



# Working With Women Who

## Working with women who have a high BMI

### Susan Heath - *RM, RN, Midwifery*



Life Member Perinatal Society of Australia and New Zealand. Current Position: High Risk Pregnancy Clinical Midwifery Consultant (CMC) at Westmead Hospital in Sydney. Susan has over 30 years of perinatal experience, including Birth Centre care interspersed with midwifery management, then commissioned a Fetal Medicine unit, and more recently a Maternal Close Observation unit and is CMC for PEARLS, a MAPS model of care for women

and babies with complex care needs, including care after stillbirth, and a new all-risk Aboriginal family midwifery Caseload practice. Susan gained obstetric ultrasound skills enabling formal ASAR accreditation, used to facilitate high risk pregnancy care. Susan is committed to translating evidence into practice and succession planning for clinical midwifery consultants, reflected in her current research.

### Caron Blumenthal - *BSc Hons, PhD, MND*



Current position: Senior Clinical Research Dietitian and Scientist, Dept of Nutrition and Dietetics, Westmead Hospital. Honorary Senior Lecturer, University of Sydney. Dr Blumenthal has experience in the areas of protein biochemistry, cystic fibrosis, body composition, obesity, fatty liver disease and gestational weight gain. Recent

research has included a study utilising E- and M-Health to improve risk factors following gestational diabetes, as well as assessing group and individual interventions to reduce excessive gestational weight gain in overweight and obese pregnant cohorts.