

EDUCATION IN NUTRITION

PROGRAM APRIL 2018



Emerging Adulthood and Health

Friday, May 4, 2018, 12.00pm to 1.00pm AEST
Presented by Dr Lee Ashton PhD, MSc, BSc (pictured)

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Upcoming webinars

1 Case Study: Fussy eating

Dr Denise Stapleton, APD
Recording available April 10

2 How to review an aged care menu

Olivia Farrer, APD
Friday, April 13, 2018, 12 noon to 1.00 pm AEST

- Selecting appropriate guidelines
- Data collection
- Reporting format
- Creating rapport
- Promoting the role of the dietitian

3 Case Study: NDIS Nutrition Support

Carmel Curlewis, APD
Recording available April 24

Fundamentals of nutrition and cancer

How dietitians can help cancer patients in hospital
(2 part series)

4 Part 1: Delivering an effective nutrition oncology service

Jenelle Loeliger, AdvAPD
Friday April 27, 2018, 12.00pm to 1.00pm AEST

- What is the role of the dietitian and the nutrition/dietetics department?
- Clinical operations: Know and plan your service, translate evidence into practice, resource allocation
- Governance and quality improvement
- Training and education
- Research
- FAQ, practical tips and resources to help establish, improve and sustain effective nutrition cancer care

5 Part 2: The practicalities of delivering nutrition care in different cancer settings

Belinda Steer, APD

Monday April 30, 2018, 1.00pm to 2.00pm AEST

- Inpatients, day therapies, radiotherapy, specialist/outpatient clinics
- The essential tools and tips: nutrition screening, triage, assessment tools and interventions
- Models of care and pathways
- FAQ, practical tips and resources to help you at your workplace

6 Emerging Adulthood and Health

Dr Lee Ashton PhD, MSc, BSc

Friday, May 4, 2018, 12.00pm to 1.00pm AEST

- Understanding of the life-course context
- Prevalence of unhealthy lifestyle behaviours
- Key motivators and barriers to healthy eating
- Advice for working with emerging adults

7 Case Study: Breast cancer

Dr Michelle Harvie, PhD, UK Registered Dietitian

Recording available May 8

8 Enteral feeding

Jacqui Bailey, APD

Friday, May 11, 2018, 12.00pm to 1.00pm AEST

- Choosing an enteral formula
- Choosing an enteral modality (pump or bolus)
- A guide to commencement and progression of your regimen
- Troubleshooting (GI upsets and tube-related issues)
- ENFit tube changes
- Monitoring for long term patients

9 Cholesterol lowering medications

Melanie Frodsham, BPharm (Hons) MPS AACPA

Wednesday, May 16, 2018, 10.00am to 11.00am AEST

Biosynthesis of cholesterol and its role in the body
Different types of cholesterol and their target levels:
HDL, LDL, TG.

Statins:

- Mode of action
- Efficacy
- A few practice points (e.g. grapefruits, dosing time)
- Side effects

Other cholesterol lowering medications:

- Bile acid binding resins
- Fibrates
- Ezetimibe
- Nicotinic acid
- Fish oils and omega-3-acid ethyl esters

10 Case Study: Non IgE mediated cows milk allergy

Vicki Mc William, AdvAPD

Recording available May 22

11 Case Study: The Non-diet approach

Zoe Nicholson, APD

Recording available June 5

12 Menopause

Dr Fiona Jane MBBS, Specialist Women's Health General Practitioner

Friday June 8, 2018, 12.00 pm to 1.00 pm AEST

- What is menopause?
- Physiological changes
- Signs and symptoms
- Lifestyle and medical management options
- Health after menopause

Wallet cards

Handy reference cards for your clients
Sample Pack of 10
Pack of ten cards including postage \$7.00



Catalogue

GASTROINTESTINAL, COELIAC DISEASE, FOOD ALLERGY & INTOLERANCE

Case Study: Nut Anaphylaxis Vicki McWilliam, 2018

Case Study: RPAH food chemical intolerance
Dr Kim Faulkner-Hogg, 2018

Teaching your clients the Low FODMAP diet
Marnie Nitschke, APD, 2017

Teaching the gluten-free diet - Part 1
Gluten free diet essentials Sally Marchini, APD, 2017

Teaching the gluten-free diet - Part 2
Gluten free diet practical details Sally Marchini, APD, 2017

The anti-inflammatory diet for inflammatory bowel disease
Barbara Olendzki, 2017

The Low FODMAP Diet in Practice Joanna Baker, APD, RN, 2017

Non-Alcoholic Fatty Liver Disease Dr Alexander Hodge, 2017

The brain-gut axis Dr Simon Knowles, 2017

Total Parenteral Nutrition: the basics Dr Sharon Carey, 2017

Nutritional management of stomas Dr Sharon Carey, 2016

Nutritional management after upper gastrointestinal surgery
Dr Sharon Carey, 2016

