss the current state of NIPT based on cfDNA including
 - Current and future scope
 - Limitations of NIPT (false positives, false negatives), multiple pregnancies
- Outline how cfDNA analysis may be incorporated into different prenatal screening strategies
- Discuss the medico-legal and ethical issues

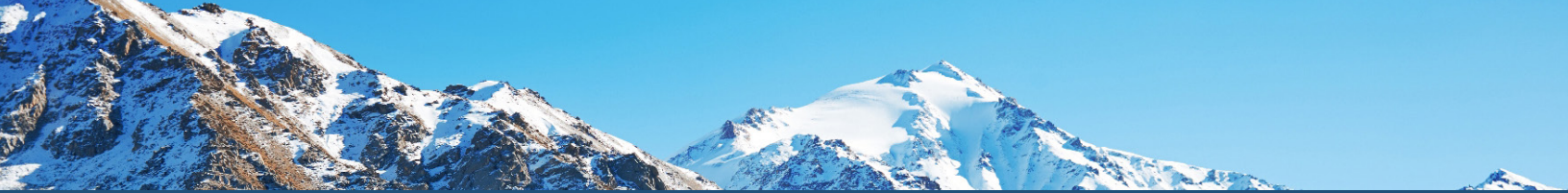
Presenters:

1. *Jo-Ann Johnson MD FRCSC, Head Section of Maternal Fetal Medicine, Foothills Medical Centre; Professor, Department of Obstetrics and Gynecology, Faculty of Medicine, University of Calgary, Calgary AB*
2. *Nancy Soliman MD FRCSC, University of Calgary, Calgary AB*

Specialty Session 05

Baby-Friendly Initiative “Change is Easy” (Said No One!)

The Baby-Friendly Initiative and the WHO 10 Steps to Successful Breastfeeding provide a framework for best practices for women and newborns with outcome indicators to guide that practice. While most maternity providers are familiar with the Ten Steps and individually strive to incorporate these best practices in their care, some of the steps present more of a challenge to implement than others. This presentation will review some of the practices that many find difficult to shift and provide examples and opportunity for discussion of successful strategies to facilitate change.



Learning Objectives:

- Identify difficult to change breastfeeding care practices in health care settings
- Discuss the challenges to implementing certain changes, including successes and disappointments
- Explore the use of the BFI as a strategy for implementing and sustaining evidence based breastfeeding care practices

Presenters:

1. *Lea Geiger RN BScN IBCLC, Provincial Coordinator, Baby-Friendly Initiative, Perinatal Services BC, Vancouver BC*
2. *Jody Nikkinen RN BSN, Perinatal Clinical Educator, BC Women’s Hospital and Health Centre, Vancouver BC*
3. *Meggie Ross RN MSN IBCLC, Public Health Nurse, Interior Health, Penticton BC*
4. *Lani Wittmann RN MN IBCLC, BC Women’s Hospital and Health Centre, Vancouver BC*

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15:30-16:15 **Poster Presentations (see page 25)**

16:15-17:15 **Networking Sessions**

This networking session will focus on different practice areas in perinatal and women’s health nursing. Choose one of the following sessions:

- Pregnancy
- Labour and Birth
- Postpartum Care
- Neonatal/Newborn Care
- Women’s Health

18:00-22:00 **Dinner/Social Event**

Wild Wild West – join us for a casual, fun-filled evening including great music and entertainment! Audience participation encouraged!

Featuring Chinook Country Line Dancers and Groove Demons

Day 3- Sunday, October 23 / Jour 3- Le dimanche 23 octobre

07:00-07:45 **Toonie Trot / Yoga**

07:45-08:30 **Breakfast / Regional Networking**

Join your Regional Directors for an informal meet & greet and discussion during breakfast.

08:30-08:40 **Opening Remarks / Allocution d’ouverture**

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08:40-09:30 **Plenary / Conférence principale – “Dealing the cards and taking your chances”: How playing the Brain Architecture Game can inform perinatal and women’s health nursing practice**

Session description: The Brain Architecture Game will help perinatal and women’s health nurses to understand the mechanisms that underlie the intergenerational transmission of adversity and how to prevent it. When mothers and fathers have grown up with adversity, stress, neglect or abuse, in many cases, they pass on these problems to their own children with demonstrated negative effects that start in pregnancy. Negative outcomes include preterm birth, postnatal depression, and delays in child communication and social development. Preventing intergenerational transmission of the negative effects of adverse childhood experiences can improve the next generation’s lifelong mental and physical health, and well-being. Playing this hands-on game in small groups generates powerful learning. A public health nurse who played said: “Once you understand, there is no going back”.

