

July 2018



Dietitians NZ

Ngā Pukenga Kai Ora o Aotearoa



SING Newsletter

Welcome to the July edition of the SING Newsletter

If you have any interesting news, information you wish to share, please email us so that this can be included in future newsletters. Sandra.vanLill@middlemore.co.nz

Greetings fellow SING members!

1. Calling for nominations for committee members and new convener

If you are interested in serving on the SING committee please let us know as a number of the current committee members have stepped down.

WE NEED YOU!
TO MAKE IT HAPPEN

2. Member survey

We are requesting all SING members complete a short survey to help us with our planning for the next year. Please take a few minutes to complete.

<https://www.surveymonkey.com/r/CF72LC8>



Registrations
closing
31/07/2018

3. Understanding Dementia (July 2018) MOOC

Dementia is a growing and significant health problem in New Zealand with over 62000 affected in 2016, and costing the country more than \$1676million. These numbers are expected to rise to more than 170,000 by 2050, costing around \$5billion. <http://www.alzheimers.org.nz/our-voice/new-zealand-data>.

As the incidence of dementia increases with age , dietitians working with older patients should have good knowledge and understanding of dementia. We would like to draw your attention to a FREE online Course on Dementia, which comes highly recommended by previous attendees. This is also a good opportunity to gain some CCP points, or for your annual work-related performance objectives. **NB closing date for registration is 31/07/2018.**

Objectives: Participants in the Understanding Dementia MOOC will gain an increased knowledge of dementia, including its causes, symptoms and ways of responding to the needs of people living with the condition. The aim of this free and fully online course is to maximise the quality of life of people living with dementia, their families and carers. Participants will learn about the brain, the diseases causing dementia, and the person experiencing the condition, and have the opportunity to engage with a community of like-minded participants from across the globe.

Enrolment closes: July 31st, 2018 7:00 PM

Course closes: September 21st, 2018 7:00 PM

For more information:

<https://mooc.utas.edu.au/courses/understanding-dementia-2018-07>

4. Dementia care in the community:

This is an interesting project looking at care of people with dementia in the community

<https://www.meetingdem.eu/>

5. Sharing of resources

Have you developed any resources for older people for your area of work, that you would consider sharing with other SING members? Alternatively, are there resources that YOU need but have not had time to develop? Let us know so we can put the word out. It seems a pity in a small country for us to duplicate time and effort when we can achieve more by working collaboratively.

6. Nutrition and Falls brochure

Sandra van Lill has developed a brochure highlighting the link relationship between poor nutrition and increased risk for falls and would like feedback from other dietitians working in the field. Please contact Sandra if you are able to provide feedback. Sandra.vanLill@middlemore.co.nz

7. Vitamin B12

Working in the older people's wards we see many patients with suboptimal vitamin B12 levels. Causes include inadequate intake, pernicious anemia, drugs interfering with absorption (e.g. antacids, Metformin), excess ETOH, gastric or intestinal malabsorption. Vit B12 deficiency has wide ranging symptoms including glossitis, 'brain fog', fatigue and loss of taste. In the long term it can manifest as megaloblastic anaemia, neurological damage and cognitive decline.

What can you do:

- Encourage routine vitamin B12 blood checks in older people
- Be aware of potential risk factors e.g. drugs, diet low in animal products, Crohn's disease, intestinal overgrowth etc
- Supplementation: oral supplements are effective but not Pharmac funded. In medical settings intra muscular injections are usually administered.

Alesia Hunt **Vitamin B12 deficiency** *BMJ* 2014;349:g5226 doi: 10.1136/bmj.g5226

Wong, C **Vitamin B12 deficiency in the elderly: is it worth screening?** *Hong Kong Med J* 2015; 21:155–64

A.-L. COUDERC1, **Cobalamin Deficiency In The Elderly: Aetiology And Management: A Study Of 125 Patients In A Geriatric Hospital** *J Nutr Health Aging* Volume 19, Number 2, 2015

8 Feedback

We welcome your feedback and contributions to the next newsletter.

And so, to paraphrase the words of John F Kennedy:

"My fellow SING members, ask not what SING can do for you—ask what you can do for SING!"

