Demystifying Renal Nutrition
A practical skills day for dietitians not currently specialising in renal dietetics

Eastern Health will be holding a Demystifying Renal Nutrition workshop on June 16, 2015. The workshop has been designed by some of their top renal dietitians to provide practical skills and upskill dietitians with an interest in renal nutrition, but who don’t specialise in it.

We interviewed Eastern Health dietitian Shay Bertino who will be one of the speakers at the event about what participants should expect.

Why did you choose renal as a specialty?
Shay: “I was only working part time and some additional hours came up in the renal unit at Eastern Health and I was lucky to be accepted into the role. I had some great mentors, and then an opportunity came up to cover a full time renal specialist APD when she went on maternity leave, and once I got into it, I’ve never looked back – I love it!”

What do you love most about working as a renal dietitian?
Shay: “I love the continuity of seeing a patient right through their journey which you often don’t get in other clinical roles. I also love working as part of a multidisciplinary team where dietitians are seen as integral in the role and are really respected and appreciated”.

What is one thing that you remember being confused about renal nutrition early in your career?
Shay: “Working out how much energy was contributed by glucose solution in Peritoneal Dialysis. Working in renal dietetics can be somewhat complex and challenging area of dietetics practice, so there’s lots to learn, but I had a great mentor and spent a lot of time undertaking professional development and it made all of the difference.”

Who would you recommend attend “Demystifying Renal Nutrition” and why?
Shay: “This day is ideal for dietitians who would like to learn more about working effectively with clients who have CKD. It is suitable for those not specialising in renal nutrition but working in settings where clients with CKD present such as private practice, aged care, hospitals and community health.”

This workshop will cover all of the basics you need to confidently manage a client with CKD including:

- Physiology of the kidney
- Evidenced based nutritional management of CKD, Haemodialysis & Peritoneal Dialysis (PD) and Post-Transplant clients
- Differences between dialysis modalities
- Tips for managing phosphate and potassium
- Interpretation of renal biochemistry
- Key questions to ask when assessing a renal patient
- Calculating nutrition requirements including potassium restrictions and absorption of glucose from PD
- Considerations for weight management of CKD clients

The workshop is limited to 100 participants so we’d recommend that you book quickly. The early bird registration closes at the end of March. Click here to download the registration form.
Details:
Demystifying Renal Nutrition: A practical skills day for dietitians not currently specialising in renal dietetics
Date: Tuesday 16 June 2015
Sponsors: Sanofi, Shire and Abbott Nutrition
Venue: Wantirna Health, 251 Mountain Hwy, Wantirna VIC
Early Bird registration: $97.50 by 31st March, $155 after
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