

# Special Delivery



SOCIETY FOR MATERNAL-FETAL MEDICINE

Volume 4, Issue 5

November, 2012

## MESSAGE FROM THE PRESIDENT - [Kate Menard, MD, MPH](#)



M. Kathryn Menard, MD, MPH  
SMFM President

November is "Prematurity Awareness Month," an appropriate time for SMFM members to reflect on what we have accomplished to address this health issue, and to think about what more we can do to make a difference locally, nationally and worldwide.

The National Center for Health Statistics released preliminary data indicating that the US preterm birth rate fell for the fifth straight year in 2011. The rate peaked in 2006 at 12.8% and dropped to 11.7% in 2011. In addition, national data (figure) show a decline in the number of infants born prior to 39 weeks gestation.

Prematurity is a problem

that has been approached from many perspectives -- public health programs, hospital quality initiatives and public awareness campaigns. Prior to the last decade, antenatal corticosteroids and maternal transport were the primary evidence-based interventions used to improve neonatal outcomes for women with preterm labor. It is only in recent years that our understanding of historical risk factors and the role of cervical length has enabled us to implement treatments to **prevent** preterm birth. Key research findings are highlighted below:

- In 1996, Iams and MFMU Network colleagues reported that transvaginal cervical length predicts preterm birth (NEJM).
- In 2003, Meis and MFMU Network colleagues reported that weekly 17-hydroxyprogesterone caproate reduces the risk of recurrent preterm delivery in women with a prior spontaneous preterm birth (NEJM).
- In 2009, Tita and MFMU colleagues (NEJM), and Clark and colleagues (AJOG) reported adverse neonatal consequences of elective delivery at 37 and 38 weeks gestation, supporting that "39 weeks is worth the wait."
- In 2011, Berghella and colleagues published a meta-analysis of randomized trials including over 500 women with singleton gestations and prior spontaneous preterm birth. They reported that ultrasound-indicated cerclage placed for cervical length <25 mm before 24 weeks gestation was associated with a significantly reduced risk of preterm birth (Obstet Gynecol).
- In 2011, Hassan and colleagues reported a second randomized trial confirming the results findings of Fonseca (Lancet 2007) that in women

"IT IS ONLY IN RECENT YEARS THAT OUR UNDERSTANDING OF HISTORICAL RISK FACTORS AND THE ROLE OF CERVICAL LENGTH HAS ENABLED US TO IMPLEMENT TREATMENTS TO PREVENT PRETERM BIRTH."

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## MESSAGE FROM THE PRESIDENT *continued*



with a singleton gestation and a short cervix, vaginal progesterone prevents preterm birth (Ultrasound in Obstet Gynecol).

- In 2012, The Society published guidelines for use of cervical length, progesterone, and cerclage for prevention of preterm birth (AJOG).

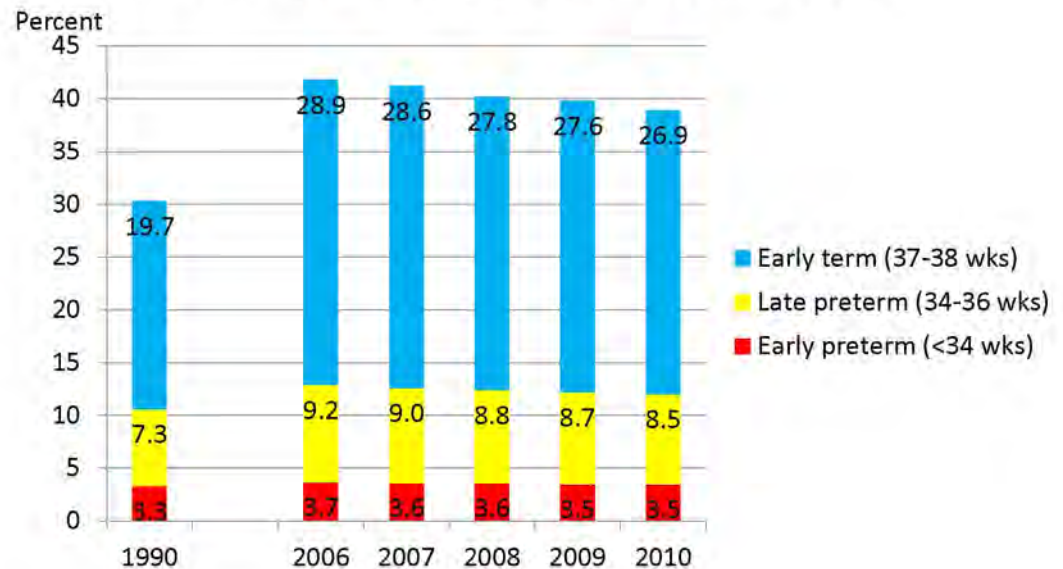
SMFM members were central in studying all of these preventive strategies. SMFM members are also key in the promotion of evidence-based practice that continues to “move the needle” on prevention of preterm birth and non-medically indicated delivery before 39 weeks.

