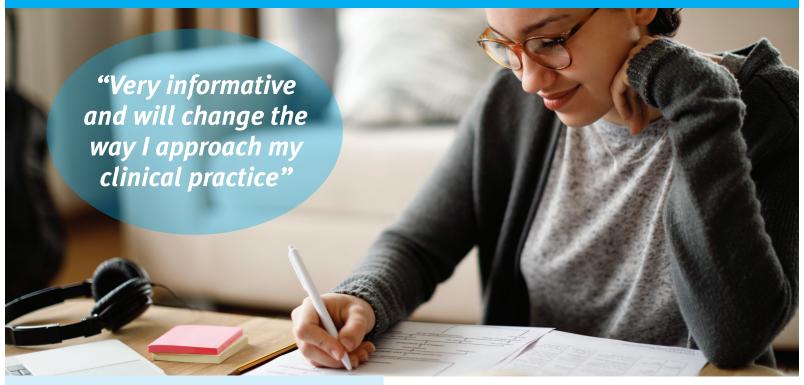
### **EDUCATION IN NUTRITION**





# Education in Nutrition believes professional development can be easy and meaningful.

It isn't just a matter of filling the hours but truly something that can develop your professional skills, your professional understanding and you - as a professional person.

We are committed to bringing you professional development that makes a difference to your experience of working as a nutrition professional.

### **Core topics**

Because your learning needs to reflect the priorities of your clients, we are keeping you up to date with condition-specific content. Clarify, update, and refresh your nutrition knowledge.

### **Inclusivity and connection**

Our profession benefits when we hear from a diverse range of voices and when we broaden our understanding of who our communities really are.

### Meaning and value

Our library of over 300 hours is independent, evidencebased and comes with suggested further reading and assessment questions for your CPD. **The Education in Nutrition Listen app** connects you to our library so you can create your own play list and download to listen offline on mobile, tablet or in your car.

Join us in 2022, and fill that professional development log with ease.

For more information and to order visit our website www.educationinnutrition.com.au

### **Catalogue February 2022**

## GASTROINTESTINAL, COELIAC DISEASE, FOOD ALLERGY & INTOLERANCE

Crohn's disease Rumbi Mutsekwa

Food allergy in adults Amanda Jackson

Oral allergy syndrome Ingrid Roche

Diverticular disease; acute and chronic Peta Cullis

**Step-by-step management of food sensitive IBS** *Joan Breakey and Ashleigh Jones* 

Food sensitive IBS: case studies Joan Breakey and Ashleigh Jones

**Approaches to management of IBS** *Joanna Baker* 

**Nutrition and Intestinal Permeability** *Dr Cuong Tran* 

**Nutritional Therapy in Inflammatory Bowel Disease** *Liz Purcell* 

Non-alcoholic fatty liver disease (NAFLD) Tayla Robertson

**Psychogastroenterology** Dr Jim Kantidakis

**Eosinophilic oesophagitis** Dr Vicki McWilliam

Probiotics in Clinical Practice 2 Part Series: Evidence of Benefit, Mechanisms of Action, and Risks of Use Dr Jason Hawrelak

