

OVERVIEW OF NUTRITION UPDATES SKILLS COURSE

A/Prof Goh Lee Gan

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INTRODUCTION

Diet is a cornerstone of wellbeing in health and in disease. There is also a plethora of new information on nutrition as well as misinformation. The College of Family Physicians is therefore very pleased indeed to have the Health Promotion Board to sponsor this Family Practice Skills Course. We are also very pleased to have the support of a corps of our top dietitians and nutritionists from the Singapore Nutrition & Dietetics Association and also the Health Promotion Board to be speakers and to author the papers in this issue of the Singapore Family Physicians. The topics cover what we will need to know on an overview of food and health, fad diets and weight management, health supplements, sports nutrition, medical nutrition therapy, and nutrition in the elderly. We look forward to you joining this Family Practice Skills Course.

COURSE OUTLINE AND CME POINTS

This skills course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below.

Components and CME Points

- Distance Learning Course 6 units (1 CME point per unit)
- 2 Seminars (2 CME points per seminar)
- 1 Workshop (2 CME points)
- Reading papers on NUTRITION UPDATES – read 5 out of 10 recommended journals (max. of 5 CME points for the whole CME year)

Distance Learning Course

- Unit 1: Recommended Dietary Allowances and Food-based Dietary Guidelines:
Uses for patient counselling
(Benjamin Lee)
- Unit 2: Fad Diets, Fats and Weight Management
(Geoffrey Gui)
- Unit 3: Health Supplements: How effective and how safe are they?
(Benjamin Lee and Pauline Chan)

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Unit 4: Sports Nutrition: Practical use of glycaemic index value in sport setting
(Fahma Sunarja)

Unit 5: Medical Nutrition Therapy for Chronic Diseases
(For Wei Chek)

Unit 6: Malnutrition in the Elderly
(Mary-ann Chiam)

COURSE TOPIC DETAILS

Unit 1: Recommended Dietary Allowances and Food-based Dietary Guidelines: Uses for patient counselling

- Recommended dietary allowances and tolerable upper levels of intake
- Food-based dietary guidelines
- Beyond opportunistic dietary advice

Unit 2: Fad Diets, Fats and Weight Management

- Debunking fad diets
- Types of fad diets
- Which diet will keep the weight off?
- Facts on fats
- Cardioprotective diet to reduce cholesterol levels
- Fads on fats

Unit 3: Health Supplements: How effective and how safe are they?

- Efficacy of health supplements
- Who should consume health supplements?
- Other sources of information

Unit 4: Sports Nutrition: Practical use of glycaemic index value in sport setting

- GI and the pre-exercise meal
- GI and carbohydrate intake while exercising
- GI and recovery

Unit 5: Medical Nutrition Therapy for Chronic Diseases

- Diabetes mellitus
- Hypertension
- Hyperlipidaemia
- Gout
- Chronic renal failure (pre-dialysis stage)

Unit 6: Malnutrition in the Elderly

- Nutrition assessment
- Why is nutritional assessment necessary?
- Addressing inadequate food intake
- Nutritional intervention: improvement of food and care
- Elderly diets
- Enteral feeding
- When is enteral nutrition not used?

FACE-TO-FACE SESSIONS

Seminar 1: 29 November 2008

2.00pm – 4.15pm

Unit 1: Recommended Dietary Allowances and Food-based Dietary Guidelines:

Uses for patient counselling

(Benjamin Lee)

Unit 2: Fad Diets, Fats and Weight Management

(Geoffrey Gui)

Unit 3: Health Supplements: How effective and how safe are they?

(Benjamin Lee and Pauline Chan)

Workshop 1: 29 November 2008

4.30pm – 6.45pm

Workshop A : Case Studies (Chow Pek Yee)

Workshop B : Demonstration / Practical Skills (Gladys Wong)

Note: Workshop A and Workshop B will run concurrently as a round robin. Course participants will be assigned a group to attend workshop A followed by workshop B (Group 1), or workshop B followed by workshop A (Group 2) will be conducted only on Day 1 (Saturday).

Seminar 2: 30 November 2008

2.00pm – 4.15pm

Unit 4: Sports Nutrition: Practical use of glycaemic index value in sport setting

(Fahma Sunarja)

Unit 5: Medical Nutrition Therapy for Chronic Diseases

(For Wei Chek)

Unit 6: Malnutrition in the Elderly

(Mary-ann Chiam)