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Kerryn Roem, APD, DE, Private Practice, Melbourne



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What dietitians are saying

Great overall presentation - thanks! Like how you covered the science of this complex condition, summarised key points and gave specific food recommendations as well as strategies with clients.

Great educational value! Loved this webinar and am already able to apply the practical advice to my clients. Thank you!

Thank you for such an incredibly useful and informative training. Nice to see the direction that our profession is taking!

Logically presented, a great help to discuss nutrition with CKD clients.

Very practical info well delivered.

Thank you for your insight and guidance in interpreting these guidelines.

This presentation was excellent.

Brilliant, so many things to think about. I will probably need to watch again to remember it all.

Personal interest topic Really useful - thank you

Fabulous presentation. Really knowledgeable, and I appreciate the included content in self-care.

Catalogue July 2021

GASTROINTESTINAL, COELIAC DISEASE, FOOD ALLERGY & INTOLERANCE

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*

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 Iyngkaran*

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

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*

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

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 Fayet-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*

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

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

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 McWilliam*

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

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 Robertson

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*

PROFESSIONAL PRACTICE *Cont'd***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****Food industry partnerships: a political slippery slope** *Andy Bellatti* ***FREE****Compassion fatigue: caring for the carer** *Amanda Lambros* ***FREE****GENERAL****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 Dempsey***Nutrition and chronic pain** *Joanne Baker***Using Health Apps with your clients** *Kelli Hale***How to facilitate a cooking class** *Charlotte Miller*

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Peta Cullis, APD, Director of Dietetics for Fuel Your Life and Co-Host at Dietitian Life, Sunshine Coast

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