



**SGH
PGAHI**

POSTGRADUATE
ALLIED HEALTH INSTITUTE

Medical Nutrition Therapy for Diabetes (For Dietitians)

17, 18 and 20 Feb 2020

Introduction

This 3 half days course allows Dietitians to have a better understanding of the role of the Dietitian as an essential member of the multidisciplinary diabetes care team. They will learn how to interpret and translate latest nutrition recommendations into daily practice.

Knowledge and skills acquired from the course will be beneficial in improving assessment skills and management of the various groups of patients with diabetes. They will also gain an awareness of the role of Dietitians in intensive insulin management i.e. dose adjustment & flexibility with meals.

Target Audience

Strictly for Current Practising Dietitians working in Local hospitals only

Course Objectives

This course aims to educate Dietitians on:

- Essential nutrition knowledge on diabetes
- Latest and current principles and nutrition recommendations for people with diabetes, type 1, type 2 and other forms of diabetes
- Knowledge on the principles of advanced carbohydrate counting
- Role of Dietitians in the management of physical activity, exercise and pregnancy

Course Outline

- Nutrition in diabetes
- Applying nutritional guidelines – An 'ideal diet' for diabetes?
- Blood glucose lowering medications – implications for diet
- Carbohydrate counting principles
- Understanding hypoglycaemia and its treatment
- Advanced CHO counting 1 and 2
- Physical activity/ exercise
- Meeting the demands of pregnancy and diabetes
- Managing patients with poor intake – Considerations for patients on enteral feeding

Course Details

Date and time : **17 Feb 2020 (Mon), 1.30 – 5.30 pm**
18 Feb 2020 (Tue), 1.30 – 5.30 pm
20 Feb 2020 (Thu), 9.00 am – 1.00 pm

Duration : **3 half days**

Venue : **Academia**

Fee : **S\$350 per pax (SingHealth)**
(incl of 7% GST) **S\$390 per pax (Regular)**

Teaching Faculty

Ms Kala Adaikan

Senior Principal Dietitian, Department of Dietetics, Singapore General Hospital

Bachelor's degree with Honours in Nutrition and Dietetics from King's College, University of London

Masters in Diabetes from Warwick University, UK

Kala provides Medical Nutrition Therapy to patients with Type 1 and Type 2 diabetes, with special interest in the advanced nutritional management of young adults with diabetes requiring intensive insulin management and insulin pump therapy. An accredited DAFNE (Dose Adjustment For Normal Eating) facilitator and trainer, Kala continues to perform her role as Lead Dietitian in both running the program and training fellow DAFNE accredited Dietitians.

As the Diabetes team lead for Dietetics, Kala ensures continual training and assessment for her team. She also provides diabetes nutrition education to Dietitians and other healthcare professionals.

Kala was a member of the MOH Clinical Practice Guidelines workgroup, 2014 and a member of the MOH ACG Expert group for insulin, 2017. Her other clinical responsibilities include the nutritional management of burns patients.

Registration

Ms Amelia Lim

Email: amelia.lim.j.t@sgh.com.sg



Quick links

[FAQs](#)

[PGAHI Programmes](#)

[Training Calendar and Directory](#)



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Registration Slip

Medical Nutrition Therapy for Diabetes (For Dietitians)

17, 18 and 20 Feb 2020

Submit your registration form to Amelia Lim at amelia.lim.j.t@sgh.com.sg by **20 January 2020!**

The information provided for course registration is true and accurate to the best of my knowledge. Submission of any false information will render my application void with no refund of registration fee. Submission of my professional certification or qualifications for auditing purpose may be required.

By registering for the course, you agree to the [Terms & Conditions](#) of PGAHI.

Quick links: [FAQs](#), [PGAHI Programmes](#), [Training Calendar and Directory](#)

PARTICIPANT'S PARTICULARS

Name *(to be reflected on cert)*:

Contact no.:

Email:

Profession:

AHP *(please indicate)*: _____ Doctor Nurse Others: _____

Department:

Organisation:

PRN/ MCR/ Nursing no. *(if applicable)*:

Any cancellation or replacement must be conveyed to PGAHI in writing. A cancellation fee of 50% of course fee will be charged if the cancellation is made before **20 Jan 2020**. There will be no refund of course fee for cancellation on or after **20 Jan 2020**. PGAHI reserves the right to cancel the course and fully refund the amount of registration fee paid to the participants should unforeseen circumstances necessitate it.

For **cheque payment**, please issue a **crossed cheque** payable to "Singapore General Hospital Pte Ltd" and mail the cheque attention to **Ms Amelia Lim, SGH-PGAHI, 20 College Road, Academia, Level 2, Singapore 169856**.

For **invoice to organisation**, please complete the below billing details:

BILLING DETAILS

Bill to:

Billing address:

Attention invoice to *(name & department)*:

Email of addressee:

Contact no. of addressee:

I consent to Singapore General Hospital and its related corporations (collectively 'SingHealth'), their agents and SingHealth's authorised service providers collecting, using, disclosing and/or processing my personal data, in order to send me marketing materials, etc.

I confirm and agree that my consents granted herein do not supersede or replace any other consents which I may have previously provided to SingHealth in respect of my personal data, and are additional to any rights which SingHealth may have at law to collect, use or disclose my personal data.

By providing the information set out in this form and submitting the same to you, I confirm that I have read, understood and consent to the SingHealth Data Protection Policy, a copy of which is available at <http://www.singhealth.com.sg/pdpa>. Hard copies are also available on request.