

# PSANZ NEWSLETTER

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## *Welcome back to the PSANZ newsletter!*

We hope the newsletter will give you a summary of the multiple activities that the PSANZ sub-committees are engaged in, and encourage you to join any subcommittees that are working in your areas of interest. There is also a summary of the PSANZ Congress 2021, our first virtual conference, and an invitation to attend, hopefully in person (but with a virtual option), the 2022 Congress in Adelaide.

We want the newsletter to be useful and relevant to PSANZ members, so please provide feedback on what you would like to see in future editions of the newsletter. We'd also like some suggestions on what we could name the newsletter!

*Jane Alsweller, Caroline Homer, Ruth Martis.*

## THIS ISSUE

2021 Congress, 2022 Congress, Subcommittee Highlights, Upcoming Conferences



# CELEBRATING THE 2021 CONGRESS - OUR FIRST FULLY VIRTUAL CONGRESS



Well, we did it! PSANZ successfully hosted its first online congress on 29-31 March 2021. The conference was originally scheduled to be held in Sydney Australia in 2020 but, as for most conferences last year, had to be postponed due to the global pandemic. While the virtual format of the rescheduled congress did not allow us to meet face to face as usual it did enable us to connect with attendees and presenters across multiple time-zones around the world. We are sure you will agree that the sessions were no less engaging, inspiring, or thought provoking.

From the welcome address to the congress wrap up we enjoyed an exciting and jam-packed program that brought together inspirational international keynotes, over 40 national speakers, 745 delegates and 22 sponsors and exhibitors. Keynote speakers shared their experiences, research and knowledge throughout the program bringing international perspectives on our congress theme 'Bridging Gaps in Perinatal Care'. A Campfire Chat with our keynotes was both informative and entertaining.

There were 6 plenaries, 21 symposia, 30 abstract sessions, 180 recorded presentations and an Early Career Researcher event. Exciting presentations and hot of the press results! Plenaries included a celebration of 2020 the year of the nurse and midwife and the challenges of caring for women, their newborns and their families during the pandemic. Symposia including those hosted by our subcommittees showcased the breadth and diversity of the work of the society and its members.

[VIEW PUBLISHED JOURNAL](#)

The Federation of Asia and Oceanic Perinatal Societies (FAOPS) co-hosted a symposium that provided an Asia/Oceania perspective on perinatal care. Get Connected sessions held in the mornings and evenings were very well attended. The virtual presentation of posters prior to the congress was well received and may become a future feature. New topics to the congress included fetal therapy, women's life course health and clinician health and wellbeing. A bonus was the ability to view sessions virtually after the event – a great way to catch up with missed presentations.

The PSANZ awards are an exciting part of the congress where we recognise and reward achievements. Warm congratulations again to all 2020/1 award winners.

Members, sponsors, and exhibitors' support of the congress was very much appreciated. Thank you to everyone for your attendance, participation, and contribution, most especially for rolling over memberships and sponsorships. We would not have been able to host the congress without your support and generosity. Thanks to you we were also able to provide sponsorship for 15 international nurses and midwives from low-middle income countries to attend the congress. A great way to celebrate the year of the nurse and midwife.

Finally, a huge thank you to the Team 2020 organising committee who, after working to deliver the 2020 congress, became Team 2021 and delivered the virtual event this year. They are the longest standing congress organising committee in the history of PSANZ!

We thank them for their energy and dedication. A special mention and much gratitude also goes to the CORP COMM team who skilfully navigated the virtual platform and provided endless support to us all. Together we have learned much that can inform future PSANZ events.

We hope to see you in person in Adelaide in 2022 where we will celebrate the occasion of the society's 25th annual congress. We look forward to sharing further information about this with you soon.

Stay safe and well until then.

*Lynn Sinclair and Adrienne Gordon*





## PSANZ CONGRESS - A PERSPECTIVE FROM A STUDENT PARTICIPATING FROM BANGLADESH

I never realised participating in a virtual conference can involve such extensive networking and interests until my supervisor introduced me with PSANZ. The congress was so well organised and structured that I felt so connected amidst this virtual world. The organizers have really accelerated all possible ways to make it an event to remember. Exploring all the amazing and fascinating works of the participants have widened my knowledge in the area of my research interest and helped me to think divergently that I believe will benefit me in my future career development.

