CURRENT OBSTETRICAL MANAGEMENT SEMINARS

ALSO OFFERED VIA WEBINAR

Friday, October 25, 2019
MacEwan Centre, University of Calgary, 2500 University Drive NW, Calgary, AB

COURSE OVERVIEW
This program is intended to provide an opportunity to review and update your knowledge and management of normal and abnormal obstetrical cases. Issues with respect to newborn care, lactation, preconception care and planning, women’s mental health and postpartum management will also be covered.

COURSE OBJECTIVES
At the end of this course, learners will be equipped to:
• employ up-to-date information about common and important clinical obstetrical issues
• apply up-to-date information in management of newborn care, lactation, preconception care and planning, women’s mental health and common postpartum issues
• facilitate the exchange of information and develop informal networks with other healthcare providers

WHO SHOULD ATTEND
Family physicians, specialist physicians, physician assistants, midwives, registered nurses, licensed practical nurses, nurse practitioners, specialist allied health professionals, residents and students

CREDITS
Mainpro+ Group Learning – 6.75 credits
MOC Section 1 – 6.75 hours
Friday, October 25

0730-0800  Light Breakfast / Registration

0800-0805  Opening Remarks / Welcome
- Virginia Clark, Meriah Fahey, Medini Vaze

0805-0835  SHORT SNAPPER
Exercise in Pregnancy
- Laura Bennion
  • explain the benefits of physical activity in pregnancy
  • assess the barriers preventing women from being physically active in pregnancy
  • prescribe physical activity to a pregnant woman using the FITT principle

0835-0935  PLENARY
Obesity in Pregnancy
- Caroline Le Jour
  • describe how the pathophysiology of obesity may affect maternal and fetal health as well as outcomes
  • recognize when and why to refer to Obstetrics
  • assess women with obesity in the pre conception period, order appropriate investigations and provide counselling
  • assess women with obesity in the first trimester, second and third trimester and postpartum, order appropriate investigations, interventions and provide counselling

0935-0955  SHORT SNAPPER
What You Should Know About Cardiac Disease in Pregnancy
- Paul S Gibson
  • assess cardiac risk in pregnancy applying the recent new guidelines on risk categories
  • identify the appropriate approaches to palpitations in pregnancy
  • identify the appropriate approaches to syncope and presyncope in pregnancy

0955-1000  Information About Implementation of Preeclampsia Screening and Prevention Study by Jo-Ann Johnson

1010-1055  PLENARY
Postpartum VTE Prophylaxis: Ignoring the Lessons of Evidence-Based Medicine
- Andrew Kotaska
  • state the approximate magnitude of clinical VTE risk in typical postpartum patients
  • list five highly important risk factors that warrant postpartum thromboprophylaxis
  • describe standard tools of evidence-based medicine and apply them to a critical analysis of VTE guidelines
  • estimate the magnitude of benefit and harm from low-molecular weight heparin in typical hospitalized patients
  • explain why it is critical for real and potential conflicts of interest to be openly declared by academic clinicians and guideline authors

Move to Concurrent Workshops A

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1055-1100  Information About Implementation of Preeclampsia Screening and Prevention Study by Jo-Ann Johnson

1100-1110  Nutrition Break

1110-1155  PLENARY
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1155-1200  Information About Implementation of Preeclampsia Screening and Prevention Study by Jo-Ann Johnson

1200-1210  Lunch

1210-1255  PLENARY
Unanticipated Stillbirth: What Do We Know in 2019
- Stephanie Cooper
  • review contemporary data on stillbirth risks
  • identify potentially modifiable risk factors
  • address evidence around antenatal intervention strategies, including: maternal sleep position, fetal movement perception, routine ultrasound assessment of growth +/- dopplers induction of labour
  • emphasize the impact of patient-focused care in pregnancy after stillbirth

1255-1300  Information About Implementation of Preeclampsia Screening and Prevention Study by Jo-Ann Johnson

1300-1305  Nutrition Break

1305-1340  PLENARY
Unanticipated Stillbirth: What Do We Know in 2019
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  • review contemporary data on stillbirth risks
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1340-1400  PLENARY
Anemia
- Christine Lett
  • recognize iron deficiency and anemia place obstetrical patients at an increased risk of adverse events
  • summarize adverse events associated with anemia and transfusion
  • formulate a plan for treating obstetrical patients with anemia and iron deficiency
  • recommend and order the correct iron formulation at the right time while garnering administrative and pharmacy support

