



Dietitians NZ

Ngā Pukenga Kai Ora o Aotearoa



Canterbury Branch Newsletter

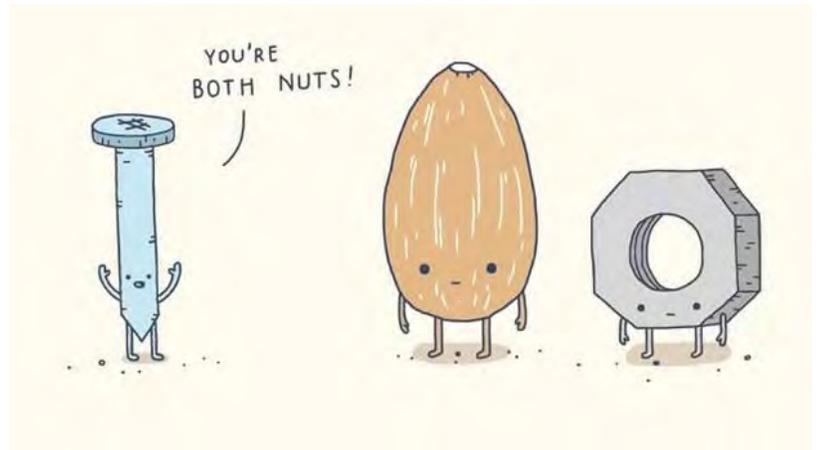
June 2017

In this month's issue:

- Dates for the Diary
- Presidents report
- Local News
- Meet the Team
- Report from Cultural Study Day
- News and Views
- Local Dietitian Success

Attached:

- Upcoming Professional Development
- Be Healthy/Be Active sessions



Dates for the diary

Date and time	Event/CE topic	Location and RSVP
22 nd August, 5-7pm	Breast-Feeding C.E	See attached flier
22 nd September	Professional Development Fund	Applications Due
25 th -26 th Sept 2017	High-Value Nutrition: National Science Challenge Annual Conference	Auckland. See Dietitians NZ for more information
27 th October 2017	Renal SIG Study Day	Waitemata DHB; Takapuna Auckland, \$60.
28 TH October 2017	Gastro SIG Study Day	Christchurch Hospital



Presidents Report

Well I can't believe its time for another newsletter edition and blurb from me. The other day I was reminded that its only six weeks till spring and that was great news for me as winter is definitely not my favourite season. I know for the skiing/snowboarding enthusiasts among us that this cold weather has bought lots of snow and smiles on their faces. We really have a few adverse weather conditions in the last few weeks so hopefully everyone is keeping warm, dry and well. The cold weather and winter conditions have been evident in the hospital with general medicine patients overflowing into many of the other wards.

A big thanks to those who came to the student welcome last week, it was really great to see the support for the students and we had a really nice time. It was good to see a new group of fresh faces and hearing about the research they have done / are doing as part of their Masters study. One in particular that I think will be interesting is the girls who are looking at hospital food at Burwood hospital on the patient's expectations preadmission and experiences during their stay.

Duo was a great place to catch up and they were very generous with some complementary platters of food as well. So if you are ever near the YMCA in town I would recommend dropping by Duo.

Well next time you hear from me it will be spring! So hope you all keep well over the next few weeks and enjoy the last of winter if it is your favourite season.

Julia



REMINDER: Please update your details and emails via the Dietitians New Zealand website. We will then receive your correct emails for all correspondence.

A sad farewell and a big THANK-YOU to local Dietitian and branch committee member, Julia Jack. Julia is off to Auckland to pursue new adventures. Thank-you Julia for all of your hard-work and contributions to the committee and local events. Good-luck for your next adventures!!

Local news

We have recently welcomed another group of students who are on placement in Canterbury this semester. This semester we have Rosie Jackson, Caitlin Davenport, Lydia Marshall, Chontelle Watts and Morag Wright-McNaughton. We had a student Welcome at local restaurant/bar, Duo. It was a great night, so thank-you to those who came! Welcome to our students, and we wish you all the best!



Call for Professional Development Fund Applications:

Applications are open again for the professional development fund. Please note, applications close on the 22nd of September. All details can now be found on the Dietitians New Zealand page under the Christchurch Branch link.

