

# Stephanie de Giorgio

Portfolio GP, East Kent, MBBS, MRCP, DFFP, DRCOG, PGCERT MEDED

Dr Stephanie de Giorgio qualified from Kings College in 2000 and initially trained to registrar level in Obstetrics and Gynaecology before transferring to General Practice. She has an interest in Women's Health and is currently the Perinatal Mental Health National Clinical Lead and Advisor to NHS England. She works with the Perinatal Mental Health Network to promote education via social media and writes and presents the Women's Health course for NB Medical Education. Her expertise and work in this field working with NHS England and charities has helped to develop evidence based postnatal care in the community. <https://www.england.nhs.uk/author/dr-stephanie-de-giorgio>. Stephanie is part of #obsmuk and works with The European Association for the Study of Obesity (EASO) <https://easo.org> to promote education about and reduce stigma around obesity.

The issue of GP peer support and preventing burnout is of key importance to Stephanie and she co-founded Resilient GP an online peer support and education forum, to support primary care staff. <http://www.resilientgp.org/blog/>.