

Dietetics@Deakin

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**School of Exercise and Nutrition
Sciences**

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Another successful year for Dietetics

It seems like yesterday that we were sending out the April edition of the Dietetics@Deakin newsletter. We are now at the end of the year and have plenty of positive reflections on some of the milestones achieved over the course of the year.

This year, the Master of Dietetics was awarded full accreditation by the DAA with many positive commendations on the quality of the teaching program, course structure, relationships with placement partners and research profile of the School.

We also say farewell to the last cohort of the Bachelor of Nutrition and Dietetics students who have just finished their course with the 18-month Master of Dietetics now being the predominant dietetics training program at Deakin into the future.

We also welcome to the team a new staff member – Sonia Brockington – who has commenced as a Lecturer in Nutrition and Dietetics in November. A profile on Sonia is on page 3. Sonia joins us from a strong clinical dietetics, education and public health background.

We have recently welcomed back to the team Dr Sharleen O'Reilly who has been on maternity leave for the past year. Sharleen will step back into the community nutrition coordination role and will also coordinate the postgraduate human nutrition degree program.

As one staff member returns from maternity leave, another is about to commence this with Claire Margerison taking maternity leave at the end of December. We wish Claire all the best and look forward to her return at the end of 2010.

With so much staff movement, it is pleasing to announce that Sally Girvan who joined the team at the start of the year and coordinated the community nutrition program, will be staying on into 2010. Sally will coordinate the elective placement program as well as teach into the clinical dietetics component of the course.

We would like to take this opportunity to thank all involved with our program for your support in 2009 and look forward to working with you all again in 2010.

We wish you all a very happy and safe festive season.



Student and Supervisor Awards for 2009

Clinical Supervisor Award

Kellie Draffin

Community Supervisor Award

Robyn Delbridge

Food Service Supervisor Award

Jelica Vrkic

Honours Research Supervisor Award

Dr Gaele Ducher

Clinical Student Award

Stephanie Kyriazis

Community Student Award

Nicole Boyer and Claire Trevorrow

Food Service Student Award

Jenna Yeo, Jessica Macri and Shanelle Bailey

Honours Research Student Award

Stephanie Kyriazis

Partnerships and Awards Evening

On 20 October, the Dietetics program held its first annual awards and partnerships recognition evening at the Amora Hotel. The evening was an opportunity for us to acknowledge the important role all of our placement partners play in the education and training of our students across community, food service, clinical, elective placement, and research domains.

The evening was a great success and was very well attended with Professor David Crawford speaking on the School's appreciation of the time and expertise given by all placement supervisors in training and mentoring dietetics students from Deakin.

Awards were presented to several supervisors for student-nominated supervision excellence awards while staff-nominated awards were presented to students for excellence in professional practice across the different placement domains.

The award winners are shown in the left-hand column.

Farewell to our Grads

With the end of the year approaching, it is also the time for a new class of completing dietetics students to finally leave the security of being a student and face their professional careers as a dietetics new grad. This year, we had 12 students from the Master of Dietetics and 22 from the Bachelor of Nutrition and Dietetics successfully complete the course.

It is rewarding for all the staff to watch our students develop personally and professionally through their course, and to be able to play a part in shaping their careers as they progress from our students to our peers.

From all course staff, we wish our new grads the best in their careers.



Welcome to Sonia



The dietetics team welcome Sonia Brockington to the School. Sonia has been appointed as a Lecturer in Nutrition and Dietetics and will coordinate the final-year clinical placement unit HSN747 Clinical Dietetic Practice as well as teach into HSN744 Principles of Dietetics and chair the undergraduate unit HSN302 Population Nutrition.

Sonia completed a Bachelor of Nutrition and Dietetics at the University of Newcastle and has 10 years experience in clinical dietetics, most recently at the Austin Hospital in Melbourne, in the areas of intensive care and GIT surgery.

Sonia has an interest in sports nutrition, particularly in endurance events, as well as international nutrition after completing a 6-month mission with the Red Cross in Darfur, Sudan in 2008. Sonia is currently completing a Masters of Public Health.

