



# **Certificate in Maternal and Fertility Nutrition**

Approved by Commission of Dietetic Registration, US, for 18 CPEUs

Nutrition plays an integral part in the first 1000 days of life, from conception to the 2nd year of life. Small changes could make a difference in the conception journey and the health of both the offspring and the parents.

## **Benefits of Early Life Nutrition**

- optimising the chances of conception
- improve ovum and sperm health
- improve the success rate of assisted reproductive treatments
- reducing pregnancy-related complications
- improving the health of newborn
- prevention of congenital disorders such as neural tube defects
- reduce the risk of developing chronic diseases as a by-product of lifestyle modifications for the family

However, so much misinterpretation and ineffective advice is floating in this space. Hence, evidence-based practice and practice-based learning can significantly improve form the need of the hour.

## **This course also looked into the dual burden of under- and overnutrition faced by South Asian, Middle Eastern and African populations.**

Infertility and pregnancy complications pose significant and unique challenges for couples in South Asian, Middle Eastern and African countries. In these regions, cultural and societal factors can contribute to the stigma surrounding infertility, leading to emotional distress for those experiencing difficulties in conceiving. Access to fertility treatments and reproductive healthcare services may be limited or inaccessible in certain areas, further exacerbating the issue.

In addition, women may face higher risks of pregnancy complications due to factors such as inadequate prenatal care, nutritional deficiencies, and limited access to maternal healthcare services. This can contribute to higher rates of maternal and neonatal mortality, as well as a greater prevalence of complications during childbirth.

Addressing these challenges requires a comprehensive approach that includes increased awareness and education about reproductive health to ensure safe and healthy pregnancies.



Schedule: Live Classes

**Duration:** 3 months

Base Material (easy to learn): Type of Fertility treatments, understanding reproductive biology, success rates of fertility treatments and complications during fertility and pregnancy stages.

Date	Topic
Self Paced	<p><b>Need for Nutrition input in Fertility and Maternal Space</b></p> <ul style="list-style-type: none"> <li>● Decode Strength Evidence in Maternal and Fertility Nutrition</li> <li>● Influencing Success rate</li> <li>● Epigenetics</li> <li>● Planning services, public health initiatives</li> <li>● Identifying research gaps</li> </ul>
4th April	<p><b>Nutrition for Female Fertility</b></p> <ul style="list-style-type: none"> <li>● Food and lifestyle Behaviours</li> <li>● Health Conditions</li> <li>● Supplements <i>Special Addition</i></li> <li>● Nutrition Screening and Assessment</li> <li>● Individualised care</li> </ul>
11th April	<p><b>Nutrition for Male Fertility</b></p> <ul style="list-style-type: none"> <li>● Food and lifestyle Behaviours</li> <li>● Health Conditions</li> <li>● Supplements <i>Special Addition</i></li> <li>● Nutrition Screening and Assessment</li> <li>● Individualised care</li> </ul>
18th April	<p><b>Health Conditions and Fertility</b></p> <ul style="list-style-type: none"> <li>● PCOS</li> <li>● Diabetes</li> <li>● Coeliac</li> <li>● Thyroid</li> <li>● Obesity</li> <li>● Gastrointestinal conditions and more..</li> </ul>
25th April	<p><b>Nutritional Needs in Pregnancy</b></p> <ul style="list-style-type: none"> <li>● Preconception planning</li> <li>● Nutritional needs vs population intake: Per Trimester</li> </ul>



