



SMiLe 25 conference

Workshops and flash talks





Workshop

Supporting clinical excellence in perineal repair



Sara Kindberg Adelskov Founder and CEO of GynZone

Sara Kindberg Adelskov is a Danish midwife, researcher, and healthcare entrepreneur known for her contributions to women's health. She holds a PhD in health sciences and has conducted significant research in reproductive health. Kindberg is the founder and CEO of GynZone, a company specializing in online medical education and training for healthcare professionals in obstetrics and gynecology. Through her work, she has advanced the quality of maternal care and the treatment of birth-related injuries. Sara is recognized for her dedication to improving women's health globally through innovation, research, and professional education.



Flash talks



Redefining the Clinical Supervisor: inclusive, prepared, empowered

Discover the refreshed Clinical Supervisor preparation pathway, where every midwife and maternity care assistant becomes a leader. This inclusive and flexible approach prepares the midwifery workforce to supervise effectively. Are you ready? Are your team? Join us to find out more and lead with confidence.

Suzanne Lake, Senior Educator, Practice Education and Pre-registration Team, NMAHP, NHS Education for Scotland



Developing the story of us

From initial workshops, a drafting group and participative art sessions to the creative inspiration of the team at the Dundee Contemporary Arts Centre and funded by the Charitable Health Foundation, This book represents a true collaboration of those who are passionate about reducing the impact of inequality. AIMS Tayside.

Iona Duckett, Professional Advisor Midwifery and Perinatal Health. Scottish Government and Senior Midwife, NHS Tayside



Flash talks



Measuring birth trauma related PTSD in maternity staff - an adapted City Birth Trauma Scale for Midwives & Obstetricians

Maternity services are more challenging for staff than ever before, and there is a growing awareness of the psychological impact on midwives & obstetricians of repeated exposure to traumatic events in the workplace. The City BiTS (Professionals version) aims to allow staff struggling with workplace PTSD to be identified, and to seek help, as well as allowing us a better understanding of what causes PTSD in staff to better enable us to plan services and support to reduce long-term psychological harm to our workforce.

Alice McInnes, Director of Midwifery, NHS Tayside



Finding my Voice: A Newly Qualified Midwife at the Scottish Trade Union Congress Women's Conference

Attending the Scottish Trade Union Congress Women's Conference as a newly qualified midwife was inspiring and empowering. Representing the Royal College of Midwives, I felt proud to stand alongside passionate women advocating for equality, fairness, and workers' rights. The experience strengthened my voice, confidence, and commitment to collective action.

Siobhan Callaghan, Rotational Midwife NHS Greater Glasgow and Clyde



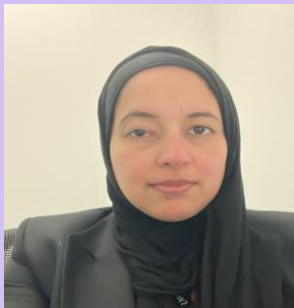
Flash talks



Antenatal PEEP in Moray

Antenatal Peep allows families a safe space to understand sensitive parenting, developing a loving and secure attachment with their baby. Creating a supportive network group which helps prevent the risk of isolation, anxiety and low-level depression. Parents explore the transition to parenthood and their feelings surrounding their new baby.

Kelly Croudace and Susan Petrie, Maternity Care Assistants NHS Grampian



Dangers of misinformation

Why is it interesting? During the COVID-19 pandemic, I observed Black, ethnic minority pregnant women expressing a hesitancy in taking up the COVID-19 vaccines.

- **What is it about?** Inequities in research. Bringing a unique lens, not just from an insider and outsider perspective but as a person of colour and a midwife.
- **How did you do it?** I wanted to learn the skills through an MRes, to articulate and amplify the importance behind the 'why' of these phenomena.
- **Who was involved?** I sought out local community groups and University Links.

Samia Kadder, Midwifery Lecturer University of the West of Scotland



Flash talks



On placement, with purpose: my journey at RCM Scotland

Sharing my recent experience of working alongside the RCM during my five-week student elective placement where I had many opportunities to learn from different arms of the organisation as well as being able to organise a student celebration event and spend time with an MSP in both the Scottish Parliament and constituency.