PROGRAM MAY CHANGE DUE TO CIRCUMSTANCES BEYOND OUR CONTROL

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1420-1435 Nutrition Break / Move to Concurrent Workshops B

1435-1535 **CONCURRENT WORKSHOPS B**
- BI-B4 repeat at 1540-1640;
- B5 offered at 1435-1535 only,
- B6 offered at 1540-1640 only

1535-1540 Move to Concurrent Workshops B

1540-1640 **CONCURRENT WORKSHOPS B**
- BI-B4 repeat from 1435-1535;
- B5 offered at 1435-1535 only,
- B6 offered at 1540-1640 only

1640 Adjournment

**CONCURRENT WORKSHOPS A**

A1 Two-Step Delivery and Shoulder Dystocia: Head-To-Body Interval Is Less Important Than We Think
- Andrew Kotaska
  - describe the physiological mechanism of birth of the fetal trunk
  - explain the mechanics and hemodynamics of shoulder dystocia
  - explain the acid-base physiology of neonatal hypoxic encephalopathy caused by shoulder dystocia
  - incorporate physiological two-step delivery into a definition of shoulder dystocia

A2 First Trimester Pregnancy Loss Management
- Stephanie Cooper
  - confidently diagnose a first trimester loss based on ultrasound and lab criteria
  - compare first trimester loss management protocols
  - illustrate diagnostic and management strategies through case-based scenarios

A3 Indigenous Health
- Jessica Swain
  - recount the general history of the colonial displacement of childbirth and Indigenous midwives from Indigenous communities, and make connections to modern health sequelae
  - recognize limitations of individualized practice models, and identify strengths of collaborative, community-based practice in the provision of maternity care among Indigenous populations
  - identify tangible ways to support the implementation of The Truth and Reconciliation Commission of Canada's “Calls to Action” and the National Inquiry into Missing and Murdered Indigenous Women and Girls “Calls for Justice” as they pertain to the provision of maternity care in Indigenous populations

A4 STI Guidelines; Syphilis
- Alejandra Ugartes Torres, Jessica Wiley
  - describe the current outbreak of syphilis in Alberta
  - describe the natural history of syphilis
  - characterize the clinical presentation of syphilis in pregnancy and congenital syphilis
  - diagnose and manage syphilis in pregnancy

A5 Coping Strategies for Managing Workplace Stress
- Ryan Lenz
  - review the concepts of healthcare provider wellness and resiliency
  - reflect on how you respond to workplace stress
  - discuss resiliency and coping strategies

**CONCURRENT WORKSHOPS B**

B1 New Rules! The 2019 SOGC Intrapartum Fetal Surveillance Guideline
- William Ehman
  - identify the changes in 2019 SOGC Intrapartum FHS Guideline
  - discuss the new focus of the principles of Intrapartum FHS
  - describe IA and EFM classification, interpretation and response
  - describe changes in EFM tracing classification
  - classify 3 cm/min EFM tracings

B2 Psychiatric Medications in Antenatal and Postpartum LH: Antidepressant Medications in Antenatal and Postpartum
- Lisa Gagnon, Leonora Henderson
  - describe the effects / manifestations in the newborn of common antidepressants used during pregnancy
  - discuss the monitoring / management of withdrawal in the newborn who has been exposed to SSRIs in utero
  - discuss the neurodevelopmental effects of SSRIs on children
  - discuss the recommendations of the Canadian Pediatric Society guideline on counselling and management of newborns exposed to SSRIs in utero
  - identify the most appropriate screening tools for depression and anxiety in the perinatal period
  - approach weighing the risks of untreated mental health conditions against antidepressant medication use in pregnancy with their patients
  - discuss important factors to consider in selecting antidepressant medications in pregnancy
B3  Breastfeeding and Peripartum Mood Disorders  
- Cindy Landy, Lorraine Natho  
  • recognize the relationship between peripartum mood disorders 
    and breastfeeding outcomes  
  • manage sleep in peripartum mood disorders while respecting 
    breastfeeding goals  
  • treat peripartum mood disorders with medications that are 
    safe with breastfeeding  
  • critique the data regarding oxytocin, breastfeeding and 
    mood disorders