Thanksgiving is my favorite holiday. This year I am particularly thankful for the many passionate and talented SMFM members who volunteer their time to the Society, their colleagues and the cause of improving health for women and their families. Happy holidays to each and every one of you.

*M. Kathryn Menard, MD MPH*  
*SMFM President*

“SMFM MEMBERS WERE CENTRAL IN STUDYING ALL OF THESE PREVENTIVE STRATEGIES. SMFM MEMBERS ARE ALSO KEY IN THE PROMOTION OF EVIDENCE-BASED PRACTICE THAT CONTINUES TO ‘MOVE THE NEEDLE’ ON PREVENTION OF PRETERM BIRTH AND NON-MEDICALLY INDICATED DELIVERY BEFORE 39 WEEKS.”

## Births at <39 weeks of gestation: United States, 1990 and 2006-2010



Source: CDC/NCHS, National Vital Statistics System

## Volume 4, Issue 5

### 2013 ANNUAL MEETING UPDATE—by [Donna Johnson, MD](#)

Preparations are underway for the [33rd Annual Meeting of SMFM](#) at the Hilton in San Francisco. Dr. Andy Helfgott, the Postgraduate Committee Chair, has planned an array of spectacular courses this year. Instead of three courses each day, the program will consist of four courses on the three days preceding the scientific meeting. Because of popular demand, many courses will be in debate format. Debate courses tend to fill up quickly so be sure and register early.

In another forum prior to the meeting, program directors and current fellows will provide information to residents and medical students about submitting a successful application for a fellowship in Maternal-Fetal Medicine. We have also added a round table luncheon for current fellows to obtain information about what to be aware of during the job hunt.

You can look forward to an exciting scientific program! A total of 1502 abstracts were submitted this year using the new site selected by SMFM, ScholarOne. With the help of our dedicated abstract reviewers, 86 abstracts were selected for oral presentations and 750 for posters. The dimensions of the posters will be different this year, so for those of you presenting, please read your letter carefully.

The Program Committee has worked diligently to ensure we have a great meeting, so make your plans now to join us February 11th through the 16th in San Francisco!

#### THE PROGRAM

COMMITTEE HAS  
WORKED DILIGENTLY  
TO ENSURE WE HAVE  
A GREAT MEETING,  
SO MAKE YOUR  
PLANS NOW TO  
JOIN US FEBRUARY  
11TH THROUGH THE  
16TH IN SAN  
FRANCISCO!



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33rd Annual Meeting - The Pregnancy Meeting  
[Click here to register online](#)

February 11, 2013 - February 16, 2013  
Hilton San Francisco  
San Francisco, CA



Register online at [www.SMFM.org](http://www.SMFM.org)

## Special Delivery

### THE 4<sup>TH</sup> ANNUAL MEETING OF THE ASSOCIATION FOR MATERNAL FETAL MEDICINE MANAGEMENT —by [Brian Iriye, MD](#)



AMFMM IS  
COMMITTED TO  
MFM SUPPORT AND  
PRACTICE  
DEVELOPMENT  
DURING THE  
RAPIDLY CHANGING  
CONDITIONS  
OCCURRING NOW  
IN THE FIELD OF  
PRACTICE  
MANAGEMENT

Participants from throughout the country met in Orlando on September 13<sup>th</sup> and 14<sup>th</sup> at the **Annual Meeting of the Association for Maternal Fetal Medicine Management** (AMFMM). The meeting continues to grow yearly and was attended by over 100 lead physicians and practice administrators from across the United States becoming the largest ever seminar of the society. These attendees represented a variety of practice models and sizes and were presented with possible solutions to current vexing practice issues within the lecture series that included talks on multiple issues such as physician compensation plans, future possible changes in perinatal medicine, hospital based practice management, methods for dealing with the impaired physician, telemedicine set up and solutions, long-term practice planning, and recent health law changes.

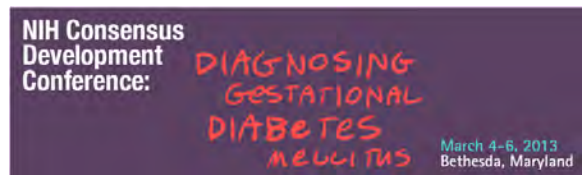
Over the next year, AMFMM plans to broaden its benchmarking initiative by performing benchmarking surveys of patients on physician care and interactions as well as sonographer care survey analysis. These surveys will be available to participating members of AMFMM to use in improving the function of their patient environments and possibly as part of merit based incentive plans. They also will set benchmarks to allow monitoring of progress within your practice. We urge you to take advantage of the low cost membership and join AMFMM to gain access to these upcoming initiatives. Other incentives include vendor discounts on big-ticket equipment from ultrasound vendors and reporting systems as well as monthly business tips published by AMFMM, a quarterly practice management newsletter, and an internet-based forum to ask questions of the AMFMM board and practice managers throughout the US.

