

EDUCATION IN NUTRITION

PROGRAM JANUARY 2018



Diet & Fibromyalgia

Friday March 23, 12 noon to 1 pm AEDT
Presented by Kaitlyn Anderson, APD (pictured)

Education in Nutrition

At Education in Nutrition we engage nutrition experts to provide independent, evidence-based webinars. Each of the over 150 recorded webinars in our library comes with suggested further reading and assessment questions for your CPD. Our health professional survey revealed that webinars improve confidence, clarify knowledge, and ensure practice is current.

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Upcoming webinars

1 Endurance athletes & gastrointestinal issues

Atlanta Miall, APD, AccSD

Friday, February 2 - 10am to 11am AEDT

- How common are GI symptoms in endurance athletes?
- Types of GI symptoms experienced

- Causes of GI symptoms
- Carbohydrate recommendations
- Practical preventative recommendations
- Fluids – hydration and composition
- Timing of meals
- Fibre, fat and protein

2 Teleconsultations and the dietitian

Michelle Corray, APD

Friday, February 23 - 10am to 11am AEDT

- The who, what, where, when and why of teleconsultations
- Benefits and pitfalls of these types of consultations
- How they are currently being used in healthcare
- Practical aspects of set up, security, client satisfaction and payment.

3 LADA: latent autoimmune diabetes of adulthood

Catherine Amadio Prochilo – Credentialed Diabetes Nurse Educator

Tuesday, February 27, 12 noon to 1 pm AEDT

- Definition of LADA
- Diagnosis of LADA
- Features and traits of LADA
- How LADA is treated

4 Hypoglycaemia in Diabetes

Catherine Amadio Prochilo – credentialed Diabetes nurse educator

Tuesday, March 6, 12 noon to 1 pm AEDT

- Glycaemic targets and monitoring blood sugar levels
- Causes (decreased oral intake, change of medication regime or activity, food and stress)
- Management of Hypoglycaemia, including emergency situations
- Follow-up care

5 Diet & Fibromyalgia

Kaitlyn Anderson, APD
Friday, March 23, 12 noon to 1 pm AEDT

- Symptoms
- Investigations and diagnosis
- Treatments (other than diet)
- Dietary management

6 How to review an aged care menu

Olivia Farrer, APD
April 13th, 12.00pm- 1.00pm AEST
Tuesday, March 6, 12 noon to 1 pm AEDT

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

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Introducing our case studies series

Our case studies are 30 minute presentations from highly experienced clinicians. They are designed to refine our skills in problem-solving and assist us in applying theory to our practice.

Like our webinars, they cover a huge range of clinical practice areas and come with assessment questions and suggested further reading. At just \$24 each* they are a great addition to your CPD program.

* All case studies are included freely as part of Education in Nutrition subscriptions.

Upcoming case studies - \$24 each*

1 FREE: Type 2 Diabetes case study

Robyn Perlstein, APD
January 16

2 RPAH food chemical intolerance case study

Dr Kim Faulkner-Hogg, PhD, AdvAPD
January 30

3 Binge eating disorder case study

Dr Kiera Buchanan, Health and Clinical Psychologist
February 13

4 Interpreting biochemistry case study

Anthony Meade, APD
February 20

5 Nut anaphylaxis case study

Vicki McWilliam, AdvAPD
March 3

6 Gestational Diabetes Mellitus case study

Robyn Barnes, APD, CDE
March 20

Catalogue

GASTROINTESTINAL, COELIAC DISEASE & FOOD INTOLERANCE

Wilson's disease *Kylie Russell, NZ dietitian*
*NEW TO LIBRARY

Teaching your clients the Low FODMAP diet *Marine Mitsche, 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 Iyngkaran, 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

The role of gut microbiota in Western lifestyle diseases
Laurence Macia, 2014

The diagnosis and management of irritable bowel syndrome *Prof Peter Gibson, 2013*

The nutritional adequacy of a gluten-free diet
Dr Sue Shepherd, 2013

PREGNANCY & WOMEN'S HEALTH

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*

Women's health at midlife *Cate Lombard, 2014*

Nutrition and fertility *Erika Harman, 2014*

Polycystic Ovary Syndrome Part 1 - Pathophysiology, Management and Evidence-Based Guidelines
Dr Kate Marsh, 2013

Polycystic Ovary Syndrome Part 2 - Nutrition and lifestyle management *Dr Kate Marsh, 2013*

MEN'S HEALTH

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

Men's Health *Dr Craig Hasted, 2014*

NUTRITION SUPPORT, DISABILITY & AGEING

Diet & Fibromyalgia *Kaitlyn Anderson* *UPCOMING MARCH 2018

NDIS - Frequently asked questions *Aimee Taylor*
*NEW TO LIBRARY *FREE

Cystic Fibrosis: 2 part series *Natalie van der Haak and Andrea Kench* *NEW TO LIBRARY