B4  What Is New in Newborn Jaundice  
- Jack (Yacov) Rabi  
  • identify potential complications to newborns with 
    neonatal jaundice  
  • recognize risk factors for neonatal jaundice at various 
    gestational ages  
  • apply recommendations outlined in new Neonatal Guidelines 
    to practice

B5  A Practical Approach to Supporting Women in the 
    Perinatal Period Who Have Experienced Trauma  
- Emily Fraser, Mandy Karr, Erin Laing  
  • define the population most likely to be affected by trauma  
  • identify causes of trauma  
  • identify the consequences of unrecognized trauma  
  • open the conversation surrounding past or current trauma  
  • apply screening tools and identify appropriate strategies to 
    support patients affected by trauma

B6  Assessment and Management of Emotional Trauma 
    Related to Previous Birth Experience  
- Shannon Kane, Sharon Storton  
  • recognize symptoms and causes of birth trauma  
  • open the conversation about birth trauma with patients  
  • identify screening tools and treatment modalities used for 
    birth trauma  
  • recognize and treat trauma in yourself as a care provider  
  • implement strategies in the moment (birthing) to help 
    mitigate trauma

PLANNING COMMITTEE

Virginia Clark MD CCFP Course Co-Chair  
Low Risk Obstetrics, Peter Lougheed Centre; Rural Family 
Physician, Lactation Consultant

Medini Vaze MD CCFP Course Co-Chair  
Family Physician, Low Risk Obstetrics, Peter Lougheed Centre

Chelsea Cleary MN NP IBCLC  
Women's Health Program, Mosaic Primary Care Network

Stephanie Cooper MD FRCSC  
Clinical Assistant Professor, University of Calgary

Meriah Fahey MD FRCSC  
Clinical Assistant Professor, University of Calgary; Obstetrician 
Gynecologist, South Health Campus, Alberta Health Services

Deborah Hitchcock MD CCFP FCFP  
Clinical Lecturer, Department of Family Medicine, University 
of Calgary; Site Leader, Maternal Newborn Care, South Health 
Campus

Angie Karlos MD CCFP  
Family Physician, Low Risk Obstetrics, Rockyview General 
Hospital

Lien Krupity RN BScN  
Nurse, Alberta Health Services

Jan Ooi MD CCFP  
Family Physician, Riley Park Maternity Clinic, Calgary

Jeannette Page BMid RM  
Registered Midwife, Birth Partnership Midwives

Hannah Robson  
Physician Assistant

Ariela Rozenek MD  
PGY-5 Resident, Obstetrics & Gynaecology, University of 
Calgary; Foothills Medical Centre

Carol Stehmeier RN RM  
Midwife, Nurse, Briar Hill Midwives

Jeannie Yee RN BN  
Coordinator, Education and Consultation, Alberta Perinatal 
Health Program, Alberta Health Services

Diane Simpson PhD MDE CME Representative  
Education Consultant, Office of Continuing Medical Education 
and Professional Development

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FACULTY

Laura Bennion MD CCFP CASEM
Associate Clinical Professor, Department of Family Medicine, University of Calgary; Hockey Canada Women’s Olympic Program, Medical IST Lead

Stephanie Cooper MD FRCSC
Clinical Assistant Professor, University of Calgary

William Ehman MD
Clinical Assistant Professor, Faculty of Medicine, University of British Columbia; Active Staff, Nanaimo Regional General Hospital, Coordinator of Family Practice Residency Obstetrics Rotation; Chair, Maternity and Newborn Care Program Committee, CFPC; Member, Family Physician Advisory Committee SOGC

Emily Fraser
Pre/Post Natal Specialist, The Alex Youth Health Centre

Lisa Gagnon MSc MD FRCPC
Clinical Assistant Professor, Cumming School of Medicine, University of Calgary; Psychiatrist; Quality Assurance Perinatal Mental Health Network Chair

Paul S Gibson MD FRCPC
Associate Professor, Medicine and Obstetrics & Gynecology, University of Calgary

Leonora Henderson MBCh MSc FRCP(C)
Clinical Associate Professor, University of Calgary; Neonatologist, South Health Campus; Medical Director, Neonatal Follow-up Clinic, Alberta Children’s Hospital

Shannon Kane MSW BSW RSW
Counsellor and Eye Movement Desensitization and Reprocessing Therapist, Birth Narratives, Calgary