It is an even greater honour to receive the best poster award which would have been merely possible without the support and contribution of my co-authors and the Global Women and Newborn team of Burnet institute. I would like to acknowledge and appreciate their contribution in bringing this out. I will be eagerly looking forward to endeavour more experiences with PSANZ in coming days and recommend PSANZ to those who are venturing into it now. All the best and thank you.

*Samir Aziz*



## PSANZ CONGRESS - A PERSPECTIVE OF A STUDENT ATTENDING 2021 CONGRESS FROM NEW ZEALAND

Pursuing a PhD during the COVID pandemic is not ideal. Due to border closures and unpredictable lockdowns, the opportunity to attend events to present your work and network is limited. Thus, I was initially disappointed that PSANZ 2021 was virtual because how could a virtual congress be the same as attending in person? However, after having had the pleasure of attending and presenting my work at this year's congress, I have to say that the committee did an exceptional job at making the virtual experience as realistic as possible. The allocated networking rooms and campfire chat

allowed you to meet and talk with leaders in the field, although I found networking virtually harder than in-person. The congress programme was filled with the latest research in perinatal and neonatal care. The experts chairing the live Q&As at the end of each session did an outstanding job facilitating discussions resulting in a more interactive experience. Since most sessions were pre-recorded, there was no need for careful deliberation over which session to attend as you could attend as many sessions as you chose when most convenient for your schedule. Lastly, and perhaps the highlight of the experience for me, was the live symposiums at the end of each day which provided in-depth information on a topic of interest. I particularly enjoyed the IMPACT Network symposium that discussed the concepts and practicalities behind planning and conducting adaptive platform trials in perinatology, an exciting and promising way forward for clinical trials. To this end, I would like to thank PSANZ and all involved for a thoroughly enjoyable and enriching congress that far exceeded my expectations.

I look forward to the 2022 congress.

*Taygen Edwards*



## CONGRATULATIONS TO THE 2021 PSANZ PRESIDENT'S AWARD

- DR ZOE BRADFIELD

After many years of hearing about how wonderful the PSANZ community and conferences are, this was the first year I've been able to attend, helped by the online format. The PSANZ 2021 virtual conference was a fantastic, truly multi-disciplinary, online crucible of perinatal wisdom. The calibre of the presentations was consistently high and compelling which made being awarded the President's New Investigator Award at the PSANZ 2021 Conference even more thrilling. It was a genuine pleasure to accept the award which is a wonderful acknowledgement of the hard work of our incredible team who have invested their time,

energy and commitment to undertake this important research.

The work of our research team is a powerful reminder of the exponential impact of collaboration which is made richer when we have the courage to include colleagues from different disciplines and research backgrounds, a message that was confirmed repeatedly at PSANZ 2021. We're proud to have contributed new evidence regarding the experiences of receiving and providing maternity care during the COVID-19 pandemic in Australia. My thanks to PSANZ President Tim Moss and the conference co-chairs Lynn Sinclair and Adrienne Gordon. I'm looking forward to meeting new and old friends at the in-person PSANZ experience in 2022.

*Dr Zoe Bradfield*

## PSANZ EARLY CAREER RESEARCHER NEWS

We were delighted to welcome a number of new members to our Executive this year: welcome to Ashley Meakin, Mikee Inocencio, Roshan Selvaratnam, Nasrin Javid, and Siobhan Loughnan, who are bringing lots of enthusiasm and fresh ideas to the group.

PERINATAL  
SOCIETY  
of Australia &  
New Zealand  
PSANZ



ECR  
Early Career Research

a sub committee of PSANZ

The ECR Event at the PSANZ Annual Congress was a great success despite the challenges of the virtual setting, with more than 80 attendees enjoying the session. We have started initial plans for next year's Congress Event in Adelaide, and are really looking forward to getting to see people in person again in 2022 (fingers crossed!). Keep an eye out for the PSANZ ECR Travel Awards for next year's Congress, which will open for applications in the next few months.



After farewelling Charlotte Oyston from the ECR Executive earlier this year, we are now seeking new representatives from New Zealand to ensure that PSANZ continues to support the interests of ECRs involved in perinatal research. The application deadline is 31<sup>st</sup> August.