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

Food fortification - making the most of every mouthful
Rob Malekin, 2014

NUTRITION SUPPORT, DISABILITY & AGEING *continued*

Eat to cheat ageing - the science of nutrition and ageing *Ngairé Hobbins, 2014*

Nutrition in Parkinson's disease *Dr Denise Stapleton, 2014*

A musculoskeletal perspective on osteoporosis and vitamin D *Dr Neil Hernden, 2014*

Nutrition in ageing **Part 1 - Nutritional considerations in older people** *Denise Burbidge, 2013*

Nutrition in ageing **Part 2 - Practical nutrition strategies** *Denise Burbidge, 2013*

Nutrition Support: Ageing, Frailty & Muscle Maintenance *Beryl Dawson, 2013*

DIABETES & ENDOCRINOLOGY

LADA: latent autoimmune Diabetes of adulthood *Catherine Amadio Prochilo* ***UPCOMING FEBRUARY 2018**

Hypoglycaemia in diabetes *Catherine Amadio Prochilo* ***UPCOMING MARCH 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*

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*

Introducing insulin in people with Type 2 diabetes *Dr Ralph Audehm, 2014*

Stigma: The invisible barrier to behaviour change in Type 2 diabetes *Jessica Browne, 2014*

SPORT

Endurance athletes & gastrointestinal issues *Atlanta Miall* ***UPCOMING FEBRUARY 2018**

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

Hydration *Sarah Dacres-Manning, 2016*

Protein and supplements *Sarah Dacres-Manning, 2016*

Update on sports nutrition for the adolescent athlete *Ben Desbrow, 2014*

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

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*

Management of nutrition impact symptoms in cancer *Nicole Kiss, 2014*

Myth-Busting diets and cancer *Amber Kelaart, 2014*

Refeeding Syndrome *Belinda Steer, 2014*

Nutrition interventions for cancer survivors *Steve Pratt, 2013*

WEIGHT MANAGEMENT & DIET THERAPIES

How to use a non-diet approach in your practice *Zoe Nicholson* ***NEW TO LIBRARY**

Food addiction *Dr Robyn Brown* ***NEW TO LIBRARY**

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*

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*

WEIGHT MANAGEMENT & DIET THERAPIES *continued*

Body image *Susan Paxton and Fiona Sutherland, 2015*

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

Diet and heart disease: what's the evidence?
Beth Scholes, 2014

Low carb diets - Weight loss and health effects
Dr Michelle Harvie, 2014

The Paleo Diet *Dr Loren Cordain, 2014*

Does dieting work? *Dr Michelle Harvie, 2014*

Diet and gout *Mel Reid, 2014*

Mindless eating: why we eat more than we think
Brian Wansink, 2013

The non-diet approach to weight management
Fiona Willer, 2013

Vegetarian diets – health benefits and meeting
nutritional needs *Dr Kate Marsh, 2013*

PAEDIATRICS

Toddler eating and nutrition *Judith Myers*
*NEW TO LIBRARY

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

What's new in allergy management?
Vicki McWilliam, 2014

Food additives and hyperactive behaviour in children
Kate Grimshaw, 2014

Autism Spectrum Condition for dietitians
Part 1: An introduction *Zoe Connor, 2014*

Autism Spectrum Condition for dietitians
Part 2: Effective management of dietary issues
Zoe Connor, 2014

Supporting families with mealtime and feeding
difficulties *Denise Stapleton, 2014*

Diet therapy in epilepsy *Judy Nation, 2013*

MENTAL HEALTH & EATING DISORDERS

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

Food and cultural practices *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

Making sense of common biochemical measures
Anthony Meade *NEW TO LIBRARY

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 *UPCOMING FEBRUARY 2018

Teaching your clients how to read a food label
Catherine Saxelby

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

Dietitians in intensive care units *Suzie Ferrie, 2014*

GENERAL

Making and using fermented foods Sharon Flynn

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

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READING FOOD LABELS

WHAT TO LOOK FOR PER 100g

Total fat	10g or less
Saturated fat	2g or less
Sugars	10g or less

SOUTHAMPTON SIX FOOD COLOURINGS

Eating these has been shown to cause hyperactivity in children*

NAME	NO.	COLOUR
Tartrazine	102	orange
Quinoline yellow	104	yellow
Sunset yellow	110	orange
Carmosine	122	red
Ponceau	124	red
Allura red	129	red
Sodium benzoate	211	preservative

*Food additives and hyperactive behaviour in 3-year-old and 8/9-year-old children in the community. The Lancet, Volume 370, Issue 9598, Pages 1560 - 1567, 3 November 2007.

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