An Honours Experience – A Whole New World of Learning at Deakin!

Reflecting upon the past year it has certainly been the busiest year of my life and as a result has also been the most rewarding. I was given the opportunity to participate in the Dietetic Honours Program at Deakin University during the final year of my studies in Nutrition and Dietetics. I undertook a research project with a sports nutrition focus which investigated the knowledge, attitudes and behaviours of regularly exercising females in regards to the female athlete triad (the inter-relationship between low energy availability, menstrual disturbances and poor bone health generally seen in athletic females).

I was blessed to be supervised on this project by Dr Gaele Ducher, Dr Sonja Kukuljan and Dr Anne Turner who provided wonderful expertise and support throughout my honours year. Getting a project with a sports nutrition focus was very exciting for me and I looked forward to achieving my goal of finding out what exercising females know about this serious and often under-recognised condition and provide insight into the issues on which future preventative educational programs should focus. Only a very limited amount of literature surrounding this topic existed and nothing had been done before in Australia, giving a good rationale for this study.

The year began by planning out my literature review....the first major task of the year and the biggest piece of work I had ever undertaken. The literature review process was essential to form a thorough understanding of the current evidence and aid in the formation of hypotheses and the study design. While this was a challenging task it was an important step and taught me about how to synthesise and critically analyse the available literature.

The literature review process indicated that good knowledge of nutrition and of the female athlete triad as a condition did not necessarily correlate with appropriate attitudes and behaviours for health and it therefore became apparent that we needed to address knowledge, attitudes and behaviours throughout our study. The evidence also suggested that females participating in sports that emphasise a lean physique had higher prevalence rates of the female athlete triad compared to those in non-lean build sports therefore it was important to ensure both groups were considered in our sample.

It was very rewarding to take part in the survey development process and going out into the field to put my survey into practice was a very enjoyable experience. A wide range of sporting clubs and organisations as well as fitness centres were contacted to recruit regular exercising females of all levels to complete the survey and we also launched the survey online so that the link could be sent out by interested clubs and fitness centres to their members. The offer of a chance to win a voucher for a sporting goods store helped to increase subject numbers and I was able to meet the quota of subjects that would allow our results to be statistically meaningful.

Brushing up on my data analysis skills was the next step in the process and while seeming like quite an overwhelming and impossible task at the beginning, I quickly

Students presenting an oral presentation at the Nutrition Society of Australia Conference, December 2009

Janet Baxter: "Iodine status in Victorian adults in the early 1990s and 2007/2008"

Stephanie Kyriazis: "Energy deficiency, menstrual disturbances and low bone mass: what do female athletes know about the female athlete triad?"

Georgia Rossetto: "Sodium and potassium intakes in Australia: are we getting closer to our targets?"



got the hang of it with the guidance of my supervisors and am very fortunate to now have a good understanding of how to conduct statistical analysis which is a valuable skill in its own.

A paper was drafted for submission to Deakin as part of the honours assessment and also with the aim of submission to the *Journal of Science and Medicine in Sport* for a possible publication which is something I never imagined I would ever get the chance to do during my undergraduate degree. Development of a fact sheet about the 'Female Athlete Triad' to be published on the Sports Dietitians of Australia website will be another outcome of the project and I will present the findings of my research at the Annual Scientific Meeting of the Nutrition Society of Australia in Newcastle in December 2009 which will be an enjoyable and rewarding experience I am sure.

So reflecting back upon the year that has been I feel very lucky to have had the chance to complete my degree with honours and this experience has opened up research as a possible career path. While it has been a demanding year full of a lot of hard work and challenges to complete requirements for both honours and dietetics, the honours experience has most definitely been worth it and I have gained an array of valuable new research skills. I think the Dietetics Honours Program at Deakin is a fantastic program and I highly recommend future Masters of Dietetics students to consider undertaking an honours project if this is available to them.