Mandy Karr MN NP
Nurse Practitioner, The Alex Youth Health Centre

Andrew Kotaska MD FRCSC
Territorial Clinical Lead, Women’s & Children’s Health, Northwest Territories Health and Social Services Association, Stanton Territorial Hospital

Erin Laing RM
Red Community Midwives, Calgary

Cindy Landy MD CCFP FCFP IBCLC
Clinical Associate Professor, University of Calgary; Education Site Lead (Circle Medical), Family Medicine Residency Program, University of Calgary; Medical Director, SCPCN Circle Medical Breastfeeding Clinic

Caroline Le Jour MD FRCSC
Clinical Assistant Professor, University of Calgary; Generalist OB/GYN, Obstetrics & Gynecology, South Health Campus, Calgary

Ryan Lenz

Christine Lett MD FRCSC
Saskatchewan Health Authority – Regina Site, Department of Obstetrics & Gynecology, University of Saskatchewan

Lorraine Natho MD CCFP
Clinical Assistant Professor, University of Calgary

Jack (Yacov) Rabi MD FRCPC
Associate Professor, Paediatrics, University of Calgary; Neonatologist, Alberta Health Services

Sharon Storton MA MS
Psychologist, Beyond Psychology, Inc, Calgary

Jessica Swain RM
Cochrane Community Midwives

Alejandra Ugartes Torres MD FRCSC
Clinical Lecturer, University of Calgary; Infectious Diseases Consultant, Alberta Health Services

Jessica Wiley RN
Community Health Nurse, STI Services Calgary, Sheldon M Chumir Health Centre

CURRENT OBSTETRICAL MANAGEMENT SEMINARS | PAGE 5 OF 8
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DISCLOSURE OF POTENTIAL FINANCIAL CONFLICTS OF INTEREST

In keeping with accreditation guidelines, speakers participating in this event have been asked to disclose to the audience any involvement with industry or other organizations that may potentially influence the presentation of the educational material. Disclosure will be done verbally and using a slide prior to the speaker’s presentation.
ACCREDITATION

The University of Calgary – Office of Continuing Medical Education and Professional Development is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME).

STUDY CREDITS

CFPC

MAINPRO+ GROUP LEARNING
This one-credit-per-hour Group Learning program meets the certification criteria of The College of Family Physicians of Canada and has been certified by the University of Calgary Office of Continuing Medical Education and Professional Development for up to 6.75 Mainpro+ credits.

AACP

AMERICAN ACADEMY OF FAMILY PHYSICIANS (AAFP) AND CFPC
Members of the American Academy of Family Physicians are eligible to receive up to 6.75 prescribed credits for attendance at this meeting/event due to a reciprocal agreement with The College of Family Physicians of Canada.

RCPSC

MOC SECTION 1
This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by University of Calgary Office of Continuing Medical Education and Professional Development. You may claim a maximum of 6.75 hours (credits are automatically calculated).

AMA-PRA CATEGORY 1 CREDIT
Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. More information on the process to convert Royal College MOC credit to AMA credit at https://www.ama-assn.org/education/earn-credit-participation-international-activities.
Read more on the Royal College agreement with the American Medical Association at http://www.royalcollege.ca/rcsite/cpd/providers/international-accreditation-agreements-e.

ADDITIONAL PROGRAM INFORMATION

IN PERSON

DRESS
Dress is business casual. Sweaters or items of clothing that can be layered are recommended since temperature in the venue may fluctuate.

MEALS
In general, each course offers a light breakfast, nutrition break(s) and lunch. We are sensitive to dietary requirements (for example, gluten free, peanut allergies) and do our best to offer a variety of options; however we are unable to guarantee that all dietary needs can be accommodated.

SCENT FREE
To ensure the comfort of everyone attending this event, please do not wear scented products.

WEBINAR
A computer with internet access is required to access the webinar.

WORKSHOPS
Limited selection of workshops available for webinar (TBA).

CONFIRMATION OF REGISTRATION
Confirmation will be sent by email to registrants.

COURSE CANCELLATION POLICY
The Office of Continuing Medical Education and Professional Development reserves the right to cancel the course if there are insufficient registrations.

REFUND POLICY
A registration refund will be made upon written request if made at least two weeks before the start of the program; however $50 will be retained for administrative costs. No refunds will be available for cancellations made within two weeks of the start of the program and thereafter.

