

COURSE PROGRAMME 2025: Nutritional Management in Pregnancy

The welcome session is live and a great way to introduce yourself and meet your course mates.

All recorded sessions will be released by 10am on Tuesdays each week: the course is hosted on the BDA Learning Zone.

The Live sessions will be delivered on the Teams platform: links will be sent front he BDA Events Team for these. These will be recorded and uploaded to the Learning Zone platform.

| Date | Week | Content | Facilitator(s) |
|----------|------|--|---------------------------------------|
| 6/5/25 | 1 | <ul style="list-style-type: none"> LIVE Welcome & Introductions (30mins) | Anita Beckwith |
| Recorded | | <ul style="list-style-type: none"> Optimising Health From The Start: The Importance of Preconception Nutrition (60 mins) The Development of a Fertility Wellbeing and Weight Management Service (60 mins) | Anita Eugenia Grand |
| 13/5/25 | 2 | <ul style="list-style-type: none"> Food, Nutrition and Food Safety During Pregnancy: Nourishing Mum and Baby (60mins) Nutritional Requirements & Supplementation During Pregnancy: Supporting Optimal Maternal and Foetal Health (45mins) LOOK OUT FOR A SURPRISE BONUS RECORDING THIS WEEK | Margaret Charnley Julie Abayomi |
| Recorded | | | |
| 20/5/25 | 3 | <ul style="list-style-type: none"> Complications of Pregnancy: The Evidence: Hyperemesis Gravidarum (45mins) Complications of Pregnancy in Practice: HG and Low BMI (60mins) | Kate Maslin Hazel Billson |
| Recorded | | | |
| 27/5/25 | 4 | <ul style="list-style-type: none"> Nutritional Considerations for Weight Gain in Pregnancy (60mins) The Nutritional Considerations of Navigating Pregnancy After Bariatric Surgery LOOK OUT FOR A SURPRISE BONUS RECORDING THIS WEEK | Julie Abayomi Beth Greenslade |
| Recorded | | | |
| 3/6/25 | 5 | LIVE Q&A session – held from 3-5pm | Teaching Group Panel |
| 10/6/25 | 6 | <ul style="list-style-type: none"> Optimising Diabetes Management in Pregnancy: Type 1 & Type 2 Diabetes (60 mins) Optimising Diabetes Management in Pregnancy: Gestational diabetes (60 mins) | Anita Beckwith Catherine Gallagher |
| Recorded | | | |

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| 17/6/25 Recorded | 7 | <ul style="list-style-type: none"> • Eating Disorders in Pregnancy: A Psychologist's Perspective (60 mins) • Eating Disorders in Pregnancy: A Dietitian's Perspective (60 mins) | Dr Abigail Easter Sarah Elder |
| 24/6/25 Recorded | 8 | <ul style="list-style-type: none"> • Empowering Pregnancy & Beyond: The Role of Physical Activity and Exercise in Maternal Health (60 mins) • Empowering Pregnancy & Beyond: Nutritional Management of the Pregnant Female Athlete: From Preconception to Postpartum (60 mins) | Aisling Pigott Maja Berry |
| 1/7/25 Recorded | 9 | <ul style="list-style-type: none"> • Postpartum Nutritional Considerations • The impact of maternal body image during pregnancy, birth and the postpartum period upon wellbeing and infant care • LOOK OUT FOR A SURPRISE BONUS RECORDING THIS WEEK | Dr Julie Lanigan Prof Amy Brown |
| 8/7/25 | Catch up on recordings and get ready for LIVE Sessions 9 & 10 | | |
| 15/7/25 LIVE 2-3.30/4pm | 10 | <ul style="list-style-type: none"> • Crafting Excellence: Creating a Pregnancy Management Plan • Empowering Innovation & Sharing Ideas: Exploring Service Development Ideas and Projects in Preconception, Pregnancy and Postpartum | Sarah Ashley Anita & Sarah |
| 22/7/25 2-4.30pm | 11 | <ul style="list-style-type: none"> • Live Panel Discussion | Teaching Group Panel |