Learning Objectives:

- Understand the basic mechanisms underlying early parent-child relationships that predict development
- Using the Brain Architecture Game to understand the effects of adverse childhood experiences on lifelong health and well-being
- Explore strategies to disseminate the science of adverse childhood experiences to perinatal and women’s health nurses in your jurisdiction

Presenters: *Karen M. Benzies RN BScN MN PhD, and Nursing Graduate Student Team, The University of Calgary, Calgary AB*

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09:30-09:45 **Refreshment Break / Posters**

09:45-11:15 **Concurrent Sessions E**

**Concurrent Session E01
Breastfeeding**

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E01-1 Making an Impact Through Participation in an Innovative Breastfeeding Program for Young Women: Evaluating Self-Efficacy

Authors: *Christina Cantin RN MScN PNC(C); Bianca Stortini MD FRCSC; Beverley Croft RN BScN; Julie Gagnier RN MSc; Wendy Peterson RN PhD PNC(C); Nathalie Fleming MD FRCSC*

Purpose: To describe the impact of an innovative youth-informed breastfeeding program on young mother’s breastfeeding self-efficacy.

Learning Objectives:

- Describe two breastfeeding interventions tailored to young women
- Describe the results of the breastfeeding self-efficacy evaluation
- Identify key strategies that increase breastfeeding self-efficacy in young pregnant and parenting women

Presenter: *Christina Cantin, Champlain Maternal Newborn Regional Program, Ottawa ON*

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E01-2 “It Seemed Like the Natural Thing To Do” - A Study of Choice for Breastfeeding Mothers

Author: *Catherine Sheffer RN PhD PNC(C)*

Purpose: The primary purpose of this study was to employ a phenomenologically grounded, hermeneutic process to co-constitute the meaning and understanding of the lived experience of maternal decision-making around breastfeeding.

Learning Objectives:

- Deepen understanding of the impact of a mother’s world upon her decision regarding breastfeeding
- Increase understanding that feeding is not just feeding
- Discuss how meaningful relational support is thematically highlighted to be vital to the breastfeeding process, and the need for increased reflection upon the relational stance of nurses when providing support for all mothers will occur

Presenter: *Catherine Sheffer, Dalhousie University, Halifax NS*



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Concurrent Session E02
Professional Practice
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E02-1 Innovation in Perinatal Care: The Role of Advanced Practice Nursing Within the Interprofessional Team

Authors: Leigh Andrews RN MN PNC(C) CTDP; Megan Fockler RN MPH; Sue Hermann RN MN IBCLC PNC(C) CTDP; Fiona Thompson-Hutchison RN MN PNC(C) CDE

Purpose: To explore how innovative care models and collaborative healthcare partnerships, led by Advanced Practice Nurses, created an evidence-informed practice model which optimizes complex patient care needs within a Perinatal Program.

Learning Objectives:

- Review the role of the Advanced Practice Nurse within the Canadian Nurses Association Competency Guidelines
- Describe an innovative interprofessional model of care which utilizes Advanced Practice Nurses working at full scope within a perinatal healthcare team
- Summarize adaptable strategies to promote excellence in the patient experience using Advanced Practice Nursing roles

Presenters: Leigh Andrews and Sue Hermann, Sunnybrook Health Sciences Centre, Toronto ON

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E02-2 An Interprofessional Student Doula Program to Support Marginalized Women During Childbirth: A Seven-Year Follow-up

Authors: Mariana Veiga RN BSc MSc BSN; Karen Pike RN BSN; Amy Braunstein RM BA BSc RM; Laura Willihnganz RM BSc; Flora Fang-Hwa Teng MD MPH; Fiona Scanlan MD BA MA; Samantha Reineking MD CCFP

Purpose: The purpose of this study was to explore 1) the program's impact on participants' attitudes towards and respect for other types of health professionals; 2) participants' willingness to work interprofessionally; 3) self-reported enhancement of participants' interprofessional communication, decision-making, and conflict resolution skills through participation in the doula program; 4) the program's effect on subsequent career choices, i.e. influence on pursuing work in maternity care, on interprofessional teams, or with marginalized populations.