Dawn Smith, Student Midwife 3rd Year University of the West of Scotland



Research Priorities for Midwives in Scotland

This flash talk will inspire you to think about how to include the top 10 priorities in your work now and in the future. The topic areas include clinical care as well as workforce and education. Read them [here](#)

Dr Jude Field and Jenny Cunningham, Research Advisors, Royal College of Midwives



Flash talks



The experience of Early Career Midwives: 5 years on

This talk will highlight the key findings of 'The Experience of Early Career Midwives: 5 years' and compare them with the initial 'First Five Years Forum survey' in 2020.

The mixed methodology employed will provide both statistical comparisons and anonymised, rich, verbatim quotes from open-text responses, concluding with a summary of recommendations.

Katie McKenna Midwife NHS Dumfries and Galloway and Marie Buckleygray Midwife NHS Tayside



Life of an RCM Workplace Representative

In my talk, I'll share the highs and lows of being a Rep, highlighting the invaluable support I've received from the RCM, NHS Tayside, and the members I represent. I'll also touch on the encouragement I've had when writing short articles for the journal, as well as the many opportunities for further learning and professional development.

Lorna Duncan, Midwife - Maternity Triage NHS Tayside



Flash talks



Beyond midwifery: collaborating across unions for better outcomes

STUC women's school, how the conference works, examples of motions at conference and the language used, benefits of multiple unions coming together, my learning and how it has impacting my role as a midwife and workplace representative.

Lynne Ritchie, Midwife, RCM Workplace representative



NHS Scotland Skills Passport: for Maternity Care Assistants, Maternity Support Workers and Perinatal Healthcare Support Workers.

Maternity Care Assistants have been an integral part of maternity services since 2006. The NHS Scotland skills passport provides a comprehensive record of the skills and competencies in order to support the student MCA in achievement of competencies. The recent update of the skills passport continues to ensure a contemporary workforce within maternity services.

Liz Miller, Lecturer in Midwifery, University of the West of Scotland and Cherylene Dougan, Maternity Support Assistant, NHS Dumfries & Galloway, RCM Steward and RCM Board Member



Flash talks



Beyond the headlines: caring for migrant women in 5 Minutes

In a climate of misinformation, midwives deserve the truth. This short session challenges common myths about migrant women in maternity care and gives you 5 must know facts to cut through the noise and deliver compassionate, informed care. It emphasises culturally safe, trauma-informed, person-centred practice, helping midwives build trust, improve communication, and promote equitable, respectful maternity care for all.

Vongayi Mufara, Advocacy & Community Engagement Manager, Amma Birth Companions



Vaccines in pregnancy: building confidence, saving lives

Public Health Scotland and NHS Education for Scotland collaborate to make available workforce education resources to help support all healthcare practitioners to have confident, evidence-based conversations about vaccination in pregnancy. This flash talk highlights current evidence, safety and effectiveness of maternal vaccination, explores common barriers, and showcases educational resources supporting midwives and maternity teams to promote informed maternal vaccination choices.

Kathy Valentine, Senior Clinical Nurse Specialist, Public Health Scotland

Lindsey Milroy, Principal Educator, NHS Education for Scotland



Flash talks



NQM application and interview guidance

This talk presents newly developed guidance for students nearing qualification, as well as for educators and health boards, focusing on the application and interview process for Newly Qualified Midwives (NQMs). The guidance aims to provide suggestions of simple adjustments that promote positive, mutually beneficial experiences for all parties involved.

Isla Innes-Love, Newly Qualified Midwife



More Than Words: language support in maternity services

Mira shares her journey exploring interpreting in maternity services during her midwifery degree. This talk highlights the power of collaboration and engagement, while underscoring the vital role of language support in ensuring safe, compassionate, and equitable care for women and families navigating pregnancy and birth.

Mira Waligora , Newly Qualified Midwife



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