REIMBURSEMENT OF REGISTRATION FEES
Physicians may be eligible for reimbursement of registration fees and expenses to attend CME courses from a fund administered by the Alberta Medical Association. For more information regarding this, please call the AMA at 780.482.2626 or 1.800.272.9680.

FOR FURTHER INFORMATION
Office of Continuing Medical Education and Professional Development,
Cumming School of Medicine, University of Calgary, TRW Building,
3280 Hospital Drive NW, Calgary, AB T2N 4Z6

ABOUT COURSE CONTENT
Sheila Sun Mielke, Education Coordinator
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ABOUT REGISTRATION
Phone 403.220.7032
Email cmereg@ucalgary.ca

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REGISTRATION FORM

Current Obstetrical Management Seminars
October 25, 2019

IN PERSON REGISTRATION
EARLY RATE on or before September 23, 2019
☐ $ 330.00 Physician
☐ $ 230.00 Other Health Professional
REGULAR RATE after September 23, 2019
☐ $ 380.00 Physician
☐ $ 250.00 Other Health Professional
ON-SITE RATE (Based on availability and not guaranteed)
☐ $ 450.00 Physician
☐ $ 280.00 Other Health Professional
STUDENT / RESIDENT (FULL-TIME STUDENTS ONLY)
(IN PERSON ON-SITE RATE based on availability and not guaranteed)
☐ $ 100.00 Early / Regular / On-site Rate

WEBINAR REGISTRATION
☐ $ 275.00 Physician
☐ $ 150.00 Other Health Professional
☐ $ 50.00 Student / Resident (FULL-TIME STUDENTS ONLY)

PAYMENT BY

REGISTRATION FEE
PLUS 5% GST – UCalgary GST Registration #108102864RT0001
ADD 5% TO FEE(S) BELOW TO CALCULATE TOTAL COURSE FEE

REGISTER

ONLINE
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BY CONFIDENTIAL FAX
Fax 403.270.2330
Please note that registrations submitted by fax may take up to one business day to process.

For your protection, the University of Calgary does not accept and will not process credit card information provided via email or text messages.

BY MAIL
Cheque Payable – UNIVERSITY OF CALGARY
CHEQUE MUST INCLUDE 5% GST
Cumming School of Medicine, Office of Continuing Medical Education and Professional Development, University of Calgary, TRW Building, 3280 Hospital Drive NW, Calgary, AB T2N 4Z6

REGISTRATION SERVICES
Phone 403.220.7032
Email cmereg@ucalgary.ca

FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT
Registration information is collected under the authority of the Freedom of Information and Protection of Privacy Act. The contact information you provide is required by our Office to register you in the course, prepare material and courses for your use, plan for future courses and notify you of similar, upcoming courses offered by our Office. Financial information is used to process applicable fees and is retained for future reference. Call 403.220.7032 if you have questions about the collection or use of this information.

COMPLETE REGISTRATION FORM Part 2 >>

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### Concurrent Workshops Selections

**Workshops A1-A5 • 1100-1200**

**Select 5** – Number in order of preference with 1 being most important

- [ ] A1 Two-Step Delivery and Shoulder Dystocia: Head-To-Body Interval Is Less Important Than We Think
- [ ] A2 First Trimester Pregnancy Loss Management
- [ ] A3 Indigenous Health
- [ ] A4 STI Guidelines; Syphilis
- [ ] A5 Coping Strategies for Managing Workplace Stress

**Workshops B1-B6 • 1435-1535, 1540-1640**

NOTE: B5 offered at 1435-1535 only, B6 offered at 1540-1640 only

**Select 6** – Number in order of preference with 1 being most important

- [ ] B1 New Rules! The 2019 SOGC Intrapartum Fetal Surveillance Guideline
- [ ] B2 Psychiatric Medications in Antenatal and Postpartum LH: Antidepressant Medications in Antenatal and Postpartum
- [ ] B3 Breastfeeding and Peripartum Mood Disorders
- [ ] B4 What Is New in Newborn Jaundice
- [ ] B5 A Practical Approach to Supporting Women in the Perinatal Period Who Have Experienced Trauma (OFFERED AT 1435-1535 ONLY)
- [ ] B6 Assessment and Management of Emotional Trauma Related to Previous Birth Experience (OFFERED AT 1540-1640 ONLY)

LIMITED SELECTION OF WORKSHOPS AVAILABLE FOR WEBINAR (TBA)