

Auckland Branch Newsletter

Dietitians New Zealand

February 2018



Dietitians NZ

Ngā Pukenga Kai Ora o Aotearoa



Presidents Report

Thank you to all members that attended the Auckland Branch Annual General Meeting on 21st May. The branch committee has had some changes. We welcome Nicola Gillies as Secretary, and Jacky Tran and Laura Peat as general committee members. The PR role remained vacant at the AGM however we have now filled the role with an Acting PR Rep, Annabelle Brown. Elize Van Drimmelen has moved into the Vice President role, Amy Popman has remained as Treasurer, Cordula Henggeler has continued as PD convenor and Emma Barraclough has stayed as a general committee member. I have remained as President for a 5th and final year in the role. I look forward to working with the new committee in the year to come.

Unfortunately the Auckland Branch was unable to secure sponsorship in time for to offer the Auckland Branch Professional Development Award. However we would like to thank Jennifer Robb who received the award last year for presenting on her experience attending the Australian and New Zealand Society of Nephrology Meeting (ANZSNM). It highlighted the importance of offering the funding to dietitians to attend these conferences and the Auckland branch is working hard to secure funding to offer the award next year. We will keep you up to date with our progress.

- Tracy Coote

This Month's Issue

- President report
- Save the Date – Improving Māori Health Outcomes
- Meet a Member
- April PD Report
- 75th Jubilee Conference update
- Communicators Award reminder
- Diary dates
- Nutrition research
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Save the Date!



Improving Māori health Outcomes

Date: 24th July

Tuesday 24th July 5-7:30pm

Big Rangitoto Room, Lab Plus Building

Auckland City Hospital

Guest speakers

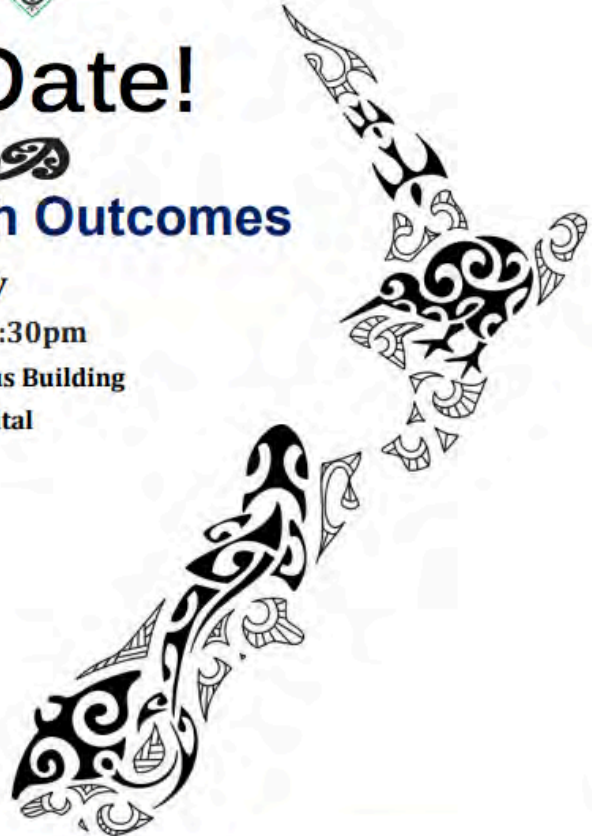
Dr Heather Came-Friar

Erina Korohina

Professor Cliona Ni Mhurchu

Nibbles kindly provided by Nutricia

Further details to follow



Meet a Member



Introducing... Estella Leek

What is your current role?

I currently work fulltime in Private Practice at Shelly Beach Practice and MINT Nutrition, both based in Ponsonby.

At Shelly Beach Practice I work with 3 Psychologists and my Dietetic colleague Kate Syers. We are specialists in eating behaviour and provide evidence based treatment for people who have eating disorders.

Kate and I launched our diffusion brand MINT Nutrition in early 2017 to offer our Intuitive Eating programme for weight management to the wider community.

What is your favourite aspect of this role?

I have always loved roles that have allowed me to indulge my creativity and launching MINT has allowed me to bring reality to a creative vision. Kate and I have had lots of fun with all our MINT brand and programme development and continue to 'create' everyday by sharing our take on joyful eating on our MINT Nutrition Instagram page (to follow on instagram: [mint.nutrition](https://www.instagram.com/mint.nutrition))

Previous experience

I began my Dietetic journey getting some very valuable hospital clinical experience at Greenlane and Middlemore hospitals before moving into community health and then paediatric community health. Along the way I designed a weight management programme for children, worked for a pharmaceutical company, had a TV slot on '5.30 with Jude', designed kitchens and set up a food allergy and intolerance private practice. I've spent the past 17 years immersed in the psychology of food working within the regional eating disorders service and then setting up the nutrition service for the residential and day programme eating disorder service.

Education

I studied at Otago University and completed my 'Dietetic internship' in Auckland.

What is your proudest career moment to date?

Working with people with severe eating disorders can be challenging and also very fulfilling. Over the years I have received many letters, cards, emails and spoken words from clients I have worked with who have credited me and the team with having 'saved their life'. It's making this sort of difference to people's lives that makes me proud to be a Dietitian.

Introducing... Estella Leek (cont.)

What advice would you give a new graduate?

Always be authentic... you are awesome just as you are ... and follow your intuition.

Personal information (family, hobbies, interest)

I am married and live in Ponsonby with three of our four children. I love the Ponsonby community because it is such a great launch pad to all that I love – biking on the waterfront, heading east or west to the beaches and nature, provisioning for picnics, hopping into the city for music events and for dining out treats. I'm a South Island girl and can't go too long between visits to Queenstown and the mountains.

