

Nutrition and Special Diets Aged Care Seminar

Program

DAY 1	
8.30 to 9.00	Registration
9.00 to 10.30	<p>Good nutrition for the elderly</p> <p>Nutrient requirements when people age Australian Guide to Healthy Eating Dietary Guidelines for Older Australians Vitamin D</p> <p>“Best Practice Guidelines for provision of nutrition in aged care”</p> <p>Identifying requirements Menu planning Relationship between nursing and catering departments- role delineation Documentation Meeting Accreditation requirements</p>
10.30 to 11.00	Morning tea
11.00 to 12.30	<p>Malnutrition in the elderly</p> <p>Barriers to adequate nutrition and hydration Consequences of poor nutrition Advantages to improved nutrition Nutrition screening Monitoring nutrition status High Protein and Energy diets When to use supplements Wound care Enteral feeding- when is a PEG the most appropriate option? Palliative care</p>
12.30 to 1.30	Lunch
1.30 to 3.00	<p>Texture modified diets</p> <p>Reasons for modifying a resident’s diet Adequate nutrition and fibre and fluid on a texture modified diet A video of the normal swallow and some abnormal swallows Thickened fluids Transition feeding</p>
3.00 to 3.30	Afternoon tea
3.30 to 5.00	<p>Diabetes and the diabetes friendly menu</p> <p>Principles of diabetes management Considerations in the frail elderly Type 1 vs Type 2 Current concepts in dietary management Glycaemic index Carbohydrate serves Role of sugar</p> <p>Obesity management in aged care</p> <p>Practical guidelines for management</p>

DAY 2	
8.30 to 9.00	Registration
9.00 to 10.30	Allergy and Intolerance Allergy vs intolerance Milk free vs lactose free diets Fructose intolerance Wheat free diets Elimination Diets MAOI- Monoamine Oxidase Inhibitors
10.30 to 11.00	Morning Tea
11.00 to 12.30	Gluten Free diets Coeliac disease- what is it? Gluten Free diets- practical aspects Hidden Glutens Special food products Importance of avoiding cross contamination Try some gluten free foods
12.30 to 1.30	Lunch
1.30 to 3.00	Gut problems Reflux Nausea Gastroenteritis/ Diarrhoea Stomas Diverticulitis Irritable bowel Clear fluids/ light diet- when to use them Low fibre diets
3.00 to 3.30	Afternoon Tea
3.30 to 5.00	Diets for renal disease Role of the kidney Low protein diets Low potassium diets Low salt diets Practical guidelines for each diet