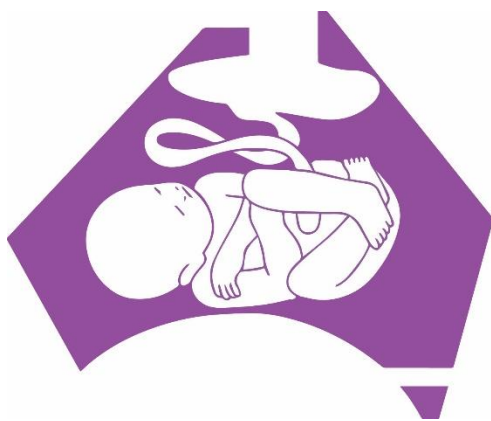


Australian Action on Preeclampsia (AAPEC) Annual Report September 2025



AAPEC
AUSTRALIAN ACTION
ON PREECLAMPSIA

Contents

September 2025 President Report.....	3
AAPEC Committee:	3
Meetings:	3
Meeting AAPEC’s aims:	4
1. Support women and their families who experience preeclampsia.	4
2. Educate, inform, and advise the public and health professionals on preeclampsia:	4
3. Campaign for greater awareness of preeclampsia and AAPEC:	5
4. Promote and support research:	6
Website:	7
Gift packs:	7
Building on our progress:	7
September 2025 Secretary Report.....	9
September 2025 Treasurer Report.....	10
Cash Position	10
Expenses	10
Income	10
Summary	10
Balance Sheet	11
Profit and Loss	12
Profit and Loss Detail	13
September 2025 Medical Advisor Report.....	14
September 2025 Midwifery Advisor Report	16

September 2025 President Report

Dr Lynne Roberts

It is my pleasure to present the 2025 AAPEC President's Report, reflecting on a year of significant progress and collaboration. This year has been my 32nd year of involvement with the organisation and my third as President. Serving as President over the past three years has been a deeply rewarding experience, but AAPEC's success has always been the result of a collective effort. I extend my sincere thanks to the committee members for their support, encouragement, and enthusiasm, and for so generously contributing their skills, time, and energy to every aspect of AAPEC's work. Together, we have formed a strong and committed team, achieving many of our goals while always keeping AAPEC's mission at the forefront.

This report details the composition of the AAPEC Committee, summarised the work undertaken over the past 12 months, highlights key achievements, and looks ahead to opportunities and priorities for the coming year.

AAPEC Committee:

President	Dr Lynne Roberts
Vice President	Dr Padma Murthi
Medical Advisor	Prof Amanda Henry
Midwifery Advisor	Dr Heike Roth
Secretary	Dr Camilla Hirsch
Treasurer	Karen Savins
Web Manager	Karen Savins
Social Media	Dr Priya Vakil
General Committee Members	Prof Shaun Brennecke, Dr Sarah Frayne, Tracey Haimes, Dr Vijaya Karanam, Siphwe Mkandawire, Sharon Ramsay, Dr Kaylee Slater.

Meetings:

Over the past 12 months we have held monthly Committee meetings that were well attended by the Committee members. Minutes were taken and circulated shortly after each meeting. In addition, there were informal Sub-Committee meetings, for example, to plan the webinars, and making changes to the AAPEC website.

Meeting AAPEC's aims:

Throughout the year, the AAPEC Committee has made significant progress in advancing our four key aims, as detailed below:

1. Support women and their families who experience preeclampsia.

AAPEC is unable to offer a formal counselling service; instead, we rely on women reaching out to us through our website and social media platforms. Over the past year, we responded to several women who contacted us via the website seeking support and advice. In some cases, this involved a phone conversation with Prof Amanda Henry, our Medical Advisor, and/or referral to an appropriate local service. We also provided prompt responses to questions received through social media, either directly on the platform or via a more private channel where appropriate. Our website remains a trusted source of information and support, offering women easy access to helpful resources and links.

2. Educate, inform, and advise the public and health professionals on preeclampsia:

Webinars

We held three webinars across 2024/25:

- I. The November 2024 webinar was "Q&A Webinar" moderated by Dr Heike Roth. Panellists were Prof Amanda Henry, Siphwe Mkandawire, Dr Lynne Roberts and Dr Priya Vakil.

There were 11 registrations with four attending the live event. Positive feedback was received from those who completed the feedback survey.

- II. The March 2025 webinar was "Life after preeclampsia – Practical tips" moderated Prof Amanda Henry.

Presentations were:

- Hypertensive pregnancy and ongoing health. [Prof Amanda Henry](#)
- Let's get practical (recommended follow-up). [A/Prof Clare Arnott](#)
- Eating well after preeclampsia. [Dr Megan Gow](#)
- Physical activity after preeclampsia. [Donna Lohmeyer](#)
- Challenges. Difficulties in adhering to lifestyle change following a hypertensive pregnancy. [Angela Clarke](#)

There were 32 registrations with 13 attending the live event. Positive feedback was received from those who completed the feedback survey.

