



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：CDA0624

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">1. General nutrition for elderly and assessment2. Diabetes3. Hypertension4. Hyperlipidemia5. Malnutrition and weight loss6. Renal failure7. Application of oral nutrition supplements8. Preparation of soft meals	Zoom (Recording available afterward)
Job shadowing - Practicum (~15 hours)	<ol style="list-style-type: none">1. Old aged homes, perform food preference check; meal satisfaction survey and kitchen check2. Day care centre3. Home visit4. Student will deliver a 1 hour talk under dietitian's supervision	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:

- 10/6/2024 Mon 9:30am-12:30pm
- 13/6/2024 Thur 9:30am-12:30pm
- 15/6/2024 Sat 9:30am-12:30pm

Practicum:

- 16/6/2024 Sun 9am-6pm (home visit)
- 17/6/2024 Mon 9am-1pm (day care centre)
- 19/6/2024 Wed 2pm-5pm (old aged home/ nursing home)

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 15/5/2024)
Lecture + Practicum	\$5800HKD	<u>HKCDA Member:</u> 20% off, additional \$500 discount each for two applicants
Lecture Only	\$3000HKD	<u>Non-HKCDA Member:</u> 10% off, additional \$500 discount each for two applicants





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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.

