

YOU'RE INVITED TO A **ZOOM WEBINAR**



**RURAL NURSES
NEW ZEALAND**
Nga nahi tuawhenua o Aotearoa

INCREASED RISK FACTORS ASSOCIATED WITH OBESITY RE. COVID-19

WEBINAR

THURSDAY
7TH MAY,
1PM - 2PM



KATE BERRIDGE RNcP, BHSc, MN(Hons)
Clinical Nurse Specialist in Bariatrics, Beyond Obesity

Kate has over thirty years nursing experience in a variety of roles and specialties. However, for the last 13 years she has been working as a Bariatric Nurse Specialist.

Her initial role at CMH evolved out of the "Let's Beat Diabetes" initiative in 2007, which was developed to assess bariatric surgery's impact on diabetes and chronic disease. However, as the role and scope expanded, so too did her knowledge and depth of the complexities related to weight management. She came to see that obesity is not the choice it is presumed to be and that outcomes evaluated by external measures of weight frequently resulted in poorer mental health.

Her masters research demonstrated that self-care is not an intuitive practice for either patients or health care professionals. This led to the next logical step of establishing Beyond Obesity. Beyond Obesity aims to develop awareness, education and support for individuals, groups and communities who face health challenges related to their weight. She is passionate about reframing the dominant narrative associated with weight bias and stigma.

HER TOPIC WILL INCLUDE

- An overview of obesity physiology
- Why there is increased risk
- The psychological impact for those living with obesity
- How to create a therapeutic relationship with those at risk

REGISTRATIONS REQUIRED

Use the link: <https://tinyurl.com/KateBerridge>