

APD(Accredited Practising Dietitian) study in Australia

Jim lau

Content

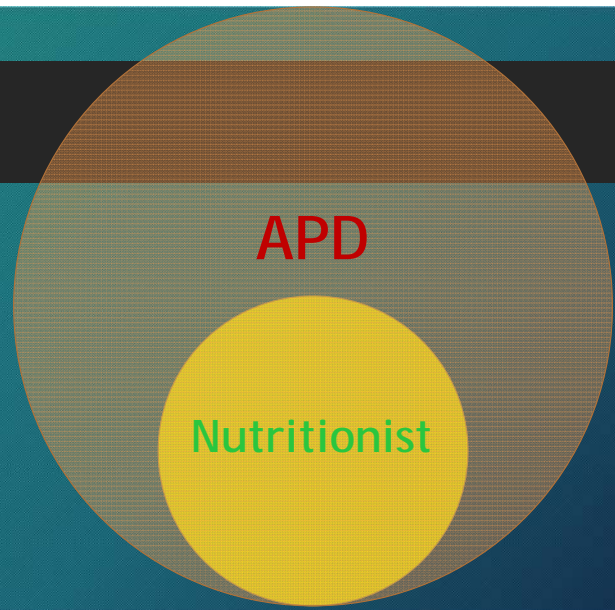
- APD vs Nutritionist
- Choose a University in Australia
- Road to study
- Q&A

APD vs Nutritionist - Australia version

	Nutritionist	APD
Knowledge	Qualification in human nutrition e.g. Bsc. Food and nutritional Sciences	
	Nil	substantial theory in human behavior
Practice	Nil	<ul style="list-style-type: none">• professional practice in clinical nutrition• medical nutrition therapy and food service management.

APD vs Nutritionist - Australia version

	Nutritionist	APD
Association	Nil	•DAA



RD vs Nutritionist - Hong Kong version

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營養師與營養學家的分別

在業內，營養師(Dietitian)是完成認可營養師培訓課程及取得認可專業資格人仕，該等課程必須包括臨床營養治療訓練；與營養師不同，營養學家(Nutritionist)是完成有關營養學位課程的人仕，但該等課程並不包括臨床營養治療學的相關培訓。

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本港目前情況

在香港，因政府並沒有立法註冊監管營養師或營養學家，所以任何人皆可以自稱營養師或營養學家，甚至自行開門執業。遇有疑問，市民應查詢執業者有關資歷，以保障個人消費權益及健康。

香港營養師協會有限公司提供[認可營養師名單](#)，以幫助市分辦本會認可營養師資格的專業營養師。



香港營養師協會
Hong Kong Dietitians Association

Then why I need to spend \$\$\$\$\$\$\$\$\$\$?

•先問問自己...

1. 你與二型糖尿病患者進行營養諮詢，你會做什麼？
2. 太難了吧？那，體重管理只有set餐單嗎？
3. 你了解24hours recall嗎，你會用嗎？

Con't

- 4. 高血壓？DASH DIET 嗎？
- 5. 減肥？低油減肥？
- 6. 什麼是益生菌
- Not studying APD will not make you be a poor nutritionist.
- Studying APD will spend up your professionalism.

- Learn from other experience ; not create your experience to learn from it

Let's my experience tell you

Nutritionist approach

- Dieting
- Meal plan + label reading
- Exercises suggestion
- else?

Let's my experience tell you

- Point 1** Discuss reason for the referral, the dietitians role and client's expectations .
- Point 2** Assess readiness to change, motivation and social factors
- Point 3** Identify risk factors and co-morbidities
- Point 4:** Obtain anthropometric measures, if client consents and will benefit from the process
- Point 5** Assess client's food habits, eating attitudes and nutrient intake
- Point 6:** Assess client's physical activity level and develop recommendations
- Point 7** Develop diet therapy appropriate for the client.....
- Point 8** Develop behavioural therapy strategies.....
- Point 9** Establish realistic goals for treatment with the client and/or their carer.....
- Point 10** Establish monitoring processes, evaluate progress, modify management program and goals

World Changing

自願認可註冊計劃 涵蓋 15 醫療專業

1. 聽力學家
2. 聽力學技術員
3. 足病診療師
4. 臨床心理學家
5. 牙科手術助理員
6. 牙科技術員/技師
7. 牙科治療師
8. 營養師
9. 配藥員
10. 教育心理學家
11. 製模實驗室技術員
12. 視覺矯正師
13. 義肢矯形師
14. 科學主任 (醫務)
15. 言語治療師

資料來源：立法會衛生事務委員會文件



Study in Australia to be an APD



Curtin University



How I choose/judge/... a univeristy ?

1. Accreditation Type (Full, Conditional or Provisional)
2. Accreditation period(will it end before you graduate?)
3. Academic requirement
4. Tuition Fee
5. Living Fee
6. Location



Before these...

- Will you choose to be a bachelor again?



So we first screen out some Bsc courses..

- The University of Newcastle
- Griffith University
- Queensland University of Technology
- University of the Sunshine Coast

Accreditation Type (Full, Conditional or Provisional)

Full accreditation

Full accreditation is generally awarded to dietetic programs with **at least one or more cohorts of graduates**

Provisional accreditation

X graduated students
X established programs as an alternative to full accreditation to ensure regular communication on how the program is meeting its accreditation responsibilities.

