



**SGH
PGAHI**

POSTGRADUATE
ALLIED HEALTH INSTITUTE

Continuing Professional Education Lecture

Demystifying the Renal Diet

Synopsis

Renal disease is a worldwide health crisis that places a large economic burden on society. Singapore has one of the highest rates of kidney failure in the world with diabetes and hypertension as the two leading causes of kidney failure. The rising trend is of concern in view of the silver tsunami and increasing rates of obesity.

Renal patients are loaded with information regarding various aspects of their care, nutrition included – whether from healthcare professionals, friends and relatives or the internet. Patients who follow non evidence-based renal diet fads/ trends may run the risk of faster kidney disease progression, experience unpleasant symptoms of fluid overload, uremia and loss of appetite leading to malnutrition.

By attending this presentation, you will increase in awareness of the common misconceptions surrounding the mystifying renal diet, gain an understanding of the principles of a renal diet and why the renal diet is important in helping patients to enjoy a better quality of life.

Speaker

Ms Rachel Tay Su Min
Post Grad Dip (Dietetics), Bsc (Nutrition)

Rachel is a Dietitian with the Dietetics Department at Sengkang General Hospital.

She obtained her undergraduate and postgraduate qualifications from Curtin University, Western Australia. In 2015, she was awarded the HMDP in Renal Nutrition (at the Royal Adelaide Hospital and St George Hospital Sydney) and was actively involved with the hemodialysis clinic start up and development of the pre-dialysis dietetic workflow on her return.

Her other professional interests include community nutrition and education, and she was actively involved with training of dietetic students and junior Dietitians. In addition, she volunteered her time to conduct weekend nutrition workshops in the community.

Her professional memberships include the Singapore Nutrition and Dietetics Association (SNDA) and SingSPEN.

Lecture Details

Date	6 March 2019 (Wednesday)
Time	6.30 pm - 7.30 pm
Venue	Learning Space Room 4/5 Singapore General Hospital Block 6 Level 1, Outram Road Singapore 169608
Target Audience	Pharmacists and All Allied Health Professionals <i>(Limited to 100 pax, on a first-come-first-served basis; as seats are limited, walk-in registration may not be accepted).</i>
Fee	Complimentary

Registration

To register, please submit the following details to

sharon.ho.shu.phing@sgh.com.sg by 20 February 2019.

- Name
- Organisation/Department
- Profession
- Contact No.
- Email
- SGH Employee No. (if applicable)
- Professional Registration No.

Upon registration, you agree to the following [Terms & Conditions](#)

Enquires

Ms Carlyn Wee

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**1 CPE point will be awarded.
Participants who arrive later than 6.45 pm
will not be accrued with CPE point**