

# MEDICAL NUTRITION MANAGEMENT

ONLINE

[WWW.HEALTHCERT.COM/MEDNUT](http://WWW.HEALTHCERT.COM/MEDNUT)

Despite the prevalence of nutritional disorders and an increasing amount of evidence showing the significance of diet in disease prevention, medical practitioners are typically untrained in the relationship of nutrition to health and disease. This three-part online program is tailored for medical practitioners who wish to gain a better understanding of nutrition management in order to improve patient outcomes, especially for those patients with conditions commonly seen in general practice, such as obesity, diabetes, pregnancy, cardiovascular disease, cancer and eating disorders.

The program explores the role of therapeutic diets in the treatment of chronic illnesses and other nutritional disorders, highlighting the principles of the nutrition care process as applicable in a primary care setting. You will learn key nutrition assessment techniques and intervention strategies that will assist you in providing comprehensive health care to your patients.

## PRESENTERS



**Prof Liz Isenring**  
Bond University



**A/Prof Gregory Cox**  
Princess Alexandra Hospital



**A/Prof Stijn Soenen**  
Bond University



**Dr Eirini Dimidi**  
King's College London



**Dr Hannah Mayr**  
Princess Alexandra Hospital



**Dr Heidi Staudacher**  
Deakin University



**Dr Ingrid Hickman**  
Princess Alexandra Hospital and Mater Research Institute-UQ



**Dr Jaimon Kelly**  
Bond University



**Dr Kate Morgan**  
Bond University



**Dr Lauren Ball**  
Griffith University



**Dr Stan Steindl**  
The University of Queensland



**Dr Tetyana Rocks**  
The University of Queensland



**Dr Treasure McGuire**  
The University of Queensland



**Christina Turner**  
Bond University



**Greg Shaw**  
Australian swimming



**Kathryn Nolan**  
Bond University



**Kathy Beck**  
Australasian Society of Clinical Immunologists and Allergists



**Peta Paterson**  
Bond University



**Shane Jeffrey**  
Australian & New Zealand Academy for Eating Disorders



**Tara Diversi**  
Sophus Nutrition

## DELIVERY FORMAT

The Medical Nutrition Management program is delivered online in eight units. Each course in the three-part program is held over 15 weeks with 12 weeks of teaching followed by three weeks for revision and final examinations. The courses include online presentations from experts in the field followed by patient case discussions and decision-making. There is a final webinar prior to examinations.

## ENROLMENT OPTIONS

Participants may enrol in one (professional certificate), two (professional and advanced certificates), or all three (professional and advanced certificates and professional diploma) courses at once. The three courses build upon the knowledge of the previous course and must be completed in sequential order to qualify for the professional diploma. Bundle pricing available.

**COURSE OBJECTIVES**

Learn the foundations of dietary guidelines and how they can be applied in general practice to better manage chronic diseases, malnutrition, weight loss, and other conditions.

**ENTRY REQUIREMENTS**

No prerequisites of previous training required.

**ACCREDITATION (EXPECTED)**

RACGP and ACRRM points pending.

Please see website for updates.

**TOPICS COVERED**

- How dietary guidelines can be used to guide treatment
- Approaches for the management of chronic disease: Mediterranean, MIND, vegetarian, high protein, low GI
- Myths and fads: keto, paleo, intermittent fasting, 'I quit sugar'
- Organics, coconut oil, superfoods
- Vitamins, minerals and supplements
- Gastrointestinal health
- Malnutrition in older adults
- Talking with patients about weight management
- Bariatric care

**ADVANCED CERTIFICATE OF MEDICAL NUTRITION MANAGEMENT (ONLINE)****[WWW.HEALTHCERT.COM/ACNUT](http://WWW.HEALTHCERT.COM/ACNUT)****COURSE OBJECTIVES**

Learn how medical nutrition strategies can be implemented to improve patient outcomes in areas including pregnancy, diabetes, cancer, sport and cardiovascular nutrition.

**ENTRY REQUIREMENTS**

Completed Professional Certificate of Medical Nutrition Management.

**ACCREDITATION (EXPECTED)**

RACGP and ACRRM points pending.

Please see website for updates.

**TOPICS COVERED**

- Nutrition for fertility, pregnancy and lactation
- Patient centred weight management: non-diet approach
- Metabolic syndrome and insulin resistance
- Carbohydrates and diabetes
- Cardiovascular nutrition
- Gut microbiome: pre and probiotic treatments
- Nutrition management in cancer
- Sport nutrition for high performance

**PROFESSIONAL DIPLOMA OF MEDICAL NUTRITION MANAGEMENT (ONLINE)****[WWW.HEALTHCERT.COM/PDNUT](http://WWW.HEALTHCERT.COM/PDNUT)****COURSE OBJECTIVES**

Take your medical nutrition knowledge to the highest level with an understanding of how to assess and intervene in the most complex conditions managed in primary care.

**ENTRY REQUIREMENTS**

Completed Advanced Certificate of Medical Nutrition Management.

**ACCREDITATION (EXPECTED)**

RACGP and ACRRM points pending.

Please see website for updates.

**TOPICS COVERED**

- Diet and depression
- Eating disorders
- Nutrition in chronic kidney disease
- Childhood nutrition
- Advanced sports nutrition
- Motivational interviewing for behaviour change
- Ageing, medication and nutritional management
- Food allergies and intolerances
- Nutrition in COPD and asthma

**DATES | ONLINE**

Start your online studies at any time after 13 Jan 2020.

**FURTHER STUDIES**

Upon completion of the program, participants will be eligible to apply for RPL for NUTR71-103: Nutrition Issues and Priorities at Bond University which may lead into a pathway into the Graduate Certificate in Evidence Based Practice (or other exit points within the Master of Healthcare Innovations), or the Graduate Certificate in Nutrition. This is suitable for medical practitioners who are mainly interested in clinical academic study. Course graduates may also continue their professional development by completing a clinical attachment, which are available on request. These will be on a 1:1 basis providing the opportunity to observe clinical nutrition consultations, planning and decision-making and ask questions of the expert.