**Further information on how to apply can be found [here](#).**

If you'd like to stay up to date with all PSANZ ECR news, or let us know how we can better represent perinatal ECRs in Australia and New Zealand, please find us on Twitter at @PSANZ\_ECR

*Dr Callum Roberts*





# Better Together

**Collaborative Care, Research & Guidelines**

PSANZ 2022 Annual Congress | 15th - 18th May 2022  
Adelaide Convention Centre | [www.psanz2022.com.au](http://www.psanz2022.com.au)



## ANNOUNCING 2022 PSANZ CONGRESS TO BE HELD IN ADELAIDE

On behalf of the local organising committee and the PSANZ Board it is very exciting to announce that planning for the 2022 PSANZ annual congress in Adelaide, South Australia is well under way. After 2 years of restrictions to meeting in person we are delighted to announce that this meeting will be in person with a virtual option. With a theme of “Better Together – Collaborative Care, Research & Guidelines” we are aiming to bring to you the highest quality perinatal research and education, delivered by the very best emerging and established Australian and New Zealand Researchers and Practitioners from all the PSANZ disciplines. Over the coming months we will keep you posted of key dates for your diaries prior to seeing you all in Adelaide from the 15<sup>th</sup> - 18<sup>th</sup> of May next year.

On behalf of the LOC,

*Associate Professor Michael Stark*

## WHY BE PART OF PSANZ - HIGHLIGHTING AUSTRALIAN AND NEW ZEALAND MEMBERS

hear the experiences of our mothers and babies who are impacted by the care we provide.

I first joined PSANZ when I began my PhD in 2016. I had been aware of PSANZ before that time, primarily from the professional and educational advice that influenced midwifery practice. However, I had been uncertain of how midwives might fit in - if only I'd known what I had been missing! My first annual scientific PSANZ conference was a truly wonderful experience, I felt like a child in a sweet shop, overwhelmed with the impressive number and quality of the presentations and workshops that focused on pregnancy, birth and the newborn and implications for future health. Bumping into leading researchers and clinicians in the lunch queue and networking events left me feeling quite star-struck at times.

Now a few years on, I particularly enjoy the opportunity that PSANZ offers to broaden my perspectives of the perinatal area, observing the process of research, and listening, presenting and debating new information. Collaborating with a team of researchers, clinicians and consumers, and contributing to sub-committees, guidelines and research that support optimal evidence-based care that improves outcomes for the mothers and babies in my region continues to be a privilege.

*Dr Robin Cronin*

I am a midwife working clinically and in a research specialist role at Counties Manukau Health in South Auckland, NZ, a region with a multi-ethnic and predominantly disadvantaged population. The daily work of midwives in my region means that we see and



# HIGHLIGHTING THE WORK OF OUR FABULOUS SUBCOMMITTEES:



## STILLBIRTH AND NEONATAL DEATH ALLIANCE (SANDA) UPDATE

PSANZ SANDA partners with the [Stillbirth Centre of Research Excellence](#) in a number of activities around improving clinical practice across maternity services. One major initiative has been the bi-national guideline [Care after Stillbirth and Neonatal Death](#). The guideline provides best practice recommendations to improve maternity and newborn care for bereaved parents and families and to improve the quality of data on causes of stillbirth and neonatal deaths through appropriate investigation, audit, and classification. The guideline has six main sections covering: Perinatal mortality audit; Investigation of stillbirth; Investigation of neonatal death; Perinatal autopsy (including communication and counselling for parents); Classification of perinatal deaths; and Respectful supportive perinatal bereavement care.

The Australian Government's [Stillbirth National Action and Implementation Plan](#) (The Plan) was launched December 2020 and sets out a plan to address the findings of the Senate Enquiry into stillbirth. Updating the Care after stillbirth and neonatal death guidelines and measures to improve the uptake of autopsy are key actions in this plan. The Plan also calls for culturally and



linguistically appropriate information to address disparity on care and outcomes. In response to the Plan, the PSANZ/ CRE guideline working group was recently reconvened for the fourth update of the guideline with the aim of obtaining endorsement by NHMRC. Additional topics in this update include care for women in a subsequent pregnancy after stillbirth.

