

# CHALLENGING NUTRITION

## THURSDAY 30 MAY 2019

07:30 - 08:30	Registration	
08:30 - 08:45	Opening and welcome	Prof Reneé Blaauw
<b>Symposium 1:</b>	<b>Paediatrics</b>	<b>Chairperson: Prof Lisanne du Plessis</b>
08:45 - 09:15	Influence of weight gain and growth during childhood on adult health	Prof Shane Norris
09:15 - 09:45	Paediatric overweight and obesity	Mrs Joanna Eksteen (Wilson)
09:45 - 10:15	Practical management of food allergies	Dr Evette van Niekerk
	<b>CPD scanning as you exit</b>	

## 10:15 - 10:45 Tea

<b>Symposium 2:</b>	<b>Hands-on group Case study discussions</b>	<b>Chairperson: Prof Reneé Blaauw</b>
10:45 - 12:00	<b>3 x Case discussions</b> All delegates will be divided into three groups for in-depth discussion of a case study. General feedback from all three cases will be provided to the full group at the end.	
	<b>Case 1:</b> Nutrition in the Critically ill	Dr Nadiya Ahmed Mrs Lizl Veldsman
	<b>Case 2:</b> Nutritional management of a severely malnourished child	Prof Etienne Nel Mrs Lyndall Metherell
	<b>Case 3:</b> Nutritional challenges in patients with Diabetes Mellitus	Dr Ankia Coetzee Ms Salaamah Solomon
12:00 - 12:20	Feedback Case 1	Mrs Lizl Veldsman
12:20 - 12:40	Feedback Case 2	Mrs Lyndall Metherell
12:40 - 13:00	Feedback Case 3	Ms Salaamah Solomon

## 13:00 - 13:45 Lunch

<b>Symposium 3:</b>	<b>Ethics and Use of Social media</b>	<b>Chairperson: Mrs Liesbet Koornhof</b>
13:45 - 14:45	Ethical dilemmas in the nutrition management of the elderly	Prof Mariana Kruger

## 14:45 - 15:15 Tea

15:15 - 15:35	Social media: using it to your advantage	Mrs Katie Pereira
15:35 - 15:55	Pitfalls of using social media in health care	Prof Marjanne Senekal
15:55 - 16:15	Open Debate on social media	All
	<b>CPD scanning as you exit</b>	

## FRIDAY 31 MAY 2019

<b>Symposium 4:</b>	<b>Obesity updates</b>	Chairperson: Mrs Janicke Visser
08:30 - 09:00	Body composition analysis	Ms Anika Barnard
09:00 - 09:30	The effect of intermittent fasting on weight management	Dr Marli Conradie
09:30 - 10:00	Medical and Nutritional challenges post bariatric surgery	Dr Jeanne Lubbe
	<b>CPD scanning as you exit</b>	
<b>10:00 - 10:30</b>	<b>Tea</b>	
<b>Symposium 5:</b>	<b>Gut health</b>	Chairperson: Mrs Zarina Ebrahim
10:30 - 11:00	Microbiome 101: Practical understanding of a complex topic	Prof Grant Theron
11:00 - 11:30	The interaction between diet, microbiome composition and health	Prof Corinna Walsh
<b>Symposium 6:</b>	<b>New Consensus Guidelines</b>	
11:30 - 12:30	Update on clinical nutrition consensus guidelines	Prof Renée Blaauw
<b>12:30 - 13:30</b>	<b>Lunch</b>	
	<b>CPD scanning as you enter</b>	
<b>Symposium 7:</b>	<b>Supplement use in today's times</b>	Chairperson: Dr Evette van Niekerk
13:30 - 14:00	A pharmaceutical perspective on vitamins and supplements	Dr Marique Aucamp
14:00 - 14:30	Vitamin D: Are we all deficient?	Mrs Claire Julsing-Strydom
14:30 - 15:00	Omega 3: Does it make a difference?	Mrs Tracy Ugarchund
15:00 - 15:30	Micronutrient supplements in everyday use	Ms Michelle Jooste
15:30 - 16:00	Closure	Prof Reneé Blaauw