AMFMM is committed to MFM support and practice development during the rapidly changing conditions occurring now in the field of practice management. We hope you will join our community of leading practices at our meeting next year in San Antonio on October 3-4, 2013. You can find out more information on membership at [www.AMFMM.com](http://www.AMFMM.com).

### NICHD UPDATE—by [Chloe Zera, MD](#)



The NIH Consensus Development Conference on the diagnosis of gestational diabetes mellitus was postponed due to Hurricane Sandy. **The conference has been rescheduled for March 4-6, 2013.** Go to <http://prevention.nih.gov/cdp/conferences/2012/gdm/default.aspx> for more information.



The NICHD, SMFM, ACOG and the AAP are co-sponsoring a consensus workshop on the topic of periviable birth at the 33<sup>rd</sup> Annual Pregnancy Meeting, led by Dr. Tonse Raju. This workshop is scheduled to start the afternoon of February and end the afternoon of February 13. Although pre-registration is required, there is no registration fee. Look for more details on the SMFM website.

Dr. Cathy Spong, Director of Extramural Research at the NICHD, will be leading a workshop in December to review the definition of “term” gestation. Objectives include a review of the methods of assessment and definition of gestational age both nationally and internationally, and to uniformly define deliveries from 37 to <39 weeks gestation.



### NEWLEY ELECTED MEMBERS OF THE SMFM BOARD OF DIRECTORS

Help us welcome our newly elected members of the SMFM Board of Directors whose terms will officially begin at the July 2013 Interim Meeting.

[Peter S. Bernstein, MD, MPH](#) is a Professor of Clinical Obstetrics & Gynecology and Women's Health and the Maternal-Fetal Medicine Fellowship Program Director at the Albert Einstein College of Medicine/Montefiore Medical Center in the Bronx, NY. Dr. Bernstein's work has been improving patient safety in obstetrics through EMRs, Team Training and Simulation. He has been a member and co-chaired the SMFM Subcommittee on Obstetric Simulation, been faculty in SMFM postgraduate courses on simulation, and serves on the SMFM Patient Safety Committee. Dr. Bernstein has been an Associate Editor of the SMFM edition of the American Journal of Obstetrics & Gynecology since 2007.

[Bob Silver, MD](#) is a Professor of Obstetrics & Gynecology and Chief, Division of Maternal-Fetal Medicine at the University of Utah Health Sciences Center, where he has worked for 18 years since completing fellowship. Dr. Silver has been on the SMFM Fellowship Committee since 2010, and has been a consistent presence in SMFM. He has presented at several SMFM postgraduate courses and co-directed a postgraduate course in 2011. He participated as a thought leader in the preparation of two SMFM monographs, authored a SMFM publication on stillbirth, and participated in this years' NICHD/SMFM conference on Maternal-Fetal-Neonatal-Reproductive Medicine. Dr. Silver anticipates his administrative experience with an integrated University-Private division will allow him to represent the needs of all SMFM members.

[Neil Silverman, MD](#) is a member of the Center for Fetal Medicine & Women's Ultrasound, Los Angeles. Since fellowship, he has been on faculty at two large academic medical centers, and his current academic private practice includes teaching and research collaboration with MFM fellows and residents at UCLA. He serves on the SMFM Publications Committee, has presented for the Infectious Diseases special interest group and lectured in our Fellows' Lecture Series. He serves on ACOG's Obstetric Practice Bulletin Committee, as Chair since 2011, and helped develop upcoming joint ACOG-SMFM publications, including those on IUGR and multiple gestations. Dr. Silverman's diversity of experience will help him address our membership's interests.

[Hyagriv Simhan, MD, MS](#) is an Associate Professor and Chief of Maternal-Fetal Medicine and Vice-Chair for Obstetrics at Magee-Women's Hospital of UPMC in Pittsburgh. Dr. Simhan has served on the Publications Committee for three years, and has been a speaker at post-graduate courses and sessions in the Prematurity, Obstetric Safety, and Infectious Diseases special interest groups. He has led the Infectious Diseases special interest group for three years. Dr. Simhan is eager to represent the membership of the Society as our specialty, and medicine as whole, adapts to meet the needs of the future.

*For a complete, current list of the SMFM Board of Directors go to:*

[www.SMFM.org](http://www.SMFM.org)

## Special Delivery



Dr. Edward Quilligan

"WE WILL CELEBRATE  
THE 40TH ANNIVERSARY  
OF THE FOUNDING OF  
OUR SPECIALTY AND  
HONOR OUR  
FOUNDERS, AND IN  
PARTICULAR DR. TED  
QUILLIGAN WITH A  
SPECIAL DINNER EVENT.  
THE DINNER WILL BE  
HELD THURSDAY,  
FEBRUARY 14TH  
STARTING AT 7:30PM IN  
THE BALLROOM OF THE  
HILTON SAN  
FRANCISCO."

