



The 18th **Congress** of the
Nordic Federation of Midwives
3-5 June 2010 in **Copenhagen**

www.njf2010.dk



Her Royal Highness
the Crown Princess Mary

Reception at
Copenhagen City Hall

Welcome

to the Congress of the Nordic Federation of Midwives 2010

The Danish Association of Midwives is pleased to welcome you to Copenhagen and to the 18th Congress of the Nordic Federation of Midwives. The Congress will be held in Bella Center 3-5 June 2010. The theme of the Congress is 'Practice and Science'.

The Congress is honoured to have the patronage of Her Royal Highness the Crown Princess Mary of Denmark.

We anticipate that 700 midwives from the Nordic countries will attend the Congress. They will experience an event which presents the latest research and the opportunity to share experiences and to network. The program will seek to balance science and practice and offers five different modes of presentation.

I look forward to welcoming our Nordic colleagues to an inspiring program and to a wonderful stay in Copenhagen.



Lillian Bondo
President
The Danish Association of Midwives

Social events – before and during the Congress

Study tours

In connection with the Congress of the Nordic Federation of Midwives, the Danish Association of Midwives will organize study tours of birth centers and delivery wards in the greater Copenhagen area, as well as of the Midwifery Programme at the Metropolitan University College. These visits are organized in collaboration with midwives at each site, and will take place outside the working hours of the Congress from Wednesday 2 June to Saturday 5 June 2010. The study tours are free, but registration is required. Registration is on a first-come-first-served basis at www.njf2010.dk

Visit to City Hall

Copenhagen City Hall opens its doors to Congress participants on Wednesday 2 June 18:30 for a reception offering finger food and a drink. Registration is on a first-come-first-served basis at www.njf2010.dk

Congress dinner

All Congress participants are invited to the Congress dinner on 4 June 2010 at Cafe Ketchup in Tivoli.

Tickets may be purchased in conjunction with registration on www.njf2010.dk and cost 500 Danish Kroner (approx. 68 euro) each. The venue seats 500 guests and tickets will be sold on a first-come-first-served basis.



Congress dinner at
Cafe Ketchup in Tivoli



The congress takes place at Bella Center,
Center Boulevard 5, DK-2300 København S

Exhibition

A broad range of companies marketing items of interest to midwives have been invited to exhibit at the Congress. There will therefore be many different products which participants are free to examine during the breaks. Participants may also dialogue with exhibitors about their products.

Registration, accommodation etc.

The Congress will be held

3-5 June 2010

Congress venue

Bella Center, Copenhagen Congress Center, is close to both the city centre and the airport. There are good public transport connections via the metro.

Registration

The registration fee includes Congress documentation, welcome reception, opening ceremony, scientific programme, poster presentation, exhibition, refreshment breaks and lunches for all three days, as well as the closing ceremony. Participation in the reception at Copenhagen City Hall on Wednesday 2 June at 18:30 is also included, but requires separate registration. The Congress dinner is not included. You may register on the website: www.njf2010.dk

Fees

Advance (early bird) registration by 10 May 2010
3.900 dkr. (approx. 525 Euro)

Late registration after 10 May 2010
4.400 dkr. (approx. 590 Euro)

Accommodation

Hotel or hostel accommodation may be reserved in various price categories. Options are presented with registration on the website www.njf2010.dk.

As hotel accommodation in Copenhagen can be costly, many Danish midwives living in and around Copenhagen offer a bed or a sofa to a Nordic colleague during the Congress. Apart from providing a place to sleep, this lets you become better acquainted with a Danish midwife. On www.njf2010.dk under the tab „Offer/borrow a sofa“ you will find names and contact addresses of Danish midwives offering to put up a guest.

Language

The working language of the Congress is English. Presentation of practice and workshops, however, may be in English or any of the Nordic languages.