**Intestinal failure** Dr Sharon Carey

GORD and Barrett's oesophagus Louise Mudge

**Small Intestinal Bacterial Overgrowth: Case Studies Alison Stewart** 

Small Intestinal Bacterial Overgrowth Dr Nirala Jacobi



## GASTROINTESTINAL, COELIAC DISEASE, FOOD ALLERGY & INTOLERANCE Cont'd

**Gastroparesis and motility disorders** *Dr Sharon Carey* 

What's new in coeliac disease?
Dr Jason Tye-Din, MBBS, PhD, FRACP

Pancreatic enzyme replacement treatment (PERT) Ruth Vo

Nutritional management of Whipple's surgery Kylie Russell

Food Protein Induced Enterocolitis: Case Study Vicki McWilliam

**Low FODMAP diet, 11 yr old boy: Case Study** *Marnie Nitschke* 

Low FODMAP diet, 44 yr old woman: Case Study Marnie Nitschke

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

Nut Anaphylaxis: Case Study Vicki McWilliam

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

**Teaching your clients the Low FODMAP diet** *Marnie Nitschke* 

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

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

The anti-inflammatory diet for inflammatory bowel disease Barbara Olendzki

The Low FODMAP Diet in Practice Joanna Baker

Non-Alcoholic Fatty Liver Disease Dr Alexander Hodge

The brain-gut axis Dr Simon Knowles

**Total Parenteral Nutrition: the basics** *Dr Sharon Carey* 

**Nutritional management of stomas** Dr Sharon Carey

Nutritional management after upper gastrointestinal surgery Dr Sharon Carey

Advanced management of IBS Dr Kerith Duncanson

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

Inflammatory bowel disease Dr Guru lyngkaran

Travelling gluten free Sally Marchini

Dietary management of eosinophilic oesophagitis Vicki McWilliam

Allergy management in food service Suzanne Kennewell

**Practical application of the RPAH elimination diet** *Zoe Nicholson* 

**Nutrition and the liver** Brooke Chapman

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

### **PREGNANCY & WOMEN'S HEALTH**

Nutrition and endometriosis Dian Shepperson Mills

Nutrition and fertility Dian Shepperson Mills

Diet and PCOS- emerging evidence Claire Julsing Strydom

The new PCOS guidelines, what's relevant for dietitians Dr Kate Marsh

**Hypothalamic amenorrhea: Case Study** *Dr Kate Marsh* 

Menopause Dr Fiona Jane MBBS

Breast cancer: Case Study Dr Michelle Harvie

**Gestational Diabetes Mellitus: Case Study** Robyn Barnes

The nutritional management of polycystic ovarian syndrome Claire Julsing Strydom

**Diet and nutrition during pregnancy** Natasha Jo Leader

Gestational diabetes Natasha Jo Leader

### **MEN'S HEALTH**

Prostate cancer: nutrition and exercise across the continuum *Dr Brenton Baguely* 

