

# MULTIPLE BIRTH SYMPOSIUM



**FRIDAY, NOVEMBER 4TH, 2022**

Novotel Sydney Parramatta, New South Wales

**THIS PROFESSIONAL DEVELOPMENT DAY WILL SUPPORT  
HEALTH PROFESSIONALS TO PROVIDE THE BEST POSSIBLE CARE  
FOR MULTIPLE BIRTH PATIENTS AND THEIR FAMILIES.**

# MULTIPLE BIRTH SYMPOSIUM 2022



## SESSION 1

### 9.30 REGISTRATION & MORNING TEA



10:00 Welcome & Introduction  
Fiona Lally, Australian Multiple Birth Association



10:15 Improving Outcomes for Multiple Birth Pregnancies  
Prof. Mark Umstad AM MB BS FRANZCOG



11:00 Exercise in Multiple Pregnancy  
Christine O'Neill, Charles Sturt University



11:45 Multiple Birth Mental Health Outcomes throughout Pregnancy, Delivery and Postnatally, Dr. Nicole Highet, COPE



12:30 Insights from research involving twins, multiples and their families, Dr. Lucas Calais Ferreira, Twins Research Australia

## SESSION 2

### 1.15 LUNCH



2.00 Inheritance of Twinning  
Dr. Brittany Mitchell, QIMR Berghofer



2.45 Every Week Counts  
Associate Prof. Sean Seeho, University of Sydney

### 3.30 QUESTIONS & CLOSE

### 3.45 AFTERNOON TEA

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## SPEAKERS



Fiona Lally, Director, Australian Multiple Birth Association

Fiona joined the AMBA Board in 2021 after holding positions on the AMBA Vic Sub-Committee, the Eastern Area Multiple Birth Association and Diamond Valley Multiple Birth Association for many years. Fiona is also a Registered Nurse and has a Master of Health Professional Education. Fiona is a parent to fraternal triplets and a singleton daughter.



Prof. Mark Umstad AM, MB BS FRANZCOG

Mark Umstad trained at the Royal Women's Hospital, Melbourne and at the Queen Mothers Hospital in Glasgow where he completed his doctorate thesis (MD) in the area of intrapartum fetal monitoring. In 1997 he established Australia's first Multiple Pregnancy Clinic at RWH. He is currently the Director of Maternity Services at RWH, a Professor in the University of Melbourne, and the Patron of the Australian Multiple Birth Association. He is on the Editorial Board of Twin Research and Human Genetics and has published widely in the area of multiple pregnancy. He has managed many sets of higher order multiple pregnancies and over 2,000 twin pregnancies. In 2018 Mark was appointed as a Member of the Order of Australia (AM) for services to complex obstetrics as a clinician and academic.



Christine O'Neill, Charles Sturt University

Christine graduated from Charles Sturt University this year with a Bachelor of Physiotherapy (Honours). For her honours project, Christine researched perspectives from women during their multiple pregnancy. She focused on understanding habits, barriers and enablers of exercise before and during multiple pregnancies as there is little guidance for women and health professionals for exercise in multiple pregnancies. Christine was born and raised in rural New South Wales and wishes to gain further experience to better understand the unique challenges faced by those with limited opportunities and means to better understand the importance of physiotherapy and exercise during pregnancy in a rural setting. She inspires to assist people during their pregnancies in the future by contributing to the field of women's health physiotherapy, through practice and further research.



Dr. Nicole Highet, Centre of Perinatal Excellence (COPE)

Nicole is the founder and Executive Director of COPE. Nicole was the former Deputy CEO and National Perinatal Advisor of beyondblue between 2001-2013. Her role in the perinatal area specifically included oversight of the National Research Program, advocacy and the implementation of Australia's \$85M National Perinatal Depression Initiative (NPDI). Other areas of specialisation within the perinatal field include consumer research, national community awareness campaigns, clinical guidelines and resource development, digital screening and research and advocacy to inform and guide policy and best practice. Her leadership and strong commitment to perinatal mental health has resulted in the formal establishment of COPE in 2013.

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## SPEAKERS



Dr. Lucas Calais Ferreira, Twins Research Australia

Dr Lucas Calais Ferreira is a Research Fellow at Twins Research Australia, Melbourne School of Population and Global Health, The University of Melbourne, and the Centre for Adolescent Health at the Murdoch Children's Research Institute. He researches protective and risk factors for physical, mental and social outcomes in the population, focusing on twin and family studies. Lucas has co-created the Brazilian Twin Registry and coordinated knowledge translation efforts for improving the health of twins, multiples and their families in Australia.



Dr. Brittany Mitchell, QIMR Berghofer

Brittany graduated from the University of Pretoria (South Africa) with an MSc in Genetics in 2016. After receiving a highly competitive international research scholarship from the Queensland University of Technology, Brittany moved to Australia in 2018 to commence a PhD under the supervision of Prof. Nicholas Martin in the Genetic Epidemiology lab at QIMR Berghofer. Her work was focused on identifying and understanding genetic and environmental influences on neuropsychological traits including depression, cognitive ability and Alzheimer's disease. Since completing her PhD, Brittany has joined the Psychiatric Genetics lab at QIMR Berghofer, under the supervision of Prof Sarah Medland.



Associate Prof. Sean Seebo, University of Sydney, MBBS, FRANZCOG, PhD

Sean is a clinical academic at the Royal North Shore Hospital in Sydney and a researcher in the Women and Babies Research Group at the Kolling Institute, University of Sydney. He co-chairs the Stillbirth CRE Education Committee and is a member of the CRE Steering Committee. Dr Seebo contributed to the development of the Safer Baby Bundle eLearning module and Safer Baby Bundle masterclass. Seans research interests include stillbirth prevention, complex pregnancy conditions, and improving maternal transfers to higher-level care. Since 2015, Dr Seebo has been Joint Head of the Specialty of Obstetrics, Gynaecology and Neonatology at the University of Sydney. He is also an associate editor for the Australian and New Zealand Journal of Obstetrics and Gynaecology.