Stephanie Kyriazis

Final-Year BND Honours Student

About the Dietetic Honours Program

Ten students completed the Dietetic Honours program in 2009. There was a variety of projects ranging from carbohydrate absorption in patients with irritable bowel syndrome to the impact of mandatory folic acid fortification in Australia on folic acid exposure in women of childbearing age. We also have three students who will be presenting the findings from their honours project at the Nutrition Society of Australia National Conference which will be held in Newcastle this December (see the left-hand column for details of these presentations).

Congratulations to Cara Brockbank for winning the best oral presentation in her stream at the Faculty Honours Conference and Stephanie Kyriazis who won the award for the most outstanding dietetic honours student in 2009. All students found the honours program to be an extremely busy, but rewarding experience. We wish all these students the best in their future research pursuits.

The BND honours program is concluding this year, but we are evaluating a proposal for a Master of Dietetics (Honours) with planned introduction in 2011. We will keep you updated with the development of this new course.

Dr Susan Torres

Dietetics Honours Coordinator

IF NOT DIETING, THEN WHAT?

Foreword by ROSEMARY STANTON

DR RICK KAUSMAN

'If not dieting, then what?' - Health Professional Training

In September I was fortunate to participate in Dr Rick Kausman's two-day 'If not dieting, then what?' professional training course. Of the 100 participants there were a great variety of professions including dietitians, psychologists, general practitioners, researchers, school nurses and the general public. As a result, the experience and knowledge of participants created in-depth conversations relating to Dr Kausman's material.

The training program revisited the information Dr Kausman previously presented to dietetics students at Deakin University this year. The training program focused on educating participants on three key areas including the viscous cycle of dieting, non-hungry eating and how to help patients achieve and maintain a healthy body weight.

Dr Kausman expressed his concern about the negative images and impact that the media can have on the public perception of the 'ideal' healthy body weight. The training program explored the issues that negative advertisements can create and highlighted that these images are not supporting and instead focus should be on encouraging healthy eating behaviours amongst the general public. Through his work and research, Rick has found that the media is contributing to the viscous cycle associated with dieting and this in turn is impacting on the physical and emotional health of individuals.

During the training program we were involved in workshop activities focusing on how to prevent non-hungry eating and assessing Dr Kausman's 'Law of Diminishing Pleasure'. It was unanimous amongst participants that they were more satisfied eating less when they actually took time to enjoy the food slowly.

Other issues discussed included the relevance of weighing patients, particularly during initial consultations. It has been found that this often has a detrimental effect on the patient's long term physical and emotional health, and may not necessarily be a useful tool if it is obvious that the patient is not at their 'ideal' weight. Rick also conducted a hunger/fullness awareness exercise which involved using a scale from 0 to 10 to determine fullness. Although this is not a scale that could be maintained in the long term, it is a successful temporary tool capable of assisting in mindful eating. The training program also provided an insight into self-care for professionals and touched on the importance of physical activity in maintaining optimal health.

I found Dr Kausman's training beneficial to undertake whilst still studying dietetics. It was also a great opportunity to meet practising dietitians and learn about the different areas they work in. I would highly recommend to all student dietitians to undertake the training and I would like to thank Dr Kausman and Deakin University for allowing me to participate in the training.

Sarah Povey
Master of Dietetics Student

For your information

In 2010, community nutrition placement will only occur in the second half of the year due to changes in the course structure resulting from moving the Master of Dietetics from trimester 2, to Trimester 1 intake in 2009. From 2011 onwards, community nutrition placements will run in both the first half and second half of the year as they have done previously.

"The process of placement allocation will change in 2010 with students 'applying' to the university placement coordinator for their placements. They will base their applications on the project and position descriptions developed by placement sites."

Community Nutrition in 2010

Trimester 2 was an extremely busy one for community nutrition. Due to the changes in the structure of the dietetics program with Master of Dietetics students now commencing the course at the start of the year, we had 36 students on placement at 18 different community sites, the largest group at one time the program has had. This created many challenges in securing placements so our thanks go out to all our wonderful partners in the community sector. The placements all went smoothly with many interesting projects completed and some great resources produced.

