

## Finding an Accredited Practising Dietitian

- Look for the letters APD after their name, or the APD logo.
- Check the 'Find an APD' section on the DAA website <www.daa.asn.au>.
- Telephone the APD hotline 1800 812 942.
- Check the *Yellow Pages* under 'Dietitian'.

Contact your local Accredited Practising Dietitian:

## What is the Dietitians Association of Australia?

The Dietitians Association of Australia (DAA) is the largest professional nutrition-focused body in Australia. The DAA's mission is to support dietitians, and to promote better food, better health and better living for all. All APDs are members of DAA.

<[www.daa.asn.au](http://www.daa.asn.au)> and <[www.smarteating.com.au](http://www.smarteating.com.au)>

Visit the DAA website for everything you need to know about the organisation, for information on healthy eating, and to find an APD.

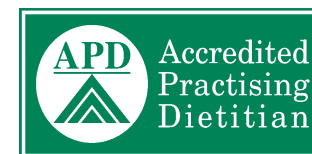
Recommend DAA's *Smart Eating* website to your patients for up-to-date, practical and reliable nutrition information, recipes and much more.



A.B.N. 34 008 521 480

## For further information

Dietitians Association of Australia (DAA)  
1/8 Phipps Close, Deakin ACT 2600  
Telephone (02) 6282 9555  
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# Eat our words.

## How your practice can benefit from an Accredited Practising Dietitian

## **Accredited Practising Dietitians: your professional nutrition and dietetics partners**

It is well documented that nutritional intervention can significantly improve patient outcomes. Improved nutritional status is associated with a reduction in hospital admissions, length of stay, readmissions and complications.

Accredited Practising Dietitians (APDs) working in private practice, community health centres and many hospitals see individual clients and may run group nutrition education sessions. Most private health funds provide rebates for visits to private practising APDs.

**From July 2004, the new government Medicare initiatives provide rebates for visits to APDs treating chronic health conditions under a care plan coordinated by a GP.**

## **What is an Accredited Practising Dietitian?**

Accredited Practising Dietitians gain their qualifications through an accredited university course, undertake ongoing professional development and commit to uphold the Dietitians Association of Australia (DAA) *Code of Professional Conduct* and *Code of Ethics*. The APD Program is the national credentialing system for dietitians administered by the DAA.

## **What can an APD do for your patients?**

APDs can advise your patients on the specific nutritional management of chronic conditions such as diabetes, heart disease, gastrointestinal disorders, cancer, obesity, food allergy and intolerance, physical or mental disability. They translate scientific nutrition information into personalised, practical dietary advice.

A consultation with an APD would generally include a diet and lifestyle assessment, plus nutritional education and counselling. Progress is monitored at regular follow-up consultations, as required. APDs will communicate with you regarding your patient's progress and encourage you to contact them to discuss any specific needs.

## **What can an APD do for your practice?**

APDs provide a range of services, including:

- Participation in Enhanced Primary Care planning and case conferences at your practice.
- Assessment of a patient's nutritional status.
- Medical nutrition therapy for people with specific dietary needs.
- Education of patients, carers and families on healthy eating guidelines, making changes to current eating patterns, choosing the right foods when shopping, understanding food labels, and appropriate food preparation methods.
- Development of educational resources for GPs to use with patients.
- Health promotion activities in collaboration with GPs or Divisions of General Practice to promote nutrition issues for example during health weeks such as heart week, diabetes week etc.
- Continuing professional development sessions for GPs.

## **When should you refer to an APD?**

Indications for referral may include:

- New diagnosis requiring specific dietary modification.
- A patient with poor understanding of their dietary management.
- Significant weight change.
- Evidence of recent poor food intake, poor appetite or difficulty preparing or eating food (eg. social isolation, poor dentition).
- Deterioration of symptoms or change in care needs.
- Change in medications prescribed.
- Periodic review of medical nutrition therapy.

When referring to an APD, it is useful to include relevant medical history, recent biochemical and metabolic test results and details of any medications currently prescribed.