Advanced management of IBS
Dr Kerith Duncanson, 2016

Faecal transplant: the new frontier for IBS treatment?
Nick Dunn, 2016

Inflammatory bowel disease
Dr Guru lyngkaran, 2016

Travelling with coeliac disease
Sally Marchini, 2015

Dietary management of eosinophilic oesophagitis
Vicki McWilliam, 2015

Allergy management in food service
Suzanne Kennewell, 2015

Practical application of the RPAH elimination diet
Zoe Nicholson, 2015

Nutrition and the liver Brooke Chapman, 2015

High fibre, high prebiotic diet for healthy individuals
Trish Veitch & Jane Muir, 2015

PREGNANCY & WOMEN'S HEALTH

Menopause Dr Fiona Jane, 2018

Case Study: Breast cancer Dr Michelle Harvie, 2018

Case Study: Gestational Diabetes Mellitus Robyn Barnes, 2018

The nutritional management of polycystic ovarian syndrome
Claire Julsing Strydom, 2016

Diet and nutrition during pregnancy Natasha Jo Leader, 2015

Gestational diabetes Natasha Jo Leader, 2015

Nutrition and endometriosis Dian Shepperson Mills, 2015

MEN'S HEALTH

Body dissatisfaction and eating-disordered behaviour in males
Dr Jonathon Mond, 2017

NUTRITION SUPPORT, DISABILITY & AGEING

Enteral feeding Jacqui Bailey, 2018

How to review an aged care menu Olivia Farrer, 2018

Case Study: NDIS Nutrition Support Carmel Curlewis, 2018

Diet & Fibromyalgia Kaitlyn Anderson, 2018

NDIS - Frequently asked questions Aimee Taylor, 2017
***FREE**

Cystic Fibrosis: 2 part series Natalie van der Haak and Andrea Kench, 2017

Malnutrition screening Professor Liz Isenring, AdvAPD, 2017

Malnutrition assessment and nutritional diagnosis
Professor Liz Isenring, 2017

Eat to cheat dementia Ngaire Hobbins, 2016

The International Dysphagia Diet Standard Initiative
Peter Lam, Dietitian, Canada, 2016

NDIS overview - working in a social insurance model
Luke Bo'sher, 2016

Successful nutritional management in clients with intellectual disabilities
Jodie Ellis, 2016

The meaning of food in palliative care
Dr Liz Reymond, 2016

Improving surgical outcome by ERAS (Enhanced Recovery After Surgery)
Christine Eadeh, 2015

Nutrition in wound healing Rochelle Kurmis, 2015

Gastrostomy tubes: feeding methods and site care
Jacqui Bailey, 2015

DIABETES & ENDOCRINOLOGY

Case Study: Type 2 Diabetes *Robyn Perlstein, 2018*
*FREE

LADA: latent autoimmune Diabetes of adulthood
Catherine Amadio Prochilo, 2018

Hypoglycaemia in diabetes
Catherine Amadio Prochilo, 2018

Nutrition and diabetic foot ulcers
Josephine Pizzinga, APD & Kate Hawkins, Podiatrist, 2017

DAFNE- Dose adjustment for normal eating
Eileen Collins, CDE, RN, 2017

Exercise and type 1 diabetes *Dr Carmel Smart, 2017*

Type 1 diabetes & coeliac disease *Sally Marchini, 2016*

Medication options for type 2 diabetes
A/Prof Mark Kennedy, 2016

Nutritional management of type 1 diabetes in children and young people *Dr Carmel Smart, 2016*

Meal-time insulin dosing in type 1 diabetes - beyond carb counting *Dr Carmel Smart, 2016*

An update on vitamin D *Rebecca Mason, 2015*

Managing hyperglycaemia in Type 2 diabetes
Robyn Barnes, 2015

SPORT

Endurance athletes & gastrointestinal issues
Atlanta Miall, 2018

Competition nutrition - sports nutrition basics
Sarah Dacres-Manning, 2016

Hydration *Sarah Dacres-Manning, 2016*

Protein and supplements
Sarah Dacres-Manning, 2016

NUTRIGENOMICS

An introduction to this emerging field of nutrition science
Dr Flavia Fayet-Moore, 2016

Applying nutrigenomics in your practise
Dr Flavia Fayet-Moore, 2016

ONCOLOGY

Fundamentals of nutrition and cancer: how dietitians can help cancer patients in hospital: 2 part series
Jenelle Loeliger, Belinda Steer, 2018

Nutritional management of adult patients with head and neck cancer: 2 part series *Teresa Brown, AdvAPD, 2017*

Nutrition and breast cancer
Dr Michelle Harvie, 2017

Ketogenic diets for brain cancer *Susan Wood, 2016*

Cancer cachexia *Janelle Loeliger, 2015*

WEIGHT MANAGEMENT & DIET THERAPIES

Modified Atkins Diet for adults *Neha Kaul, 2018*

Fad Diets
Simone Austin, 2018

Case Study: The non-diet approach
Zoe Nicholson, 2018

The psychology behind over-eating
Susie Burrell, 2017

Mindful Eating
Sallyanne Pisk, 2017 *FREE

How to use a non-diet approach in your practice
Zoe Nicholson, 2017

Food addiction *Dr Robyn Brown, 2017*

Sleep and Circadian Rhythms *Dr. Sarah Jay, 2017*

The Mediterranean diet *Professor Catherine Itsiopoulos, 2017*

Intermittent fasting *Dr Michelle Harvie, 2017*

Bariatric surgery Part 1 - Understanding the basics
Merril Bohn, 2017

Bariatric surgery Part 2 - Diet, nutrition and common issues *Merril Bohn, 2017*

Very Low Energy Diets *Dr Janet Franklin, 2016*

Goal setting for weight management - foundations for success *Glenn Mackintosh, 2016*

