



Centre for Education & Development

Introduction to the Clinical Management of Childhood Obesity

16 July 2008, 9.45 am to 4.15 pm

Devonshire House, Derbyshire Royal Infirmary, London Road, Derby DE1 2QY

Facilitator: Dr Laura Stewart, Research Dietitian, GI and Nutrition Team, Child Life and Health
University of Edinburgh

The prevalence of childhood obesity has significantly increased in recent years and its clinical management is challenging for dietitians. This one-day course is aimed at dietitians who are new to this area or those with some experience, who do not work within a childhood obesity team, and would like to improve their knowledge. It aims to provide a background to the debate over defining childhood obesity, look at risk groups and the consequences of childhood obesity. The role of the dietitian will be covered as well as the evidence for treatment strategies and the importance of motivation. The participants will be given the opportunity to consider and discuss how they could progress their clinical service to obese children.

Aim

To provide an overview of the current debates and evidence on childhood obesity and to look at the role of the dietitian and outline possible treatment strategies.

Learning Outcomes

By the end of the seminar delegates will be able:

- to recognise the need for consistent diagnosis criteria
- to value the importance of motivating families when developing treatment strategies
- to consider how to implement changes in their own service

Programme

9.45am	Registration and coffee	11.30am	Treatment strategies and current research
10.00am	Introduction to the day	12.30pm	The role of the dietitian
10.15am	Defining childhood obesity - discussing BMI cut off points, waist measurement and their clinical significance	1.00pm	LUNCH
10.45am	UK prevalence, risk groups, possible causes and consequences	1.45pm	Motivation
11.15am	TEA	2.45pm	The clinical session
		3.15pm	TEA
		3.30pm	Putting it into practice
		4.15pm	CLOSE

Registration and Contacts

To register for this event, please contact The National Centre of Rehabilitation Education (NCORE) who will be dealing with bookings and administration for the course.

The National Centre of Rehabilitation Education (NCORE)
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The Centre recommends that travel arrangements are not made by participants until after the closing date for the receipt of registrations has passed and confirmation of a place has been received. Please note that confirmation of a place does not guarantee that an event will be run.

Location and Maps

The training course will take place at:

Devonshire House
Derbyshire Royal Infirmary
London Road
Derby
DE1 2QY

For a map and directions, please visit the Derbyshire Royal Infirmary website at <http://www.derbyhospitals.nhs.uk/GettingHere/travelDirectionsDRI.html>