Back cover

Congress Secretariat:
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www.njf2010.dk

11.00 – 12.00 **Opening Ceremony**

12.00 – 13.00 **Keynote speaker:** Hanne Kjærgaard, Moderator: Charlotte Overgaard

13.00 – 14.00 **Posterwalk:** Childbirth:
Riitta Paavilainen (FI), Randi Skei Fosslund (N), Åsa Premberg (S),
Elisabeth Jangsten (S), Christina Prinds Rasmussen (DK), Anne Berlin
Barfoed (DK)

14.00 – 15.30 **Oral Presentation: Sectio**

1. Emergency c-section in nulliparous women, Maja Laursen (DK)
2. Why women prefer caesarean birth, Annika Karlström (S)
3. Sterile water injection for labour pain, Eileen Hutton (CDN)

Oral Presentation: Epidural

1. What contributions does the epidural bring to the epidural controversy? Or how does materiality shape childbirth? Jette Aaroe Clausen (DK)
2. Influence of oxytocin or epidural analgesia on personality profile in breastfeeding women, Wibke Jonas (S)
3. Mode of delivery following epidural analgesia, Harpa Ósk Valgeirsdóttir (IS)

Symposium: Normal Labour – a challenge in midwifery

Leader: Hanne Kjærgaard

1. Duration of labour and different perceptions of the reason for prolonged labour, Ellen Blix (N)
2. Childbirth outcomes after early versus delayed oxytocin augmentation of slow progress, Anna Dencker (S)
3. Women's labour experiences after early versus delayed oxytocin augmentation, Liselotte Bergqvist (S)
4. Can we do better? Informed choice and oxytocin augmentation, Marianne Holm Jessen (DK)
5. Some midwives' experiences and views on prolonged labour in nulliparous women, Hanne Kjærgaard (DK)

Sponsored speaker:

Natusan, Michael Cork, Bathing and cleansing in newborns from day 1 to first year of life

Oral Presentation: Abuse

1. Childhood abuse and obstetric outcome among primiparous women, Mirjam Lukasse (N)
2. Does lifetime abuse affect fear of childbirth? Anne-Mette Schroll (DK)
3. Childhood Abuse and Common Complaints in Pregnancy, Mirjam Lukasse (N)

Practice environment

1. Homebirths, Cecilie Risør (DK)
2. Known Midwife, Charlotte Falk (DK)
3. Water birth, Anne Fjeldberg (N)

Workshop: Leader: Sara Kindberg (DK)

Workshop on basic surgical skills for midwifery students

- 15.30 – 16.00 **Posterwalk: Education:**
Riitta Paaivilainen (F), Randi Skei Fosslund (N), Annegrethe Nielsen (DK), Pirjo Koski (F)
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- 16.00 – 17.00 **Sponsored speaker:**
Libero, Kerstin Uvnäs-Moberg
- Oral Presentation: Epidural**
1. Epidural analgesia as pain relief in labour: women's experience, Helga Gottfreðsdóttir (IS)
 2. How firsttime mothers experience the use of epidural analgesia, Ingrid Jepsen (DK)
- Oral Presentation: Obstetric risk factors**
1. Risk factors for obstetric anal sphincter rupture, Sari Räisänen (F)
 2. Obstetric brachial plexus palsy, Margareta Mollberg (S)
- Oral Presentation: Obstetric Issues**
1. A small rural health service talks about the prevalence of C-section, Helen Haines (AUS)
 2. The Early External Cephalic Version (ECV) 2 Trial, Eileen Hutton (CND)
- Oral Presentation: Partner Violence**
1. Midwives approach to screening for intimate partner violence during prenatal care, Sigridur Sia Jonsdottir (IS)
- Practice environment**
1. Support groups for parents who experience perinatal loss, Mette Bracken (DK)
- Practice environment**
1. When Survivors give Birth in East Greenland, Susanne Houd (G)
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- 16.00-17.30 **Workshop: Leader: Tove Kühl (DK)**
Birth hypnosis in clinical practice
- The right to make changes is reserved*

Modes of presentation

Practice Environment: The presenter will give a description of a practice environment that invites you into the antenatal clinic, maternity ward, labour room, home settings, classroom or any other environment where midwives work.