Self compassion *Kiera Buchanan, 2016*

The Low Carbohydrate High Fat diet *Caryn Zinn, 2016*

Dietary acid load and insulin resistance
Rebecca Williams, 2016

Practical plant-based eating *Amanda Benham and Lucy Taylor, 2015*

Interpretation of hyperlipidaemia *A/Prof Ken Sikaris, 2015*

Insulin resistance *Susie Burrell, 2015*

How to address emotional eating *Kiera Buchanan, 2015*

Body image *Susan Paxton and Fiona Sutherland, 2015*

An evidence-based approach to weight management
Prof Clare Collins, 2015 *FREE

PAEDIATRICS

Case Study: Non IgE mediated cows milk allergy Vicki McWilliam, 2018

Case Study: Fussy eating Dr Denise Stapleton, 2018

Toddler eating and nutrition Judith Myers, 2017

Food-sensitive babies Joy Anderson, 2016

Food allergy in children Vicki McWilliam, 2016

Breastfeeding Evelyn Volders, 2016

Babies' first foods Evelyn Volders, 2016

Diet and food allergy development during infancy Kate Grimshaw, 2015

MENTAL HEALTH & EATING DISORDERS

Case Study: Binge Eating Disorder Dr Kiera Bachanan, 2018

Orthorexia Nervosa Sarah McMahon, Psychologist, 2017

Binge eating disorder Dr Kiera Buchanan, 2017

Anorexia nervosa in adolescents Melissa Whitelaw APD, 2016

Safe exercise at every stage Alanah Dobinson AEP, 2017

The unique nutrition challenges of severe mental illness Scott Teasdale, 2016

Diet and mental health Dr Felice Jacka, 2015

CULTURE & POLITICS

Emerging Adulthood and Health Dr Lee Ashton, 2018

Diversity in Dietetics Noell Burgess, APD, Purva Gulyani, APD, Farah Wilson, APD & Dung Pham APD, DE, 2017
***FREE**

Insects: why we should be eating them Nicole Senior, APD, 2017

Food and religion Paul Fieldhouse, PhD, 2017

Nutrition and Ramadan Lina Breik, 2017

Ancient grains Catherine Saxelby, 2016

Japanese diet & longevity Hideo Makuuchi, Japanese Dietitian with translation by Fumi Somehara, 2015

Improving Indigenous health – Everyone's business James Ward & Dr Karla Canuto, 2015 ***FREE**

RENAL

Case Study: Interpreting bochemistry Anthony Meade, 2018

Making sense of common biochemical measures Anthony Meade, 2017

Kidney stone management Lyn Lloyd, Renal Dietitian, 2016

Dietary modification in chronic kidney disease: when, why and how Dr Katrina Campbell, 2015

PROFESSIONAL PRACTICE

TeleConsultations and the dietitian Michelle Corray, 2018

Teaching your clients how to read a food label Catherine Saxelby, 2017

Medicare use for dietitians Magali De Castro RN, 2017

Food regulation Louise Fisher, 2017

Sustainable food as a health issue Dr Clare Pettinger & Liz Atherton, 2017 ***FREE**

Food industry partnerships: a political slippery slope Andy Bellatti, 2016 ***FREE**

Communications skills for health professionals Elaine Doyle, 2016

Social media in clinical dietetics Teri Lichtenstein, 2016

Compassion fatigue: caring for the carer Amanda Lambros, 2016 ***FREE**

The effectiveness of private practice dietitians Adrienne Forsyth, 2015

GENERAL

Emerging Adulthood and Health Dr Lee Ashton, 2018

Cholesterol lowering medications Melanie Frodsham, 2018

Making and using fermented foods Sharon Flynn

Water, hydration and fluid Pauline Douglas, 2017

Physical activity and sedentary behaviour: benefits, guidelines and practice tips Paddy Dempsey, 2016

Nutrition and chronic pain Joanne Baker, 2016

Using Health Apps with your clients Kelli Hale, 2016

How to facilitate a cooking class Charlotte Miller, 2016

Iron and zinc Lynn Riddell, 2016

Common drug nutrient interactions A/Prof Lesley Braun, 2015

Iodine: what dietitians need to know Karen Charlton, 2015

B12 and folate Lynn Riddell, 2015

Alcohol and health Tanya Chikritzhs, 2015

Inflammation, high-temperature cooking and trans fats A/Prof Tim Crowe, 2015

Sodium and potassium in human health Peter Howe, 2015