III. The July 2025 webinar was “Fetal growth restriction” moderated by Dr Lynne Roberts.

Presentations were:

- What is FGR, managing the pregnancy. [A/Prof Julia Unterscheider](#)
- Immediate care of the FGR newborn. [Dr Rocco Cuzzilla](#)
- Long term health of the FGR child. [Prof Arvind Sehgal](#)

There were 42 registrations with 18 attending the live event. Positive feedback was received from those who completed the feedback survey.

Podcasts

Heike Roth, our Midwifery Advisor, interviewed three Committee members and recorded the conversations as podcasts. These have now been uploaded to the AAPEC website and YouTube channel, making them accessible to a wide audience. Heike has plans to interview women with a lived experience of preeclampsia.

Newsletter

Priya Vakil, our Social Media Manager, successfully reinstated the AAPEC newsletter to keep our community engaged and informed about our activities. She plans to publish a newsletter two to three times each year.

3. Campaign for greater awareness of preeclampsia and AAPEC:

We have made regular posts on our social media platforms about preeclampsia including stories and educational information.

In October 2024, we hosted a trade table at the joint Society of Obstetric Medicine of Australia and New Zealand (SOMANZ)/International Society of Obstetric Medicine (ISOM) Congress in Sydney. The stall attracted significant attention, allowing us to share AAPEC’s brochures and merchandise widely with conference delegates and raise awareness of our work across the maternity care community.

In May 2025, during *Preeclampsia Awareness Month*, we ran the campaign “AAPEC is Walking All Around Australia” with the aim of having people walking in every State and Territory in recognition of World Preeclampsia Day. On Sunday 25 May, we successfully hosted walks in the Gold Coast, Hobart, Melbourne, Perth, and Sydney, with additional interest in the virtual walk option. While we did not achieve participation in every State and Territory, we were pleased to add Hobart as a new location this year—an improvement on

the 2024 walk program. Unfortunately, we were unable to reach our previous organisers in Adelaide, so a walk did not take place there. We extend our warm thanks to everyone involved in organising and running the walks, whose efforts made the campaign a success.

4. Promote and support research:

It is now well recognised, and often expected, that researchers involve consumers in research grant applications, study design, recruitment, and implementation. Over the past 12 months, AAPEC has been increasingly approached to provide this type of support, particularly for grant applications and research projects.

Given that several Committee members are actively engaged in research, we recognised the importance of having clear processes in place to manage potential conflicts of interest. As a result, AAPEC has developed a comprehensive Conflict of Interest Policy, supported by a disclosure form and register. This policy is now publicly available on the AAPEC website, ensuring transparency and accountability in all our research-related activities.

AAPEC supported the following grant applications:

- *The Sleep in Pregnancy Trial* – University of Tasmania (application unsuccessful)
- *Improving polygenic scores for cardiovascular disease risk in women following preeclampsia* – University of Tasmania
- *Global Cardiovascular Research Funders Forum (GCRFF) International Research Challenge (IRC) on Women’s Cardiovascular Health - EMPOWER (intErnational network to transform evidence generation and imPrOve cardio-kidney-metabolic outcomes in WomEn of Reproductive age) network*

As part of the Bill & Melinda Gates Foundation funded project *Accelerating Innovation for Mothers*, the Burnet Institute and the Concept Foundation partnered to develop a new Target Product Profile (TPP) for preeclampsia risk screening. To help inform this work, the Burnet Institute invited a representative from AAPEC to participate in an interview and share their perspectives on the proposed TPP. AAPEC Vice President, Dr Padma Murthi, kindly volunteered and was interviewed by a Burnet Institute researcher in July 2025.

Dr Olivia Holland, a researcher from Griffith University, invited AAPEC to provide consumer input on an article she prepared on preeclampsia for submission to *The Conversation*. Several committee members, particularly AAPEC Medical Advisor Prof Amanda Henry, reviewed the draft and provided feedback. Although the article was not accepted, the collaboration offered a valuable opportunity to ensure consumer perspectives were included in academic writing on preeclampsia.

In 2024, AAPEC assisted with the promotion of and recruitment for Deb Parkinson's Master's project, *Women's experiences of follow-up medical care for pre-eclampsia*. We were pleased to see Deb's research published this year, with acknowledgement of AAPEC's contribution. (Parkinson D, Hall H, Brennecke S, Laidlaw K. Women's experiences of follow-up medical care for preeclampsia in Australia: A qualitative study. *Aust J Gen Pract*. 2025 Jul;54(7):465-470. doi: 10.31128/AJGP-05-24-7249. PMID: 40601980).