Learning Objectives:

- Describe this unique interdisciplinary program attended by nursing, midwifery, and medical students
- Understand the impact that this program had on participants' attitudes towards and respect for other health care professionals and their willingness to work interprofessionally
- Understand the impact that a program such as this can have on students' future career choices and attitudes

Presenter: Mariana Veiga, BC Women's Hospital and Health Centre, Vancouver BC

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Concurrent Session E03
Promoting Health in Unique Populations
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E03-1 A Change of Heart – Pregnancy and Cardiac Disease: Experiences and Outcomes from Our Cardiac Obstetrics Clinic

Authors: Leeann Taylor RN MSN; Emma Iacoe RN MSN; McCarthy Bev RN BSN; Karen LeComte RN MSN; Alexia Gillespie RN BSN; Merav Dvir MD, Cardiology Fellow; Jasmine Grewal MD, Cardiologist

Purpose: The Cardiac Obstetrics (COB) clinic at St. Paul's Hospital is an innovative program which provides care for women with cardiac disease during

the antenatal and perinatal period. This presentation will provide an overview of this unique program including the clinic's history and development, the role of our multidisciplinary and multi-specialty team and the ways in which it helps the population it serves. A complex case study demonstrating how collaboration and communication among the members of COB clinic team will be presented as an example of how this program can impact both maternal and fetal outcomes.

Learning Objectives:

- Examine the purpose of the Cardiac Obstetrics Clinic at St. Paul's Hospital, demonstrate the outcomes achieved through the clinic, and explore lessons learned
- Explain the necessity and role of the obstetric and cardiac care providers while caring for women with complex cardiac disease during pregnancy and birth
- Participate in a dynamic case study review of a woman with aortic dissection during pregnancy

Presenter: Anna Pawlak, St. Paul's Hospital, Vancouver BC

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E03-2 Reconciling Resistance: A Grounded Theory of Women's Postnatal Physical Activity Decision-Making

Authors: Sarah Liva RN PhD (c.); Wendy Hall RN PhD

Purpose: To highlight the complexity of women's decision-making about postnatal physical activity and discuss implications for nursing and health care delivery.

Learning Objectives:

- Understand how women's perspectives about physical activity affect their physical activity decision-making
- Explain how women reconcile varying postnatal expectations with their physical activity levels and motivation
- Identify strategies for nurses and other health care professionals to support postnatal physical activity

Presenter: Sarah Liva, University of British Columbia, Vancouver BC

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Concurrent Session E04
Health Services
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E04-1 How Do the Experiences of Fathers in Caring for Their Late Pre-term Infants at Home Inform Quality Improvement Initiatives?

Authors: Sandra Reilly RN EdD; Shahirose Premji RN PhD; Genevieve Currie RN MN; Aliyah Dosani RN PhD; Abhay K. Lohda MD; Marilyn Young RN

Purpose: Part of a larger study of caring for late pre-term infants (LPIs) in the community, this mixed method study evaluates fathers' experiences after their LPIs go home. The study focuses on how clinical providers can guide the fathers in anticipating the unknown and sometimes unpredictable special needs of their families.

Learning Objectives:

- Characterize stress-related experiences that fathers of LPIs report after their infants go home
- Analyze quantitative data about selected coping responses of the fathers
- Examine pathways to improve the quality of care for families of LPIs

Presenters: Genevieve Currie and Aliyah Dosani, Mount Royal University, Calgary AB



E04-2 Easing the Transition to Home: The creation of a Postpartum Follow up Clinic

Authors: Erin Fiander RN BScN RN; Cynthia Mann RN MN MHA IBCLC PNC(C); Diane O'Reilly RN MHA; Nancy Herritt RN

Purpose: The purpose of this presentation is to describe the creation of a new postpartum follow up service on a hospital postpartum care unit. This presentation will explore the facilitators, successes and challenges of developing a postpartum follow-up clinic at the IWK Health Centre and to celebrate the continued commitment of nurses to supporting families in their transition to home on an individualized basis.

