



QRC: 3336

Price

One Day : \$462 inc. GST

Two Days: \$590 inc. GST

Date

29 - 30 Nov 2018

Venue

The Lakes Resort Hotel Adelaide

141 Brebner Drive , West Lakes, SA,

5021

CPD Hours

10 Hours | 30 Mins

Linking Diet and Disease - Adelaide 2018

2 Day Conference for Nurses

Need for Program

The established connections between chronic illness and food mean that, increasingly, nurses are required to explain these connections and engage with patients to meaningfully improve their health. This ability to recognise and act on clinical indicators of impaired health as a result of diet is becoming a key feature of modern nursing. Nurses need to demonstrate nutritional literacy to assist a person to improve their health outcomes and, importantly, to prevent and in some cases treat their disease. As people, often with the same questions and struggles as their patients, there's a timely need time to empower nurses to help themselves in order to help others.

Purpose of Program

The purpose of this conference is to examine the link between diet and disease and integrate this knowledge into nursing practice in order to improve health outcomes for patients.

Learning Outcomes

At the conclusion of this program it is expected that the participants will be able to:

- Understand the broad links between certain foods and chronic illness to explain them to your patient
- Use the data from a nutritional assessment to assist in the identification and improvement of a patient's health status
- Explain simple approaches to weight loss and maintenance to your patients to assist them to overcome barriers to weight loss
- Combine holistic nursing and health coaching principles to engage with patients and enable them to improve their health outcomes

Program Schedule

Day One

8:30AM Registration for Day One

9:00

Welcome and Introductory Comments

9:05

TBA

The Diet that Triggered an Eating Disorder - Discussing Diet and Exercise Safely

Before we explore the links between diet and disease, we must remember that a rising number of the population are at risk of developing an eating disorder when diet, exercise, and weight are put under the microscope. Eating disorders are a complex set of illnesses that have both significant (and often chronic) effects to the mental health and physical health of the sufferer. This introductory session sets us up to further explore the links between diet and disease in a harm minimising, holistic, and contemporary fashion. It includes:

- What are eating disorders?
- Who is at risk of having an eating disorder?
- What are the consequences?
- How can we discuss diet and exercise in a safe manner without “triggering” disordered eating?

10:00

Kate Secombe

Linking the Gut Microbiome and Health

The gut microbiome, a collection of trillions of mostly bacterial microorganisms, is increasingly being recognised as an integral part of the body. More is being revealed about this forgotten organ, especially in relation to the interplay between the gut and health. This introductory session will explain what helps and what hinders the development of the gut microbiome. It includes:

- How is the gut microbiome connected to health?
- How is the gut linked to disease?
- What can disrupt gut health?
- Why does the gut influence our mood, weight, and ability to sense pain?
- What does this mean for our patients?

10:45 Morning Tea

11:15

Catherine Wallace-Wilkinson

We Are What we Eat - But What Influences Us?

We are responsible for moving the hand that feeds us, and thus it is our ultimate responsibility to make a choice about what goes on our fork. Do we actually know what we need to be doing and, if so, why are we getting it so very wrong? Learn what influences the nutrition decisions we make, from marketing, dieting, the weight control industry, to the mighty dollar. It's time to consider:

- Health and food literacy – how we know what is right and wrong
- Financial factors and time – the actual time and cost of convenience food
- The magic of marketing...

12:00

Catherine Wallace-Wilkinson

50 Shades of Fat - The Pathology of Obesity

Modern thinking suggests that it's not just diet that causes disease. It's not just food that lays down fat. Many factors create an "obesogenic" environment. Put simply, these environments encourage unhealthy foods and discourage activity. Along with psychological and biological input, our genetics, gut, and fat cells all send messages to the appetite and satiety centres in the hypothalamus. Could it be here that some of the damage is done? It's time to dismantle the pathology of obesity. This session explains:

- What an "obesogenic" environment looks like
- How our genetics are implicated and what environmental factors have altered our genes
- What is happening in our gut and how it responds to certain nutrients
- Neuropeptides – the suppressors and stimulators of appetite
- The brain's response to these factors
- Finally, how this cascade can explain:
 - Insulin resistance
 - Metabolic syndrome
 - the development of type II diabetes mellitus

1:00PM Lunch and Networking

2:00

Dr Amelia Pilichiewicz

Dietary Approaches to Improving Gastrointestinal Symptoms

There is a range of gastrointestinal-related symptoms that may benefit from certain nutritional approaches. However, with so much pseudo-nutrition advice available for consumption, how can we assess which approaches may best manage certain symptoms? This session considers the evidence behind these nutritional approaches and looks at how they support the management of:

- Irritable bowel syndrome (IBS)
- Inflammatory bowel disease (IBD)
- Diverticulitis

3:00 Afternoon Tea

3:15

Dr Amelia Pilichiewicz

Fad Diets - Sorting Fact from Fiction

Fad diets are very popular, especially as they are often endorsed by celebrities. However, do they actually lead to permanent weight loss or do they contribute to an ongoing spiral of ill health? This session will assess the following diet modification approaches and consider their relative merits. It includes:

- Low-fat approaches
- Low carbohydrate approaches
- Ketogenic diets
- 5:2 diet
- Paleo diet
- Very low-calorie diets (VLCD)

4:00 Close of Day One of Conference

Day Two

9:00AM Commencement of Day Two

9:00

Catherine Wallace-Wilkinson

Getting “Buy-In” from Your Patients

Many nurses feel a shared sense of frustration that despite the health education they provide, patients resist taking this advice and making changes to their health. Are we going about health promotion in the wrong way? Are our needs being met rather than our patients? Sometimes we may be too eager to provide useful, practical tips to our patients. Despite our best intentions, are we failing to see what matters most to our patients? Is it time to use our reputation as one of the most trusted professions to go back to basics and build meaningful relationships with our patients? From here, anything is possible, right? Let's discuss:

- The power of unconditional positive regard
- How to actually be non-judgmental (we're all guilty)
- Keeping goal setting and rewards simple
- Motivational interviewing and how to know if your patient is ready to change their behaviour

10:00

Jane Collins

A Practical Guide to Childhood Obesity

The epidemic of childhood obesity is having a profound impact on children's health. Paediatric obesity is one of the strongest predictors of obesity in adulthood. This session considers the importance of addressing obesity in children with an evidence-based, holistic, and family-centred approach. It also includes a look at a South Australian integrated clinic specifically set up for 10 to 18-year olds. Topics to be discussed:

- How does childhood obesity differ from adult obesity?
- How is it measured?

- How can we engage with parents and children?
- What services are available?
- Why is a family approach essential?
- How can nurses make a difference?

10:45 Morning Tea

11:15

Sue Edwards

Medicines that Affect Weight

Various medicines have a known side effect of weight gain. Conversely, certain classes of medicines are used for weight loss. This session considers the important relationship between medicines and obesity and considers:

- Why do some medicines have the side effect of weight gain?
- Which medicines are most likely to cause weight gain?
- How does obesity affect the absorption, metabolism, and excretion of medicines?
- What medicines are safe and effective forms of treatment for weight loss and for which populations?
- What is the evidence behind over-the-counter weight-loss medicines?

12:15

Jane Collins

Bariatric Surgery - Weighing up the Pros and Cons

Bariatric surgical procedures are increasingly being used as methods for weight loss. However, when are they indicated, which type, for who and why? This session will provide an overview of the surgical approaches to weight loss and include some of the pros and cons of various common procedures. It includes:

- What are the indications for surgery?
- Who are the best candidates and who should avoid surgery?
- How do the different types of surgery vary?
- What is the best way to discuss weight-loss surgery with a patient?
- What are key aspects to supporting patients across the perioperative period?

1:15PM Lunch and Networking

2:15

Dr Natalie Parletta

Linking Food and Mood

Fascinating research is challenging the paradigm that poor mental health can cause a poor diet. It is acknowledged that changes in mental health – such as stress or anxiety – can affect our dietary behaviours. However, we are now beginning to also understand how better-quality diets can improve a person's mental health and perhaps even prevent mental health conditions. With nutrition widely accepted as a key aspect of personal and professional wellbeing, it's time to look at the relationship between nutrition and mental health. This session includes:

- What's the connection between the brain, addiction studies, and what we eat?
- Diet and depression – is there a link?
- How about stress, sugar, and saturated fat?
- What are some simple approaches to introducing better nutrition and more activity into your routine?

3:00 Afternoon Tea

3:15

Catherine Wallace-Wilkinson

The Nurse Health Coach

Are you someone who gets a real kick out of seeing a patient have an “ah-ha!” moment? Do you have an amazing ability to connect well with patients? Have you ever thought about putting your talents to good use and becoming a health coach? We, as nurses, wear many different hats in our role and health coaching is now seen as an increasing part of nursing and a potential new horizon for nurses to explore professionally. This final session will open your mind to the possibility of being a “Nurse Health Coach” and how you can apply your passion for your patients to help guide them towards better health.

4:00 Close of Conference and Evaluations

Presenters

Catherine Wallace-Wilkinson

Catherine Wallace-Wilkinson is a Registered Nurse and has been a Credentialed Diabetes Educator since 2000. She has a demonstrated commitment to teaching the contemporary realities of managing diabetes and preventing complications. Since 1982, Catherine has worked in diabetes education, she was then employed by Gwen Scott at the Diabetes Foundation, Victoria, now known as Diabetes Australia, Victoria. Catherine has her own business, Positive Health Directions, and works in independent practice in Narre Warren and Neerim South, Victoria. Catherine completed the Graduate Certificate in Diabetes Education at Deakin University in 1994. She was the chairperson for ADEA Vic Branch from 1994 to 1998 and she is the current chair for the AMNF Diabetes Nurse Educators Special Interest Group in Victoria. Catherine has recently reviewed all the systems around diabetes care at Vasey RSL Care, which provides residential and community aged care services. Catherine has a keen interest in accelerated learning and neuro-linguistic programming and has studied extensively in facilitating group learning and training techniques. She is a renowned presenter and her sessions are interactive and entertaining. Catherine is consistently highly evaluated by those who attend her education sessions.

