

CAROSIKA COLLABORATIVE

EDUCATION DAY

Saturday 19 September 2026
Building 503, University of Auckland, Grafton Campus
Registration in the Atrium

PROGRAMME OF EVENTS

8-9am Registration, Coffee & Networking

9-9.15am Mihi whakatau, karakia, waiata & an overview of the day

9.15-10.40am Plenary Session One in AMRF Lecture Theatre

10.45-11.15am Morning Tea, Networking & Poster Viewing in the Atrium

11.15am-12.45pm Plenary Session Two in AMRF Lecture Theatre

12.45-1.40pm Lunch, Networking & Poster Viewing in the Atrium

A cervical cerclage skills training session will be available

1.40-3.10pm Workshops Session One

3.10-3.30pm Afternoon Tea, Networking & Poster Viewing in the Atrium

3.30-5pm Workshops Session Two

5.00pm Closing & Karakia

Please note: each attendee will be able to select two workshops to attend. Expressions of interest for workshops will be requested approximately two weeks prior to the event.



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COLLABORATIVE**

Preterm birth care across Aotearoa: whānau-centred, equity-driven

SPEAKER LED SESSIONS:

9-9.15am	Mihi whakatau, karakia, waiata An overview of the day Tina Allen-Mokaraka & Katie Groom
9.15-9.35am	Whānau story
9.35-10.20am	The Carosika Community of Practice: Working together to improve high-risk spontaneous preterm birth care The Carosika Community of Practice unites lead clinicians throughout Aotearoa to enhance local specialist services for spontaneous preterm birth prevention. Findings from the 12-month pilot and insights from regional members will be shared as we continue to work towards equitable access to care. Lisa Dawes, Briar Hunter, Lynelle Taylor, Lisa Marrilier
10.20-10.40am	He Raa ki Tua – Why Cultural Safety in Preterm Birth Care Matters Persistent inequities experienced by Māori, Pacific and Indian whānau highlight the need for culturally safe approaches to preterm birth care and prevention. This kōrero explores how cultural safety can strengthen trust, improve access, and contribute to better health outcomes and experiences for all whānau in Aotearoa. Chloe Taylor

10.45 - 11.15am Morning Tea, Networking & Poster Viewing in the Atrium

11.15-11.25am	The Carosika Waiata
11.25-11.50am	ReThink, ReFrame and ReLanguage: supporting mental health in pregnancy for those at highest risk of preterm birth Early intervention, psychological preparation, group work, and community can support the psychological wellbeing of wāhine/people with recognised factors for preterm birth. These methods will be explored using real-world experience with consideration of how they can be integrated into everyday practice. Meggan Lam
11.50-12.10pm	Does mode of birth influence subsequent preterm birth? Caesarean section in labour is increasingly associated with future preterm birth. But how worried should we be? Using local Aotearoa data, this risk will be put into clinical context with guidance for everyday practice. Katie Groom
12.10-12.20pm	Taonga Tuku Iho & Carosika resources An update on the latest sections of our national best practice guide for equity in preterm birth care. Katie Groom
12.20-12.30pm	Measuring success An overview of the progress made by the Carosika Metrics team towards measurement of improvements in preterm birth care. Lynn Sadler
12.30-12.45pm	Questions & Discussion Fran Higgins, Katie Groom, Kasey Tawhara & Sarah Rusholme

12.45-1.40pm Lunch, Networking & Poster Viewing in the Atrium

A cervical cerclage skills training session will be available

WORKSHOP SESSIONS:

1.40-3.10pm Workshops Session One

3.10-3.30pm Afternoon Tea, Networking & Poster Viewing in the Atrium

3.30-5pm Workshops Session Two

A	Stop, Collaborate and Listen <i>Facilitated by the Carosika Whānau Awhina Rōpū.</i> Centred on the Education Day theme of Mahi Tahi, this workshop will offer an opportunity to stop (reflect), collaborate (improve working together) and listen (exchange perspectives, hear each other, use this to make positive change). Whānau with lived experience of preterm birth will lead participants to focus on the importance of building relationships between whānau and healthcare professionals to truly be effective in optimising pregnancy care to limit the impacts of preterm birth. The workshop will include shared storytelling with perspectives from whānau and healthcare professionals on real life experiences, combined with small group activities and discussion. Sarah Rusholme and Emma Deverall. Support from Mel Tito and Donna Smith
B	Population screening and management for spontaneous preterm birth This workshop will include short lecture-based teaching on evidence-informed approaches to population-based screening for spontaneous preterm birth including all directly and indirectly modifiable risk factors. Interactive and facilitated small group discussions will apply the knowledge gained during the day to patient journeys across a spectrum of risk for preterm birth and consider how to put this knowledge into action. Lisa Dawes, Claire Lilly, Lisa Marrilier, Alison Hedge, Tracy McConachie, Rachel Nolan, Mel Tito, and Lynelle Taylor
C	Preterm fetal growth restriction: identifying and modifying risk, management to optimise timing of birth This workshop will include short lecture-based teaching on all aspects of pregnancy care to limit the impact of preterm fetal growth restriction. Centred around a whānau story, participants will be involved in facilitated small group discussions to consider all aspects of the patient journey from prediction of risk, through to timing and preparation for preterm birth. Katie Groom, Ngaire Anderson, and Maylene Ash
D	He Kōrero mō te Whānautanga o Moata - Understanding Preterm Birth in Aotearoa <i>Facilitated by the Carosika Student Rōpū</i> and designed for medical and midwifery students this workshop will use lived experience storytelling, group discussion, and short teaching sessions. Attendees will learn what preterm birth is, whilst gaining a deeper understanding of its challenges. With equity, cultural safety, communication, collaborative practice, and advocacy at the forefront, the impacts of preterm birth on pēpi, whānau, and healthcare services will be explored. This workshop aims to attract and engage the future perinatal health workforce in a holistic view of preterm birth care. Dave Sharma, Storm Savage, Libby Miller, Grace Otai, Kaaj Pala. Support from Bridget Beehan, Rose Elder and Heena Lakhdhir
E	He wānanga mo te Wānanga: let's wānanga about Wānanga - understanding Wānanga Hapū and its role in pregnancy care and preterm birth This workshop will provide participants with an understanding of Wānanga Hapū as a Kaupapa Māori pregnancy course providing antenatal education grounded in tikanga and mātauranga Māori. It will consider the evidence supporting a Wānanga Hapū approach to improve preterm birth care and outcomes and enable participants to translate these practices into their everyday care. Moerangi Tamati, Tawera Trinder, Chloe Taylor, and Rose Martin

5.00pm Closing & Karakia



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