



## Nutrition and patient health outcomes

### About the Australian College of Nursing

The Australian College of Nursing (ACN) believes that each and every nurse in Australia should have the opportunity to grow their career and further our profession. ACN provides nurses with tools to plan their career pathway, educational supports, opportunities to network and participate in professional forums and a range of benefits that stem from being part of a profession that is moving in the right direction.

Visit [www.acn.edu.au](http://www.acn.edu.au) to find out more.

### About the course

This course is conducted over one day and is equivalent to 7 continuing professional development (CPD) hours. Please note that this course is subject to change without notice.

### Who should attend?

Comprehensive nursing care that focuses on promoting the patient's nutritional intake helps the process of recovery from illness and improve quality of life. The key factor in enabling nurses to better manage the nutritional status of their patients is education. This workshop aims to assist nurses to examine the important role they play in managing the nutritional health of their patients in both the clinical and community setting.

### Key learning outcomes

On completion of this course, participants will be better able to:

- Relate to the Australian Dietary Guidelines and apply these within the clinical and community settings
- Assess nutritional status using evidence-based assessment tools
- Identify medical conditions and dietary requirements that need referral to a dietician
- Identify actual and potential cases of malnutrition and obesity

- Document the nutritional status of a patient in compliance with the legal and ethical guidelines
- Develop confidence in participating in a team care approach to managing nutritional health
- Review and reflect on the role nurses play in patient education to manage nutritional health

### Venue

7 November – Burwood, NSW

### Fee

RN member	\$187.50
RN non-member	\$219.50
EN member	\$153.50
EN non-member	\$186.00

### Day 1

0845 – 0900 Registration

0900 – 0910 Welcome and introduction

0910 – 0945 Australian Dietary Guidelines and application – Brief overview

0945 – 1045 Goals of Nutrition Management

- Why manage Nutrition
- Role of dietician and the nurse in managing the nutritional needs of patients
- Barriers to effective nutrition management

1045 – 1100 Morning tea break

1100 – 1230 Nutritional Status screening and assessment

- Why is it done?
- Screening methods
- Screening tools
- Using the tool-implementing

1230 – 1315 Lunch break

1315 – 1445 Malnutrition awareness, screening and prevention

1445 – 1515 Documentation guidelines – the legal and ethical aspects and responsibility

1515 – 1530	Afternoon tea break
1530 – 1645	Patient education – building confidence
1645 – 1700	Evaluation and finish