Workshop: Workshops differ from a practical to a theoretical approach to a well-defined midwifery subject. Participants are encouraged to be active. According to the theme of the workshop there will be room for discussions in smaller groups or trying new techniques hands-on.

09.00 - 09.50 **Keynote speaker:** Cathy Warwick, Moderator: Lillian Bondo

09.50 - 10.30 **Posterwalk:** Postnatal Care:
Ingegerd Hildingsson (S), Anette Clausen (DK), Karin Holmberg (S),
Rikke Damkjær Maimburg (DK)

10.30 - 11.30 **Oral Presentation: Low risk Childbirth**

1. Outcomes associated with planned home and planned hospital births in low risk women attended by midwives in Ontario, Canada, Eileen Hutton (CND)
2. Low Risk Childbirth at Free-standing Birth Centre versus Consultant Unit, Charlotte Overgaard (DK)

Oral Presentation: Midwives and women's views on care

1. Midwives' views on first-time mothers in the early stage of labour, Tine Schauer Eri (N)
2. What is, could be better: Swedish women's perceptions of their intrapartal care during planned vaginal birth, Ann-Kristin Sandin-Bojö (S)

Oral Presentation: Screening and anxiety

1. Parents who say no to fetal screening. What can we learn? Helga Gottfreðsdóttir (IS)
2. Parents' worried state of mind when fetal ultrasound shows unexpected finding, Anna-Karin Larsson (S)

Oral Presentation: Reproductive health

1. Childhood abuse and fear of childbirth, Mirjam Lukasse (N)
2. Screening expectant fathers for HIV and Chlamydia: an under-emphasized reproductive health issue, Monica Christianson (S)

Oral Presentation: Women's views

1. Vulnerable and strong - lesbian women encountering maternity care, Bente Dahl Spidsberg (N)
2. Do midwives hear the voices of Deaf women? Harpa Ósk Valgeirsdóttir (IS)

Oral Presentation: Education

1. The development of midwifery education post-Bologna process, Lena Mårtensson (S)
2. Girl-Power Empowerment in education for Midwifery, Karin Lindholm (DK)

Practice environment

1. Birthing Moderator experiences from the maternity ward at Skejby Hospital, Charlotte Sollid (DK)
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11.30 - 12.30 **Oral Presentation: Low risk childbirth**

1. Can differentiated birth care provide better birth care? A randomised trial, Stine Bernitz (N)
2. Føderiket – A Free-Standing Birth Centre, Anette Schaumburg Huitfeldt (N)

Oral Presentation: Fear of childbirth

1. Previous Birth Experience in Women With Intense Fear of Childbirth, Christina Nilsson (S)
2. Fear of delivery – an evaluation of the Aurora clinic, Lena Lendahls (S)

Oral Presentation: Antenatal care

1. Randomised trial of structured antenatal training sessions to improve the birth process, Rikke Damkjær Maimburg (DK)
2. Prospective first-time fathers are keen to use Internet for childbirth information, Margareta Johansson (S)

Practice environment

1. Exchange to Farao Island, Louise Astrid Mabire (DK)
2. Two exchange students story, Lisbet Holding (DK)

Oral Presentation: Childbirth

1. Why is Apgar score Different in Russia compared to Norway and Finland? A registry based study, Anna Sofia Veyhe (DK)
2. A Swedish RCT of birth on a birthing seat – a pilot study, Li Thies-Lagergren (S)

Oral Presentation: Students' session – undergraduate projects

1. Can the midwifery service contribute to strengthening youth and young women's awareness of reproductive health, Nina Høyer (N)

12.30-14.00

Posterwalk: Childbirth:

