

# 10<sup>th</sup> International Conference on Gynecology and Obstetrics

July 03-04, 2023

London, UK

Gilli Moorhawk, Androl Gynecol: Curr Res 2023, Volume 11

## **New innovations & advancements –Don't throw the baby out with the bathwater.**

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There are very good reasons we require clinical trials for all new innovations in healthcare: The drugs and techniques that are introduced have an impact not just today in the operating theatre, or this week in the hospital, but potentially for the lifetime of the patient. When the patient is a newborn baby, this consideration of treatment impact is especially essential. Yet clinical trials often last less than a year, and treatment impact may only surface, 5, 10 or even 30 years later.

Gilli takes a cautionary journey through the development of obstetric clinical practice in the last 120 years. There are many interventions which saved lives and were lauded at the time, but had catastrophic impacts on the babies later in life. Some of these practices were introduced for the benefit of the clinician and not the wellbeing of the infant and so may bear reassessment.

With the focus on live birth statistics to drive practices around infertility and birth it's useful to remember that these interventions are not only in place to deliver a live birth today, but also a healthy child and adult tomorrow. Exploring the development of routine birth interventions, revisiting the reasons why drugs are avoided in pregnancy, and discussing concerns in the development of neo-natal care through the 20<sup>th</sup> Century, this is a talk designed to inspire debate and discussion. This talk will offer thought provoking real world and real life examples, with the intention to remind clinicians of old practices that perhaps should not have been forgotten, discuss normalised practices that are perhaps not the best practices and inspire new thinking and new solutions in this critical field.

### **Biography**

Gilli Moorhawk is an author, trauma therapist and researcher with a particular interest in the reproductive cycle – sexuality, pregnancy, and birth - and how they affect health and wellbeing over a lifetime. Gilli's first book Meditations & Positive Thoughts for Pregnancy and Birth was published almost 30 years ago, and the suggestions in the book have been adopted widely in ante-natal classes around the world. Her second book Miracle Baby Stories, details personal stories of heartbreak and hope from women going through fertility treatment. Her latest book, Becoming the Sexual Athlete was published 25<sup>th</sup> June 2023.

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**Received:** June 12, 2023; **Accepted:** June 14, 2023; **Published:** July 04, 2023

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