For the first time I was faced with the challenge of nominating an award for the best student placement. This was extremely challenging as many of the student projects were outstanding. My final decision was based not only on the assessment tasks, but also on the attitude of the students to the challenges they faced. The award went to Claire Trevorrow and Nicole Boyer who produced a fantastic resource for a charity supplying emergency food package (details of other student and supervisor awards are on page 2 of the newsletter). However it was their mature attitude to what was a last minute change in placement that really impressed me.

We also had an inaugural supervisor's award which this year went to a first timer Robyn Delbridge from the Victorian Aboriginal Health Services. Robyn was not only an enthusiastic participant in the students' placement, but also provided the students with a broad range of community experiences.

The mantle of unit chair has been passed back to Sharleen O'Reilly, who has returned from maternity leave and is looking forward to getting back into the thick of things. An expression of interest is currently being sought for sites interested in taking community nutrition students in groups of two or more in Trimester 2, 2010.

The process of placement allocation will change in 2010 with students 'applying' to the university placement coordinator for their placements. They will base their applications on the project and position descriptions developed by placement sites. This will hopefully result in greater engagement and satisfaction amongst students and sites.

The development, delivery and evaluation of a group education session will be another change for 2010; the change was devised to meet student needs and to increase the unit's alignment with DAA competencies.

Supervisor training workshops and placement supervisor teleconferences will return next year to help support sites through the placement experience. Any site that is interested in taking students on placement in Trimester 2 (23/08 to 08/10) should contact Sharleen before 1 Jan 2010 for more information.

Looking forward to another great year ahead,

Sally Girvan

Community Nutrition Coordinator 2009

Dr Sharleen O'Reilly

Community Nutrition Coordinator 2010

Conference Presentations

Margerison C, Riddell L, Nowson CA. When are we consuming all this sodium? Nutrition Society of Australia Annual Scientific Meeting, Newcastle, December 2009.

O'Reilly SL, Brinkman M, Giles GG, English D, Nowson CA. Ethnic variation in dietary sodium intakes within an Australian population sample. Nutrition Society of Australia Annual Scientific Meeting, Newcastle, December 2009.

Torres SJ, Nowson CA. Participation in a dietary intervention study improves mood in postmenopausal women. Nutrition Society of Australia Annual Scientific Meeting, Newcastle, December 2009.

Recent Publications by our Team

Larsen AE and Crowe TC. Effects of conjugated linoleic acid on myogenic and inflammatory responses in a human primary muscle and tumour co-culture model. *Nutr Cancer* 2009;61:687-695.

Gout BS, Barker LA, Crowe TC. Malnutrition identification, diagnosis and dietetic referrals – are we doing a good enough job? *Nutr Diet* 2009;66:206-211.

O'Reilly, SL. Do we need more B vitamins to lead healthier lives? *Nutridate* 2009;20(3):5-7

Dietetics Staff in the Media

Dietetics teaching staff in the School of Exercise and Nutrition Sciences are active in giving media comment on a wide range of nutrition issues. Below is an overview of recent interviews featuring dietetics staff.

| Date | Source | Topic | Interviewee |
|----------|--------------------------------------|--|-------------------|
| 19/08/09 | 3AW | Regulation of the weight-loss industry | Tim Crowe |
| 31/08/09 | Curtin FM | Diabetes prevention | Tim Crowe |
| 11/09/09 | ABC TV | Health benefits of dark chocolate | Tim Crowe |
| 15/09/09 | ABC Radio | Diabetes incidence in Victoria | Tim Crowe |
| 6/10/09 | Courier Mail | Childhood obesity | Tim Crowe |
| 8/10/09 | Prevention Australia Magazine | Antioxidants | Susan Torres |
| 8/11/09 | Prevention Australia Magazine | Metabolism myths | Tim Crowe |
| 1/12/09 | Healthy Food Guide Magazine | Probiotics | Tim Crowe |
| 13/12/09 | Sunday Age | Eating over Christmas | Sonia Brockington |

Deakin University would like to extend an invitation to all our former students and staff to become members of the online Deakin University Alumni Community. Go to www.deakin.edu.au/alumni to register your free membership application. Once you are registered you can take advantage of the many benefits available to our Alumni members. A list of the benefits is available at www.deakin.edu.au/alumni



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