

Clinician Highlight

March 2024



Catharine (Katy) Wetzel, BSN, RN, MSN, C-NP

Certified Intuitive Eating Counselor, Body Trust Provider,
Interventional and Structural Cardiology at MGH

Tell us a little about your clinical practice and your role in your practice/division/department.

Work full time as inpatient Nurse Practitioner for the interventional and structural cardiology service. I have some leadership responsibilities. I am also a founding member of the size diversity group at MGH.

When did you come to MGH and why?

I've grown up at MGH, starting as a staff nurse on White 9 in 1992. I moved to the newly opened Ellison building with the expanding cardiac access program. I chose MGH for its support of nurses. I've stayed at MGH because of the amazing care we provide, including the 4 months my son stayed in the NICU.

Is there a project or program you want to tell us a little about?

After years of recommending weight loss and heart healthy diets to my patients, I realized that patients couldn't keep weight off, were lost to follow up and had delay of care in effort to "improve" their body size. About 10 years ago, I discovered that size inclusive care was helpful in treating the medical condition, without stigmatizing people's bodies. Since understanding the trauma of weight stigma, I became a certified intuitive eating counselor and a body trust provider.

What is one thing you love about your work?

I love granted patients compassion and understanding that it's not their fault that they couldn't lose weight and that it's our job to provide care, regardless of their body size.

Tell us a little bit about your life outside of medicine.

Originally from the Midwest, I live in the South End of Boston, with my husband in our newly empty nest. I am fortunate to be able to walk everywhere and take full advantage of all the city has to offer.

Is there anything else you want to share?

I feel passionate about pushing back against weight stigma.