



**SGH
PGAHI**

POSTGRADUATE
ALLIED HEALTH INSTITUTE

Medical Nutrition Therapy for Weight Management (Medical and Surgical)

7 January 2020

Introduction

This 1 day course will allow Dietitians to have a better understanding of the role of the Dietitian as an essential member of the Multidisciplinary Weight Management care team. They will learn how to interpret and translate latest nutrition recommendations and guidelines into daily practice.

Knowledge and skills acquired from the course will benefit participants by improving their patient assessment skills and empower them with the skills to employ appropriate dietary strategies for patients requiring weight loss, in both medical and surgical intervention.

Course Objectives

- Equip Dietitians with essential nutrition knowledge on weight strategies.
- Update Dietitians on the evidence-based approach to the use of effective assessment tools and provision of nutrition intervention in medical weight management.
- Equip Dietitians with knowledge of the latest and current principles and nutrition recommendations for pre- and post-bariatric surgery.
- Equip Dietitians with evidence-based approach in behavioural modification for successful weight loss.

Course Outline

- Describe the aetiology of overweight and obesity and its impact on health
- Medical Nutrition Therapy for obesity, which includes:
 - Evidence based assessment tools
 - The use of meal replacements
 - Consideration of the use of pharmacotherapy and its' side effects
- Medical Nutrition Therapy for bariatric management, which includes:
 - Types of bariatric surgery and the impact on nutrition
 - Short and long term complications
 - The need for specific nutritional supplementation following bariatric surgery
 - The progression of diet and meal planning through the various stages of pre- and post- bariatric surgery
- Importance of and application of Motivational interviewing in nutritional management of obesity

Course Details

Date	: 7 January 2020
Duration	: 1 day
Time	: 9.00 am – 5.00 pm
Venue	: Academia
Fee	: S\$190 per pax (SingHealth)
(incl of 7% GST)	: S\$210 per pax (Regular)

Target Audience

Current Practising Dietitians working in Local hospitals only

Teaching Faculty

Hui Mei is a Senior Dietitian with the Department of Dietetics, Singapore General Hospital. She graduated from the National University of Malaysia in 2009 with a Bachelor degree in Dietetics, with Honours. Her specialty area of interest is in weight management, particularly in the management of bariatric surgery patients, pre and post surgery. Besides directly working with patients within the clinical setting, she is also actively involved in training dietetic students and giving talks and teaching other healthcare professionals.

She was also awarded the Health Manpower Development Plan (HMDP) in Advanced Practice Training for Nutrition in Weight Management – Medical and Surgical, which she completed at Cleveland Clinic, Cleveland, USA in October 2015.

Registration

Ms Amelia Lim

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



Quick links

[FAQs](#)

[PGAHI Programmes](#)

[Training Calendar and Directory](#)

**SGH
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Medical Nutrition Therapy for Weight Management (Medical and Surgical) 7 January 2020

Submit your registration form to Amelia Lim at amelia.lim.j.t@sgh.com.sg by 9 December 2019!

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 PARTICULARSName *(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 **9 December 2019**. There will be no refund of course fee for cancellation on or after **9 December 2019**. 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.