

Advanced Dietetics in Mental Health (2 Day course)

Aims:

Aimed at Dietitians new to mental health who need more depth than the BDA Introduction to mental health, LD and ED course. Dietitians wanting to specialise in or have an interest in MH. Dietitians wanting an update in MH.

This course will provide dietitians specialising in mental health with the essential knowledge and skills required to work in this area.

Learning Outcomes:

- To understand nutritional assessments and psychological approaches used in ED
- To understand and develop communication skills for ED
- To understand risk factors and management strategies

Programme

Day 1

9.00	Arrival and refreshments	12.30	Lunch
9.30	Welcome and introductions	13.30	Practical aspects e.g. communication skills, rapport building
10.40	Context of the day and icebreaker	14.45	Break
10.30	Introduction to mental health	15.00	Aspects of working in MH: <ul style="list-style-type: none"> • The importance of time • Working outside of the box • Managing risk • Student in a MH setting
10.45	Break	16.30	Summary & close
11.00	Mental health conditions and impact on dietary intake		

Day 2

9.00	Arrival and refreshments	12.00	Lunch
9.30	Welcome and introductions	1.00	Managing physical health in mental health e.g.

9.40	Context of the day and icebreaker	2.30	refeeding syndrome, diabetes Break
10.00	The mental health environment and working as a dietitian – what are the challenges	14.45	Bringing everything together
10.45	Break	16.00	Summary & close
11.00	Breaking down barriers – strategies to make improvements (include MDT working)		

More Information

Please direct queries to:

Centre for Education and Development
The British Dietetic Association
3rd Floor, Interchange Place,
151-165 Edmund Street
Birmingham,
B3 2TA
T: 0121 200 8080
E: ced@bda.uk.com