

# Gemma Jarrett

AGE 33

STATUS Living with

partner

OCCUPATION Teacher

(High School)

HEIGHT 5'5" or 1.651m

WEIGHT wk 34: 72.8kg

(usual: 63kg)

BMI 23.1

#### MEDICAL HISTORY

- Good physical fitness
- Was involved in a car accident three years ago and had corrective back surgery.

## Procedure: Elective C-Section

GP Referral

Book online

Midwife Referral
(at 14 weeks)

Check-up
21wks

Obs-Anaesthics
Clinic

Midwife Referral
(day before)

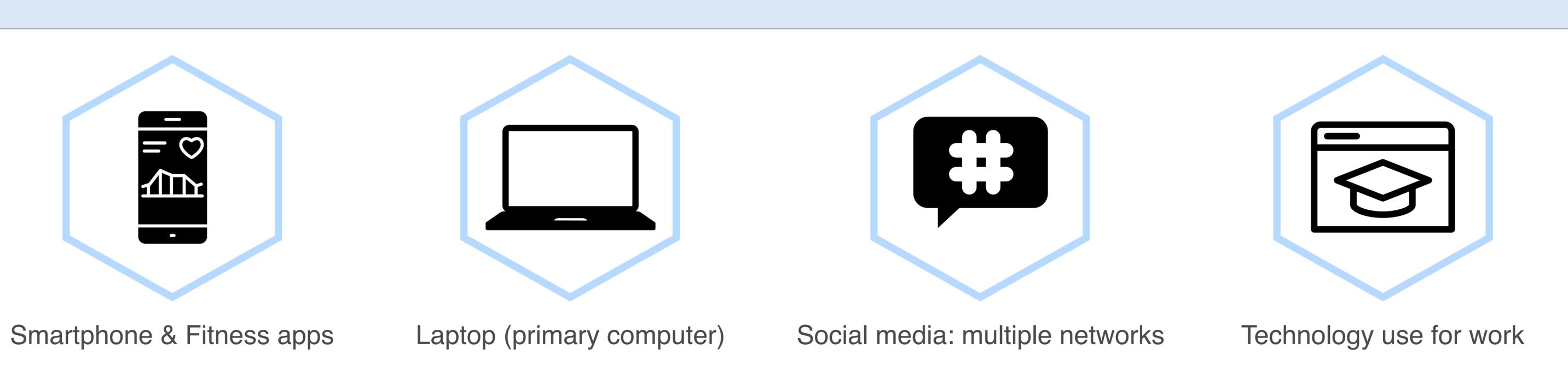
#### GOALS

- Make informed decisions about the birth of her child.
- Wants to have all the information related to her baby to-hand.
- Wants to have plans in place, in order to make the changes in her life more manageable.

#### FRUSTRATIONS

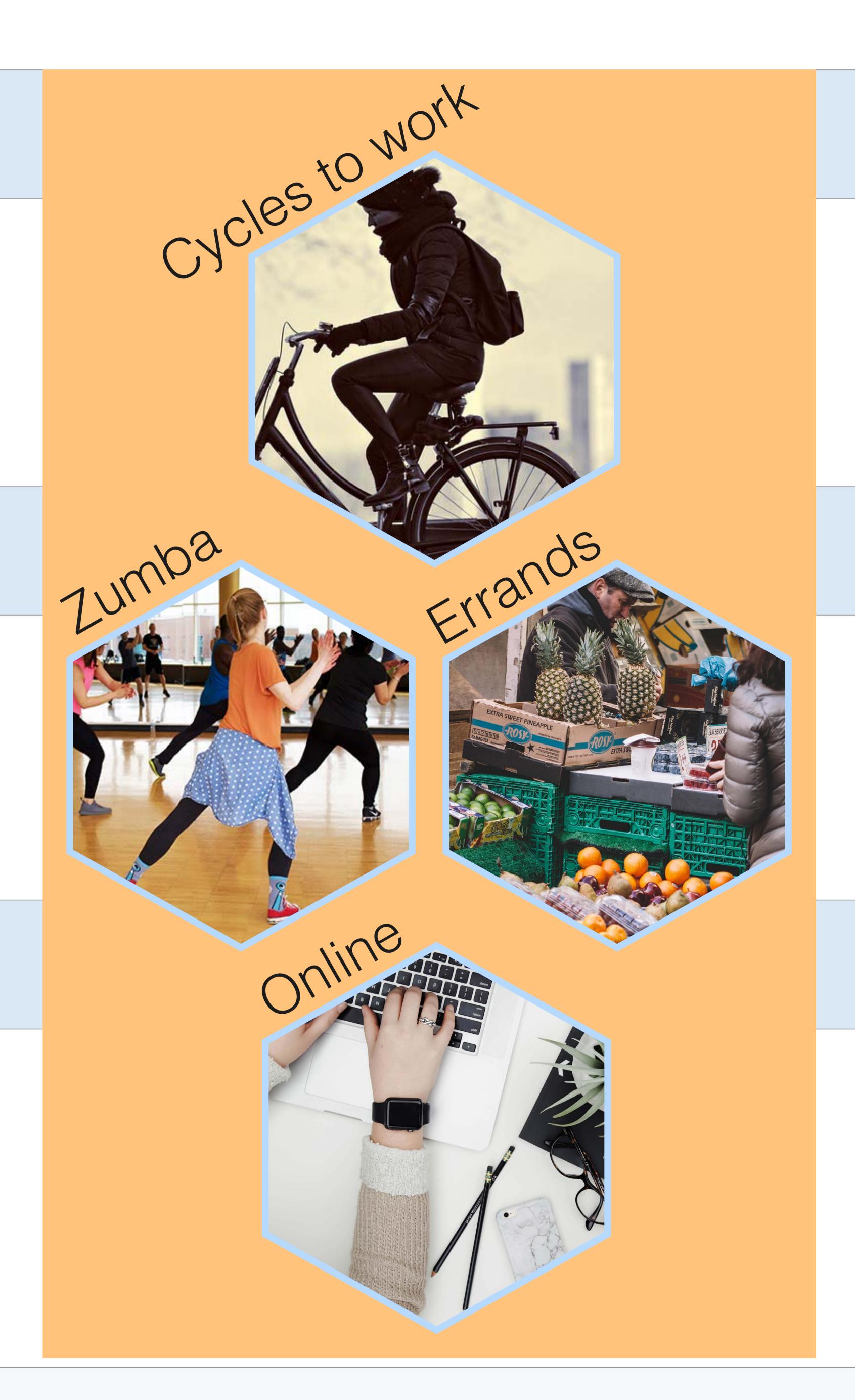
- Feels like she can never have enough information.
- Thinks of things to ask the midwife after-the-fact.
- Has encountered a glut of information online. Some of it is contradictory and misleading.

#### TECHNOLOGY USE



### HOW I'M FEELING RIGHT NOW...

"This is my first baby and I keep worrying that I am going to forget to do something, or I might unintentionally do the wrong thing. There is so much information out there, some of it seems pretty dubious."



#### KEYWORDS

concerned, excited, worried, trying to keep perspective, enquiring, pragmatic