

FOCUS in O&G Post-congress Workshop

Introduction to Complementary Therapies in Pregnancy & Birth

Invited Speaker Ms Denise TIRAN
Educational Director Expectancy, UK

Convenors Ms Lai Chit Ying
Ms Hau Wai Lei, Florence

Fee HK\$ 800(Lunch included)

Quota 40

Date 19 Nov 2018 (Same content as the workshop on 16 Nov)

Venue Allan Chang Seminar Room, 1/F, Block E, Prince of Wales Hospital



Objective

This interactive workshop will explore the benefits and risks of using complementary therapies in pregnancy and birth. The focus will be on helping midwives to understand the principles of some of the main complementary therapies used by pregnant women so that they can advise women on safe and appropriate use. We will also explore how specific conditions can be treated with complementary therapies

Programme

08:30-0900	Registration
09:00 – 10:30	Introduction to complementary therapies and natural remedies in pregnancy, labour and postnatal period
10:30 – 11:00	Refreshment break
11:00 – 13:00	Introduction to reflexology for labour
13:00 – 14:00	Lunch
14:00 – 15:30	Complementary therapies and natural remedies for post-dates
15:30 – 15:45	Refreshment break
15:45 – 16:45	Complementary therapies and natural remedies for pain relief in labour : massage, acupuncture
16:45 – 17:00	Q & A

PEN POINTS: 6 PEM points