### THE PREGNANCY FOUNDATION UPDATE—by [Tom Garite, MD](#)

[The Pregnancy Foundation](#), along with the Society, is planning a grand event for the upcoming Annual Meeting in San Francisco. We will celebrate the 40th Anniversary of the founding of our specialty and honor our founders, and in particular Dr. Ted Quilligan with a special dinner event. The dinner will be held Thursday, February 14th starting at 7:30PM in the Ballroom of the Hilton San Francisco. This dinner portends to be a very special and entertaining evening featuring brief presentation honoring our founders and recounting our history as well as entertainment provided by some of our very own talented Society members. In addition we will be announcing and promoting the establishment of the "Quilligan Scholars Program". The Quilligan Scholars will be 5 physicians in year PG3-4 of Obstetrics and Gynecology residents who show exceptional promise to be future academic leaders. The scholars will be offered recognition, mentoring, and elective educational opportunities, such as attending the SMFM meetings, special courses and experiences to foster their career. To make a reservation for the dinner or to make a donation to the Quilligan Scholars program, please contact Sarah Kyger at 202-314-2307 or [skyger@smfm.org](mailto:skyger@smfm.org). Brochures for the dinner and registration forms will be sent out shortly. We thank you in advance for all of your support.

The second item the Foundation is pleased to announce is the selection of next year's Pregnancy Foundation/AAOGF Scholar. Dr. Mary D'Alton and her Scholarly Activities Committee along with the AAOGF have selected Dr. Hilary Roeder from the University of California, San Diego whose project is entitled "Treating Pre-diabetes in the first trimester: A randomized Controlled Trail. Her mentor for this project will be Dr. Tom Moore.

The Pregnancy Foundation would also like to thank so many of our members for their ongoing Foundation support. We would like to recognize the support of our many board and committee members as well as the good work that your contributions result in, including the aforementioned scholars program, the literature review, the mini-sabbatical program, the Fellows Retreat and other of our important projects.

*Tom Garite, M.D.*

*Chairman, The Pregnancy Foundation*



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### FELLOWS CORNER—by [Erica Berggren, MD](#)

The upcoming Annual Meeting is a great time to learn about each others' research, catch up with friends and colleagues, and take advantage of amazing networking opportunities. We look forward to seeing everyone at these fellow-specific events on Thursday, February 14th. All three events will be held in the Continental Room, starting with the Fellows Forum at 5:30 PM.

**The Fellows Forum:** This annual event is open to all current fellows-in-training. Our keynote speaker will be Dr. Idahlynn Karre, a Director of the SMFM Academy of Leadership and Development. She has been an innovator in leadership training for years and will be an inspiring addition to this already memorable SMFM event.

**Associate Member Meeting:** We are excited to move the Associate Member Meeting from early morning to immediately after the Fellows Forum. This meeting is open specifically to current Fellows-in-Training and Associate Members of SMFM. We discuss updates on the current status of MFM Fellowships, potential changes to training, and open the floor to new ideas.

We also elect one of our two Associate Member Representatives. The Associate Member Representative's role during this two-year appointment is to represent the views and opinions of the newest members of our specialty in some of the following ways:

- Active membership and involvement in the Fellowship Committee
- Active involvement in the First Year Fellows' Retreat
- Attend the interim and annual SMFM Board of Directors Meetings as well as regularly scheduled phone conferences
- Represent the views of current Associate Members at these meetings

If interested in additional information, please email current Representative Nick Behrendt at [Nicholas.behrendt@ucdenver.edu](mailto:Nicholas.behrendt@ucdenver.edu). We will ask for nominations before the meeting, and each nominated candidate will give a short speech at the Associate Member Meeting before a vote takes place. We hope that moving the time of this meeting will increase participation and further strengthen our role in SMFM.

**MFM Fellows-in-Training Reception:** After the Associate Member meeting, enjoy drinks and hors d'oeuvres, and relax with each other as well as members of the SMFM Board of Directors. *This event is by invitation only—sponsored with an unrestricted grant from Obstetrix Medical Group.*

**SAVE THE DATE!** *The 2013 MFM First Year Fellows Retreat, postponed due to Hurricane Sandy, has been rescheduled for March 16-18, 2014 at the IBM Palisades Executive Conference Center in Palisades, NY.*



THE UPCOMING  
ANNUAL MEETING IS  
A GREAT TIME TO  
LEARN ABOUT EACH  
OTHERS' RESEARCH,  
CATCH UP WITH  
FRIENDS AND  
COLLEAGUES, AND  
TAKE ADVANTAGE  
OF AMAZING  
NETWORKING  
OPPORTUNITIES.



Nicholas Behrendt  
SMFM Associate Member  
Representative

## Special Delivery

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### GLOBAL HEALTH COMMITTEE UPDATE—by [Washington Hill, MD](#)



THE PROGRAM AIMS TO PROVIDE TRAINING AND EDUCATIONAL SUPPORT TO THE CURRENT AND FUTURE GENERATIONS OF HEALTH CARE PROVIDERS IN RWANDA, INCLUDING FACULTY, RESIDENTS AND STUDENTS.



