

## **Certificate in Paediatric Nutrition and Dietetics 2021/2022**

**Course contact:** Mary McPherson, Department of Nutrition and Food Services, RCH.

**Entry criteria:** University entry criteria apply. Candidates must hold a graduate or post graduate qualification in dietetics.  
The course is suitable for dietitians currently working in paediatrics wishing to increase their knowledge as well as those with an interest in entering the field of paediatric nutrition.

**Contact hours:** Two Units will be held in two blocks of 3.5-4 days.

Unit 1: Monday 13<sup>th</sup>-16<sup>th</sup> September 2021

Unit 2: April-June 2022 - TBC

**Venue:** The Royal Children's Hospital, Flemington Road, Parkville

**Pre Course reading:** Some pre-course reading material will be sent to candidates prior to each Unit commencing. This is to enable all participants to gain some current knowledge on topical issues which will be built on during the course.

### **Unit 1: Nutrition and Child Health (September 2021)**

*This unit is designed for dietitians wishing to gain more knowledge of general paediatric dietetics including nutritional assessment and common issues seen in community settings and private practice.*

#### **Objectives:**

On completion of this Unit participants will:

- Be competent in assessment of nutritional status, growth and nutritional requirements of infants, children, and adolescents.
- Understand the aetiology of common nutrition-related diseases, which have their origins in childhood.
- Be competent to provide the nutritional requirements of infants, children, and adolescents across common nutrition related disorders.

#### **Outline & Content:**

Included in the course:

- The fundamental principals of ensuring adequate nutrition and growth in infants, children, and adolescents.
- All aspects of nutrition, feeding, growth and development during infancy, including breast and formula feeding.
- Common childhood disorders requiring nutritional intervention such as faltering growth, iron deficiency toddler feeding difficulties and allergy.
- The aetiology, treatment goals, strategies and multi disciplinary team management of public health issues including obesity

The timetable for the Unit 1 content is still to be confirmed and will be determined by speaker availability.

## **Unit 1 Topics:**

### General Paediatrics:

- Growth and nutritional assessment
- Breastfeeding and introduction of solids
- Infant formula - new developments and manipulations to meet altered requirements
- Behavioural management of food refusal
- Workshops on growth and energy requirements from infancy through to adolescence

### Specific Nutrition Problems

- Common childhood disorders requiring nutritional intervention such as growth faltering and iron deficiency
- Management of common infant gastrointestinal disorders: reflux and constipation
- Feeding difficulties including practical aspects of feeding children with a disability
- Enteral feeding
- Dietary management of allergy

### Community Nutrition Topics

- Paediatric public health issues i.e. dental caries and childhood obesity
- Communicating with children and adolescents

### **Post course assessment:**

A case-based assignment undertaken by each participant on completion of Unit 1 will link a literature search with the practical aspects of implementation of a nutrition care plan. To receive a certificate of completion participants must pass the assignment and a post course exam.

## **Unit 2 Clinical Paediatric Dietetics (April to June 2022 TBC)**

***This unit is designed for dietitians wishing to gain more knowledge of clinical paediatric dietetics with a focus on specific clinical areas.***

### **Objectives:**

On completion of this course participants will:

- Be competent in the nutritional and dietary assessment of infants, children, and adolescents with a range of acute and chronic diseases.
- Have a detailed understanding of nutritional management and dietary therapy in children with acute and chronic diseases.
- Be able to plan, implement and evaluate nutritional interventions, including dietary manipulation and artificial nutrition support measures.
- Understand and apply current research findings to the care of paediatric patients.

### **Outline & Content:**

This Unit will present concepts of nutritional management and diet therapy for the paediatric population. It assumes current knowledge of breast feeding, formula feeding and paediatric enteral products. Successful completion of Unit 1 is a prerequisite for enrolment into Unit 2.

The timetable for the Unit 2 content is still to be confirmed and will be determined by speaker availability.

### **Unit 2 Topics:**

Maintaining adequate nutrition during acute and chronic illness.

- Methodology for dietary assessment and estimating nutritional requirements for children with a variety of conditions.
- Implementation of therapeutic nutritional interventions such as artificial nutrition support.
- Nutrition and medical management of various disease states (e.g. diabetes, renal disease, cystic fibrosis, liver disease, cancer, non IgE mediated allergy and eating disorders) in childhood.

## ASSESSMENT

Assessment for both Units is by written examination **and** a written assignment to be completed following each of the Units. The case-based assignment will link a literature search with the practical aspects of the implementation of a nutrition care plan.

Both the exam and assignment must be passed to obtain a certificate of completion.

**Handing in written work:** The course coordinator should receive assignments before 5pm on the due date (as specified for each Unit). Penalties will result for assignments handed in after this time. For written assignments, participants are expected to confine themselves to the set word limit. Written work that exceeds the limit may be penalised.

Participants must attend at least 80% of lectures and pass the exam and written assignments to receive Certification.

**NB:** Completion of Unit 1 and 2 does not render participants experienced, paediatric dietitians. Within the realms of the two Units, it is only possible to provide the theoretical background on which future practice can be based. Following the course, it is the responsibility of each participant to keep their knowledge regarding paediatric nutrition updated.

## FEES 2021-2022

Cost is inclusive of tuition, course materials, morning tea/lunch/afternoon tea through the course but does not include accommodation or travel expenses.

<b>Unit 1:</b>	\$950.00	(GST inclusive)
<b>Unit 2:</b>	\$950.00	(GST inclusive)
<b>Unit 1 &amp; 2 combined:</b>	\$1800.00	(GST inclusive)

It is highly recommended that **both** Units are undertaken in the one financial year. You will receive comprehensive notes for most presentations in addition to key resources to assist with managing paediatric patients.

**NOTE:** Not all presenters provide copies of PowerPoint presentations however key reference lists are provided for all topics to support the notes you make giving adequate information.

## ENROLMENT - CANCELLATIONS

Places are limited to maximise interaction and discussion for all participants.

Upon receipt of your application (including a copy of University Qualifications), it will be assessed to ensure it meets the minimum entry requirements. An email will be sent to advise whether your application has been approved.

Due to demand, enrolments cannot be confirmed until a deposit of \$200 is received.

Full payment (less deposit already paid) must be received by **Friday 13<sup>th</sup> August 2021** or your place will be forfeited.

*Note: Any cancellations made after payment has been processed will incur a \$100 administration fee.*