Sigfríður Inga Karlsdóttir (IS), Katri Ryttyläinen (F), Eira Alanko (S), Astrid Nystedt (S), Charlotte Overgaard (DK), Annette Aarre (DK)

Sponsored workshop:

Laerdal: Use of simulation as a methodology to practise in the critical first 10 min. after birth

14.00 – 15.30

Oral Presentation: Communication and training

1. Videoconference; a tool for the midwife to support new parents, Inger Lindberg (S)
2. Discussing Discomfort during Pregnancy in the Antenatal Clinic, Annegrethe Nielsen (DK)
3. The implementation and evaluation of a mandatory multi-professional obstetric skills training, Pernille Langhoff-Roos (DK)

Oral Presentation: Issues on pregnancy

1. Gestational age specific reference intervals for uncomplicated pregnancies, vaginal deliveries and postpartum period, Anne Barfoed (DK)
2. Congenital heart disease and pregnancy - consequences for the mother and the offspring, Kirsten Hanehøj (DK)
3. Unplanned care seeking at the delivery ward in a low-risk multiethnic population, Pernilla Ny (S)

Symposium Home birth in the Nordic countries

1. Rural home birth in Iceland, Ólöf Ásta Ólafsdóttir (IS)
2. Outcomes of planned home births in Norway, Merethe Kumle (N)
3. Midwifery practice in home births, Ellen Blix (N)

4. Satisfaction and birth experience, Helena Lindgren (S)
5. Home birth in the Nordic countries, Karen Ingversen (DK)

Practice environment

1. Do you want known midwife? Jytte Pihl (DK)
2. West meets East, Hulda Thorey Gardarsdottir (HK)

Workshop: Leader: Jette Aaroe Clausen (DK):
'How to study technologies?'

Oral Presentation: Students' session – undergraduate projects

1. Woman-carried records and their impact on midwifery care at antenatal visits, Mette Sejer Sørensen (DK)
2. An investigation into midwives' views on risks and patient safety incidents, Mette Sejer Sørensen (DK)
3. Walking Epidural? A Case Study on mobilization of women with epidural analgesia, Katrine Sørensen (DK)

Practice environment

Silkeborg Midwifery Center

Workshop: Leader: Ann-Louise Vestergaard (DK)

Implementation of mandatory internet based learning in a multi professional hospital environment

15.30 – 16.00 **Posterwalk:** Antenatal Care:
Bente Dahl Spidsberg (N), Ingvild Aune (N), Birthe Baltser Knudsen (DK)

16.00 – 17.00 **Oral Presentation: Women's views**

1. Women's Views on Birth Centre Care versus Traditional Labour Ward Care in Northern Denmark, Charlotte Overgaard (DK)
2. Women's advice to mothers-to-be: 'Clearly voice your needs', Christina von Feilitzen (S)

Oral Presentation: Philosophic perspectives on care

1. What makes a good midwife? Sigfríður Inga Karlsdóttir (IS)
2. A Midwifery Model of Women Centred Care in a Nordic Context, Olof Asta Olafsdottir (IS)

Practice Environment

1. Midwives experiences with being a 'known midwife', Sanne Hecksher (DK)

Practice Environment

1. Giving birth after previous rape (Norwegian), Lotta Hilde Halvorsen (N)
2. Mothers and baby groups starting in pregnancy, Anne Damgaard Asmussen (DK)

19.00-24.00 **Congress Dinner in Tivoli**

09.00 - 09.30 **Posterwalk: Education:**
Lena Lendahls (N), Ann Louise Vestergaard (DK)

09.30 - 11.00 **Oral Presentation: Fertility/abortion**

1. Young Swedish Women's Experience of Fertility, Malin Söderberg (S)
2. A Girl Thing - Perceptions Concerning the "Hymen" among Young Swedish Women and Men, Monica Christianson (S)
3. Confronting the Inevitable: A conceptual Model of Miscarriage for use in Clinical Practice and Research, Annsofie Adolfsson (S)