Amelia Pilichiewicz

Amelia Pilichiewicz is an accredited practising dietitian and sports dietitian (SDA provisional), having completed degrees in both science (honours, PhD) and nutrition and dietetics. She has a special interest in gastrointestinal nutrition, women's health (including pelvic pain), type II diabetes management, sports nutrition, and nutritional research. Amelia completed a PhD at the Royal Adelaide Hospital, analysing the diet in patients with upper-abdominal indigestion, and the role of nutrients in gastrointestinal function and the regulation of appetite. She has also worked as a clinical trial coordinator and research officer investigating both conventional and alternative medications for the relief of symptoms of diabetes, obesity, indigestion, and irritable bowel syndrome. Upon realising that many patients associated a connection between what they were eating and the worsening of their symptoms, Amelia decided to pursue further study in nutrition and dietetics. She wanted to help people by utilising the research and adapting the diet nutritionally for the management of their symptoms, rather than solely researching it. Amelia has a keen interest in women's health including pelvic pain, coeliac disease, inflammatory bowel disease, and other gastrointestinal disorders. She is a firm believer that good nutrition can aid in the management and relief of medical conditions. Everyone should be able to enjoy eating, without being fearful of any bad consequences - and little adjustments (or swaps) to a person's diet can assist with improving quality of life. Amelia was a dancer and dance teacher for 28 years and is very passionate about this area. She recently began competing in triathlons as a great way to keep fit and socialise.

Sue Edwards

Sue Edwards is a senior clinical pharmacist with the Drug and Therapeutics Information Service (DATIS) and also a private consultant pharmacist. She is committed to assisting both patients and health providers with quality use of medicines for best outcomes for the patient. She provides evidenced-based balanced information about medicines and has experience in research, education, and medicines review in the hospital, primary care, and residential aged care settings.

Natalie Parletta

Dr Natalie Parletta is an adjunct senior research fellow at the University of South Australia and a freelance writer and speaker. She has a PhD, Bachelor of Psychology (Hons), Master of Dietetics, and is a registered nutritionist. Natalie loves food and cooking and can share secrets of simple, healthy, cheap, and delicious mediterranean-style recipes that have been enjoyed by family, friends, and research participants who have said things like "I didn't know vegetables could taste so good!" She walks her talk: a full health check-up around her 50th birthday showed her health age as 18. Natalie writes about all things related to health, science and humanity. Articles are listed on her website www.natalieparletta.com.au.

Kate Secombe

Kate Secombe is a PhD candidate in the Cancer Treatment Toxicities Group within the University of Adelaide. She has an Honours degree in health science, a degree in biomedical science, and has worked as a researcher, determining how a variety of cancer treatments affect gastrointestinal health. Kate's current research surrounds the role of the gut microbiome in determining chemotherapy-induced gastrointestinal injury. Additionally, she is involved in running a large, multisite clinical study that aims to determine the usefulness of faecal microbiome transplants in a subset of patients with cancer. She is acutely interested in personalised cancer care, and believes that each person should be allowed the best care for them. In this vein, she has recently presented work at the Multinational Association for Supportive Care in Cancer Annual Meeting. She is regularly published as a guest blogger on the blog "Poo is not Taboo" and is an enthusiastic supporter of accurate, fact-based reporting about the microbiome. Kate is passionate about science and health literacy in the community and the formation of evidence-based health and science policy.

Jane Collins

Jane Collins has recently become a certified bariatric nurse – the first nurse in South Australia to complete the ASMBS Certification (American Society for Metabolic and Bariatric Surgery). This certification validates a high level of knowledge and clinical competence within the field of bariatric surgery. With nearly 20 years experience in bariatrics, Jane has worked in all aspects of the patient's care and journey. Since 2005, she has been one of the original team members at the Adelaide Bariatric Centre where she assumed the role of clinical research coordinator and clinical nurse. Through her research work, Jane has presented at local and international obesity meetings with a particular focus on the patient care element of bariatric surgery. At a clinic level, Jane is involved in many aspects of patient care, including her own nurse-led clinic, and additionally providing support to the hospitals aligned with their team by providing in-service education and training to staff. In 2014, in an attempt to address the unmet need of childhood and adolescent obesity management in South Australia, Jane co-founded The Institute of Child and Adolescent Obesity Management, the first of its kind multidisciplinary approach to obesity management in 10 to 18-year-olds. Trading as Danny's Place, Jane is the clinical program co-ordinator of the service which recently won a 3-year grant from Variety SA – the children's charity, to support and provide access to the program. Jane is enthusiastic about the patient and their journey and is always motivated to help the patient achieve their best outcome from surgery. Jane's focus is on changing people's lives to allow them to be their best self at whatever age.

To Be Determined

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