Meet the Team: Nurse Maude Dietitians



From Left: Hayley Maxwell, Fiona Hall, Paula Aitken and Helen Brown

Helen Brown

I am the Palliative Care dietitian for Nurse Maude. My role includes supporting palliative patients in both the hospice and community plus teaching at Canterbury university and Ara on palliative nutrition. I also offer talks at the cancer society "Living well and Advanced cancer programmes". My particular interests are Pancreatic cancer and I am involved in doing research in this area plus Motor Neurone Disease. I am currently on the Motor Neurone Council for New Zealand. I have worked at Nurse Maude for 17 years and have seen a great number of changes over this time. When I started at Nurse Maude I was the only dietitian employed on a part time basis but over the years the service has developed to the point we now have 4 Dietitians employed both part and full time.

Hayley Maxwell

I am the Community Diabetes Dietitian for Nurse Maude, my role is 1.0 FTE. I work closely with three Diabetes Nurse Specialists. Our team collects referrals from the Diabetes Centre on a weekly basis, most of our referrals come directly from GP's and Practice Nurses. The role of our team is to support and upskill primary care providers regarding type 2 diabetes management. I travel throughout the CDHB, as far north as Kaikoura and as far south as Leeston. Individuals with diabetes are seen in their medical centres, often with their practice nurses sitting in on consultations. Another part of my role is education, which sees me presenting to GPs and Practice nurses through courses such as ARA and Pegasus.

Fiona Hall

I am the Dietitian for the Community Paediatric Dietetic Service, which began five years ago at Nurse Maude. The service has 1.0FTE and covers Canterbury as far south as the Rakaia bridge. Referrals for selected conditions are mostly obtained from primary care, via the Single Point of Request for DHB Dietetic services. Some referrals also come from secondary care Paediatricians and Paediatric Dietitians. Patients seen are those with food allergy, Coeliac Disease, micronutrient deficiency, obesity, restrictive eating, and faltering growth. The majority are seen in my twice-weekly clinics, at least initially, however infants and young children with faltering growth or restrictive eating may be seen in clinic or in the home as it can be useful to observe them eating in their own environment. Where appropriate the SOS (Sequential Oral Sensory) 'food school' programme can be conducted in the home. I am mobile up to three days per week and families with transport constraints may be offered a home-based appointment if needed. I run gluten free education group sessions when numbers allow, and also teach the paediatric nutrition component of the quarterly B4SC nurse training and annual ARA post-graduate Child Health Assessment course.

Paula Aitken

I've been fortunate to have been with Nurse Maude for just over a year now. I have a fantastic job and work with a great group of health professionals. My role is 8 hours per week split between Stoma and Wound Care Specialist Services. I see clients in clinic and in their homes if they can't come to me. The majority of my stoma referrals come from the Stoma Nurses who I share an office with. Most referrals are for high stoma output with or without malnutrition. The referrals for clients with wounds/pressure injuries are related to malnutrition but also morbid obesity where this is impacting on healing. Otherwise, I am busy with two boys (3 and 6) and lead a toddlers music group ...The wheels on the bus...