Learning Objectives:

- Explore how a postpartum follow up clinic has provided opportunities to implement evidence informed practice for both inpatient and outpatient populations
- Explore how the development of a postpartum clinic has provided opportunities to increase interdisciplinary and intersectoral collaboration thereby enhancing care for women and families throughout the postpartum period
- Explore ways to maximize the registered nurses knowledge and expertise in a variety of settings through capacity building and continued education

Presenters: Erin Fiander and Cynthia Mann, IWK Health Centre, Halifax NS

**Concurrent Session E05
Parental Support and Education**

E05-1 Standardized Bereavement Education - Supporting Nurses and Families

Authors: Gillian Ballantyne RN BScN PNC(C); Meghan Donohue RNC-NIC BScN

Purpose: Historically nursing education has focused on the development and application of technical knowledge and skills related to the care of a patient. Novice nurses learn by watching their peers and modeling their behaviour as well through mentorship by more experienced staff. The area of perinatal bereavement is highly sensitive, and caring for these patients and their families is fraught with challenges. In an attempt to provide compassionate care we often assign these families to experienced nurses and don't always have the resources to allow for mentorship of the novice nurse. Providing a standardized education to nurses is one way to address the knowledge gap and increase their confidence in caring for these families.

Learning Objectives:

- Demonstrate how a program took patient feedback and developed a quality improvement project to address gaps in knowledge and process
- Discuss how the specific information covered impacts nursing practice in Birthing Unit and High Risk Obstetrics
- Explore how nurses can increase their confidence when dealing with difficult situations by partnering with families in crisis through the use of specific knowledge and resources

Presenters: Gillian Ballantyne and Meghan Donohue, Sunnybrook Health Sciences Centre, Toronto ON

E05-2 Quasi-Experimental Evaluation of a Telephone-Based Peer Support Intervention for Maternal Depression

Authors: Nicole Letourneau RN PhD FCAHS; Loretta Secco RN PhD; Jennifer Colpitts BA; Sarah Aldous RN MN; Miriam Stewart RN PhD; Cindy-Lee Dennis PhD

Purpose: Untreated, prolonged maternal depression is a global health issue that is linked with negative mothering experiences, mother-child interaction and child developmental outcomes. Deficient social support is causally linked with maternal depression and likely contributes to maternal depression up to two years after delivery. Telephone-based peer support is effective for early

postpartum depression and its effectiveness should be tested with maternal depression up to 2 years after delivery. Our purpose is to evaluate the effect of telephone-based peer support on maternal depression and social support.

Learning Objectives:

- Understand how telephone-based peer support is effective for both early postpartum depression and maternal depression up to two years after delivery
- Discuss strategies to integrate depression assessment and social support interventions by nurses in acute care and the community settings into the usual health care of mothers and infants up to two years after delivery
- Understand treatments for mothers who experience depressive symptoms despite telephone-based peer support

Presenter: Nicole Letourneau, University of Calgary, Palix, RESOLVE Alberta, Calgary AB

**11:15-12:15 Closing Keynote / Conférence principale de clôture
"Inspired by Curiosity: A Nurse Researcher's Journey from
Bedside to the Laboratory"**

Session Description: Through examples from personal experiences and research findings, attendees are taken on an inspiring ride into the world of a nurse clinician scientist who has chosen to let curiosity be in the driving seat.

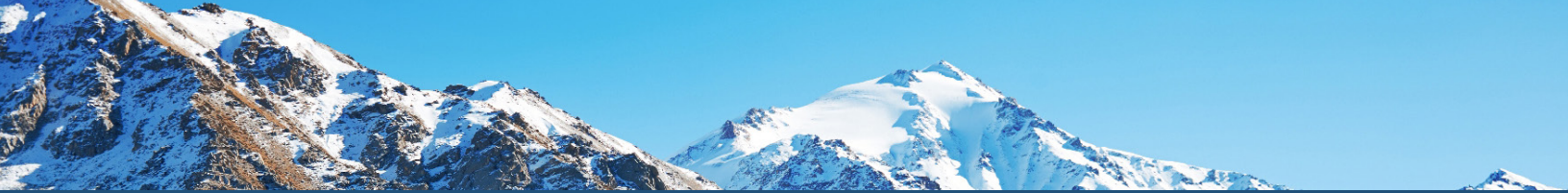
Learning Objectives:

- Describe a personal and professional journey of one nurse who successfully marries a passion for clinical work with academia
- Elucidate innovative research findings on the impacts of early adverse stressors, such as pain and medically indicated treatments, and their effect on the developing brain of very preterm infants in the NICU
- Inspire participants to reflect on their own career path with unconstrained curiosity

Presenter: Manon Ranger RN PhD, Clinical Assistant Professor, School of Nursing, University of British Columbia and Postdoctoral Fellow, Child & Family Research Institute, Department of Pediatrics, UBC, Vancouver BC



**12:15-12:30 Closing Remarks / Allocution de clôture
(box lunch provided)**



Poster Presentations / Présentations par affiche

P01 Skin-to-Skin During Newborn Metabolic Screening Tests

Authors: Heather Coutts RN; Grace Han RN BScN IBCLC; Reichelle Prefontaine RN BScN; Cyriac Cinol RN BScN; Carol Pullen; Wilma Haughton

Purpose: To promote newborns utilizing skin-to-skin with their mothers during the newborn metabolic screening process.

