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The Royal Hospital
for Women
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Staff Profile

Kate Dyer, Clinical Midwife Consultant High Risk Pregnancy



To say that Kate Dyer always dreamed of becoming a nurse isn't exactly true. But to suggest that within six months of studying midwifery in 1981, Kate knew she didn't want to do anything else, absolutely loved it and hasn't regretted it one day since, never a truer word could be spoken.

Kate is a Clinical Midwife Consultant for the Royal's Department of Maternal Fetal Medicine. Her role is unusual in that Kate cares for pregnant women when things aren't normal - the woman may be otherwise healthy but have a baby with an abnormality or a significant risk associated pregnancy.

Before working at the Royal, Kate performed a similar role at Westmead Hospital for 13 years. Kate then developed her midwifery consultancy role at the Royal, and was integral in establishing midwifery care within the Maternal Fetal Medicine team nearly ten years ago.

So, just what makes a day in the "Royal" life of Kate Dyer so enjoyable? Three things: the incredible team she works in, the complete unpredictability of her role and, without doubt, the women she cares for.

The Maternal Fetal Medicine team, which includes maternal fetal medicine specialists, midwives, social workers, genetics and genetic counsellor, helps more than 40 women every month. One of the team's biggest challenges is being able to offer a range of strategies for women to choose from and putting everything into place to best support them through whatever happens. No two women are ever the same. "I'm fortunate to work with an amazing team who are full of humour, good fun and have such flexibility in their attitudes - they bend over backwards to make a difference," says Kate.

If there's any certainty about Kate's job, it's the unpredictability - she never knows how each day is going to go, "it's always full of surprises," says Kate.

It's the inspirational women that make it all worthwhile. "We always end up a lot richer for having spent time with them. Even when things don't go well they find the most beautiful words to let you know there were some really positive things that happened in what could have been a very negative experience," says Kate. And of course, seeing babies grow up and the women grow as mothers is the most wonderful thing imaginable.

When Kate's not providing support and help to women, you'll find her relaxing with family and friends. Or perhaps soon, she'll be feeling the sun on her face and the wind in her hair, when she gets around to living her real dream of learning to sail.