	<ul style="list-style-type: none"> <li>● International Guidance on Recommended Dietary Allowance</li> <li>● Food Behaviours</li> <li>● Risk of developing complications</li> <li>● Supplementation</li> </ul>
2nd May	<p><b>Special Conditions in Pregnancy</b></p> <ul style="list-style-type: none"> <li>● Morning sickness</li> <li>● Hyperemesis gravidarum</li> <li>● Preeclampsia</li> <li>● Case Management: Artificial Nutrition in Pregnancy <i>Special Addition</i></li> </ul>
9th May	<p><b>Case Discussions</b></p> <p>Understanding individualised care in special conditions in Fertility such as:</p> <ul style="list-style-type: none"> <li>● IVF</li> <li>● Recurring Miscarriage</li> <li>● Sperm Motility and count concerns.</li> </ul>
Self Paced	<p><i>Special Addition: Endometriosis</i></p> <ul style="list-style-type: none"> <li>● Food and lifestyle Behaviours - Risk of development and progression</li> <li>● Symptom Management</li> <li>● Supplements</li> <li>● Nutrition Screening and Assessment</li> <li>● Individualised care</li> </ul>
16th May	<p><b>Weight management during fertility treatments, pregnancy and postnatal period</b></p> <ul style="list-style-type: none"> <li>● Need for weight management services</li> <li>● Safe weight management strategies</li> <li>● Recommended weight gain in pregnancy</li> <li>● Complications associated with over and undernutrition</li> <li>● Disordered eating in fertility and pregnancy <i>Special Addition</i></li> </ul>
23rd May	<p><b>Gestational Diabetes and Diabetes in Pregnancy</b></p> <ul style="list-style-type: none"> <li>● Diagnosis and identifying high-risk groups</li> <li>● Complications</li> <li>● Carbohydrate recommendations</li> <li>● Food behaviours</li> <li>● Supplementation</li> <li>● Medical Management</li> <li>● Postnatal Care : Diabetes prevention in GDM</li> </ul>



30th May	<p><b>Healthy Start- Breastfeeding and Postnatal care</b></p> <ul style="list-style-type: none"> <li>● Nutrition Needs for Lactation</li> <li>● Good Lactation techniques</li> <li>● Hurdles to effective lactation</li> <li>● Complimentary feeding</li> <li>● Postnatal Maternal Health</li> </ul>
6th June	<p><b>Putting into practice:</b></p> <ul style="list-style-type: none"> <li>● Identifying research and service gaps</li> <li>● Tools that can be implemented to improve practice</li> <li>● Case Discussions</li> </ul>

**Assessment** - There is an online quiz (multiple choice question based) at the end of the course on 13 June - Don't worry; you will receive enough practice on the way to ensure you pass! Certificates will be provided by 20th June 2026.

**Time 1300-1400 UK timing**

**Recordings will be provided**

In addition to live sessions, there is reading material, journals, cases and quizzes built into the portal.

**Board of Faculty:**

- Komal Deepak Kumar, MSc, RD (HCPC) Diabetes Obstetric Dietitian, NHS, UK
- Gauri Shingote, RD & RDN (CDR) Founder & CEO at Juvenate Wellbeing, India
- Ramya Ramachandran, MSc, RD, BPNI Certified infant and young child feeding specialist, Nectar Integrated Health, India
- Love Matibag, MS Candidate, RND- PH, RDN (CDR)  
Asst. Manager, Clinical Nutrition - Asian Hospital and Medical Centre,  
Philippines

**Eligibility:** Registered Dietitians, Dietetic students, Dietetic technicians, Nutritionists\*, Midwives and midwife support workers, Fertility Specialists, Nurses, Doctors, and Allied health professionals working in Maternal and Fertility clinics.



## Application process

### Step 1: Application form

Click on the following form and complete your application:

<https://forms.gle/q2iveAaknSX2aY8d8>

**Step 2: Payment of Fees:** - Fees £280 or Rs 28000.

Link to payment:

<https://www.panaceahealtheducation.org/courses/maternal-and-fertility-nutrition>

### Alternatively, Payment via Indian Bank transfer

Kindly transfer it to the following bank account.

A/c Name Komal Deepak Kumar

Bank Name HDFC

A/c no 50100324269162

IFS code: HDFC0000444

**Reference:** Please put your name, MFN26, as the reference for your payment.

**Pay by UPI for Indian candidates:** 7708751057@hdfcbank

(Please use the full UPI id and not the phone number on its own)

**Or you can use the QR Code below for Phonepe/Gpay**



If you require to pay in any other currency, please email us on the contact provided below.

**Please email at [panaceahealtheducation@gmail.com](mailto:panaceahealtheducation@gmail.com) once you have completed the payment.**

If you are not eligible for the course, your fees will be transferred back. Please go through the prospectus appropriately before completing the form.