Accreditation Type (Full, Conditional or Provisional)

Full accreditation

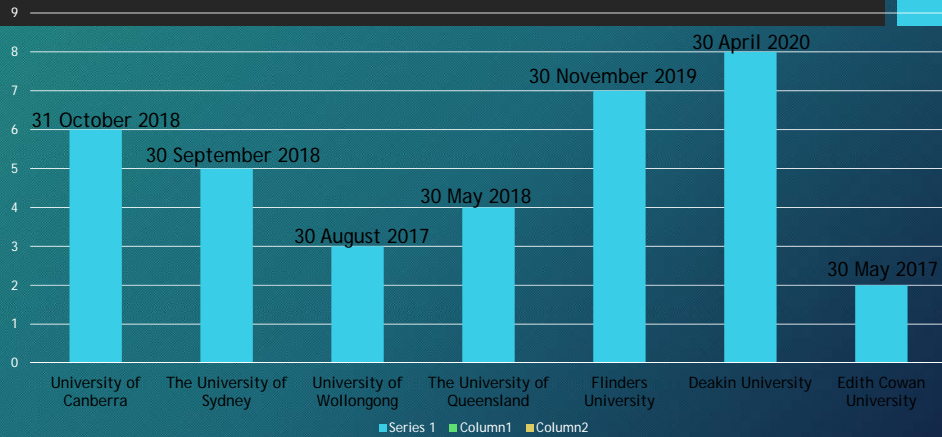
University of Canberra
The University of Sydney
University of Wollongong
The University of Queensland
Flinders University
Deakin University
Edith Cowan University

Provisional accreditation

Curtin University
La Trobe University
Bond University

Accreditation Period

Accreditation Period



Requirements

- Courses requirements (safest)
 1. 2x Chemistry(Code 2000above)
 2. 3x Biochemistry(Code 3000above)
 3. 2x Physiology(Code 3000above)
 4. 1x Nutrition course(Code 1000above)

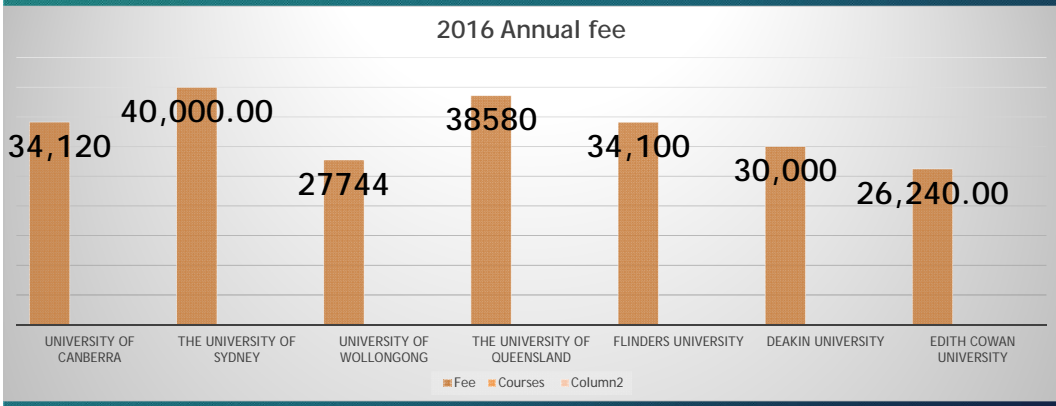
Requirements

- References letters
- At least 2 general reference letter
- 1x cover letter

Requirement

- How should my academic perform ?
- At least cGPA >2.85
- Not enough for fresh graduation
- Safest : Second-up honor

\$

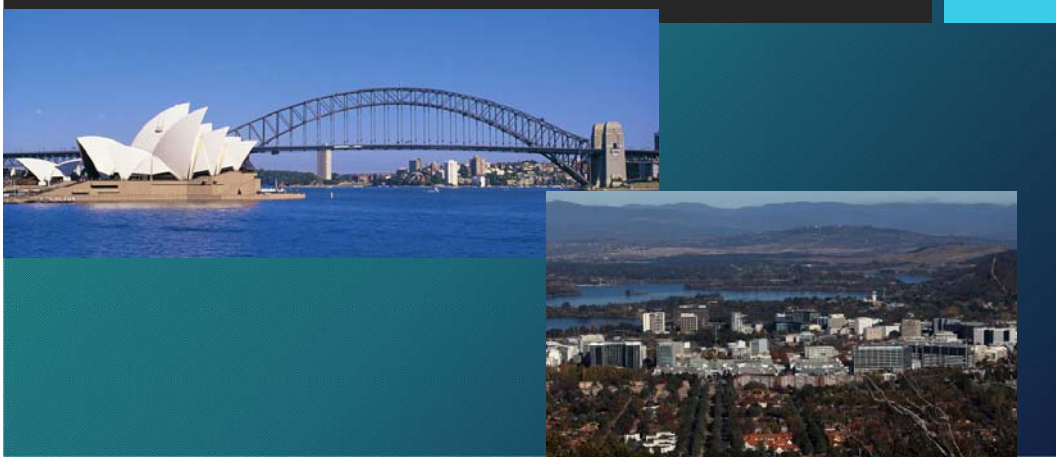


Living fee

- Depends on your universities interested. How I spent ?

Type	\$\$\$\$\$\$\$\$
Rent	\$187/week (5 rooms apartment)
Eat eat and eat	\$100-125/week
Book book and book	\$ 500-800/semester
Total expenditure in this semester	\$6000-7000

Location



Road to study(Mine and my friends)

- Mine



Road to study(Mine and my friends)

2015 Oct :
Apply for UC

2015 Oct :
Full Offer

2016 15 th
Feb :
Canberra



Q&A

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