

FOOD ALLERGY AND ADVERSE FOOD REACTIONS COURSE FOR DIETITIANS

Program Day 1: Thursday 23 November 2023

Manly Pacific Hotel, Fairy Bower Meeting Room

Facilitator: Kathy Beck

07.30-08.15	Registration
08.15-08.30	INTRODUCTION AND COURSE OVERVIEW Kathy Beck
08.30-10.30	FOOD ALLERGY Diagnosis, Management and Prevention Presenters: Kathy Beck, Caroline South <ul style="list-style-type: none">▪ Diagnosis of IgE mediated food allergy▪ The allergy team and role of the dietitian▪ Natural history of food allergy and food challenges▪ Food allergy prevention
10.30-11.00	Morning Tea
11.00-12.30	Nutritional Management of Food Allergy: Infancy and Childhood Presenters: Kathy Beck, Marianne Tomlin <ul style="list-style-type: none">▪ Allergy focussed diet history▪ Nutritional management of food allergy cases
12.30-13.30	Lunch
13.30-15.00	Nutritional Management of Food Allergy: Non IgE Mediated Food Allergy Presenters: Caroline South, Wendy Birks, Marianne Tomlin
15.00-15.30	Afternoon Tea
15.30-16.30	Nutritional Management of Food Allergy: Non IgE Mediated Food Allergy – Case Studies Presenters: Caroline South, Anna Richards, Marianne Tomlin
16.30-17.00	Discussion (with all presenters)

Presenter bios are available on the ASCIA website <https://www.allergy.org.au/members/dietitians>

Program Day 2: Friday 24 November 2023

Manly Pacific Hotel, Fairy Bower Meeting Room

Facilitator: Kathy Beck

08.15-08.30 COURSE OVERVIEW: DAY 2

Kathy Beck

08.30-10.30 Nutritional Management of Food Allergy in Adolescents

Presenters: Amanda Jackson, Anna Richards

- Clinical presentations of food allergy in adolescents
- Special considerations in managing food allergy in adolescents - case studies

10.30-11.00 Morning Tea

OTHER ADVERSE FOOD REACTIONS

11.00-12.00 Nutritional Management of Food Allergy in Adults

Presenters: Amanda Jackson, Anna Richards

- Clinical presentations of food allergy in adults
- Special considerations in managing food allergy in adults - case studies

12.00-12.30 Infant Formula for Cow's Milk Allergy - Practical Demonstration

12.30-13.30 Lunch

13.30-14.15 Carbohydrate Malabsorption

Presenter: Anna Richards

- Clinical presentation of carbohydrate malabsorption
- Overview of IBS and use of low FODMAP diet
- Management points for carbohydrate malabsorption
- Case studies

14.15-15.00 Food Chemical Sensitivity

Presenter: Wendy Birks

15.00-15.30 Afternoon Tea

15.30-16.45 Food Chemical Sensitivity: Case Studies

Presenters: Anna Richards, Wendy Birks, Caroline South, Marianne Tomlin

16.45-17.00 Questions and Answers (with all presenters)

Assessment Details and Course Wrap Up

Presenter bios are available on the ASCIA website <https://www.allergy.org.au/members/dietitians>

Learning Outcomes

- Appraise the complexity of diagnosis and management of IgE mediated food allergy, non-IgE mediated food allergy and various presentations of food intolerance across the lifespan.
- Recognise the importance of collaboration with other HPs in the allergy care team for optimal patient care in food allergy and intolerance.
- Formulate appropriate and safe evidence-based nutrition care plans within the scope of practice, for patients with food allergy and food intolerance.
- Integrate reinforcement of medical management and practical skills regarding label reading, food preparation and eating away from home into patient management of food allergy, including the food service setting.
- Integrate available resources to enhance assessment, education, and nutritional intervention for patients with food allergy and food intolerance.

Note:

- Within the learning outcomes and assessment of the course it is only possible to provide the theoretical background on which future practice can be based.
- Completion of this course does not therefore render participants as experienced dietitians in food allergy and intolerance.
- Following the course, it is the responsibility of each participant to keep their knowledge and skills in the area current. If new to the area a mentor is recommended to extend knowledge and ensure evidence-based practice.
- Course participants are directed to the Monash FODMAP training course for dietitians for comprehensive training in managing IBS and the low FODMAP diet as it not in scope of this course to provide full training in the low FODMAP course.