



QRC: 2972

Price

One Day : \$451 inc. GST

Two Days: \$572 inc. GST

Date

04 - 05 Dec 2017

Venue

Oaks On Collins

480 Collins St , Melbourne, VI, 3000

CPD Hours

11 Hours | 15 Mins

Linking Diet and Disease Conference - Melbourne 2017

2 Day Conference for Nurses

Need for Program

The established connections between chronic illness and food mean that increasingly, nurses are required to explain why 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 growingly need to demonstrate nutritional literacy so as to assist a person to improve their health outcomes, and importantly, 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 so as 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 link between certain foods and chronic illness, and explain this 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

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 the fork that sits in that hand. 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 - *do we know what is right and wrong anymore?*
- Financial factors and time - *the actual time and cost of convenience food*
- The magic of marketing...

9:45

Catherine Wallace-Wilkinson

50 Shades of Fat...

Modern thinking suggests that it's not just diet that causes disease. It's not just food that lays down fat. Many of the above-mentioned 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 does an 'obesogenic' environment look like?
- How are our genetics implicated and have environmental factors altered our genes?
- What is happening in our gut and how does it respond to certain nutrients?
- Neuropeptides - suppressors and stimulators of appetite?
- The brain's response to these factors
- Finally, how this cascade can explain:
 - Insulin resistance
 - Metabolic syndrome
 - Development of T2DM

10:45 Morning Tea

11:15

Helen Bauzon

Beneath the Layers - How Does Your Patient Present?

There are many 'red flags' that may indicate your patient is presenting with diseases or conditions relating to their diet. What do you see? What do you ask? What are we looking for and how do we then initiate a productive conversation with our patients? This session will look at the clues you should be alert to. Includes a practical approach to asking the right questions:

- Breaking the ice - how do you start a conversation around diet and disease?
- Are there some key questions that can give you the information you need?
- When time is of the essence - how to have a meaningful conversation in a matter of minutes!

11:45

Helen Bauzon

Practical Approaches to Improving Nutrition

We are physiologically and psychologically complex beings. We require a huge amount of nutrients from our ever-changing food supply, and amid the ever-changing pseudo-nutrition advice. So, it's no wonder we get it wrong so often. Learn what people need to know, and how to say it to command attention.

- How do we explain this information to a patient?
- Providing a simple and practical approach to eating well

1:15PM Lunch and Networking

2:15

Dr Charles Mackay

Linking Diet, Disease *and* Inflammation

Exciting research coming from Melbourne is revealing the link between our diet and inflammatory diseases. How do the metabolic and immune systems interact and what does this connection mean? This session will reveal some exciting discoveries. Includes:

- What is the connection between the immune and metabolic systems?
- Can our diet trigger inflammation-related diseases?
- Does this evidence translate to eating foods that are high in anti-inflammatory properties?

3:15 Afternoon Tea

3:45

Dr Paul Bertrand

The Secret Gut - Unlocking the Key to Illness?

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, particularly in relation to the interplay between the gut and health. For instance diet, particularly poor diet, is recognised as having a negative impact on the balance of the microbiome. This fascinating session will look at what we know about the microbiome. Includes:

- How is the gut microbiome connected to health?

- What role does it play in digestion, metabolism, immune and mental health?
- What causes dysbiosis - an imbalance of good and bad bacteria - are these changes also obesogenic?
- What diseases are linked to *dysbiosis*?
- Practical ways of restoring and maintaining a healthy microbiome

4:30 Close of Day One of Conference

Day Two

9:00AM Commencement of Day Two

9:00

Geoff Ahern

Living with Ease, *not* Disease - Self-Care for Nurses

Nursing is a hard profession as is, especially given the shift-work nature of our jobs. Engaging and encouraging patients to make better health choices is difficult, especially if we are not making positive health choices ourselves. As role models, advocates and educators of health, our clients and patients look to us for guidance and help. It is imperative that we care for ourselves first and foremost, in order to care for others. This session will serve as a timely reminder about why self-care matters.

9:45

Geoff Ahern

Addiction, the Brain and Food

We would all testify that our brains are able to create powerful links between our emotions and food. We are programmed from an early age to connect eating with so many emotions. These may be happy, warm or detrimental emotions. Certain behaviours strengthen this relationship, for the better or worse. What does what we know about addiction and the brain mean in relation to what we eat? Can we reprogram our brain to create new pathways? This session looks at:

- What's the connection between the brain, addiction studies and what we eat?
- Can the brain be 'rewired'?
- How could this knowledge help our patients / clients?

10:45 Morning Tea

11:15

Sarah Dash

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 (witness comfort eating!) However, we are now beginning to understand how better quality diets can improve a person's mental health and perhaps even prevent mental health conditions. It's time for nurses to seriously consider the relationship between nutrition and mental

health. Includes:

- Where does it all begin? A look at the impact of maternal and childhood diet
- Diet and depression - what's the connection?
- Stress, sugar and saturated fat - is there a link?
- Why addressing physical health and nutrition matters to mental health

12:15

Associate Professor Louis Roller

Medicines that Affect Weight

Some medicines can cause people to gain weight whilst others may assist people to lose weight. This session reviews some of the medicines that have an impact on weight. Includes:

- What is appropriate practice when prescribing weight-loss medicines?
- What medicines are known to increase weight in the long term?
- Is it possible to control weight when medicines slow metabolism?
- What is the success of weight-loss medicine and what are the side effects
- Contraindications for prescribing weight affecting medicine
- Adverse effects of weight-reducing medicines

1:15PM Lunch and Networking

2:15

Catherine Wallace-Wilkinson

Getting 'Buy-In' from Your Patients

Many nurses may feel a shared sense of frustration that despite the health education they can 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 a meaningful relationship 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

3:15 Afternoon Tea

3:30

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 and help guide them towards better health.

