Nutrition for Pregnancy Education Session 2020

Friday 28th August
0900 – 1300
VENUE: Childbirth Education Room
2nd Floor, BLOCK C

PROGRAM:
✓ Healthy Eating for Pregnancy – what does this mean?
✓ Multivitamins – Do we need them?
✓ Food Safety – Listeria, Mercury & Vitamin A
✓ Pregnancy Issues – Nausea/ Vomit/ Reflux/ Constipation/ Iron Deficiency
✓ Micro-nutrients & Supplementation – e.g. Vitamin D
✓ Obesity/ Overweight – referral process, how to discuss with patients, weight trackers, language to use?
✓ Bariatric Surgery
✓ Introduction to solids – when to start, what to give

❖ Continuing Professional Development (CPD) recognition: 4 CPD points
❖ Facilitators: Bernadette Sellwoof – Dietitian
   NUTRITION and DIETETICS TEAM – Cairns Hospital
❖ Registration & Enquiries: Rita Ball–Midwifery Educator-Cairns Hospital
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NSQHS STANDARDS: Clinical Governance - Partnering with Consumers - Preventing and Controlling Healthcare-Associated Infection - Medication Safety - Comprehensive Care - Communicating for Safety - Blood Management - Recognising & Responding to Acute Deterioration