

F19: Program Brochure

Activity Title	Women’s Health Conference 2022
Date	October 14-15, 2022
Venue	Virtual via MS Teams
Facilitator/s	Dr Gbemisola Okunoye
Target Audience	<p>Women’s Health Conference 2022 has been put together to meet the learning and knowledge needs of healthcare providers who are involved in the care of women from primary care to tertiary level including but not limited to the following groups:</p> <p>Physicians Nurses Midwives Pharmacists Allied Health Professionals</p>
Overall Learning Objectives	<p>At the end of Women’s Health Conference 2022, delegates should be able to:</p> <ul style="list-style-type: none"> ➤ Identify and discuss the current updates in promoting women’s health and wellness. ➤ Discuss the current evidence-based approach in optimizing women’s health during pregnancy and the postpartum period. ➤ Identify some of the relevant aspects of preventive and therapeutic care for women across different age groups.

Program Overview

Time	Session Title/Topic	Session-Specific Learning Objectives
<u>Friday October 14, 2021</u> 13:50-14:00	Conference Opens	
14:00-14:10	Opening remarks Prof Johnny Awwad, Executive Chair, Women’s Services, Sidra Medicine.	
<u>Session 1: Session 1: Promoting the health of adolescent girls</u> Moderator(s): Dr Caitlin Huckell, Weill Cornell Medicine Medicine		

Dr Deepa Subramanian , Sidra Medicine

Learning Objectives : At the end of the session, participants will be able to:

- Describe the options for optimal for puberty transition
- Discuss the approach and options in managing the emerging obesity epidemic in adolescents
- Explain the indications for surgical treatment of ovarian cysts in adolescent girls
- Summarise the evidence for cervical cancer prevention through vaccination.

14:15-14:25	Puberty and its problems- how do we make the transition easier? Dr Suruchi Mohan, Sidra Medicine
14:30-14:50	Obesity in adolescents-current approach in prevention management. Dr Tariq Chukir, Weill Cornell Medicine, Qatar
14:55- 15:15	HPV Vaccination in adolescent girls-Qatar experience. Dr Osman Ortashi, Sidra Medicine
15:20-15:40	Ovarian cysts in adolescent girls: when is treatment required? Dr Caitlin Huckell, Weill Cornell Medicine
15:40-15:50	Q & A
15:50-15:55	Break

Session 2: Clinical Debate 1

Moderator: Dr Ono Agbetunsin, Sidra Medicine

Learning Objectives : At the end of the session, participants will be able to:

- Discuss the evidence for and against the different approaches to the use of hormone replacement therapy for menopausal symptoms.

Motion: 'Personalised bio-hormone replacement is better than conventional hormone replacement for menopausal symptoms'

15:55-16:1	For: Dr Spyros Chouliaras, Sidra Medicine
16:10-16:25	Against: Dr Rudaina Hassan, Sidra Medicine.
16:25-16:35	Rebuttal for motion: Dr Spyros Chouliaras , Sidra Medicine.
16:35-16:45	Rebuttal against motion: Dr Rudaina Hassan , Sidra Medicine.
16:45-16:50	Break

Session 3: Healthcare for women beyond the reproductive years

Moderators: Dr Amir Elnahas, Sidra Medicine.

Dr Yassin Fagier, Sidra Medicine

Learning Objectives : At the end of the session, participants will be able to:

- Discuss optimal weight management in adult women
- Describe the diagnostic features of common vulval disorders
- Describe the components of a holistic menopause service