SMFM Global Health committee members are working to improve health care in Rwanda, where there is a severe shortage of both health care providers and adequate education. As part of a 7 year program through Rwanda Human Resources for Health (HRH) in partnership with the Clinton Foundation and the US State Department, Drs. Urania Magriples (Yale), Maria Small (Duke) and Washington Hill (formerly of Sarasota Memorial Hospital, FSU College of Medicine and Morsani College of Medicine at the University of South Florida) joined SMFM faculty from Duke University and 13 exceptional US nursing and medical schools to partner with Rwanda's Ministry of Health to build a high quality and sustainable health system.

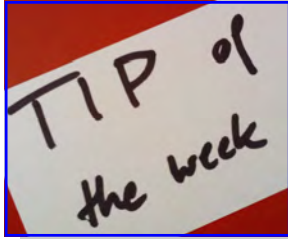
The program aims to provide training and educational support to the current and future generations of health care providers in Rwanda, including faculty, residents and students. US faculty and members of the SMFM will work for up to one year at teaching hospitals in Kigali and Butare, living and working with their Rwandan colleagues. They will also be working in district hospitals in rural and underserved communities. Subspecialists from a variety of fields may be recruited to spend shorter periods of time abroad to conduct specialized advanced training. Several of the universities involved in this program are involving perinatal nurses, particularly NICU nurses and midwives, to partner with Rwandan clinicians as mentors, and to teach student nurses and midwifery students as clinical nurse educators. Dr. Hill and his wife Pauline, a NICU nurse, are a unique partnership in Kigali, Rwanda, where Pauline is working in the maternity ward and in the NICU with the students and hospital staff while Dr. Hill provides expertise at another teaching hospital.

This program will improve the number and quality of faculty available to train future health professionals including the medical doctors (general practitioners, specialists and sub-specialists), nurses, and midwives all needed to create a sustainable healthcare system in Rwanda. The goal is for thousands of Rwandan health care providers to advance their teaching, research, primary care, and specialty skills through this educational partnership during the life of the program. Ultimately, with the help of SMFM members and other dedicated clinicians, this program aims to put the Rwandan government in a better position to provide high quality perinatal health care to the people of Rwanda.



# Special Delivery

## FELLOWSHIP COMMITTEE UPDATE —by [Erica Berggren, MD](#)



THE FELLOWSHIP COMMITTEE IS EXCITED TO ANNOUNCE THE NEW 'FELLOWSHIP TIP OF THE WEEK', THAT STARTED THIS FALL AND SENDS ALL MFM FELLOWS A SHORT WEEKLY EMAIL ON PERTINENT CLINICAL OR RESEARCH TOPICS.

The Fellowship Committee is excited to announce the new 'Fellowship Tip of the Week', that started this fall and sends all MFM fellows a short weekly email on pertinent clinical or research topics. Past president Dr. George Saade, and the Fellowship Committee saw this as an opportunity to provide helpful hints about diagnostic dilemmas, common procedures, and tricks-of-the-trade.

A few of the recent "Tips" emailed are included below.

### RESEARCH

**Yates Correction:** The Yates correction is used when performing a chi square analysis on a 2x2 table only. If you have more than 2 rows or 2 columns, then the Yates correction is not used.

### CLINICAL

**Ultrasound position and orientation:** When starting an ultrasound exam the first images should identify fetal position and confirm situs. To help correctly identify situs "be the baby" yourself. Imagine you are the baby, i.e. breech, spine toward the maternal left, your left is up and your right is down. Once you are oriented, confirm locations of the fetal stomach and heart.

This year the collection of "Tips" is directed by Dr. Gayle Olson, MFM Fellowship Director at UTMB. She welcomes tips from you or your mentors – send them to [golson@utmb.edu](mailto:golson@utmb.edu). Please use "Tips" as the subject line and indicate if you would like to be identified or would prefer your tip to be anonymous.

## MFMU Network Seeking Referrals for Ongoing Clinical Trial to Prevent CMV Infection

The MFMU Network is seeking referrals from Maternal Fetal Medicine specialists to an ongoing clinical trial "A Randomized Trial to Prevent Congenital Cytomegalovirus Infection (CMV)". This trial will test the hypothesis that CMV hyperimmune globulin prevents congenital CMV infection as compared to placebo. The trial will enroll pregnant women at <23 weeks' gestation with serologic evidence of primary CMV infection. Serology results will be confirmed at a central laboratory and delivery must occur at one of the 14 MFMU centers. This is a preventative trial: those with evidence of fetal CMV infection by ultrasound will not be eligible.

