

Introducing

The Stars Event 14th September 2016
Rising Stars Symposium 15th September 2016

These two annual events showcase the most recent research findings in the fields of women's and infants' health.

The focus for the 2016 **Stars Event** is *The Pelvic Floor: Supporting WA women*. We invite you to join us as we present and discuss the latest discoveries and advances in this very important area of women's health.

We are pleased to welcome Professor Don Wilson as our visiting professor and two local experts, Doctor Nicolas Tsokos and Charlotte Hosking.

The **Rising Stars Symposium** (15th September) is a celebration and showcase of WA's top emerging medical researchers.

We invite you to learn about the latest research discoveries with six short, sharp presentations relating to pregnancy, newborns' and women's health.

Please see full event programs inside.

Events registration

Book online at www.wirf.com.au/stars2016
or for enquiries please call WIRF on 9340 1437

Stars Event

Date: Wednesday 14th September, 5.45pm to 9.00pm
Venue: University of Western Australia, Banquet Hall, Crawley
Cost: \$55/Students \$40 (inc presentations and refreshments)

Rising Stars Symposium

Date: Thursday 15th September, 6.00pm to 9.30pm
Venue: Matilda Bay Restaurant, Crawley
Cost: \$95 (inc symposium, dinner and drinks)

Thank you

The Women and Infants Research Foundation wishes to thank and acknowledge the event exhibitors and sponsors:

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Stars 2016

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#stars2016



The Pelvic Floor: Supporting WA women

Stars Event
&
Rising Stars Symposium
14th & 15th September 2016



Stars event

UWA Club, Banquet Hall, Crawley

5.45pm **Registration and light refreshments**

6.00pm **Chairperson's opening introduction**

Professor John Newnham AM

Maternal Fetal Medicine

Head, School of Women's and Infants' Health

The University of Western Australia

Executive Director, Women and Infants Research Foundation

6.10pm **Physiotherapy for my prolapse? Not surgery?**

Charlotte Hosking

With an increase in our aging population, the long term effects of pelvic floor dysfunction (PFD) become more obvious. It is thought that 50% of women having a vaginal delivery may have PFD. While awareness around surgery, Kegels, and pelvic floor exercises are well relatively known, treating PFD through physiotherapy still remains a grey area for most. In this presentation we will cover the physiotherapist's role in conservative management of PFD including prolapse and incontinence.

6.40pm **Prolapse: Past Present and Future**

Dr Nicolas Tsokos

An exciting research study focussing on new approaches to pelvic floor repair is set to begin in WA. This presentation will provide a brief review of how our understanding and misunderstanding of prolapse has changed treatment over time. This knowledge has led to the development of new techniques and where the future may lie.



keynote presentation

7.10pm **Prediction and Prevention of Pelvic Floor Dysfunction - UR-CHOICE!**

Professor Don Wilson

Identification of women "at risk" is a key element in current prevention strategies for PFD.

In this presentation, we will review the evidence supporting the view that pelvic floor damage may be prevented or alleviated. Possible strategies include more liberal use of caesarean section, pelvic floor muscle training and modifiable risk factors/lifestyle interventions.

We have constructed and validated prediction models using variables known before and after childbirth [UR-CHOICE].

7.40pm **Panel discussion**

8.00pm **Cocktail exhibition**

Exhibits open, cocktail food and refreshments served

9.00pm **Close**

Rising Stars symposium

Matilda Bay Restaurant, Crawley

6.00pm **Registration**

6.10pm **Opening introduction**

Professor John Newnham AM

Chairperson, Professor Dorota Doherty

6.15pm **Dinner service commences**

7.15pm **Sexuality after risk-reducing salpingo-oophorectomy**

Paige Tucker - Resident Medical Officer, KEMH, Research Registrar, St John of God Hospital, PhD Candidate, University of Notre Dame

7.30pm **Talking about sexuality: the perceptions of gynaecology cancer nurses**

Natalie Williams - Gynaecology Nurse Researcher Department of Nursing and Midwifery Education and Research, KEMH

7.45pm **Designing targeted nanoparticles for placental drug delivery**

Joan Leong - Research Assistant and PhD Candidate, School of Women's and Infants' Health, UWA

8.00pm 15 minute break

8.15pm **Antenatal Group B Streptococcus screening – improving on current 'gold standards'**

Lucy Furfaro - PhD Candidate, School of Women's and Infants' Health, UWA

8.30pm **Introducing umbilical artery lactate sampling as a tool to improve intrapartum care in a middle income country setting**

Emma Allanson - Obstetric Registrar, KEMH, PhD Candidate, School of Women's and Infants' Health, UWA

8.45pm **Human milk cells: the key to understanding normal development of the breast during lactation**

Alecia-Jane Twigger - PhD Candidate, School of Chemistry and Biochemistry, UWA

9.00pm **Coffee and desserts – after dinner speech**

Visiting Professor Don Wilson

9.30pm **Close**

note: CONTINUING PROFESSIONAL DEVELOPMENT POINTS

RANZCOG approved O & G meeting attracting 5pts for full attendance/
3pts for Stars/2pts Rising Stars. MidPLUS approved - two points per event.
RACP CPD points are awarded through the MYCPD Program.

Stars event speakers

About our speakers and Visiting Professor Don Wilson
(in order of appearance)

Charlotte Hosking

Charlotte Hosking is a Senior Clinical Physiotherapist working within Urogynaecology and Gynaecology at King Edward Memorial Hospital, treating patients referred from clinics within the hospital. In addition to being a Sessional Lecturer at the Post Graduate course at Curtin University, she supervises undergraduate physiotherapy students on placement from The University of Notre Dame. She also works part-time at a private practice.



Dr Nicolas Tsokos

Dr Nicolas Tsokos is a Senior Clinical Lecturer, University of Western Australia and Head of Department of Urogynaecology at KEMH. Dr Tsokos is a Certified Urogynaecologist with a private practice in obstetrics and urogynaecology.



Visiting Professor

Professor Don Wilson

Don Wilson is a urogynaecologist and Emeritus Professor of Obstetrics and Gynaecology and Associate Dean at the University of Otago, Dunedin, New Zealand.

He has been actively involved in many aspects of female urinary incontinence research and in particular epidemiological studies looking at the effect of pregnancy and delivery on subsequent pregnancies.