Men's health and nutrition Joel Feren

### **NUTRITION SUPPORT, DISABILITY & AGEING**

A dietitian's guide to working in the NDIS: Part 1 Shannyn Thatcher

A dietitian's guide to working in the NDIS: Part 2 Shannyn Thatcher

A dietitian's guide to working in the NDIS: Part 3 Shannyn Thatcher

Understanding the use of blended diet with enteral feeding Dr Sarah Durnan

**Blended tube feeding** Claire Kariya and Lina Breik

Blended tube feeding: case studies Claire Kariya and Lina Breik

Nutrition and physical trauma Miranda Stuart

Osteoporosis Professor Belinda Beck

**Nutrition in wound healing** Rochelle Kurmis

**Nutrition support in frailty** *Andrea Alano* 

Treatment of COVID-19 Dr Suzie Ferrie \*FREE

The role of nutrition in Parkinson's disease Amy Neill

Gastrointestinal function in critical illness Varsha Asrani

**Nutrition in the post-ICU period** *Dr Emma Ridley* 

**Indirect calorimetry** Dr Emma Ridley

**Positive ageing** Associate Professor Christina Bryant

Nutritional Frailty Professor Renuka Visvanathan

Nutrition and burns Michelle Cork



### **NUTRITION SUPPORT, DISABILITY & AGEING** Cont'd

Texture modified diets Colleen Kerr

**Nutrition in Acute Spinal Cord Injury: Part 1** Paula Carroll

Nutrition in Rehabilitation and Long-term Spinal Injury: Part 2 Paula Carroll

The role of diet in Multiple Sclerosis Dr Jonathan White MBChB, MRCOG

Implementing IDDSI: Case Study Julia Scott

**Aged care: Case Study** *Ngaire Hobbins* 

**Enteral feeding** Jacqui Bailey

How to review an aged care menu Olivia Farrer

**NDIS Nutrition Support: Case Study** Carmel Curlewis

Diet & Fibromyalgia Kaitlyn Anderson

NDIS - Frequently asked questions Aimee Taylor \*FREE

**Cystic Fibrosis: two part series** *Natalie van der Haak* & *Andrea Kench* 

Malnutrition screening Professor Liz Isenring

Malnutrition assessment and nutritional diagnosis
Professor Liz Isenring

Eat to cheat dementia Ngaire Hobbins

### **DIABETES & ENDOCRINOLOGY**

**Psychosocial screening for type 1 diabetes** *Helen d'Emden* 

Disordered eating and eating disorders in type 1 diabetes Helen d'Emden

Therapeutic fasting for type 2 diabetes reversal Camilla Dahl

Nutritional management of thyroid disease Rebekka Frazer

Type 1 diabetes: Managing tricky meal combinations Dr Carmel Smart

Medications for type 2 diabetes Dr Nicole Kellow

**Preventing complications in type 2 diabetes** *Dr Nicole Kellow* 

**Endocrine-Disrupting Chemicals and Diabetes** *Professor Dianna Magliano* 

Type 1 diabetes and exercise: Case Study Steve Flint

**Dietary considerations in T1DM pregnancies**Sally Marchini

Low carb diets Camilla Dahl

Managing athletes who have type 1 diabetes Steve Flint

Low carb diets and type 2 diabetes Tim McMaster

The thyroid gland including how to interpret TFT's Assoc Prof Ken Sikaris \*FREE

**Disordered eating in diabetes** Dr Kylie Mosley

Insulin pumps Dr Carmel Smart

Type 1 diabetes: Case Study Robyn Perlstein

Type 2 Diabetes: Case Study Robyn Perlstein \*FREE

LADA: latent autoimmune Diabetes of adulthood Catherine Amadio Prochilo

Hypoglycaemia in diabetes Catherine Amadio Prochilo

**Nutrition and diabetic foot ulcers** 

Josephine Pizzinga & Kate Hawkins, Podiatrist

**DAFNE- Dose adjustment for normal eating** *Eileen Collins* 

Exercise and type 1 diabetes Dr Carmel Smart

Type 1 diabetes & coeliac disease Sally Marchini

**Medication options for type 2 diabetes** A/Prof Mark Kennedy

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

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

An update on vitamin D Rebecca Mason

Managing hyperglycaemia in Type 2 diabetes Robyn Barnes

### **SPORT**

**Relative energy deficiency in sport (RED-S)** *Katie Schofield* 

Dietary recommendations to increase muscle mass for the general and athlete population Simone Austin

Food provision and nutrition support for athletes at major competition A/Prof Fiona Pelly

Endurance athletes & gastrointestinal issues Atlanta Miall

Competition nutrition - sports nutrition basics Sarah Dacres-Manning

**Hydration** Sarah Dacres-Manning

Protein & supplements Sarah Dacres-Manning

### **NUTRIGENOMICS**

Methylenetetrahydrofolate Reductase (MTHFR): Case Study Susie Burrell

**An introduction to this emerging field of nutrition science** *Dr Flavia Favet-Moore* 

**Applying nutrigenomics in your practise** *Dr Flavia Fayet-Moore* 

### **ONCOLOGY**

Pancreatic Cancer Lauren Atkins and Elise Den

Head and neck cancer + two case studies Belinda Reeves

Cancer-related malnutrition and sarcopenia
Dr Nicole Kiss \*FREE

Beliefs about nutrition and cancer Kirsty Rowan

### **CATALOGUE** page 4



### **ONCOLOGY** Cont'd

Haematology: Case Study Lauren Atkins

Cancer cachexia Jane Harrowfield

Lung cancer: Case Study Erin Kennedy

**Colorectal cancer: Case Study** Anna Beaumont

Fundamentals of nutrition and cancer: how dietitians can help cancer patients in hospital: two part series

