

Certificate in Paediatric Nutrition and Dietetics 2018/2019

- Course contact:** Mary McPherson, Department of Nutrition and Food Services, RCH.
- Entry criteria:** University entry criteria apply. Candidates must hold a graduate or post graduate qualification in nutrition and dietetics. The course is suitable for dietitians currently working in paediatrics wishing to increase their knowledge as well as those with an interest in entering the field of paediatric nutrition.
- Contact hours:** Two Units will be held in two blocks of 3.5 days.
Unit 1 - Monday 17th September – Thursday 20th September 2018
Unit 2 – Monday 29th April – Thursday 2nd May 2019 - TBC
- Venue:** The Royal Children's Hospital, Flemington Road, Parkville
- Pre Course reading:** Some pre-course reading material will be sent to candidates prior to each Unit commencing. This is to enable all participants to gain some current knowledge on topical issues which will be built on during the course.

Unit 1: Nutrition and Child Health 17th – 20th September 2018

This Unit is designed for Accredited Practicing Dietitians wishing to gain more knowledge of general paediatric dietetics including nutritional assessment and common issues seen in community settings and private practice.

Objectives:

On completion of this Unit participants will:

- Be competent in assessment of nutritional status, growth and nutritional requirements of infants, children and adolescents.
- Understand the aetiology of common nutrition-related diseases, which have their origins in childhood.
- Be competent to provide the nutritional requirements of infants, children and adolescents across common nutrition related disorders.

Outline & Content:

Included in the course:

- The fundamental principals of ensuring adequate nutrition and growth in infants, children and adolescents.
- All aspects of nutrition, feeding, growth and development during infancy, including breast and formula feeding.
- Common childhood disorders requiring nutritional intervention such as faltering growth, iron deficiency toddler feeding difficulties and allergy.
- The aetiology, treatment goals, strategies and multi disciplinary team management of public health issues including obesity

The timetable for the Unit 1 content is still to be confirmed and will be determined by speaker availability.

Unit 1 Topics:

General Paediatrics:

- Growth and nutritional assessment
- Breastfeeding and introduction of solids
- Infant formula - new developments and manipulations to meet altered requirements
- Behavioural management of food refusal
- Workshops on growth and energy requirements from infancy through to adolescents

Specific Nutrition Problems

- Common childhood disorders requiring nutritional intervention such as growth faltering and iron deficiency
- Management of common infant gastrointestinal disorders: constipation, colic, reflux and gastroenteritis.
- Feeding difficulties including practical aspects of feeding children with a disability
- Enteral feeding
- Dietary management of allergy

Community Nutrition Topics

- Paediatric public health issues i.e. dental caries and childhood obesity
- Communicating with children and adolescents

Post course assessment:

A case based assignment undertaken by each participant on completion of Unit 1 will link a literature search with the practical aspects of implementation of a nutrition care. To receive a certificate of completion participants must pass the assignment and a post course exam.

Unit 2 Clinical Paediatric Dietetics 29th April – 2nd May 2019 TBC

This Unit is designed for Accredited Practising Dietitians wishing to gain more knowledge of clinical paediatric dietetics. Note: this clinical based Unit may not be as relevant to those working in private practice or community settings.

Objectives:

On completion of this course participants will:

- Be competent in the nutritional and dietary assessment of infants, children and adolescents with a range of acute and chronic diseases.
- Have a detailed understanding of nutritional management and dietary therapy in children with acute and chronic diseases.
- Be able to plan, implement and evaluate nutritional interventions, including dietary manipulation and artificial nutrition support measures.
- Understand and apply current research findings to the care of paediatric patients.

Outline & Content:

This Unit will present concepts of nutritional management and diet therapy for the paediatric population. It assumes current knowledge of breast feeding, formula feeding and paediatric enteral products. Successful completion of Unit 1 is a prerequisite for enrolment into Unit 2.

The timetable for the Unit 2 content is still to be confirmed and will be determined by speaker availability.

Unit 2 Topics:

Maintaining adequate nutrition during acute and chronic illness.

- Methodology for dietary assessment and estimating nutritional requirements for children with a variety of conditions.
- Implementation of therapeutic nutritional interventions such as artificial nutrition support.
- Nutrition and medical management of various disease states (e.g. diabetes, renal disease, cystic fibrosis, liver disease, cancer and eating disorders) in childhood.

ASSESSMENT

Assessment for both Units is by written examination **and** a written assignment to be completed following each of the Units. The case based assignment will link a literature search with the practical aspects of the implementation of nutrition care

Both the exam and assignment must be passed to obtain a certificate of completion.

Handing in written work: The course coordinator should receive assignments before 5pm on the due date (as specified for each Unit). Penalties will result for assignments handed in after this time. For written assignments, participants are expected to confine themselves to the set word limit. Written work that exceeds the limit may be penalised.

Participants must attend at least 80% of lectures and pass the exam and written assignments to receive Certification.

NB: Completion of Unit 1 and 2 does not render participants experienced, paediatric dietitians. Within the realms of the two Units, it is only possible to provide the theoretical background on which future practice can be based. Following the course, it is the responsibility of each participant to keep their knowledge regarding paediatric nutrition updated.

FEES 2018-2019

Cost is inclusive of tuition, course materials, morning tea/lunch/afternoon tea through the course but does not include accommodation or travel expenses.

Unit 1:	\$1050.00	(GST inclusive)
Unit 2:	\$1050.00	(GST inclusive)
Unit 1 & 2 combined:	\$2100.00	(GST inclusive)

It is highly recommended that **both** Units are undertaken in the one year. You will receive comprehensive notes for presentations.

NOTE: Not all presenters provide copies of PowerPoint presentations however key reference lists are provided for all topics to support the notes you make giving adequate information.

ENROLMENT - CANCELLATIONS

Places are limited to maximise interaction and discussion for all participants.

Upon receipt of your application (including a copy of University Qualifications), it will be assessed to ensure it meets the minimum entry requirements. An email will be sent to advise whether your application has been approved.

Due to demand, enrolments cannot be confirmed until a deposit of \$200 is received.

Full payment (less deposit already paid) must be received by **Friday 17th August 2018** or your place will be forfeited.

An administration fee of **\$200** will be charged if **less than one month's notice of cancellation** is given.