



The Dietitians Association of Australia  
DAA NSW Branch in conjunction with the  
Cardiology, Diabetes and Research National Interest Groups present

## DAA NSW Branch Regional Event IGstravaganza

The Dietitians Association of Australia NSW Branch in conjunction with the Cardiology, Diabetes and Research National Interest Groups invite you to be a part of "IGstravaganza". This full day event provides you with an opportunity to update your knowledge in the exciting areas of research, cardiology and diabetes. Morning tea, lunch and afternoon tea will provide an opportunity for attendees to visit trade and resource displays and network with colleagues.

### PROGRAM

**9.00 – 9.30am**                    **Registration, tea/coffee and trade exhibition viewing**

9.30 – 9.45am                    Welcome and welcome to country

9.45 – 10.30am                Building an evidenced based approach to clinical dietetic practice  
*Associate Professor Clare Collins*

**10.30 – 11.00am**                **Morning tea and trade exhibition viewing**

11.00 – 1.00am                **Concurrent Workshops** (Choice of one)

**A: Getting started in research - Research IG**

An introduction to quantitative research. This workshop will help take and mystery out of research and get you started on the road to answering meaningful nutrition and dietetic questions. You will learn to develop a research question specific to your area of nutrition, then to design a research study to test a specific hypothesis. Learn which research tools to use.

*Associate Professor Clare Collins, The University of Newcastle*

**B: Carbohydrate counting for people with diabetes - Diabetes IG**

This workshop will provide you with an update on carbohydrate counting for adults and children. There will be a practical hands on element within this session.  
*Carmel Smart and Melba Mensch, Hunter New England Health*

**C: Is it time for an oil change? - Cardiology IG**

Dietary fats and plant sterols for cardiovascular health – a summary  
*Barbara Eden, Heart Foundation*  
What should replace saturated fat in a Healthy Heart Diet  
*Bill Shrapnel, Goodman Fielder*  
Nuts for the prevention of CVD  
*Lisa Yates, Nuts for Life*  
Implementing guidelines for dietary fats and cholesterol: what dietary modeling can teach us?  
*Yasmine Probst, University of Wollongong*

**1.00 – 2.00pm**                **Lunch, networking and trade exhibition viewing**

2.00 – 4.00pm                **Concurrent Workshops** (Continued from previous session)

**A: Getting started in research - Research IG**

An introduction to qualitative research workshop providing insight into grounded theory, action research and phenomenology. There will be a demonstration of the use of NVivo software on a qualitative data from a dietetics study.  
*Dr Imelda Burgman, The University of Newcastle*

**B: Carbohydrate counting for people with diabetes - Diabetes IG**

This session will involve small group education allowing for a more personalised approach so that all your questions can be answered. This session will be led by dietitians from the DIG.  
*DAA Diabetes IG members*

**C: Is it time for an oil change? - Cardiology IG**

Doing an oil change: putting it all into practice. *Cardiology IG*  
Omega 3: food or supplements?  
*Andrea Mortenson, Omega 3 Centre*  
Which oil should I use?  
The nutritional and culinary aspects of different oils  
Panel discussion – *Catherine Saxelby, Bill Shrapnel and Dean Mercurio*

**4.00 – 4.30pm**                **Afternoon tea and trade exhibition viewing**