PSANZ has also partnered with the Stillbirth CRE in the [Safer Baby Bundle](#) (the bundle) in stillbirth prevention through developing position statements which have underpinned the bundle recommendations and associated resources. The Safer Baby Bundle is another major action of The Plan which is currently being rolled out across Australia. The [SBB eLearning program](#) is available free to all. New resources for the bundle to support shared decision making around timing of birth for women with risk factors at term are currently being developed.

*Professor Vicki Flenady*

**VIEW GUIDELINES FOR CARE AFTER STILLBIRTH AND NEONATAL DEATH**

## INTERDISCIPLINARY MATERNAL PERINATAL AUSTRALASIAN COLLABORATIVE TRIALS (IMPACT) NETWORK



IMPACT has been very active over the last year, led by an enthusiastic newly appointed Executive Committee and Co-chairs Clare Whitehead and Brett Manley from The Royal Women's Hospital in Melbourne.

We have an exciting webinar programme planned with quarterly meetings that we encourage you all to join.

We kicked off with "Advancing Perinatal Trials in Australia and New Zealand: Research Prioritisation or Prioritising Research?" in May and "Why do good trials fail? (and other bumps in the road)" in July. We were very grateful to our excellent presenters who shared their valuable experiences which will help many of us overcome our own "bumps in the road"!

IMPACT's trial development program continues to grow, and we enjoyed hearing from many of you about your plans for trials in the workshop in November 2020. Our next Trial Development Workshop is planned for 8th October, which is an excellent opportunity to pitch your trial design to a panel of experts and get individualised input to help progress your design ideas and hopefully lead to funding success! Please look out for an invite in your emails shortly about how to register.

In addition to this, the IMPACT Executive is actively pursuing new ways to increase collaboration and efficiency of perinatal clinical trials in our region. One approach is focussed on planning for an Adaptive Platform Trial (APT) in Perinatology. A successful APT will allow mother's and babies' to be randomised to multiple interventions and at different timepoints, and the adaptive nature means that effective or ineffective treatments can be more efficiently become the standard of care or discarded for futility. We were incredibly fortunate to have Prof Steve Webb (ACTA, ReMAP-CAP) share his expertise in this area at the IMPACT Symposium at the recent PSANZ Congress, and look forward to bringing some of these plans to the membership soon.

We encourage all PSANZ members with an interest in clinical research to be active IMPACT members, join our meetings and participate in IMPACT activities.

*Dr Clare Whitehead and Dr Brett Manley*

## PERINATAL SUBSTANCE USE SUBCOMMITTEE



**PSU**

Perinatal Substance Use

a sub committee of PSANZ

Due to covid 19, PSU has been unable to hold the usual yearly conference (Wagga Wagga 2020 was cancelled). A series of Zoom lectures, held in conjunction with the Royal Hospital for Women, Randwick and the University of New South Wales was run and very well attended by participants from many disciplines including medical, nursing, allied health and other related fields.

The PSU sponsored a symposium in the online PSANZ annual congress in 2021, discussing the neurological consequences of neonatal abstinence syndrome. COVID-permitting, in 2021 and 2022, we plan to continue our support of networking and academic activities to improve outcomes for mothers and babies impacted by substance use issues.

*Ju-Lee Oei*



## LONG-TERM OUTCOMES OF HIGH-RISK BABIES SUBCOMMITTEE



### LOHB

Long-term Outcomes of  
High-risk Babies

a sub committee of PSANZ

The 3-year term of the current Executive Committee of the Long-Term Outcomes of High-Risk Babies Subcommittee will end soon.

Over the coming months, there will be announcements for the election of the new Executive Committee, with their 3-year term starting at PSANZ Annual Meeting 2022. This will be an opportunity for PSANZ membership to nominate or self-nominate to be a part of the leadership team of this Subcommittee, which provides a powerful platform to improve the delivery of neurodevelopmental follow-up care of high-risk infants across Australia and New Zealand.

### WATCH THIS SPACE

The Long-Term Outcomes of High-Risk Babies Subcommittee will launch a survey in 2021 to document the variation in the provision of neurodevelopmental follow-up care practices across Australia and New Zealand. Please watch this space for further updates!

