



THE UNIVERSITY OF
SYDNEY

Preconception Care Seminar



Thursday 17th October

Time: 6 – 9 pm (Registration 5:30-6pm)
Venue: Seminar Room 302, Medical Foundation Building (K25)
Address: Parramatta Road, The University of Sydney

Learning Objectives

Preconception Care

At the end of this evening participants will be able to:

1. Discuss with patients the biomedical, behavioural and social aspects of preconception care and their long-term consequences
2. Recognise the key issues to address in preconception health including recent changes to recommendations for population carrier screening.
3. Be aware of available tools to assist with preconception care.
4. Develop a practically based approach to preconception care for patients with obesity and diabetes that avoids over-investigation and maximises patient safety by improving maternal and neonatal outcomes.
5. Develop skills for planning nutrition and lifestyle changes to optimise the health of men and women planning a pregnancy.

Seminar Program

Thursday October 17		
Time	Topic	Presenter
6.00 – 6.15pm	Introduction to Preconception Care - Why is preconception care important? - Components of preconception care	A/Prof Kirsten Black
6.15 – 6.30pm	International programs in Preconception Care	Dr Edwina Dorney
6.30 – 7:00pm	Implementing Preconception Care in Primary Practice in Australia	Dr Jessica Fitch
7.00 – 7.15pm	BREAK	
7.15 – 7.45pm	Preconception Care for Obesity	Dr Adrienne Gordon
7.45 – 8.15pm	Preconception Care for Diabetes	Dr Rachel Bradbury
8.15 – 9.00pm	Interactive Preconception Panel: 1. Case Studies 2. Implementing Preconception Care	A/Prof Kirsten Black Dr Rachel Bradbury Dr Roslyn Muirhead Dr Jessica Fitch

*Please note that lecture times and presenters can be subject to change

Presenters

Associate Professor Kirsten Black

Associate Professor Kirsten Black is an academic gynaecologist at the Royal Prince Alfred Hospital (RPAH) and Joint Head of the Discipline of Obstetrics, Gynaecology, and Neonatology at the University of Sydney. She has a PhD (2008) from the London School of Hygiene and Tropical Medicine, University of London.



A/Prof Black is a fellow of the Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG) and a Member of the Faculty of Sexual and Reproductive (UK) who works clinically in the fields of early pregnancy care, ultrasound, general gynaecology, menopause and contraception. She chairs a committee on sexual and reproductive health for RANZCOG and is a member of their women's health committee and their global health committee. She is an associate editor on the college's journal.

Dr Rachel Bradbury

Dr Rachel Bradbury is an endocrinologist with a particular interest in reproductive medicine.



Her PhD involved localising and characterising the calcium-sensing receptor in the human placenta and from here her interest in the endocrinology of early pregnancy developed. Peri-conceptual health is paramount for ensuring ideal obstetric outcomes and optimal health of the baby.

In her clinical practice, Dr Bradbury works hard to help women achieve an optimal weight, thereby targeting insulin resistance and improving glycaemic control.

Current clinical research interests include the impact of ovarian hyperstimulation on thyroid function and the role of hyperandrogenaemia in high risk pregnancies.

Dr Jessica Fitch

After Jessica graduated from the University of Sydney she worked across the Illawarra region at Wollongong and Shellharbour Hospitals. Moving back to Sydney to commence general practice training, Jessica has enjoyed pursuing her interest of primary health care. Jessica has a special interest in sexual health and women's health. She is a 2019 recipient of the RACGP Registrar Academic Post and is using this opportunity to further these interests by returning to the University of Sydney as an associate lecturer and through research into preconception care.



Dr Adrienne Gordon

Adrienne is a Neonatal Staff Specialist at the RPA centre for newborn care and an NHMRC Early Career Research Fellow at the University of Sydney. She has a Masters of Public Health and a PhD on risk factors for Stillbirth. She is particularly interested in perinatal topics with a public health impact that have the potential to improve pregnancy and newborn outcomes. Adrienne is Deputy Chair of the National Scientific Advisory Group of SIDSandKIDS to increase their stillbirth advocacy, a member of the IMPACT network for improving health through perinatal clinical trials, represents NSW on the National Perinatal Mortality Report Project and has close links with Perinatal Consumer Groups such as Miracle Babies and the Stillbirth Foundation Australia. She is an avid supporter of evidence based policy and practice and is passionate about translating research into clinical care. Adrienne is project lead for the Charles Perkins Centre BABY1000 Cohort Study. BABY1000 will provide a major contribution to knowledge regarding early life predictors of health and disease and the interventions that will ultimately improve health for our future generations.



Dr Roslyn Muirhead

Dr Roslyn Muirhead is the Clinical Trial Coordinator and Research Dietitian with the PREVIEW Study Australia and the Pre-babe Trial in the Charles Perkins Centre at the University of Sydney. She has a PhD in Biochemistry from University College London and a Master of Nutrition and Dietetics from the University of Sydney. She has worked in diabetes, pre-pregnancy and pregnancy studies in both the basic and clinical research level in both Australia and Europe. Her recent areas of research have concentrated on diet, specifically low glycaemic index diets and weight-loss trials in gestational diabetes, pre-diabetes and pre-conception. She is keen to translate research findings into clinical practice.



Dr Edwina Dorney

Edwina has a Bachelor Medicine & Surgery and Bachelor of Applied Science from Sydney University. She worked clinically in the field of obstetrics and gynaecology for over 10 years both in the United Kingdom and Australia and completed the membership exams of the Royal Australia and New Zealand College of Obstetricians and Gynaecologists in 2014. She has clinical research experience in the field of reproductive health and is an Associate Lecturer at the University of Sydney, coordinating units for the Postgraduate Program in Sexual and Reproductive Health.



Registration & CPD

This course is accredited for RACGP CPD points

Activity ID Number 170914

Registration Fees

Preconception Care Seminar: \$50

Registration closes on Monday 14th October 2019

To register for this short course please visit:

<https://sydney.onestopsecure.com/onestopweb/Preconception>

For any queries please contact Dr Edwina Dorney

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