What would other dietitians be surprised to know about you?

I started skiing when I was five (my first skis are super retro now!) and I've skied in 7 countries. I even got married on a mountain top and arrived on a husky drawn sled!

Two words that those who know you well would use to describe you

I asked some of my dear friends what they would say and it was actually a lovely experience as there were some lovely warm words given to me... two that came up more than once were 'enthusiastic' and 'creative'.

If you would like to recommend a Dietitian for a future newsletter please contact Annabelle Brown at Auckland@dietitians.org.nz



April PD report:

Body Composition in Acute and Chronic Diseases

The DNZ Auckland Branch PD Committee had the pleasure of hosting our April PD event: Body Composition in Acute and Chronic Disease: Clinical Implications, Assessment, Opportunities and Challenges on 24th April at Auckland City Hospital.

This very insightful presentation was presented by Dr Carrie Earthman, an internationally recognised expert in body composition and professor of Nutrition in the Department of Food Science and Nutrition at the University of Minnesota.

Dr. Earthman began the night by highlighting the implications muscle changes have in acute and chronic disease at any size, and the difficulty in our current clinical practice to detect malnutrition, while emphasising sarcopenic obesity.

Dr. Earthman followed on by enlightening us with her abundance of knowledge on each of the methods available to measure body composition including: CT, DXA, ultrasound and bioimpedance and how each method can be used to detect body composition. With each of these she gave an in-depth discussion of the opportunities and limitations for each method noting the cost, practicality as a bedside tool and accuracy of each technique following on with discussing the potential they hold for not only identifying lean muscle mass loss but for detecting fluid status and improving the diagnosis of malnutrition in the clinical setting.

Overall, Dr. Earthman impressed us by introducing us to the potential these techniques hold in assessing body composition that can help improve our diagnosis of malnutrition and introducing us to the opportunities for further exciting research in this area.

Overall, we had a total of 30 guests attend the PD event and wish a special thank you to everyone who attended. A special thanks to Nutricia for providing the delicious nibbles, Annabelle for chairing the evening and to all the PD committee members. And of course, thank you to Dr. Earthman for her delightful presentation.

Article written by Jeanette Rapson,
PD Committee member



Dietitians NZ 75th Jubilee Conference Update

A reminder that registrations for the Dietitians NZ 75th Jubilee are now open, and **early bird registration closes 31 July**.

A draft programme is now available on the Dietitians NZ website, where speakers and presentation titles in each sessions can be found. Abstract submissions are now closed, and accepted entries will be updated on the Dietitians NZ website soon.

We encourage all members to attend the **Constance Shearer Public Lecture** on Thursday 30 August. This presentation is an opportunity to discuss the exciting and threatening changes to dietetic practice. The guest presenter this year is Sally Evans, who will provide insights into the challenges, opportunities, and risks inherent in the disruptive change health professions are experiencing, with suggestions for the steps needed to future-proof the dietetic profession.

The Research and Gastro SIGs have organised PD and networking opportunities to coincide with the 75th Jubilee Conference;

Research SIG Network Evening – Thursday 30 August from 6pm

Gastro SIG 2018 Study Day – Saturday 1 September from 1.30pm-5.30pm

ICU SIG Symposium – Wednesday 29 September from 9am-4pm

Information regarding the venues and cost for both has been updated on the conference website

Dietitians NZ 75th Jubilee Network Communication Dietetic Communicators Award

The special 2018 Jubilee award, generously donated by Network Communication, has extended the deadline of submissions until 26 June 2018.

This award recognises the outstanding contribution made by a Dietitian in the field of food, health and nutrition communications. This award is not limited to Dietitians working in the media – the Dietetic Communicators Award is open to all Registered Dietitians who are members of Dietitians NZ that have impacted knowledge, behaviour, attitudes, or awareness to achieve positive health outcomes through outstanding communication.

The recipient will receive \$500 and will be recognised across Network Communication social media channels, alongside a press release about the winner to relevant health professional media, newsletters, and publications.

Please see the attached flyer for further details and for how to apply.



Diary Dates



| Date | Title | Type | Location |
|--|--|------|---|
| Tuesday, 24 th July 2018 | Improving Māori Health Outcomes | PD | Big Rangitoto Room, Level 3, LabPlus Building, Grafton |
| 30 th of August – 1 st September 2018 | Dietitian NZ 75 th Jubilee Conference | | Cordis Hotel, 83 Symonds Street, Auckland |



If this year you have:

- Published in a peer reviewed journal
- Been an invited speaker at a conference and it was published in a refereed conference proceeding
- Presented a free paper or poster and it was published in a refereed conference proceedings e.g. DNZ conference

...then we would like to know! Please send the reference to: Auckland@dietitians.org.nz in Vancouver style.

Committee Contacts

POSITION**NAME****E-MAIL:** Auckland@dietitians.org.nz**President**

Tracy Coote

**Vice President**

Elize Van Drimmelen

**Treasurer**

Amy Popman

**Public Relations**

Anabelle Brown

**PD Convenor**

Cordula Henggeler

**Secretary**

Nicola Gillies



Committee Contacts Cont'

General member 1 Laura Peat



General member 2 Emma Baraclough



General member 3 Jacky Tran

Your PD Committee

NAME

Jeanette Rapson



Anandita Devi

Audrey Tay



Beatrice Drury (student rep)



Danielle Soo



Stephanie Williams (student rep)

Please send all items for inclusion in the next newsletter to Nicola Gillies
Email: Auckland@dietitians.org.nz



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