The 14 centers within the MFMU Network are:

#### Rhode Island: Brown University

Contact: Catherine Mansell, MSN 401-274-1122 ext 8514 [cmansell@wihri.org](mailto:cmansell@wihri.org)

Principal Investigator: Dwight Rouse, MD

#### New York: Columbia University

Contact: Sabine Bousleiman 212-305-4348 [sb1080@columbia.edu](mailto:sb1080@columbia.edu)

Principal Investigator: Ronald Wapner, MD

#### North Carolina:

Duke University Contact: Tammy Sinclair Bishop, RN 919-668-7475

[sincl008@mc.duke.edu](mailto:sincl008@mc.duke.edu)

Principal Investigator: Geeta Swamy, MD



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### MFMU NETWORK—continued

University of North Carolina, Chapel Hill

Contact: Kelly Clark, RN 919-350-6117 [Kelly\\_clark@med.unc.edu](mailto:Kelly_clark@med.unc.edu)

Principal Investigator: John M Thorp, Jr., MD

**Illinois:** Northwestern University

Contact: Gail Mallett, BSN 312-926-2475 [g-mallett@northwestern.edu](mailto:g-mallett@northwestern.edu)

Principal Investigator: Alan M Peaceman, MD

**Alabama:** University of Alabama, Birmingham

Contact: Stacy Harris, BSN 205-934-1322 [stacylharris@uabmc.edu](mailto:stacylharris@uabmc.edu)

Principal Investigator: Alan TN Tita, MD

**Ohio:**

Ohio State University

Contact: Francee Johnson, RN 614-293-5632 [Johnson.126@osu.edu](mailto:Johnson.126@osu.edu)

Principal Investigator: Jay Iams, MD

Case Western Reserve University

Contact: Cyndi Milluzzi, RN 216-778-8094 [cmilluzzi@metrohealth.org](mailto:cmilluzzi@metrohealth.org)

Principal Investigator: Brian M Mercer, MD

**Texas:**

University of Texas - Southwestern

Contact: Lisa Moseley, RN 214-590-8041 [lisa.moseley@utsouthwestern.edu](mailto:lisa.moseley@utsouthwestern.edu)

Principal Investigator: Brian Casey, MD

University of Texas Medical Branch, Galveston

Contact: Ashley Salazar, MSN 409-747-1733 [assalaza@utmb.edu](mailto:assalaza@utmb.edu)

Principal Investigator: George R Saade, MD

University of Texas - Houston

Contact: Felecia Ortiz, RN 713-500-6467 [Felecia.Ortiz@uth.tmc.edu](mailto:Felecia.Ortiz@uth.tmc.edu)

Principal Investigator: Baha Sibai, MD

**Colorado:** Colorado University

Contact: Kathy Hale, BSN 303-724-6685 [Kathy.A.Hale@ucdenver.edu](mailto:Kathy.A.Hale@ucdenver.edu)

Principal Investigator: Ronald Gibbs, MD

**Utah:** University of Utah

Contact: Kim Hill, RN 801-585-5586 [Kim.Hill@hsc.utah.edu](mailto:Kim.Hill@hsc.utah.edu)

Principal Investigator: Michael W Varner, MD

**California:** Stanford University

Contact: Karin Kushniruk, RN, PhD 650-724-0395 [karin1@stanford.edu](mailto:karin1@stanford.edu)

Principal Investigator: Mary Norton, MD

Questions about the study design or CMV infection should be directed to:

Brenna Anderson, MD, MSc

CMV Study Protocol Chair

Associate Professor of Obstetrics and Gynecology

The Warren Alpert Medical School of Brown University/Women & Infants' Hospital

101 Dudley Street

Division of Maternal Fetal Medicine

Providence, RI 02905

Email: [Banderson@wihri.org](mailto:Banderson@wihri.org)

Phone: 401-274-1122 ext. 7447; Fax: 401-453-7622



THE MFMU NETWORK  
IS SEEKING REFERRALS  
FROM MATERNAL  
FETAL MEDICINE  
SPECIALISTS TO AN  
ONGOING CLINICAL  
TRIAL "A RANDOMIZED  
TRIAL TO PREVENT  
CONGENITAL  
CYTOMEGALOVIRUS  
INFECTION (CMV)".



## Special Delivery

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TEXT4BABY AND SMFM —by *Andrea Swartz Goodman, MSW, MPH*



SMFM ASKS FOR YOUR SUPPORT IN ENCOURAGING PREGNANT WOMEN AND MOMS OF INFANTS TO ENROLL IN THIS VALUABLE SERVICE THAT HAS BEEN PROVEN TO IMPROVE HEALTH OUTCOMES.

Flu season is a critical time for patient education because we know that pregnant women and infants are especially vulnerable to influenza. Just in time for the 2012 season, [text4baby](#)—a free text messaging service that provides pregnant women and mothers of infants under age one with health and safety information—launched the 2012 interactive flu module as part of the service. This feature is specifically aimed at reducing the barriers women may face in obtaining the flu vaccine and to support mothers in caring for their families. In an effort to reinforce the importance of influenza immunization for pregnant women and moms with infants, text4baby users were offered the option to receive a general or specific reminder to get their flu shot and receive tailored educational messages that addressed reported concerns.

SMFM asks for your support in encouraging pregnant women and moms of infants to enroll in this valuable service that has been proven to improve health outcomes. Seventy-three percent of the total respondents who participated in a CSUSM/UCSD evaluation reported text4baby messages informed them of medical warning signs they did not know.