Learning Objectives:

- Describe benefits of skin-to-skin between infants and mothers
- Identify ways that nursing staff and laboratory staff can facilitate skin-to-skin during newborn metabolic screens
- Explain how skin-to-skin can be utilized as a form of analgesia

Presenter: Grace Han, Misericordia Community Hospital, Covenant Health, Edmonton AB

P02 Increasing Exclusive Breastfeeding Rates - Meeting the Needs of Today's Mothers

Authors: Janine Jackson RN BScN MN; Sarah Thomas RN BScN (Hons)

Purpose: Discuss the innovative concepts used by The Scarborough Hospital to increase exclusive breastfeeding rates.

Learning Objectives:

- Describe results from the exclusive breastfeeding rate gap analysis
- Share innovative concepts used by The Scarborough Hospital to increase exclusive breastfeeding rates
- Describe the use of early education and technology to enhance exclusive breastfeeding rates

Presenters: Claudia Browne Bynoe and Beverly St. Martin, The Scarborough General Hospital, Scarborough ON

P03 Design and Evaluation of an ehealth Intervention: Breastfeeding Resources

Authors: Jennifer Abbass Dick PhD; Joanne Huizinga RN BScN; Amber Newport RN BScN; Michele Broly RN BScN MN; Fangli Xie MSc MHSc

Purpose: The purpose of this project was to design and evaluate an ehealth intervention. The ehealth intervention consisted of on-line breastfeeding resources designed specifically to target three populations, mothers, fathers/partners, and Indigenous families. The members of each target population were involved in the design and evaluation of the resources.

Learning Objectives:

- Discuss the effectiveness of ehealth intervention use in providing breastfeeding education
- Describe the three breastfeeding resources designed to target specific populations, young mothers, fathers, and Indigenous families
- Present user feedback regarding the ehealth intervention related to content, usability, and design

Presenter: Jennifer Abbass Dick, University of Ontario Institute of Technology, Oshawa ON

P04 Investigating the Effectiveness of a Breastfeeding Education Session Delivered in the Secondary School Reproductive Curriculum on the Breastfeeding Intentions, Knowledge and Attitude of Grade 9 and 10 Females Students

Authors: Celina Reyes BHSc MHSc Student; Jennifer Abbass Dick RN BNSc MN PhD

Purpose: The purpose of this study was to determine the effectiveness of a breastfeeding education session delivered with the reproduction curriculum in grade 9 and 10 health class on breastfeeding intention, knowledge and attitude. Students' feedback on the session was also obtained.

Learning Objectives:

- Discuss why breastfeeding education should be added to the secondary school reproductive health curriculum
- Describe the breastfeeding workshop designed to meet the needs of grade 9 and 10 female secondary school students
- Present the findings regarding the impact the breastfeeding education session had on grade 9 and 10 female students' breastfeeding knowledge, attitude and intentions

Presenter: Jennifer Abbass Dick, University of Ontario Institute of Technology, Oshawa ON

P05 A Call For Action: An Integrated Perinatal Mental Health Care Pathway for the Calgary Zone

Authors: Katherine Bright RN BN BSc MN Doctoral Student; Cynthia Mannion RN PhD

Purpose: There is a need to increase the public, health care professionals, and families' knowledge regarding perinatal mental health and the importance of early, timely, and appropriate assessments and interventions. Through early universal screening and a clear care pathway for mental health concerns, nurses have the opportunity to engage women in early mental health interventions including but not limited to therapy, skill development, medications, and psychiatric consultations that will promote healthy pregnancies and postpartum periods.

Learning Objectives:

- Definition of a care pathway
- Characteristics of care pathways
- Addressing perinatal mental health requires action in five key areas

Presenters: Katherine Bright and Cynthia Mannion, Alberta Health Services/ University of Calgary, Calgary AB

P06 Can Transcutaneous Bilirubin Measurement Safely Replace Total Serum Bilirubin Measurement for Universal Screening and for Assessment for Phototherapy in Well Newborns 35 Weeks or More Gestation?