### LET US KNOW YOUR THOUGHTS

Over the past 12 months, the Long-Term Outcomes of High-Risk Babies Subcommittee has been busy supporting neonatal follow-up programs transition to the Bayley Scales of Infant and Toddler Development, 4th Edition: Australian and New Zealand Standardised Edition (Bayley-4 A&NZ). Three daylong workshops were conducted in September and November 2020 leading to training of more than 50 child health professionals across almost all neonatal units in Australia and New Zealand. A live webinar with experts titled "Transitioning to Bayley-4 A&NZ?" was also organized in August 2020 and the recording of this webinar is available for PSANZ membership. Please do not hesitate to reach out to the Subcommittee Chair, A/Prof Samudragupta (Sam) Bora at [samudragupta.bora@mater.uq.edu.au](mailto:samudragupta.bora@mater.uq.edu.au) for any queries regarding the latest edition of the Bayley, including any request for the Subcommittee to organize similar workshops in the future.

Like previous years, the Long-Term Outcomes of High-Risk Babies Subcommittee is committed to delivering high-quality content during the PSANZ Annual Meeting. Typically, we organize a Breakfast and a Symposium Session with invited international and national multidisciplinary experts including parent representatives. This year's sessions were focused on novel models of neurodevelopmental follow-up and early family intervention approaches to improve neurodevelopmental outcomes. Please reach out to the Subcommittee Chair, A/Prof Samudragupta (Sam) Bora at [samudragupta.bora@mater.uq.edu.au](mailto:samudragupta.bora@mater.uq.edu.au) by September 30, 2021, to suggest potential topics of interest for the Subcommittee to consider for the PSANZ Annual Meeting 2022. This ensures that we can deliver vibrant, inspiring, and thought-provoking sessions.

*Samudragupta Bora*

### RECENT PUBLICATIONS OF INTEREST



- **Common core assessments in follow-up studies of adults born preterm** - recommendation of the Adults Born Preterm International Collaboration. *Published in Paediatric and Perinatal Epidemiology, 2021, PubMed ID: 32990377; <https://doi.org/10.1111/ppe.12694>*
- **Development of an international standard set of clinical and patient-reported outcomes for children and adults with congenital heart disease: a report from the International Consortium for Health Outcomes Measurement Congenital Heart Disease Working Group.** *Published in European Heart Journal - Quality of Care and Clinical Outcomes, 2021, PubMed ID: 33576374; <https://doi.org/10.1093/ehjqcco/qcab009>*
- **A core outcome set for pediatric critical care.** *Published in Pediatric Critical Care, 2020, PubMed ID: 33048905; <https://doi.org/10.1097/CCM.0000000000004660>*





## Policy Subcommittee

a subcommittee of PSANZ

## POLICY SUBCOMMITTEE

The policy committee aims to strengthen PSANZ's contribution to Australian and New Zealand national policies, practice standards and guidelines relating to maternal and newborn care, establishing PSANZ as a peak body on matters relating to perinatology.

The policy committee has been working collaboratively with other groups to develop clinical practice guidelines including the Australian Safer Baby Bundle, developed by the Stillbirth Centre of Research Excellence in partnership with PSANZ, to which many members of the policy sub-committee contributed. The Bundle consists of 4 position statements, and care pathway and an eLearning bundle and aims to reduce the number of pregnancies that end in stillbirth. [Safer Baby Bundle | Health \(act.gov.au\)](#)

The policy committee also contributed to the Aotearoa New Zealand Induction of Labour Clinical Practice Guidelines, recently endorsed and published by the NZ Ministry of Health. <https://www.health.govt.nz/publication/induction-labour-aotearoa-new-zealand-clinical-practice-guideline-2019>.

We would be interested in hearing the thoughts of the PSANZ membership on key areas for policy or guideline development, please contact Jane Alswailer [j.alsweiler@auckland.ac.nz](mailto:j.alsweiler@auckland.ac.nz)

*Associate Professor Jane Alswailer*

## PERINATAL PALLIATIVE CARE SPECIAL INTEREST GROUP



The sub-committee has been inactive this year, the only activity being cooperation in organisation of the Victorian Perinatal Palliative Care Virtual Symposium, a two day virtual meeting to be held through RCH Melbourne on 11-12<sup>th</sup> October 2021.

