

PROGRAMME 2024

Nutritional Management in Pregnancy

COURSE PROGRAMME

Recordings released by 10am Monday mornings. 4.15pm-4.45/5pm Thursdays Live Q&A with both speakers **(*unless stated otherwise)**

Date	Week	Content	Facilitator(s)
10/6/24 Recorded	1	<ul style="list-style-type: none"> • Live Welcome & Introductions (30mins) • 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 Beckwith Anita Eugenia Grand
13/6/24	1	<ul style="list-style-type: none"> • 4.15pm: Live Q&A (30-45mins)(Chair: Anita) 	Anita & Eugenia
17/6/24 Recorded	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) 	Margaret Charnley Julie Abayomi
20/6/24	2	<ul style="list-style-type: none"> • 4.15pm: Live Q&A (30-45mins)(Chair: Anita) 	Julie & Margaret
24/6/24 Recorded	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
27/6/24	3	<ul style="list-style-type: none"> • 4.15pm: Live Q&A (30-45mins)(Chair: Anita) 	Kate & Hazel
1/7/24 Recorded	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
Weds 3/7/24*	4	<ul style="list-style-type: none"> • 4.15pm: Live Q&A (30-45mins)(Chair: Anita) 	Julie & Beth

8/7/24 Recorded	5	<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
11/7/24	5	<ul style="list-style-type: none"> • 4.15pm: Live Q&A (30-45mins)(Chair: Anita) 	Anita & Catherine
15/7/24 Recorded	6	<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
18/7/24	6	<ul style="list-style-type: none"> • 4.15pm: Live Q&A (30-45mins) (Anita: Chair) 	Abigail & Sarah
22/7/24 Recorded	7	<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 TBC
25/7/24	7	<ul style="list-style-type: none"> • 4.15pm: Live Q&A (30-45mins)(Anita: Chair) 	Aisling & TBC
29/7/24 Recorded	8	<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
1/8/24	8	<ul style="list-style-type: none"> • 4.15pm: Live Q&A (30-45mins) (Anita: Chair) 	Julie & Amy
Summer	Catch up on recordings and get ready for LIVE Sessions 9 & 10		
10/9/24 LIVE 2-3.30/4pm	9	<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
17/9/24 2-5pm	10	<ul style="list-style-type: none"> • Live Panel Discussion 	Teaching Group Panel