Jenelle Loeliger, Belinda Steer

Nutritional management of adult patients with head and neck cancer: two part series Teresa Brown

Nutrition and breast cancer Dr Michelle Harvie

**Ketogenic diets for brain cancer** Susan Wood

### **WEIGHT MANAGEMENT & DIET THERAPIES**

Three weight management case studies Peta Cullis

**Body composition manipulation case study** *Rebekka Frazer* 

Two weight management case studies Amanda Clark

Weight stigma, the socially acceptable prejudice: two part series *Jo Money* 

Gout Dr Tanya Major

**Doing no harm with Health At Every Size®** *Anneke Hobson* 

Food, anxiety and optimising immunity Susie Burrell \*FREE

Weight management advice for GPs Susie Burrell

Body Image Terrill Bruere

Meals and meal-timing for shift workers Gloria Leung
\*FREE

Nutrition considerations in shift work Gloria Leung

Pharmacotherapy and bariatric surgery options for obesity *Professor John Dixon* 

**Intermittent Fasting and the Circadian Clock** *Courtney Peterson* 

Vegan diet: Case Study Jane Whitbred

Current evidence on dietary approaches to improve weight loss success *Prof Clare Collins* 

**Intermittent fasting: Case Study** Michelle Harvie

Modified Atkins Diet for adults Neha Kaul

Fad Diets Simone Austin

The non-diet approach: Case Study Zoe Nicholson

The psychology behind over-eating Susie Burrell

Mindful Eating Sallyanne Pisk \*FREE

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

Food addiction Dr Robyn Brown

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

The Mediterranean diet Professor Catherine Itsiopoulos

**Intermittent fasting** *Dr Michelle Harvie* 

Bariatric surgery - two part series Merril Bohn

Very Low Energy Diets Dr Janet Franklin

Goal setting for weight management - foundations for success Glenn Mackintosh

**Self compassion** *Kiera Buchanan* 

The Low Carbohydrate High Fat diet Caryn Zinn

Practical plant-based eating Amanda Benham & Lucy Taylor

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

**Insulin resistance** Susie Burrell

How to address emotional eating Kiera Buchanan

#### **PAEDIATRICS**

**Preterm infants: long term nutritional issues** *Colleen Oliver* 

Childhood eczema, food allergy and nutrition Ingrid Roche

**Paediatric Dietetics: Popular Questions and Practical Tips** *Alexia O' Callaghan* 

**Growing Up Milk** Dr Amy Lovell

Fussy eating in children Amy Lovell

Fussy eating, not chewing & motor development: Case Study *Dr Denise Stapleton* 

How to feed kids in ICU Bridget Little

Nutrition for children from vulnerable populations: Case Study Ju-Lin Lee

Autism: Case Study Rocco Di Vincenzo

Non IgE mediated cows milk allergy: Case Study Vicki Mc William

Fussy eating: Case Study Dr Denise Stapleton

Toddler eating and nutrition Judith Myers

Food allergy in children Vicki McWilliam

**Breastfeeding** Evelyn Volders



### **MENTAL HEALTH & EATING DISORDERS**

Fear of food Marthe Van Iwaarden

Nutrition in drug and alcohol recovery Lulu Cook

Binge eating: case studies Jo Money

**Identifying eating disorders in the primary care setting** *Jen Pfeifler* 

**Protecting the physical health of people with mental illness** *Dr Scott Teasdale* 

**Binge Eating and Binge Eating Disorder** *Michelle Roberton* 

Anorexia nervosa: Case Study 2 Maureen O' Connor

**Avoidant restrictive food intake disorder: Case Study** *Shawna Melbourne* 

Practising as an eating disorders dietitian Maureen O' Connor

Avoidant restrictive food intake disorder - ARFID Shawna Melbourne

Orthorexia: Case Study Sarah McMahon

**Severe mental Illness: Case Study** *Scott Teasdale* 

The effect of trauma on health Dr Tony McHugh

Bulimia Nervosa Shane Jeffrey

**Anorexia Nervosa: Case Study 1** Shane Jeffrey

Orthorexia Nervosa Sarah McMahon, Psychologist

Anorexia nervosa in adolescents Melissa Whitelaw

Safe exercise at every stage Alanah Dobinson

The unique nutrition challenges of severe mental illness *Scott Teasdale* 

Diet and mental health Dr Felice Jacka

### **CULTURE & POLITICS**

**Acknowledging the social determinants of health** *Dr Rebecca Lindberg and Katrina Doljanin* 

Well-being in indigenous communities Lisa TeMorenga

Lifestyle change, diabetes and related conditions in Australian Aboriginals Prof Kerin O' Dea \*FREE

**Emerging Adulthood and Health** Dr Lee Ashton

**Diversity in Dietetics** Noell Burgess, Purva Gulyani, Farah Wilson & Dung Pham \*FREE

Insects: why we should be eating them Nicole Senior

Food and religion Paul Fieldhouse

Nutrition and Ramadan Lina Breik

**Ancient grains** *Catherine Saxelby* 

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

Improving Indigenous health – Everyone's business

James Ward & Dr Karla Canuto \*FREE

### **RENAL**

Making sense of the latest KDOQI-AND guidelines for nutrition in CKD *Anthony Meade* 

Identifying and managing people with chronic kidney disease in primary care Jess Dawson