Website:

The website has been well maintained and updated regularly by Karen Savins, the Website Manager.

Gift packs:

Sharon Ramsay continued to put together and distribute the gift packs. Generous donations allowed AAPEC to hand out these useful giftpacks to new mothers on Christmas, Mother's Day, and during Preeclampsia Awareness Month in May. Sharon has made more than 1500 packs this year that have been distributed in Sydney – St George Hospital, Melbourne - Monash, Frankston, Casey, Sunshine, Northern, Wangaratta Base, Warragul, and Dandenong Hospitals, and Alice Springs. Thankyou Sharon – a lovely way to help new mothers and promote AAPEC.

Building on our progress:

AAPEC has achieved a great deal over the past 12 months, but important work still lies ahead. By building on this year's progress, we can carry our momentum forward and continue making a meaningful difference in the year to come. Specific tasks to be completed in the next term are:

- The information on the website needs to be updated, possibly replaced by a series of short videos. This will be priority for the incoming committee.
- Promoting and increasing membership so that we have members from every State and Territory.
- Converting the published book "*Preeclampsia: The Australian Experience*" into an eBook, with plans to expand the collection of stories. This will include a call-out for additional contributions through our social media platforms.

I would like to extend my heartfelt thanks to the Committee for their outstanding work over the past 12 months, and for the confidence, trust, and support you have shown me. It has been a privilege to work so closely with each of you throughout the year. To those stepping down from their positions, I wish you every success and hope our paths cross again in the future. I will be nominating for the role of President once more and, if successful, look forward to building on our progress together with the newly elected Committee.

September 2025 Secretary Report

Dr Camilla Hirsch

As AAPEC secretary my role involves providing general assistance with facilitating regular committee meetings, education, and fundraising activities. This was my third year in the role. I have continued monitoring AAPEC's webmail inbox, answering and forwarding emails to relevant committee members for advice where appropriate, drafting monthly meeting agendas with president Dr Lynne Roberts, sending virtual calendar invitations and reminders for meetings and other events, as well as taking minutes and distributing these to the committee in a timely fashion. Another aspect of my role included managing month-to-month additional Zoom subscriptions to allow us to host our three webinars each year, liaising with panellists for tech checks, and to ensure all have access to the event space, working closely with website manager Karen Savins. This carried through to being a technical standby, assisting with moderating questions asked live, and sharing feedback surveys and recordings with all attendees following the event. I look forward to hopefully another great year on the committee, this time back in a role as Social Media manager!

September 2025 Treasurer Report

Karen Savins

Cash Position

The cash position as at the end of June 2025 was \$26,144.01, representing a 6% increase from the previous financial year.

Expenses

- Insurance for the financial year has seen an increase of \$33. We thank Karla Hobley for her continued support and assistance in sourcing the most appropriate and cost-effective policies for AAPEC.
- Webinar Zoom pro subscriptions have only been activated when required, to keep costs at a minimum. We thank Cami Hirsch for her support with this endeavour.

Income

- The AAPEC Annual Walk was highly successful, seeing walkers celebrating World Preeclampsia Day in Sydney, Melbourne, Perth, Hobart, the Gold Coast and virtually, raising \$2,286.35 (previous year was \$1,337.17) seeing an increase of \$949.18.
- Gift income for this financial year was \$857.39 (previous financial year was \$888.41) seeing a decrease of \$31.02.
- Financial Membership income for this financial year was \$957.66 (previous year was \$120.00) seeing an increase of \$837.66. Fees have continued to be kept low to encourage financial members to join APPEC.
- Do note that monies received from TryBooking (Walk), GiveNow (Donations) and PayPal (Financial Memberships) are net processing fees from each platform.

Summary

Without AAPEC's active walkers, financial members, and generous donors, we would not be able to reach the amount of people that we do. We truly are grateful to the support that like-minded persons give our charity.

Balance Sheet

Balance Sheet - FY25

AAPEC Financial Report

Prepared by Karen Savins

As of June 30, 2025

DISTRIBUTION ACCOUNT	TOTAL
Assets	
Current Assets	
Accounts Receivable	0.00
Cash and cash equivalents	9,266.32
Cheque Account	16,877.69
Total for Current Assets	A\$26,144.01
Long-term assets	0.00
Total for Assets	A\$26,144.01
Liabilities and Shareholder's Equity	
Current Liabilities	
Accounts Payable	0.00
Total for Current Liabilities	A\$0.00
Non-current Liabilities	0.00
Shareholder's Equity	
Opening balance equity	24,686.59
Retained Earnings	-1,083.96
Net Income	2,541.38
Total for Shareholder's Equity	A\$26,144.01
Total for Liabilities and Shareholder's Equity	A\$26,144.01

