



Continuing Professional Education Lecture: Nutrition Matters in Diabetes!

3 March 2021

Synopsis

Each person with diabetes should be actively engaged in nutrition education and self-management, which includes the collaborative development of an individualised eating plan. For many individuals with diabetes, the most challenging part of their diabetes treatment plan is deciding what to eat, when to eat and how much to eat. Myths and misconceptions surrounding diet and diabetes often result in people making poor care decisions based on incorrect information.

There is no “a one-size-fits-all” approach or eating plan for individuals with diabetes. Nutrition therapy goals should be developed collaboratively with individuals with diabetes and be based on a thorough assessment and analysis of the individual’s current eating pattern, preferences, and metabolic goals and demands. Individualisation is key!

After the lecture, the participants will be able to gain an understanding on:

- The importance of nutrition in diabetes management.
- The basic need-to-know knowledge on nutritional management of diabetes.

Speaker

Ms Kala Adaikan
Senior Principal Dietitian
Department of Dietetics
Singapore General Hospital

Ms Kala Adaikan is a Senior Principal Dietitian with the Department of Dietetics, Singapore General Hospital. She graduated with a Bachelor’s degree with Honours in Nutrition and Dietetics from King’s College, University of London; and a Masters in Diabetes from Warwick University, UK. Her clinical responsibilities include provision of medical nutrition therapy to patients with type 1, type 2 diabetes. She has a special interest in the advanced nutrition 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 is part of the pioneering multidisciplinary team and first centre in Asia, to offer and conduct the inaugural DAFNE course in Singapore.

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

Lecture Details

Date	: 3 March 2021, Wednesday
Duration	: 1 hour
Time	: 6.30 pm – 7.30 pm
Fee	: Complimentary
Platform	: Zoom Cloud Meetings

Target Audience

Pharmacists

Registration

To register, scan the following QR code or click on the web link. Registration closes on **17 February 2021**.



<https://tinyurl.com/cperreg3mar21>

Upon registration, you agree to PGAHI [Terms & Conditions](#).

Zoom Capacity: 500

This lecture will be conducted via Zoom Cloud Meetings app. For ease of accessing the lecture, please download Zoom Cloud Meetings app.

Details of the lecture meeting link will be sent to the successful registrants nearer the lecture date.

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