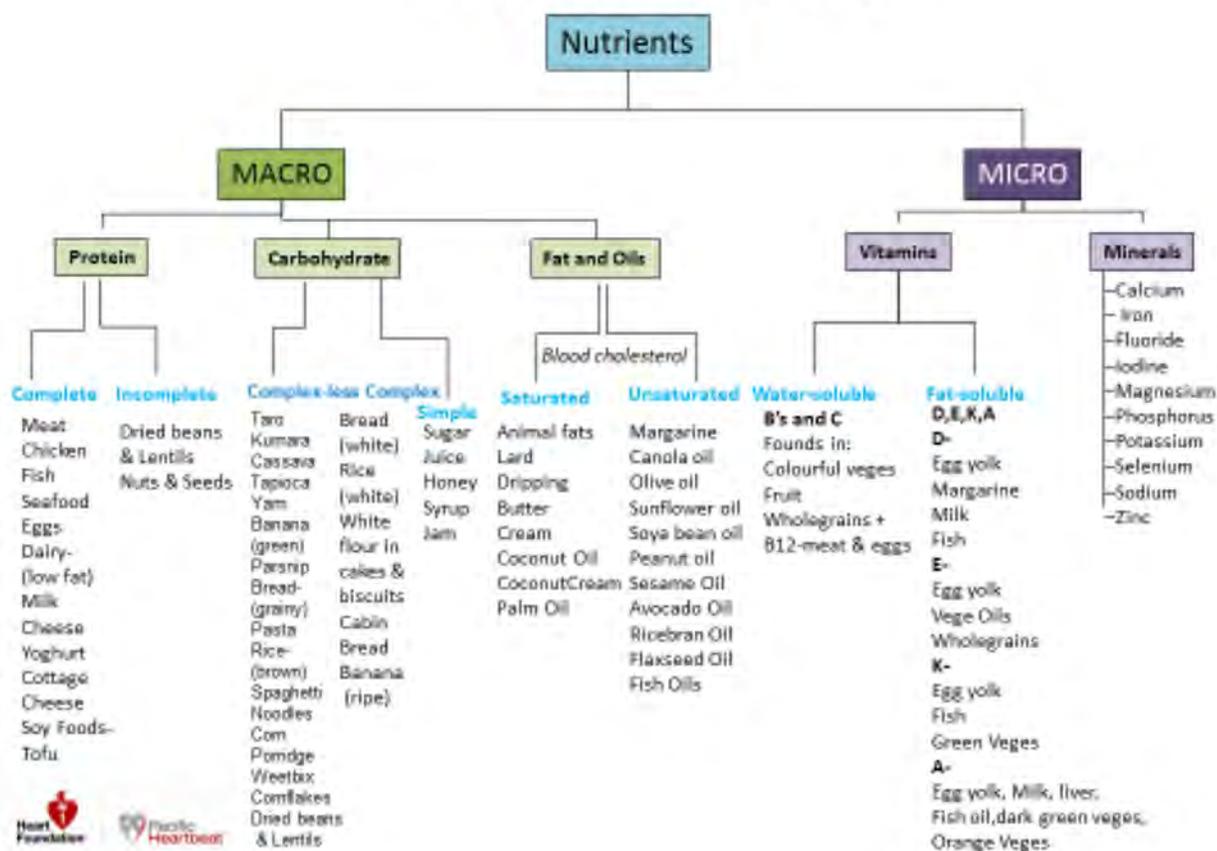
Pacific nutrition and Cultural Engagement Workshop Report (22nd June)

Tiana Collins and Takui Langi from the Pacific Heartbeat team at the Heart Foundation recently facilitated the Pacific Nutrition & Cultural Engagement workshop at the CDHB corporate offices for dietitians and other health professionals. The focus of the day was on how to improve our engagement when working with people of Pacific culture. Activities were incorporated to get us thinking about appropriate suggestions for improving traditional and common Pacific diets.

A few take home messages:

- Don't lump 'Pacific people' into one culture – it is important to recognise that although there are many similarities between people who originate from the Pacific Islands, there are also many differences, and engagement will be enhanced if the country of origin is recognised e.g. through a traditional greeting to the person.
- Like many people of other cultures, Pacific people learn best through 'doing' or at least 'seeing', so instead of simply using words try to use visual or kinaesthetic learning e.g. cooking workshops, pictures of appropriate food swaps.
- Relate suggestions to the impact it may have on their family or try presenting new information in a more familiar way (see diagram below).
- Physical health is often only regarded as important when illness is clearly evident. So stipulating the consequences of prolonged ill health/nutrition can be a useful way to encourage behaviour change.

Family Tree Structure of Nutrients



News and Views

There are always headlines in the news that centre around nutrition. I personally find it interesting, frustrating at times, exciting, and informative! Recently, a documentary that aired on Netflix called **'What the Health'** has caught a lot of attention as it seems to make uninformed and mislead claims about health and nutrition, and discusses the benefits of a vegan lifestyle. Below are a couple of reviews of the documentary that are worth a read! The documentary (should you wish to view) is available on YouTube and Netflix.

1. A Vegan Dietitians view: <https://www.vegan.com/posts/vegan-dietitian-review-what-the-health/>
 2. Grant Schofields' thoughts on Radio New Zealand: http://www.radionz.co.nz/audio/player?audio_id=201853850
 3. Canadian Dietitian from 'Smart Nutrition' reviews the good, the bad, the ugly of the documentary: <https://www.smartnutrition.ca/nutrition-2/what-the-health-review-good-bad-ugly/>
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Something else that has recently caught my attention is the film that also aired on Netflix, 'To the Bone'. If you are unaware, 'To the Bone' is a film that shows a young girl, Ellen (played by Lily Collins), and her struggle with Anorexia Nervosa. The goal of the film was to 'serve as a conversation-starter about an issues that is too often clouded by secrecy and misconceptions' (Marti Noxon, director).

There have been multiple reviews since the film with a mix of feedback. There have been concerns that the film may 'glamorize' eating disorders, and encourage further disordered eating behaviours in those affected. Then, there have been comments on the 'positive' aspects of the film, and the struggles that many face.

