



## Dietetics in Scotland Building for the Future

Thursday 26 September 2019  
9.30 - 16.30  
thestudio, Glasgow

During the day there will be time for movement, refreshments, networking, poster displays and to visit the exhibitors.

The day will cover a number of themes including nutritional support, obesity management, research, education therapeutic dietetics and more. The day is also around focusing on transforming dietetics – the vision, progress followed by the big question.

Caroline Bovey, BDA Chair will open the day.

*Keynote speeches will be given by*

- Dr Gregor Smith, Deputy Chief Medical Officer on **Improving Scotland's health and transforming health and social care: what dietitians need to think about**
- Professor Annie Anderson, Professor of Public Health Nutrition and Co-director, Scottish Cancer Prevention Network, Centre for Public Health Nutrition and Research Centre for Research into Cancer Prevention and Screening, Ninewells Medical School, University of Dundee on **Dietitians as advocates for better nutrition**

The UK has a strong history of powerful advocates for changing national food policy ranging from Sir Jon Boyd Orr to Jamie Oliver. Advocacy efforts have the potential to making a significant impact on obesity and related co-morbidities including diabetes and many cancers but these have not been well developed within the dietetic community. Opportunities and actions to influence policy through individual and collective voices are important in policy development and dietitians can take a key role in the promotion of healthy diets for the population. Inspired by Greta Thunberg .... No one is too small to make a difference.

- Chris Rowley on **transforming roles**

*Breakout sessions*

- **Nutritional support** – *Oral nutrition supplement prescribing project* with Janie Gordon & Lyndsey Robinson
- **Obesity management**
  - **Intermittent energy restriction interventions for the treatment of overweight and obesity in adults: an overview of the evidence** with Dr Leanne Harris, Lecture Obesity and Weight Management, University of Glasgow

The aim of this presentation is to summarise current knowledge on the evidence relating to intermittent energy restriction (IER) as a form of weight management for adults with overweight and obesity. This will include a discussion on the evidence on the effectiveness of IER interventions identified from systematic reviews of randomised controlled trials, the overall quality of the evidence-base, and the implications for practice.

- **Overview of Type 2 Diabetes Framework for Prevention, Early Detection and Early Intervention** with Alison Diamond, Professional Advisor Diet and Healthy Weight Team, Scottish Government

- **Results of the Diabetes Remission Clinical Trial (DiRECT): a change in DiREction for the management of type 2 diabetes** with Naomi Brosnahan, Research Associate Diabetes Remission Clinical Trial (DiRECT), University of Glasgow

The DiRECT cluster randomised control trial evaluated weight loss using a formula low-energy diet programme for type 2 diabetes (T2D) remission in primary care. At both 12 and 24 months T2D remission was higher in the intervention group compared to usual care (46% vs. 4% and 36% vs. 3% respectively). Achieving and maintaining weight loss were the dominant factors for T2D remission. Remission was higher among those achieving  $\geq 10\text{kg}$  and  $\geq 15\text{kg}$  weight loss. Following publication of the DiRECT 12-month primary outcomes in 2017, T2D remission has been adopted by both NHS England and NHS Scotland as a new treatment target aligning clinical care with the wants and needs of those living with T2D.4-6 Further research is underway with the aim of changing the DiREction of T2D from disease progression to remission; especially for people newly diagnosed with T2D.

- **Research and patient centred care in a digital age**

- **Electronic resources** with NDR UK
- **Transforming the management of Cow's Milk Protein Allergy** with Carole Noble, Dietetic Prescribing Advisor, NHS Grampian

In 2017 NHSG were offered the opportunity to work in partnership with Oviva Healthcare Ltd, though support from Mead-Johnson, to test the feasibility, safety and efficacy of a dietetic-led, digitally enabled service to manage CMPA in children. Find out more about the project, results and conclusion.

- **Is vitamin D deficiency a problem among pregnant women in Ayrshire?** with Dr Ruth Campbell, Consultant Dietitian in Public Health Nutrition, NHS Ayrshire & Arran

This presentation will summarise findings from a research study which aimed to assess vitamin D levels at 12-and 34-weeks gestation among a cohort of pregnant women living Ayrshire. The study also aimed to assess the effectiveness of vitamin supplementation on vitamin D levels.

- **Gastroenterology** - *Scottish Government Modern outpatient programme IBS Pathway* with Jacqueline Walker and Treasa Odie

Providing an overview of the background of the pathway including results from the audit case study from NHS Lanarkshire on the output, looking at the impact on the service they provide.

- **Food poverty in Scotland**

- **Food Poor: Poor Food** with Bill Gray, Organisational Lead for Community Development, NHS Health Scotland

An exploration of the achievements and aspirations of Scotland's community food initiatives.

- **One Blue Dot** with Jo Lewis, External Relations & Development Officer, BDA

Launched in late 2018, and with more tools added in July 2019, this comprehensive resource shows dietitians where the evidence for healthy eating aligns with the evidence for a healthy planet. This overview will present the materials within the toolkit, and share how this important work will continue with the BDA and the membership.

- **Reducing the risks of planned procedures**

- **Prehabilitation in cancer care** with June Davis, Allied Health Professional Advisor, Macmillan Cancer Support

An overview of the recently published national Principles and Guidance for prehabilitation within the management and support of people with cancer will be presented including the 20 principles, the 11-point action plan and next steps.

- **Prehabilitation in Scotland - Locked in or locked out?** with Debbie Provan, Regional Lead for Living With & Beyond Cancer, West of Scotland Cancer Network

Reflecting on the newly published prehabilitation principles and guidance document, Debbie will highlight current approaches to prehabilitation in Scotland and the strategic context.

We will also be hosting the Big Debate. *Dietitians and dietetic services should be embedded in primary care as oppose acute hospitals in Scotland.* Each panellist will present their for or against motion, followed by a panel discussion and online voting. We delighted to confirm our panellists with be;

**For the motion** – Morag MacKellar & Maureen Murray (Primary Care)

**Against the motion** - Fiona Huffer & Janie Gordon (Acute)

[Book your place today](#)