Results from the 2011 text4baby flu module showed that 31% of users responded to a text asking about their intention to get a flu shot and 55.7% of those who responded to a text asking if they wanted a flu shot reminder replied “yes.” Nearly three quarters of respondents not planning to get the shot were willing to provide a reason when asked, “why not?” via text. Concerns reported by users were consistent with a CDC survey of pregnant women and illustrate the potential of text4baby to obtain health information from hard-to-reach populations. The service continues to expand interactive features and will share results from the 2012 flu module in 2013.

Text4baby, an educational program of the [National Healthy Mothers, Healthy Babies Coalition](#) (HMHB), provides information during pregnancy and through baby’s first year to help mothers care for their health and give their babies the best possible start in life. Women who sign up for the service by **texting BABY (or BEBE in Spanish) to 511411** receive free text messages each week, timed to their due date or baby’s date of birth. There is no cost to your patients to sign up. SMFM encourages you to spread the word to your patients. For access to free pre-printed promotional materials and information on message content, visit [www.text4baby.org](http://www.text4baby.org).



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California State University San Marcos National Latino Research Center and University of California San Diego Text4baby Phase 2 Evaluation Results (unpublished). Data collected May 2012. Sample size for phase 2 = 200; total sample size for phase 1 and 2 = 342.

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### 2013 ANNUAL MEETING POSTGRADUATE COURSES—by [Andy Helfgott, MD](#)

Hi. It's Andy Helfgott your Postgraduate Course Chair for the 2013 SMFM Annual Meeting –The Pregnancy Meeting™. I am so excited to tell you about the stellar lineup of postgraduate courses. The course selection for this year's meeting at the Hilton in San Francisco promises to be one of the best ever. Evaluations of previous courses by attendees indicated that the membership was interested in state-of-the-art educational forums with cutting edge subject matter. The debate forums were seen as highly favorable especially when paired with audience participation and response systems. Our constituents have spoken and the Program Committee has listened!

The format of the postgraduate course sessions has been expanded to provide a wider selection for meeting attendees. There will be four courses held each day as opposed to the traditional three courses. Additionally, almost every course will incorporate some of the debate format. A wide range of topics will be covered.

Given the SMFM's recent efforts to ensure that attention to maternal health issues remains a priority, there will be three courses dedicated to maternal complications of pregnancy including **Putting the 'M' Back in Maternal-Fetal Medicine, Maternal Health: Shifting the Paradigm**, and the always wildly popular **Obstetrical Debates: Do As We Say and As We Do** course. This year's Obstetrical Debates Course promises lots of fireworks and non-stop action as experts debate topics such as the NICHD nomenclature for fetal heart rate tracing interpretation, screening for thyroid disease in pregnancy, and management of twins among other topics.

What would The Pregnancy Meeting™ be without a course on perinatal research? This year's **Debate on Research Funding for the Young & Restless** puts an interesting spin on the research approach, obtaining funding and tips for being successful in the research arena. Combine the topics in the debates format and there will certainly be lots of action at this course.

Another new course offering, **What's a Woman to Do?: Assessing the Cervix 2013**, combines ultrasound, basic science, genomics and a slew of other topics, to provide a comprehensive review of cervical length screening, treatment of the short cervix, and emerging technologies.

A free-standing SMFM sponsored Simulation course offered last spring got great reviews, so for the first time at The Pregnancy Meeting™ a **Hands-on MFM Simulation** course will be offered. This will allow participants to gain hands on experience with procedures such as PUBS, CVS and in-utero shunt placement. Space will be limited so those interested will want to make sure they register early to guarantee a spot in what is sure to be a great hands on experience.

Another course of interest given the recent successful MOMs Trial results is **Fetal Therapy: Debates and Details**. Led by experienced fetal therapists and boasting an international faculty, the course will bring its participants up to date on the latest information regarding in utero fetal interventions.

Other courses of interest include an update on **Clinical Applications of Fetal Echocardiography** as well as **Ultrasound Controversies: Many Shades of Gray** that will provide many interesting topics from experienced sonologists. These always popular courses fill up quickly, especially for those needing ultrasound CME's, so sign up early.

Rounding out the field will be courses specifically requested by the membership including **Perinatal Genetics: Out with the Old, In with the New**, **Ethics in Perinatology: A Day of Dilemmas Discussion and Debate**, and **Substance Abuse: Every Clinician's Problem**. All will bring us up to date on important topics that maternal fetal medicine specialists are forced to confront on a daily basis. The new spin here, the debate format, will make for spirited dialogue and exchange of ideas.

As you can see, the Program Committee members, chaired by Donna Johnson and assisted by William Grobman, Sean Blackwell, and myself, have worked diligently to put this program together. Obviously we are biased but we think it has some of the most exciting postgraduate course lineups ever.

Come on out to San Francisco and see for yourself. Make sure you register early so you get the courses that interest you. Afterwards, please let us know if we met your expectations as the key to improving is to hear from the membership on what did or did not work. See you at the Hilton!



