



**SGH  
PGAHI**

POSTGRADUATE  
ALLIED HEALTH INSTITUTE

# Medical Nutrition Therapy for Diabetes (For Dietitians)

## 25, 26 and 28 Jan 2021

### Introduction

This *3 half day* online 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:

- gain essential nutrition knowledge on diabetes
- understand latest and current principles and nutrition recommendations for people with diabetes, type 1, type 2 and other forms of diabetes
- explain the principles of advanced carbohydrate counting
- recognise the 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	: 25 Jan 2021 (Mon), 1.00 – 5.00 pm 26 Jan 2021 (Tue), 1.00 – 5.00 pm 28 Jan 2021 (Thu), 9.00 am – 1.00 pm
Duration	: 3 half days
Class size	: 20
Device required	: Laptop/ Desktop (with microphone, speaker and webcam)
Platform	: Zoom Cloud Meetings (Meeting details will be provided at a later date)
Fee	: S\$290 per pax (SingHealth) S\$320 per pax (Regular) (inclusive of 7% GST)

### Teaching Faculty

**Kala Adaikan**  
Senior Principal Dietitian  
Singapore General Hospital

### Registration

To register, scan the QR code or click on the web link.  
Registration closes on **8 January 2021, Friday**.



<https://qrgo.page.link/1ZeBv>

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

### Quick Links

[FAQs](#)  
[PGAHI Programmes](#)  
[Training Calendar and Directory](#)