But really, wasn't that the goal? I personally think that it is fantastic. And also so great to see many discussing this awful illness. So really, they have accomplished the goal by starting an international conversation about something that can often be swept under the rug. I have included a number of links to reviews and comments on the film below, some from health professionals, some from public, and some from eating disorder sufferers.

I would also encourage you to watch! I think it is educational and inspiring, as well as heart warming in a strange way! I would sincerely hope that it wouldn't have a negative effect on anyone and on anyone suffering from an eating disorder, but I also think it is so great for awareness to be raised in some shape or form about anorexia nervosa, and any other mental health disorders!

(Laura Conway)

1. <https://www.theguardian.com/media/2017/jun/26/netflix-to-the-bone-anorexic-mental-health-eating-disorders-iliy-collins>
2. http://social.diply.com/watching-to-the-bone-after-recovering-from-anorexia?utm_source=facebook&utm_medium=diply
3. <https://www.theatlantic.com/entertainment/archive/2017/07/to-the-bone-review-netflix/533517/>
4. <https://licensedmentalhealthcounselor.org/2017/07/15/to-the-bone-a-film-review-from-a-mental-health-professional/>
5. <http://www.philly.com/philly/health/netflix-drama-to-the-bone-opens-conversation-about-eating-disorders-but-leaves-room-for-improvement-20170725.html>

New Guidelines: NHMRC Nutrition Guidelines for Cystic Fibrosis 2017

Hot off the press: NHMRC Nutrition Guidelines for Cystic Fibrosis 2017

Over the last 5 years, 45 CF dietitians from Australia and New Zealand have tirelessly worked together to develop the 2017 Nutrition Guidelines for Cystic Fibrosis. These guidelines were officially launched earlier this week at the 12th Australasian Cystic Fibrosis Conference. The primary custodian of this document is The Thoracic Society of Australia and New Zealand (TSANZ) and the guideline recommendations and practice points were approved by the National Health and Medical Research Council (NHMRC).

The latest guidelines incorporate new topic areas such as the nutritional implications of CF transmembrane conductance regulator (CFTR) modulator therapies and the evidence behind complimentary nutritional therapies as well as the latest recommendations for frequently asked topics including CF related diabetes and lung transplantation.

A huge congratulations to all of the dietitians involved, this would have required a huge amount of dedication and voluntary time over the 5 years in producing such a valuable guideline that will no doubt have a positive impact on the care that individuals with CF receive. Whilst it is a truly multi-disciplinary guideline it shows the level of expertise specialist dietitians can provide.

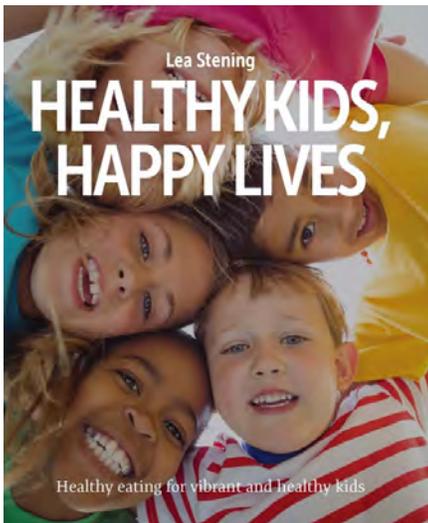
https://www.thoracic.org.au/journal-publishing/command/download_file/id/43/filename/NHMRC-NutritionGuidelines-CF-ANZ-final-web.pdf

[TSANZ - Thoracic Society of Australia and New Zealand](#) [Lung Foundation Australia](#) [Dietitians Association of Australia](#) [American Thoracic Society](#) [The European Society for Clinical Nutrition and Metabolism](#) [British Dietetic Association](#) [BAPEN \(British Association for Parenteral and Enteral Nutrition\)](#)

*** From Clinical Dietetics Facebook page***

Congratulations to local Dietitians Tory Crowder and Fiona Leighton for their involvement in the creation of these guidelines!!