Oral Presentation: Issues on augmented labour

1. Experiences of non-progressive and augmented labour among nulliparous women, Anna-Karin Dykes (S)
2. Did the drip drop? Attention to labour dystocia in term delivery with spontaneous onset - a quality improvement, Mette Kiel Smed (DK)
3. Short- and long-term decrease of blood pressure in women during breastfeeding, Wibke Jonas (S)

Symposium: Clinical practice and evidence about perineal care and childbirth, Leader: Sara Kindberg (DK)

1. Focus on the prevention of perineal lacerations, Mirjam Lukasse (N)
2. Fokus on pain during perineal repair, Sara Kindberg (DK)
3. Long term maternal morbidity, three years follow-up after birth, Misan Stehouwer (DK)
4. Focus on postnatal consultations and sexual health, Ann Olsson (S)

Workshop: Leader: Helle Schimmell (DK)

Recognition and competence in a midwife context

Workshop: Leader: Annegrethe Nielsen (DK)

Training and assessment of Communication skills in the Antenatal Clinic

Oral Presentation: Fetal Movement

1. Implementation of uniform information on fetal movement in a Norwegian population, Eli Saastad (N)
2. Fetal movement counting – effects on maternal concern. A multi-centre randomized controlled trial, Eli Saastad (N)

Workshop: Leader: Tine Greve (DK)

'A good start to Breastfeeding'

Posterwalk: Antenatal Care:

Anette Werner (DK), Roza Hoorsan (IRAN), Sophie Green (S), Ingvid Aune (N), Joke Habben (DK), Margrethe Nielsen (DK)

11.00 – 12.00 **Sponsored speaker:**
Multi-tabs, Sjurdur F Olsen and Elina Hyppönen, Importance of Omega-3 fatty acids and Vitamin D during pregnancy

Oral Presentation: Health prevention in pregnancy

1. A fat time, Jeanette Ziska (DK)
2. To conduct the conduct of health. A theoretical study of the Danish public health regarding overweight and depression in pregnancy, Lene Toxvig (DK)

Oral Presentation: Exercise and dietary advice

1. Experiences of physical activity during pregnancy in Danish nulliparous women with a physically active life before pregnancy, Hanne Kristine Hegaard (DK)
2. Women's experiences of dietary advice and dietary changes during first pregnancy, Anna Lena Wennberg (S)

Oral Presentation: Fetal monitoring

1. To loose contact with your unborn child, Mari-Christin Malm (S)
2. Implementation of new intra partum fetal monitoring in a Danish Hospital, Kristine Sylvan Andersen (DK)

Oral Presentation: Acupuncture

1. Acupuncture as an adjunct to standard treatment for pelvic girdle pain in pregnant women, Helen Elden (S)
2. Use of acupuncture for labour augmentation, Charlotte Egholm Lyngsø (DK)

Practice environment

1. Eating disorders and pregnancy, Charlotte Sollid (DK)
2. Creative reflection as a part of antenatal childbirth preparation, Inger J. Silgerjd Monstad (N)

Practice Environment

1. Intervention between midwives – a narrative method of colleague group supervision, Kirsten Østergård (DK)

12.00 – 13.00	Posterwalk: Women's Health: Marie Klingberg-Allvin (S), Laila Hørby (DK), Nina Asplin (S), Berit Höglund (S), Anna Sofia Veyhe (N), Hanne Hegaard (DK)
13.00-14.00	Keynote speaker: Ulla Waldenström, Moderator: Misan Stehouwer
14.00 -15.30	Roundtable with the Presidents of the Nordic midwifery associations and Closing ceremony

The right to make changes is reserved

Modes of presentation

Poster presentation: This is one of the traditional ways to present research projects, development projects, ongoing studies, teaching methods, bachelor projects etc. There will be posterwalks where posters will be presented by the authors.

Oral presentation in parallel sessions: The traditional oral presentations of research or development projects will be held in parallel sessions of two to five presentations.

