



## Foundation Certificate in Geriatric Nutrition and Meal Planning in Practice

長者營養學及飲食規劃實習基礎證書

課程編號: CDA0625

### **Course introduction:**

Elderly is suffering from many different forms of diseases, and thereby presenting unique needs that require a range of nutrition support. The need for nutrition support for elderly has had a marked expansion due to the rapid growth of the aging population. It is predicted to continue its growth in the next few decades. Adequate nutrition is a critical factor of many disease prevention and management. In order to improve the quality of life of the elderly, optimize their health, social participation, and reduce medical expenses, this course aims to provide basic information of geriatric nutrition in real practice to nutrition students and health carers.

### **Course Details:**

Contact hours	Description	Form of contact
Lecture	<ol style="list-style-type: none"><li>1. General nutrition for elderly and assessment</li><li>2. Diabetes</li><li>3. Hypertension</li><li>4. Hyperlipidemia</li><li>5. Malnutrition and weight loss</li><li>6. Renal failure</li><li>7. Application of oral nutrition supplements</li><li>8. Preparation of soft meals</li></ol>	Zoom (Recording available afterward)
Job shadowing - Practicum (~15 hours)	<ol style="list-style-type: none"><li>1. Old aged homes, perform food preference check; meal satisfaction survey and kitchen check</li><li>2. Day care centre</li><li>3. Home visit</li><li>4. Student will deliver a 1 hour talk under dietitian's supervision</li></ol>	Face to face
Self-study	15 hours	NA
Final assessment	1 hour (Multiple question test)	Online
Connection and networking event	1 hour	Online

\* arrangement may be subjected to change by COVID/ other virus infection control rules of each practicum setting from time to time.



**Course Dates (may be subjected to change):**

**Lecture:**

- 23/6 9:00AM course (online)
- 24/6 9:00AM course (online)
- 25/6 9:00AM course (online) + connection (online)

**Practicum:**

- 24/6 PM Nursing home (face-to-face)
- 26/6 AM day Care Center (face-to-face)
- 28/6 home visit (face-to-face)

**Materials to be provided:**

1. Lecture notes and workshop handouts
2. Nutrition assessment and prescription forms
3. Nutrition assessment tools
4. Application of oral nutrition supplements guide
5. Oral nutrition supplements gift box

**Feature of the Course**

- This course is planned and taught by geriatric dietitians with practical experiences.
- Students will have the opportunity to shadow dietitians to perform hands-on tasks in clinical environment. This course will be taken place in a real practical working environment e.g. old aged home, elderly day care centre etc.
- This course will cover multi-dimension of elderly's needs including
  1. Basics of nutrition assessment and medical nutrition therapy;
  2. Meal planning techniques and preparation of soft meals;
  3. Diseases & malnutrition management;
  4. Application of oral nutrition supplements

**Entrance requirement:** This course is suitable for nutrition students and who are pursuing to become dietitian.

**Language:** Cantonese (written materials may be provided in English/ Chinese)

**Fee:**

Original price		Early Bird (before 31/5/2025)
Lecture + Practicum	\$5800HKD	<u>HKCDA Member:</u> 20% off, additional \$500 discount each for two applicants  <u>Non-HKCDA Member:</u> 10% off, additional \$500 discount each for two applicants
Lecture Only	\$3000HKD	



香港社區營養師協會  
Hong Kong Community Dietitian Association

**Certificate:**

Students who have 1) completed the practicum and 2) achieved passing grade in assessment will be awarded the “Foundation Certificate in Geriatric Nutrition and Meal Planning in Practice” Certificate by Hong Kong Community Dietitian Association.

Students who attend online lecture ONLY, with 80% attendance will be rewarded an Attendance Proof.