Andy Helfgott, MD  
2013 Post Graduate Course Chair

THERE WILL BE FOUR  
COURSES HELD EACH  
DAY AS OPPOSED TO  
THE TRADITIONAL  
THREE COURSES.  
ADDITIONALLY,  
ALMOST EVERY  
COURSE WILL  
INCORPORATE SOME  
OF THE DEBATE  
FORMAT. A WIDE  
RANGE OF TOPICS  
WILL BE COVERED.





# Special Delivery

## 2013 POSTGRADUATE COURSES—continued



THIS FALL WE ARE CONDUCTING AN ONLINE 2012 SMFM SURVEY ON PROFESSIONAL LIABILITY. SOON YOU RECEIVE VIA EMAIL THE SURVEY MONKEY TOOL FOR THIS LIABILITY SURVEY. THIS INCLUDES BOTH HISTORICAL AND CURRENT INFORMATION.

Monday February 11, 2013	Tuesday February 12, 2013	Wednesday February 13, 2013
<b>Putting the 'M' Back in Maternal-Fetal Medicine</b> <u>Course Directors:</u> Ed Yeomans MD Gerta Zeema MD	<b>Maternal Health: Shifting the Paradigm</b> <u>Course Directors:</u> Manju Monga, MD Carla A. Martinez, MD	<b>Obstetrical Debates: Do As We Say and As We Do</b> <u>Course Director:</u> Andy Helfgott MD
<b>What's a Woman to Do?: Assessing the Pregnant Cervix in 2013</b> <u>Course Directors:</u> Vincenzo Berghella, MD Helen Feltovich MD	<b>Hands-on MFM Simulation</b> <u>Course Directors:</u> Shad Deering, MD Brian Brost, MD Dena Goffman, MD	<b>Ethics in Perinatology: A Day of Dilemmas, Discussion and Debate</b> <u>Course Director:</u> Jeffrey Ecker MD
<b>Debate on Research Funding for the Young &amp; Restless</b> <u>Course Directors</u> Suneet Chauhan MD Jonell Potter PhD	<b>Ultrasound Controversies Many Shades of Gray</b> <u>Course Directors:</u> Isabelle Wilkins MD Karin Fuchs MD	<b>Substance Abuse: Every Clinician's Problem</b> <u>Course Directors:</u> Robert Andres MD Mona Prasad DO
<b>Clinical Applications of Fetal Echocardiography</b> <u>Course Directors:</u> Jude P. Crino, MD James C. Huhta, MD	<b>Fetal Therapy : Debates and Details</b> <u>Course Directors :</u> Nancy Chescheir, MD Anthony Johnson MD	<b>Perinatal Genetics: Out with the Old, In with the New</b> <u>Course Directors :</u> Anthony Gregg MD Brian Shaffer MD

### UPDATE FROM THE RISK MANAGEMENT COMMITTEE—by [Rizwana Fareeduddin, MD](#)

Among other projects, the SMFM Risk Management committee helps review SMFM publications for verbiage that could unduly increase risk of liability for the Society and its members.

This fall we are conducting an online 2012 SMFM Survey on Professional Liability. Soon you receive via email the SURVEY MONKEY tool for this liability survey. This includes both historical and current information. For results to be truly representative of our MFM specialty and our diverse experiences, each member's participation in this study is essential and critical. An incomplete sample can be quite biased, so even if you have stopped practicing medicine in the last few years, it is important that you participate. It should take less than 15 minutes to complete. The findings will be presented in aggregate only. We look forward to each and everyone's participation!

Please contact Julie Miller at [jmiller@smfm.org](mailto:jmiller@smfm.org) with questions.



Society for Maternal-  
Fetal Medicine

SOCIETY FOR MATERNAL-FETAL MEDICINE

## IMPORTANT DATES TO REMEMBER

409 12th Street, SW  
Washington, DC 20024

Phone: 202-863-2476  
Fax: 202-554-1132  
E-mail: [smfm@smfm.org](mailto:smfm@smfm.org)

### 33rd Annual Meeting—The Pregnancy Meeting™

February 11-16, 2013

Hilton San Francisco at Union Square  
San Francisco, CA

[www.SMFM.org](http://www.SMFM.org)

### Coding for Maternal-Fetal Medicine

May, 16-17

Ritz-Carlton

Phoenix, AZ



*The Society for Maternal-Fetal Medicine  
wishes all our members and their families a  
safe and peaceful holiday season!*

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**We're on the Web!**

[www.SMFM.org](http://www.SMFM.org)

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*Editors: Drs. Erica Berggren and Chloe Zera*

*Contributors: Drs. Erica Berggren, Rizwana Fareeduddin, Andy Helfgott, Washington Hill, Brian Iriye, Donna Johnson, Tom Garite, Kate Menard, Andrea Swartz Goodman, and Chloe Zera*

**LOOK FOR THE NEXT ISSUE OF SPECIAL DELIVERY IN JANUARY 2013!**