**Leicestershire Nutrition and Dietetic Service**

**Family, Young People and Children’s Services Division**

**Evidence Based Nutrition Training for Primary Healthcare Staff**

Leicestershire Nutrition and Dietetic Community Service offer a range of study sessions for healthcare professionals in Leicester, Leicestershire and Rutland. Topics are listed below - for further information on the learning outcomes and content of these sessions please visit [www.lnds.nhs.uk](http://www.lnds.nhs.uk)

**Essential Nutrition (3hrs) – next date TBC**

* + The basics of a nutritionally adequate diet & recommended diet for children & adults

**Principles of Weight Management (3hrs) – next date TBC**

* + Practical guidance for supporting & advising patients to lose weight

**Diabetes Prevention and Management (3hrs) – next date TBC**

* + How to apply the latest guidance to help prevent and treat Type 2 diabetes

**Heart Health (3hrs) – next date TBC**

* + The principles & importance of a cardio-protective and lipid lowering diet

**Coeliac Disease & the gluten free diet (2hrs)**

* + Supporting & understanding the needs of patients diagnosed with Coeliac Disease

**The role of food & dietary changes in the management of Irritable Bowel Syndrome (2hrs)**

* + Supporting patients with first line advice to help manage IBS

**Using dietary advice to improve outcomes in patients with COPD (2hrs)**

* + Understanding and using the Malnutrition in COPD guidelines

**Disease related malnutrition and the role of diet and oral nutritional supplements (2hrs)**

* + How to recognise and treat disease related malnutrition in a cost effective way

If you would like to attend a scheduled session or would like to request a session to be delivered at your place of work at a time to suit you please complete and return the attached. For general enquiries contact Fran Andrews tel 0116 2227170 / [fran.andrews@lnds.nhs.uk](mailto:fran.andrews@lnds.nhs.uk) or Suzanne Kingston tel 01664 855588 / [Suzanne.Kingston@lnds.nhs.uk](mailto:Suzanne.Kingston@lnds.nhs.uk)

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