Symposia: At symposiums a number of researchers will present, elucidate and discuss a theme from various angles. Each symposium is directed by a symposium leader.

Get to know your Nordic colleagues or fellow students!

the meeting point

The Congress of the Nordic Federation of Midwives offers its participants great opportunities for twinning and networking. Start before the Congress via www.njf.2010.dk and in

Facebook group “NJF2010 – Nordisk Jordmorforbunds kongres 2010”. At the Congress there will be a meeting point where participants may put up messages about the contacts they are looking for.

Twinning

Twinning refers to a concrete, practical collaboration between two departments or institutions. This implies a binding partnership between mutually respectful partners in which the practical experience of the departments or institutions is shared. One department, for example, is engaged in obstetrical skills training, and another is looking to introduce this. Through twinning an agreement is reached to share knowledge gained, exchange staff or arrange study visits etc. As a participant in the Congress of the Nordic Federation of Midwives, make use of the facilities offered before and during the Congress.

Feel free to send a brief description of your department to sek@jordmoderforeningen.dk describing what you can offer or what kind of twinning you are looking for. This will be posted on www.njf2010.dk so others may be inspired and prepare to meet you during NJF2010. You can also use Facebook, where a group has been set up under the name “NJF2010 - Nordisk Jordmorforbunds kongres 2010”. Or you may bring your short description with you to the Congress and post it on the message board by the meeting point.



Photo: Morten Pedersen

Networking

Networks with colleagues may be set up with the intention of sharing knowledge or forming new social relationships. Perhaps you are dreaming of working in one of the other Nordic countries, but need to establish a social contact before you start job-hunting. Or maybe you want to combine a holiday with a study tour at a Nordic birth centre or midwifery college. Would you like to suggest dinner at a restaurant with some of your Nordic colleagues or fellow students during the Congress? The possibilities are endless and the Congress is the obvious place to network. Put up your notice on the message board by the meeting point. You can also use Facebook, where a group has been set up under the name “NJF2010 – Nordisk Jordmorforbunds kongres 2010”.

Culture and golf in Copenhagen

Golf adjacent to Bella Center

There are ample opportunities to play a round of golf if you need some air between the many exciting Congress interventions. Adjacent to Bella Center is the Royal Golf Center offering possibilities for the proficient golfer, the beginner and the newcomer to golf. The Center includes a driving range, a pay n'play course and a beautifully situated 18 hole course with panoramas of both the city and the natural surroundings. Read more on www.royalgolf.dk

Museums

If you are looking for a cultural experience, Copenhagen, with its many exciting museums and exhibitions, has plenty to offer: The New Carlsberg Glyptotek, the National Museum and the National Gallery of Denmark, to mention but a few. Admission to many of the city's museums is free of charge.

Parks in Copenhagen

You can also take a walk through one of Copenhagen's many lovely parks such as the King's Garden, the Botanical Gardens, Frederiksberg Park or Søndermarken. In Søndermarken you will also find Cisternerne – the Museum of Modern Glass Art, where art is displayed underground. The Swedish artist Göran Wärff, who has worked for Kosta Boda and others, is exhibiting there from 4 February to 28 November 2010. You can read more about the museum on www.cisternerne.dk

Copenhagen

Check out what Copenhagen has to offer at:

Wonderful Copenhagen

www.visitcopenhagen.dk. The site is in Swedish, Norwegian, German, English and Danish.

Alt om København

www.aok.dk

Swimming

If you feel like a dip, there are a number of possibilities for this in Copenhagen. Amager Beach offers a nice sandy stretch of shoreline. You can also visit Copenhagen Harbour where you will find two harbour baths.

Shopping

Just beside Bella Center lies Field's, a shopping center housing an array of shops and cafés. In the city center opportunities for shopping abound. You can stroll down Strøget and window-hop from the City Square to Kongens Nytorv. In Strøget's quaint side streets you will find boutiques selling out-of-the-ordinary merchandise.

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