

BSPOGA



The ROYAL
SOCIETY of
MEDICINE

STRESS AND PREGNANCY – THE HIDDEN CHILDBIRTH MORBIDITY

Thursday 13 November 2008

Venue: Max Rayne Auditorium
Royal Society of Medicine,
1 Wimpole Street, London W1G 0AE

- 9.30 am **Registration, tea and coffee**
- 9.40 am **BSPOGA Prize Giving Ceremony for BSPOGA essay competition & presentations by medical, midwifery and psychology students**
- 10.30 am **Welcome introduction and overview of the day**
Mira Lal - Chair, BSPOGA
- Chair:** *Professor E M Alder, Research Professor, School of Nursing, Midwifery and Social Care, Napier University, Edinburgh*
- 10.35 am **Impact of stress on pregnancy**
Mollie Graneek, Chair of British Infertility Counselling Association
- 11.00 am **Obstetric case presentations of stress in pregnancy**
Mira Lal, Honorary Academic Fellow in Obstetrics & Gynaecology St James' University Hospital, Leeds and Dudley Group Hospitals
- 11.30 am **Substance misuse - is it a cause or effect of coping with stress in pregnancy?**
Mary Hepburn, Consultant Obstetrician and Gynaecologist in charge of the Glasgow Women's Reproductive Health Service for women with social problems

- 12.00 pm **Tokophobia (fear of childbirth) and its impact on pregnancy and childbirth**
Jayne Cockburn, Consultant in Obstetrics & Gynaecology, Frimley Park Hospital, Surrey
- 12.30 pm **Discussion and questions with speakers**
- 1.00 pm **Lunch (AGM for BSPOGA members)**
- Chair:** *Professor Jackie Dunkley-Bent, Professor of Midwifery*
- 2.00 pm **Long term effects of stress on the neonate and newborn**
Vivette Glover - Professor of Perinatal Psychobiology at Imperial College London
- 2.30 pm **Infantile psychosomatic integrity and maternal trauma**
Angela Joyce, Psychoanalyst, Parent Infant Project at the Anna Freud Centre
- 3.00 pm **Mental health and the childbearing year: a specialised approach**
Heather Holmes, Midwife, Queen Charlotte's and Chelsea Hospital
- 3.30 pm **Hippocrates and listening to the patient**
Are you coping? Stress and health professionals
Michael E Pawson, Honorary President BSPOGA, Retired Consultant Obstetrician and Gynaecologist, Chelsea & Westminster Hospital
- 3.45 pm **Completion of evaluation forms**
- 3.50 pm **Discussion**
Questions and answers
- 4.20 pm **Close of meeting**

CPD: 5 credits