**Compassion in Maternal–Fetal Medicine:**
**Integrating Empathy into Evidence-Based Practice**
**Monday, 12 October 2026 | Sydney, Australia**
**Workshop Time: 0845 – 1245 (Registration from 0815– 0845)**

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## LEARNING OBJECTIVES

Participants will:

- Understand the role of compassion and empathy in the management of high-risk pregnancies.
- Recognise the psychological and emotional impact of complex obstetric care on patients and families.
- Develop practical approaches to compassionate counselling during challenging clinical situations.
- Integrate patient-centred communication with evidence-based maternal–fetal medicine practice.

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## ABSTRACT

Maternal–Fetal Medicine often involves caring for women and families facing uncertainty, complex diagnoses, and difficult clinical decisions. While clinical excellence remains essential, compassionate care is equally critical in supporting patients through high-risk pregnancies.

This workshop explores how empathy and evidence-based medicine can work together to improve patient outcomes and experiences. Through expert presentations and a multidisciplinary panel discussion, participants will examine communication strategies, counselling frameworks, and approaches to providing emotional support during complex obstetric care. The session will highlight practical ways clinicians can strengthen compassionate practice in Maternal–Fetal Medicine.

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**WHO SHOULD ATTEND?**

Obstetricians, Maternal–Fetal Medicine specialists, Trainees, Midwives, and other healthcare professionals involved in the care of women with high-risk pregnancies.

Participants will gain insight into integrating compassionate communication with clinical decision-making, while learning from regional leaders in Maternal–Fetal Medicine.

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as at 29 September 2026

| Time | Program | Speaker |
|---|---|---|
| 0845–0900 | Welcome and Opening | Dr John Tait (New Zealand)<br>President AOFOG |
| 0900–0945 | Healing with Humanity: The Role of Compassion in High-Risk Pregnancy Care (Lecture) | Dr Firoza Begum (Bangladesh) |
| 0945–1030 | The Hidden Trauma of High-Risk Obstetrics: A Framework for Compassionate Counselling and Care in Complex Deliveries (Lecture) | Dr U.D.P. Ratnasiri (Sri Lanka) |
| 1030 – 1055 | Morning Tea | |
| 1055–1140 | Perinatal Medicine and the Emotional Landscape: Supporting Families Through Uncertainty (Lecture) | Dr Shreyashi Aryal (Nepal) |
| 1140–1230 | Panel Discussion | Dr John Tait (New Zealand)<br>Dr Mahesh Choolani (Singapore)<br>Dr Firoza Begum (Bangladesh)<br>Dr U.D.P. Ratnasiri (Sri Lanka)<br>Dr Shreyashi Aryal (Nepal) |
| 1230–1245 | Wrap Up | Dr Mahesh Choolani (Singapore) |

*Speakers and program are proposals and subject to change*