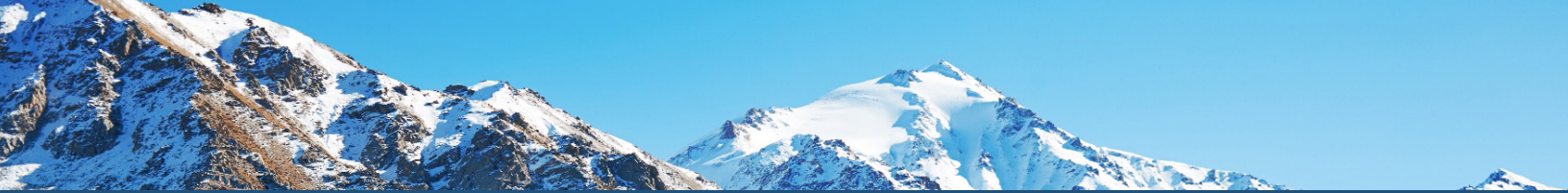
Authors: Laurie Yamamoto RN BScN MHSc; Alida Bowman RN BScN MScN; Stephen Hill; Janet Simons MD BSc; Meghan Jamieson 4th Yr. BScN Nursing Student; Eunice Antwi-Boasiako 3rd Yr. BScN Nursing Student; Jordan Field 3rd Yr. BScN Nursing Student

Purpose: To compare transcutaneous bilirubin (TcB) jaundice meter measurements to total serum bilirubin (TSB) laboratory test results in well newborns 35 weeks or more gestation to determine if the TcB measurements can provide an acceptable estimate of the TSB results and replace laboratory analysis in healthy, term and late pre-term newborns within an acceptable margin of safety.

Learning Objectives:

- Understand the analytical accuracy of TcB measurements in comparison with TSB lab measurements to change practice to the use of TcB measurement as the primary standard of measurement for both universal discharge screening assessment for hyperbilirubinemia
- Outline the safety parameters for use of the TcB jaundice meter and the quality improvements that TcB measurement will provide related to a decrease in the number of painful procedures for the newborn, potential savings related to laboratory and health care
- To share the outcomes amongst our Local Health Integrated Network hospital sites, midwifery practices and Public Health as part of continuous efforts to provide safe, high quality, evidence-based care for patients and their families throughout our regions

Presenter: Laurie Yamamoto, Hamilton Health Sciences, McMaster University Medical Centre Site, Hamilton ON



.....
P07 Day One Discharge for Cesarean Sections
.....

Authors: *Monica Nicholson RN MN; Carrie Winslade RN*

Purpose: An innovative strategy to decrease length of stay for post cesarean section patients while maintaining patient satisfaction and quality of care.

Learning Objectives:

- Identify patient and newborn factors that qualify for early discharge
- Discuss aspects that contribute to patient satisfaction with their postpartum recovery and early discharge
- Identify how early discharge affects operational elements of such as length of stay

Presenters: *Monica Nicholson and Carrie Winslade, Sunnybrook Health Sciences Centre, Toronto ON*

.....
P08 Breastfeeding Support for Mothers of Preterm Infants in Canadian Neonatal Intensive Care Units: An Environmental Scan
.....

Authors: *Natalie Scime BHS c MSC (c); Shauna Burke PhD*

Purpose: The purpose of this environmental scan is to identify and investigate the postnatal breastfeeding resources available to mothers of preterm infants in neonatal intensive care units (NICUs) across Canada.

Learning Objectives:

- Learn about the diverse and potentially innovative breastfeeding resources available to mothers in NICUs across Canada
- Identify what breastfeeding resources are most and least often utilized and/or accessed in Canadian NICUs
- Identify where gaps in the provision of breastfeeding resources may exist in NICUs across Canada

Presenter: *Natalie Scime, Western University, London ON*

.....
P09 Coming Together: Discovering the Narrative of Nurses Who Care for Families Experiencing Early Miscarriage
.....

Author: *Patrice Drake RN BSc MN*

Purpose: To discover the narratives of nurses who care for families experiencing early miscarriage.

Learning Objectives: At the end of this presentation, participants will:

- Understand the overview of a proposed research study to discover the perceptions and experiences of Registered Nurses who care for families experiencing early miscarriage
- Learn about a review of the literature that describes the experience of early miscarriage from the families' perspective and the experience of early miscarriage from the Registered Nurses' perspective
- Discover how narrative inquiry could be used as a methodology to use story as data to understand the perceptions and experiences of Registered Nurses who care for families experiencing early miscarriage

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

.....
P10 Evidence Based Care of Newborn and Infant Diaper Dermatitis
.....