Conservative management of advanced kidney disease Jess Dawson

Basics of renal nutrition Kelly Lambert

**Acute kidney injury** *Kelly Lambert* 

**Interpreting biochemistry: Case Study** Anthony Meade

Making sense of common biochemical measures
Anthony Meade

Kidney stone management Lyn Lloyd, Renal Dietitian

### **PROFESSIONAL PRACTICE**

Plain English allergen labelling: Whats new? *Ingrid* Roche

Social media essentials for dietitians Kristy Schirmer

**Advance Care Planning for dietitians** *Dr Merran Cooper* 

Professional supervision Aly McNicoll

**Conflicts of interest** Jacques Rosseau

Creating and embedding nutrition policies
Kate Wilkinson & Amy Wakem

Implementing the IDDSI in a 9-site healthcare Lina Breik

Dietetic careers in food industry Jemma O' Hanlon

**Nutrition Care Process: Foundation** *Dr Varitha Kinghorn* 

An update in ICU nutrition Varsha Asrani

Reading and interpreting scientific papers Prof Sarah McNaughton

Dietary analysis - two part series Dr Dianne Volker

TeleConsultations and the dietitian Michelle Corray

Medicare use for dietitians Magali De Castro

Food regulation Louise Fisher

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



### **PROFESSIONAL PRACTICE** Cont'd

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

Compassion fatigue: caring for the carer Amanda Lambros \*FREE

### **GENERAL**

**Nutrition on COVID wards** Annalise Farah and Ashwini Menon \*FREE

Standard tests for vitamins and minerals A/Prof Ken Sikaris

Calcium balance Dr Marcela Nascimento

The impact of COVID-19 on eating disorders Sylvia Pyatt

The art of fermentation Sandor Ellix Katz

**Polypharmacy for dietitians** *Dr Amanda Cross and Dr Natali Jokanovic* 

**Coronary calcium scoring** *Dr Ross Walker* 

Medicinal foods Part 1: Cardiovascular disease Dr Evangeline Mantzioris

**Medicinal foods Part 2: Hyperglycaemia** *Dr Evangeline Mantzioris* 

**Medicinal foods Part 3: Inflammatory based diseases** *Dr Evangeline Mantzioris* 

Successful nutrition from home Susie Burrell \*FREE

Transgender Health Dr Nate Reid \*FREE

**Advanced Glycation End Products (AGEs)** Dr Nicole Kellow

**Soup** Catherine Saxelby

**Ultra-processed foods** *Priscila Machado* 

Nutrition trends and fads over the last 30 years Catherine Saxelby

**Self control** Susie Burrell

Bone health and density Professor Laura McCabe

Legumes Natalie Figueira

Diet and inflammation Dr Hannah Mayr

Cortisol Dr Kamaldeep Manak

**Emerging Adulthood and Health** Dr Lee Ashton

**Cholesterol lowering medications** *Melanie Frodsham* 

Making and using fermented foods Sharon Flynn

Water, hydration and fluid Pauline Douglas

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

**Nutrition and chronic pain** Joanne Baker

Using Health Apps with your clients Kelli Hale

