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## Catalogue July 2022

### GASTROINTESTINAL, COELIAC DISEASE, FOOD ALLERGY & INTOLERANCE

**Assessing your GI client - Part 1 Collecting initial data**  
*Marnie Nitschke*

**Assessing your GI client - Part 2 Interpretation and diet management** *Marnie Nitschke*

**Crohn's disease** *Rumbi Mutsekwa*

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

**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*

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

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**

Long COVID and chronic fatigue syndrome *Luke Hassan*

Enteral feeding case studies *Sarah Marfurt*

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*

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

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*

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**DIABETES & ENDOCRINOLOGY**

Type 2 diabetes: assessment and planning of care  
*Ivan Chan*

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*

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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*

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**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*

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**NUTRIGENOMICS**

Methylenetetrahydrofolate Reductase (MTHFR):  
Case Study *Susie Burrell*

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



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**NUTRIGENOMICS** *Cont'd*

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

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**ONCOLOGY**

Breast cancer *Lauren Atkins*

Breast cancer: case study *Lauren Atkins*

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*

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**WEIGHT MANAGEMENT & DIET THERAPIES**

Diet management for inborn errors of metabolism  
*Kiera Batten*

Eye Movement Desensitisation and Reprocessing  
 for emotional eating *Georgie Beames*

Applying the Mediterranean diet to a multicultural  
 population *Dr Elena Geogre*

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*

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*Anneke Hobson*

Food, anxiety and optimising immunity *Susie Burrell*  
**\*FREE**

Weight management advice for GPs *Susie Burrell*

Body Image *Terrill Bruere*

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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*

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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*

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*Zoe Nicholson*

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Insulin resistance *Susie Burrell*

How to address emotional eating *Kiera Buchanan*

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**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*

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**PAEDIATRICS** *Cont'd*

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*

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**MENTAL HEALTH & EATING DISORDERS**

The impact of COVID-19 on eating disorders  
*Sylvia Pyatt* **\*FREE**

Anorexia nervosa: key components of care *Marina Payne*

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 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*

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**CULTURE & POLITICS**

Linking cultural identity to health and wellbeing  
*Adam Dunn* **\*FREE**

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

Well-being in indigenous communities *Lisa TeMorenga*  
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Australian Aboriginals *Prof Kerin O'Dea* **\*FREE**

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Farah Wilson & Dung Pham* **\*FREE**

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

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

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**RENAL**

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

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*

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**PROFESSIONAL PRACTICE**

Professional supervision in practice *Jo Money  
& Marina Payne*

Rural dietetic practice *Corrina Michael*

Designing effective printed education materials  
*Dr Kelly Lambert* **\*FREE**

Communicating for behaviour change *Sharon Curtain* **\*FREE**

Social media essentials for dietitians *Kristy Schirmer*

Advance Care Planning for dietitians  
*Dr Merran Cooper*

**PROFESSIONAL PRACTICE** *Cont'd*

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*

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

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*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 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* **\*FREE**

Nutrition trends and fads over the last 30 years  
*Catherine Saxelby*

Self control *Susie Burrell*

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Legumes *Natalie Figueira*

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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*

*"Absolutely brilliant presentation. I watched the recording today and having started working in an indigenous clinic two years ago, found it very helpful, practical, and insightful."*

Feedback for the presentation:  
Linking cultural identity to  
health and wellbeing.



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