<ul style="list-style-type: none"> Identify the common causes of postmenopausal bleeding. 	
16:50-17:10	<p>Post-menopausal bleeding: current approach to assessment and management.</p> <p>Dr Gadha Mohiyiddeen, Sidra Medicine</p>
17:15-17:35	<p>Diagnosis and management of common vulval disorders</p> <p>Dr Deepa Subramanian, Sidra Medicine</p>
17:40-18:00	<p>One stop Menopause service: what does it offer?</p> <p>Dr Rudaina Hassan, Sidra Medicine</p>
18:05-18:25	<p>Perimenopausal weight gain-causes and treatment options.</p> <p>Dr Ibrahim Ibrahim, Sidra Medicine</p>
18:30-18:50	<p>Aesthetic Gynaecology-Does it have a place in contemporary practice?</p> <p>Dr Nusrat Fazal, Sidra Medicine</p>
18:55-19:15	Q& A
19:25	END OF DAY 1
<u>Saturday October 15, 2022</u>	
MS Teams from Sidra Medicine	
<u>Session 4: Promoting health and wellness during pregnancy</u>	
<p>Moderators:</p> <p>Dr Varsha Mulik, Sidra Medicine. Dr Homeira Karim , Sidra Medicine.</p>	
<p><u>Learning Objectives : At the end of the session, participants will be able to:</u></p> <ul style="list-style-type: none"> Describe safe and acceptable physical activities across the pregnancy trimesters Discuss the current understanding on antenatal ultrasound estimation of fetal weight Review evidence-based management of IUGR Discuss the role and indications for physical therapy during pregnancy and puerperium Identify the warning signs of mental health problems during pregnancy Discuss the approach to pre-pregnancy medication review and substitution 	
08:30-08:50	<p>Exercise in pregnancy-practical options in the antenatal period.</p> <p>Dr Sara Buhmaid, Sidra Medicine</p>
08:55-09:15	<p>How big is my baby? The role and limitations of ultrasound in fetal weight estimation.</p> <p>Prof Karim Kalache, Sidra Medicine</p>
09:20-09:40	<p>Optimal maternal positions during labour and delivery-key to promoting normal birth.</p> <p>Susan Munjoma and Judith Downey, Sidra Medicine</p>

09:45-: 10:05	Mood disorders during pregnancy-when should we be concerned? Dr Sami Omer, Sidra Medicine
10:10-10:30	Diagnosis and management of pregnancies complicated by IUGR-An update Dr Michel Makhlouf, Sidra Medicine
10:35 – 10:55	Rational and safe medication use: the role of pre-pregnancy medication review. Dr Jamal Grayez, Sidra Medicine
10:55-11:05	Break
<p><u>Session 5: Clinical Debate</u> <u>Moderators:</u> Dr Hala Abdullahi , Sidra Medicine Dr Nusrat Fazal, Sidra Medicine</p> <p><u>Learning Objectives : At the end of the session, participants will be able to</u></p> <ul style="list-style-type: none"> Discuss the balance of benefits and disadvantages of social media on the practice and delivery of healthcare to women <p><u>Motion:</u> <i>“Social media has had a negative impact on the delivery of women’s healthcare”</i></p>	
11:55-12:05	For the motion: Dr Osric Navti, Al Wakra Hospital, HMC
12:10-12:20	Against the motion: Dr Olubunmi Oniya, Sidra Medicine
12:20-12:30	Break
<p><u>Session 6: Fertility and benign Gynaecology</u> Moderator: Dr Aisha Yousuf, Dr Sidra Medicine.</p> <p><u>Learning Objectives : At the end of the session, participants will be able to:</u></p> <ul style="list-style-type: none"> Describe the key updates in fertility assessment and treatment Discuss the assessment, imaging and treatment of common gynaecology presentations including abnormal uterine bleeding and pelvic masses Identify and discuss the key impacts of COVID 19 on women’s health. 	
12:35- 12:55	Anovulatory infertility treatment- an evidence-based approach. Prof Johnny Awwad, Sidra Medicine
13:00-13:20	Fertility preservation options-what is available in Qatar? Dr Spyros Chouliaras, Sidra Medicine
13:25-13:45	Abnormal uterine bleeding-initial assessment and management options. Dr Abdulkadir Wagley, Sidra Medicine
13:50-14:10	Ultrasound, CT or MRI? What is the optimal imaging for pelvic masses?

	Dr Khadria El-Haddad, Sidra Medicine
14:15-14:35	Women’s health post COVID - what have we learnt? Dr Gamal Eldin Sayed Ahmed, WWRC, Hamad Medical Corporation
14:35-14:45	Q & A
<p>Session 7: Keynote Lecture Moderator: Dr Gbemisola Okunoye, Sidra Medicine</p> <p>Learning Objectives: At the end of the session, participants will be able to:</p> <ul style="list-style-type: none"> • Describe the factors that determine or affect women wellness • Discuss the role of aesthetic treatments in relation to the concept of wellness 	
14:50-15:35	Aesthetic surgery as a key component of women wellness- is it time for a paradigm shift? Dr Chiarra Botti, Sidra Medicine
15:40-15:50	Q & A
16:00	Closing remarks and End of Day 2

“This activity is an Accredited Group Learning Activity Category XX as defined by the Department of Healthcare Professions-Accreditation Section (DHP-AS) and is approved for a maximum of XX hours.”

In support of improving patient care, Sidra Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The Scientific Planning Committee has reviewed all disclosed financial and relevant relationships of speakers, moderators, facilitators, and/or authors in advance of this CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