Activity has hitherto focused largely on teaching and organisation of meetings coincident with the PSANZ ASM, together with consultation and advice surrounding guidelines, most notably the Paediatric Palliative Care guidelines for Palliative Care Australia.

The executive group of the committee has been weakened in recent years by the movement of members to other positions interstate and overseas and is further compounded by other commitments of the membership. This has led to a significant loss of momentum and the group is at risk of failure without recruitment of a new executive, especially as senior members near retirement. The absence of face-to-face meeting activity in the last 18 months due to COVID has accelerated this loss of momentum.

The group has produced valuable meetings in the past and supported parents to develop research, advocacy and writing interests.

We are currently seeking expressions of interest for membership of the executive and for office bearers (Chair, Secretary, Treasurer). The current Chair is available for any questions and will assist in any transitional arrangements.

*Andrew Watkins*

## ENHANCING CLINICAL TRIALS IN AOTEAROA NEW ZEALAND – THE ON TRACK NETWORK WORKING ALONGSIDE IMPACT

For many years, clinical trials researchers in Australia and New Zealand have been well supported by the PSANZ IMPACT Network, but how do we get clinicians and consumers more involved? The bi-nationality of the IMPACT Network has many advantages but can also pose some challenges when considering broader engagement. Hence we have established the ON TRACK Network to work alongside IMPACT and support the whole pipeline of clinical trials activity in New Zealand.

The ON TRACK Network works under three strategic pillars: (1) identifying maternal and perinatal health research priorities for New Zealand; (2) facilitating the establishment and effective integration of multicentre clinical trials across all sites in New Zealand; and (3) facilitating the dissemination and timely implementation of research findings into clinical practice.

### KEY THINGS TO KNOW ABOUT ON TRACK:

- The Network is supported by a National Executive Committee and Site Network Leaders at our 20 district health boards across the country.
- Our research prioritisation project identified 3,347 knowledge gaps which have been translated into 358 unanswered clinical trial research questions. Ranking results will be published soon.
- Five highly successful trial development workshops have led to several HRC funded trials, which are included in over 20 multicentre trials supported by ON TRACK across New Zealand, many of which are ANZ trials.
- Our consumer-specific 'Forum for Women & Whānau' enables women and their families to better understand clinical trials research and creates opportunities for them to influence research for the future and to participate in clinical trials.
- We have published and circulated 55 monthly newsletters across all our sites.
- We visit hospitals around the country providing Educational Site Visits for multidisciplinary groups including evidence-based practice updates, trial information, and the value of clinical trials talks.
- We are supporting the development of a mama and pēpi Māori health researchers and practitioners group.

As a Network, we are proud of our achievements in engaging more stakeholders in clinical trials research across disciplines, ethnicities, and geography.



**ON TRACK NETWORK**  
BETTER HEALTH FOR MOTHERS AND BABIES  
**Te Awhi Rito**

### TO LEARN MORE:

- Website: <https://ontrack.perinatsociety.org.nz/>
- Forum for Women and Whānau  
Facebook: @ontracknetwork
- Twitter: @ONTRACKNetwork1



## LIST OF UPCOMING CONFERENCES

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### INAUGURAL CARING FOR WOMEN IN LABOUR (CWIL) VIRTUAL CONFERENCE 2021

10 -12 September, Online Conference

<https://www.cwil.com.au/>



### NEW ZEALAND COLLEGE OF MIDWIVES CONFERENCE 2021

4 - 6 November, Christchurch, Aotearoa New Zealand

[www.midwife.org.nz/midwives/conference-2021/](http://www.midwife.org.nz/midwives/conference-2021/)



New Zealand  
**College of Midwives**

TE KĀRETI O NGA KAIWHAKAWHANAU KI AOTEAROA

### 2021 ACM VIRTUAL NATIONAL CONFERENCE

13 -14 November, Online Conference

<https://www.midwives.org.au/events/2021-acm-virtual-national-conference>



### PERINATAL SOCIETY NZ ANNUAL SCIENTIFIC MEETING 2021

23 - 24 November, Wellington, Aotearoa New Zealand

<https://perinatsociety.org.nz/event/psnz-annual-scientific-meeting-2021/>



### OTHER MATERNAL CONFERENCES CAN BE

FOUND HERE:

<https://www.conferenceseries.com/maternal-health.php>

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