Healthy Kids, Happy Lives: New book written by local Dietitian, Lea Stening



Healthy eating for vibrant and healthy kids

Written by: Lea Stening

New Zealand perspective of kids' healthy eating

Launched May 15th coinciding with worldwide Food Revolution Day, started by Jamie Oliver May 19th

Author, Lea Stening, is NZ Food Revolution Ambassador

Nationwide publicity planned around Food Revolution Day and *Healthy Kids* book launch

About the book:

- Learn how to meet your family's basic nutritional needs for both growth and energy
- How to use meal timing to ensure energy is available and sustainable when it is most needed
- How to match food quantities to children's needs as they grow
- Includes shopping guidelines for proper food group selection, label reading and menu planning
- Includes a 'starter kit' of easy and quick-to-prepare recipes

Children need food for energy and for growth. Also, importantly they need certain types and amounts of food at the right times to build sustainable energy and maximize development.

Cutting through the confusing and often conflicting advice, this book helps parents to understand the nutritional components needed to build structure into a child's diet, as well as their family's. It shows how to buy and prepare healthy food and includes some easy to prepare recipes that show examples of good nutrition.

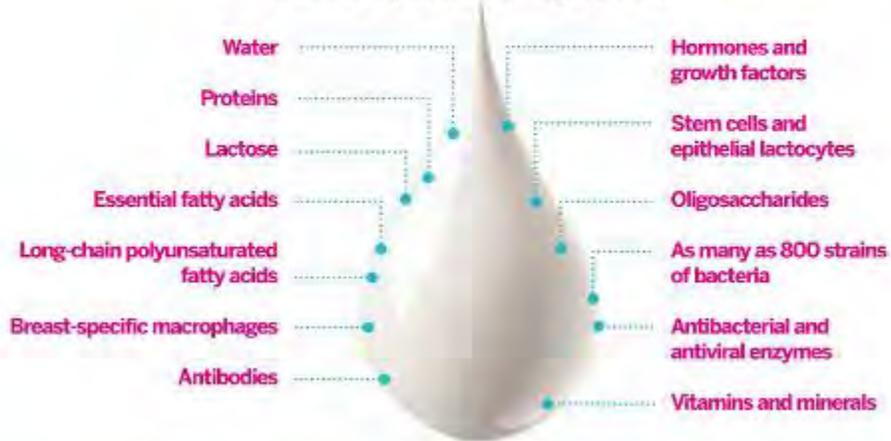
Whether your children are young, older or teens, *Healthy Kids, Happy Lives* shows you how to keep your family's nutritional needs on track, even as they change over time, and ensure their best mental and physical well-being. It offers practical help to busy parents, backed by research and building on the author's years of experience

Other enquiries: Lea Stening, phone 027 435 2368, email: nutrition@leastening.com

Continuing Education: Upcoming

A drop of the good stuff

The composition of breast milk changes as the baby grows – here are just some of the ingredients that may be present



Professional Development - How much do we really know about breastfeeding?

5-7pm Tuesday 22 August 2017

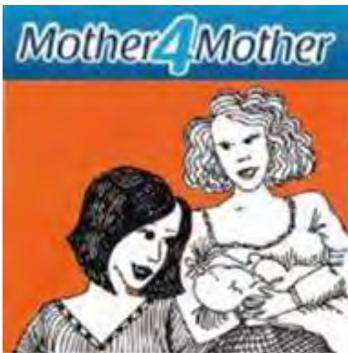
Burwood Hospital Room BWD 2.3a

Speakers start at 5.30pm

Carol Bartle, Canterbury Breastfeeding Advocacy & Information Service

Janine Pickham, M4M Peer Support Administrator, RCPHO

Hellen Little, Clinical Manager Nutrition & Dietetics, CDHB



Be Active is an eight-week programme for people wanting to increase their level of activity and have fun along the way.

BE ACTIVE

Term 3 2017



Aranui

Aranui Wainoni Community Centre
31 Hampshire Street, Aranui
Mondays 1:30- 3:00pm
Starting 24th July

Lincoln

Lincoln Event Centre
15 Meijer Drive, Lincoln
Wednesdays 10:30am- 12:00pm
Starting 26th July

Spreydon

Pioneer Recreation and Sport Centre
75 Lyttelton Street, Spreydon
Wednesdays 6:15- 7.15pm
Starting 26th July

Bishopdale

Bishopdale YMCA
13A Bishopdale Court, Bishopdale
Thursdays 1:30- 3:00pm
Starting 27th July

For more information and to register please contact:

Anna Wilson

P 03 373 5045

E anna.wilson@sportcanterbury.org.nz

www.sportcanterbury.org.nz

Suitable for all ages (18+) and levels of ability. Join us each week to try a range of low-impact activities, e.g. circuit, badminton, Tai Chi and Zumba. Discuss ways of maintaining a healthy lifestyle, and enjoy the support of others in the group. Cost is \$3 per session.