**How to facilitate a cooking class** *Charlotte Miller* 



## SUBSCRIPTION ORDER FORM Education in Nutrition ABN 47 629 065 881



### **HOW TO ORDER**

### 1. INDIVIDUAL RECORDINGS

From AUD\$38 for a recording of the presentation and associated documents and AUD\$24 for case studies. To purchase presentations individually visit our website: www.educationinnutrition.com.au

### 2. SUBSCRIBE

Receive immediate access to our entire library of over 300 presentations and case studies. Every year 24 new titles are added to the library.

<b>SUBSCRIBE MONTHLY</b> Pay monthly by credit card (minimum initial 12 month term)	SUBSCRIBE ANNUALLY Pay annually payable via bank transfer, credit card, cheque, invoice or purchase order (minimum 12 month term)
Individual Subscription (1 individual/viewer) Starting at \$33/month + one-off joining fee \$60	Individual Subscription (1 individual/viewer) \$396/year + one-off joining fee \$60
Small Group Subscription (1-5 individuals/viewers)  Starting at \$59/month + one-off joining fee \$60	Small Group Subscription (1-5 individuals/viewers) \$708/year + one-off joining fee \$60
Large Groups (6-10 individuals/viewers) Starting at \$99/month + one-off joining fee \$60 For Groups above 10 please contact jo@educationinnutrition.com.au for pricing	Large Groups/Organisation (6-10 persons)  \$1188/year + one-off joining fee \$60 For Groups above 10 please contact jo@educationinnutrition.com.au for pricing
<ul> <li>Individual Concession Subscription         (1 individual/viewer)         \$24.00/month + one-off joining fee \$30         • Mentors - an APD who voluntarily assists a provisional APD for 12 months.         • Mentees • Students • Resumption of Practice         • Maternity Leave • Unemployed         (evidence of status required and maximum terms apply)</li> <li>Retired Dietitians Complimentary Subscription         Email jo@educationinnutrition.com.au to apply</li> </ul>	<ul> <li>Individual Concession Subscription         <ul> <li>(1 individual/viewer)</li> <li>Annual \$288.00/year + one-off joining fee \$30</li> </ul> </li> <li>Mentors - an APD who voluntarily assists a provisional APD for 12 months.</li> <li>Mentees • Students • Resumption of Practice</li> <li>Maternity Leave • Unemployed         <ul> <li>(evidence of status required and maximum terms apply)</li> </ul> </li> </ul>
First name Last name	Conditions: A joining fee will apply. Monthly subscriptions must be paid for by credit card which will be used each month, or alternatively 12 months + joining fee can be invoiced. Minimum of 12 months applies.
Are you a member of DAA or NZ Dietitians? Yes / No	PAYMENT DETAILS
Organisation (if applicable)  Postal address	Bank transfer: Please transfer total to our bank account using your SURNAME as a reference.  Account name: Education in Nutrition BSB: 063 184  Account number: 10452798
Email	Credit Card: Select to pay by credit card (MasterCard or Visa accepted). Your credit card will read: Education in Nutrition.
Contact phone number	DETURN COMPLETED FORM TO
Card number  Name on card	RETURN COMPLETED FORM TO: Email jo@educationinnutrition.com.au Phone +61 3 8679 6553
Expiry date CCV	