Author: *Sharon Dore RN PhD*

Purpose: To review the physiological basis of diaper dermatitis and present evidence on best prevention and treatment strategies.

Learning Objectives:

- Review the evidence related to physiology of diaper dermatitis
- Discuss the various causes and types of diaper dermatitis
- Present an ABCDE guide for prevention and care of diaper dermatitis

Presenter: *Sharon Dore, McMaster University, Hamilton ON*

.....
P11 An Interprofessional Approach: Supporting Postpartum Families through the Development of an Educational Resource
.....

Authors: *Sue Hermann RN MN IBCLC PNC(C) CTD; Monica Nicholson RN MN; Hanna Grosman RN BSc BScN; Shelley Pett CCE; Caite Harvie-Conway BSc BEd IBCLC; Jo Watson RN(EC) PhD IBCLC PNC(C); Batya Grundland MD CCFP MEd; Marie Sanderson*

Purpose: The purpose of this presentation is to describe an innovative process using the interprofessional team and the family to develop a postpartum teaching resource booklet, available in both print and web format, for use during the family's postpartum stay and post-discharge. By using a collaborative approach and nursing being a key stakeholder, this resource can be used by the interprofessional team to support women and their families to receive consistent information throughout the continuum of care.

Learning Objectives:

- Describe the process for involving the interprofessional team and the family in the development of the postpartum education resource
- Outline the benefits and challenges of using an interprofessional team approach
- Describe key learnings and future implications

Presenters: *Sue Hermann, Monica Nicholson, and Hanna Grosman, Sunnybrook Health Sciences Centre, Toronto ON*

.....
P12 What Do You Get When You Cross an Enterostomal Therapy (ET) Nurse and an Obstetrical (OB) Nurse?
.....

Authors: *Heidi de Lange RN BScN; Camille Ream RN BScN ET; Rahimah Moosa RN BScN ET*

Purpose: Development and implementation of dressing guidelines for post operative Caesarean section patients to prevent surgical site infections (SSI) and wound dehiscence

Learning Objectives:

- Identify the risk factors for Caesarean section patients
- Discuss how to collaborate resources and opportunities in various areas of expertise to improve patient care
- Recognize recommendations for interventions from dressing guidelines to prevent surgical site infections and wound dehiscence

Presenter: *Heidi de Lange, Grey Nuns Community Hospital, Edmonton AB*

2016 Exhibitor Profiles / Profils des exposants de 2016



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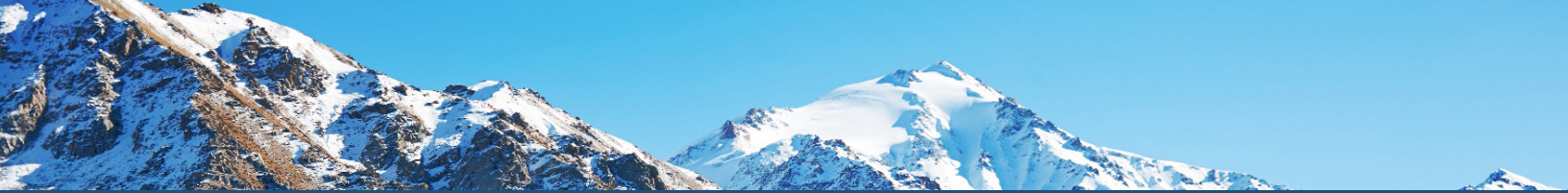
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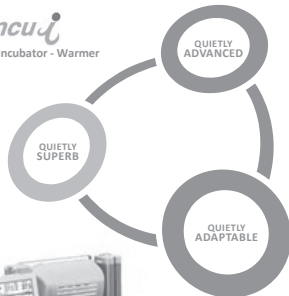
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1. Sadeh, Avi, Jodi Mindell, Luis Rivera. "MY CHILD HAS A SLEEP PROBLEM": A CROSS-CULTURAL COMPARISON OF PARENTAL DEFINITIONS", *Sleep medicine* 12.5, 2011, pp 478-482

2. Mindell JA, et al., A nightly bedtime routine: impact on sleep problems in young children and maternal mood. *Sleep* 2009;32:599-606.