4:30 Close of Conference and Evaluations

Presenters

Helen Bauzon

Helen Bauzon is an author, inspirational speaker, dietitian, personal trainer and TV presenter. She works both as a health and business coach. Helen's passion is to help the individual create change in their life and be the best version of themselves, they could possibly be. Helen's health coaching advice is offered in a very easy and practical method, making implementation very doable for the individual. While at the same time dispelling all the myths and fallacies presented by the media. Helen has presented on TV, written numerous education books, developed a series of DVD's, developed a diabetes online and paper-based education model and now provides business coaching to other allied health professionals wishing to automate their education online as she has done.

Charles Mackay

Charles Mackay did his Ph.D at Melbourne University, and worked at the Basel Institute for Immunology, LeukoSite Inc. and Millennium Therapeutics in Boston USA, and Garvan Institute in Sydney, before moving to Monash University in mid 2009. Charles Mackay is accomplished in the fields of inflammation, GPCR biology, cell migration and cytokine biology. Charles Mackay is the leading advocate of a new hypothesis to explain many 'western lifestyle' diseases - that diet, gut microbes and their metabolites are responsible. He is commercializing a new 'nutraceutical' approach for the treatment of many human diseases. Charles has produced many monoclonal antibodies over the course of his career, including to the HIV co-receptors CCR5 and CCR3. His other skills include gene transcript profiling, and numerous models of inflammation- asthma, arthritis, type 1 diabetes, colitis, and others.

Paul Bertrand

Dr. Paul Bertrand completed his PhD in Pharmacology & Toxicology at Michigan State University (US). He has worked in Australia since 1994, starting at the University of Melbourne as a research-only post-doctoral fellow supported by the NIH and NHMRC and later at UNSW as a teaching/research academic. Since 2013, Dr Bertrand's laboratory has been based at RMIT University, Melbourne, Australia. Dr Bertrand's group investigates the neuronal and hormonal control of the gastrointestinal tract in health and disease. The goal is to develop tailored diagnostics for a variety of gastrointestinal disorders such as Inflammatory Bowel Disease and conditions such as obesity. Dr Bertrand's research into enteric neuroscience has produced 70 published papers and an h-index of 31 from 2,998 citations (Google scholar), including 6 articles with ≥ 100 citations and 20 with ≥ 50 citations. Dr Bertrand is a top contributor to the news website theconversation.com and is regularly invited to comment on gastrointestinal health issues in the media.

Geoffrey Ahern

Geoffrey Ahern is a Senior Mental Health Clinician from Melbourne, who works with Victorian Police on a specialised mental health emergency response team called PACER (Police And Clinician Emergency Response). PACER clinicians are on the road with the police responding immediately to triple zero emergency calls that involve mental health, for example a person contemplating suicide. Geoff trained initially as a registered nurse in the early 90's and over the years has gained extensive experience in emergency and trauma, rural nursing, alcohol and other drug counselling and psychiatric nursing, across both the public and private sectors. He also holds a Master's of Health Science (Mental Health and AOD) and is a PhD candidate with Deakin University. When Geoff isn't working with the police you can find him conducting freelance education for various public and private organisations, raising community awareness and recognition of people developing mental health problems, and averting crisis situations similar to those he sees on the road with police. As an educator, he has been involved in one to one mentoring and staff in-services, right through to full-time lecturing at a tertiary level. Geoff is a passionate and creative teacher, bringing to his audience stories and experiences that give life and meaning to the subject areas that he teaches.

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. Catherine has worked in diabetes education since 1982, when she was 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 very highly evaluated by those who attend her education sessions.

Sarah Dash

Sarah Dash is a PhD Candidate within the School of Medicine at Deakin University in Melbourne, Australia, and is studying the biological mediators of the diet-depression relationship. Sarah's background is in nutrition and psychology, and her research interests include nutritional epidemiology, mental health, prevention, public health and science communication. She is an active member and administrator for the International Society of Nutritional Psychiatric Research (ISNPR), and a recipient of an Australian Government Collaborative Research Centre for Mental Health student scholarship. The aim of her research is to better understand the biological pathways through which diet may exert its effects on mental health in order to develop targeted prevention and treatment strategies.

Louis Roller

Associate Professor Louis Roller, PhC, BPharm, BSc, MSc, PhD, DipEd, FPS, FACPP has been an academic at the Faculty of Pharmacy and Pharmaceutical Sciences Monash University for over 50 years. He was on the Pharmacy Board of Victoria for 22 years, has significantly contributed to many editions of various pharmaceutical compendia including as well as the Therapeutic Guidelines, particularly the Antibiotic Guidelines. He is the author of hundreds of scientific and professional articles and has a passion for evidence-based knowledge. He lectures to pharmacists, medical practitioners, nurses, podiatrists and optometrists on a variety of therapeutic topics, particularly antibiotics as well as giving many talks to the University of the Third Age on various medication-related issues. As at the end of April, he had delivered 42 talks to U3A Stonnington and an equivalent number to other U3A groups. With Dr Jenny Gowan, over the last 20 years has written articles on Disease State Management in the Australian Journal of Pharmacy (some 220 x ~ 6000 words) In 2012, he was made a life member of the Australasian Pharmaceutical Sciences Association and in 2014, he was awarded the life-long achievement award of the Pharmaceutical Society of Australia.

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