Profit and Loss

Profit and Loss - End of FY25

AAPEC Financial Report

Prepared by Karen Savins

July 1, 2024-June 30, 2025

DISTRIBUTION ACCOUNT	TOTAL
Income	
AAPEC Walk Income	2,286.35
Gift Income	857.39
Membership Income	957.66
Total for Income	A\$4,101.40
Cost of Sales	0.00
Gross Profit	A\$4,101.40
Other Income	0.00
Expenses	
Advertising and marketing	195.00
Insurance	1,031.00
Postage & shipping	86.70
Subscriptions	1,331.28
Total for Expenses	A\$2,643.98
Other Expenses	0.00
Net earnings	A\$1,457.42

September 2025 Medical Advisor Report

Prof Amanda Henry

As AAPEC Medical Advisor during 2024/25 I have continued to assist the AAPEC President and the Committee with respect to education and research webinars, with ensuring that information distributed by AAPEC through its website and social media is evidence-based and up-to-date, and with the regular business of AAPEC including responding to medical queries received by AAPEC.

I have also advocated for the work and aims of AAPEC through my professional roles, including with the Society of Obstetric Medicine of Australia and New Zealand (SOMANZ), the Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG) and The George Institute for Global Health. This has included organisation of the Australia/Aotearoa New Zealand Preeclampsia Research Network (APN) meeting, held in Sydney in October 2024 as one of the pre-Congress sessions for the joint SOMANZ/International Society of Obstetric Medicine (ISOM) Congress. Dr Roberts was a session co-Chair for this event. AAPEC also had a complimentary stand at the SOMANZ-ISOM congress in Sydney (October 2024) which helped raise the profile of AAPEC among the SOMANZ and ISOM membership.

Through both SOMANZ and RANZCOG I have continued to advocate regarding the ongoing issue of medication shortages in pregnancy, particularly as regards antihypertensive medication access. With the immediate Past-President of SOMANZ A/Prof Stefan Kane and SOMANZ Councillor A/Prof Renuka Shanmugalingam I authored a piece for the Medical Journal of Australia on the issue

<https://www.mja.com.au/journal/2024/221/7/pharmaceuticals-pregnancy-multifaceted-challenge-australia> which received a great deal of attention in the media and was cross-promoted by media releases from RANZCOG <https://ranzcog.edu.au/news/shortages-of-obstetric-medicines/> and The George Institute for Global Health <https://www.georgeinstitute.org/news-and-media/news/critical-shortages-of-obstetric-medicines-put-pregnant-women-at-risk>

Although there are no easy or quick solutions to this issue which has been many years in the making, we continue to advocate, and I am now a member of the Federal Government's Women's Health Products working group (RANZCOG representative) and the TGA Medicines Shortages Forum (SOMANZ Representative).

Our previous longstanding Medical Advisor Professor Shaun Brennecke continues to champion the process of seeking Medicare funding (through the Medical Services Advisory Committee process) for the sFlt-1/PlGF blood test in relation to the prediction, diagnosis and management of preeclampsia, and (supporting Prof Jon Hyett's application) for a first trimester prediction test for preeclampsia. Although the initial applications were rejected in November 2023, Prof Brennecke has continued to work on revised applications (supported by AAPEC).

It has been another busy and productive year from the Medical Advisor viewpoint in terms of assisting AAPEC in achieving its support, awareness, education, advocacy, and research promotion aims.

September 2025 Midwifery Advisor Report






Dr. Heike Roth

In 2024, I renewed my role as Midwifery Advisor within the AAPEC committee (commenced in 2022).

Activities undertaken since September 2024 include promotion of AAPEC related communications on social media (X, Facebook, Instagram) and attended monthly AAPEC Committee meetings and webinars organised by AAPEC.

On Sunday, 25 May 2025 AAPEC hosted a successful walk around Oatley Park to acknowledge World Preeclampsia Day (22 May). This was followed by some official speeches, morning tea, and socialising.

I have been involved in the recording of two podcast recordings thus far this year. These include an interview with Siphwe Mkandawire, a current AAPEC Committee member, mother of two boys who shares her personal stories of her pregnancies affected by preeclampsia. The other podcast illustrates the perspective of the current AAPEC Vice President Dr Padma Murthi. Here are the website stats for the number of times the podcasts were listened to since they were posted:

	Podcast - Interview with Siphwe - March 2025	27
	Podcast - A Lived Experience with Preeclampsia - July 2024	19
	Podcast - Interview with Prof Amanda Henry - Feb 2025	18
	Podcast AAPEC Lynne Roberts Feb 2024	8
	Podcast - Interview with Padma Murthi - April 2025	1

Further contributions include the development of feedback surveys for the AAPEC webinars in 2025. These were developed and captured feedback data via REDCap and results were forwarded to the AAPEC President for review and distribution.

I look forward to further contribution as Midwifery Advisor in 2025/2026 should my expression of interest be accepted for the year ahead.