

Workshop 11: 'Food as Medicine' for cardiometabolic conditions: evidence-based practice using a healthy dietary pattern approach

Presenters

- Hannah Mayr, Princess Alexandra Hospital; Metro South Health; Bond University; University of Queensland (Primary Presenter)
- Elena George, Deakin University Jaimon Kelly, The University of Queensland
- Lindsey Webb, Princess Alexandra Hospital
- Tayla Robertson, Princess Alexandra Hospital

Overview

This workshop will empower dietitians to apply evidence-based dietary patterns into their routine practice with clients to prevent or manage cardiometabolic conditions such as heart disease, diabetes and fatty liver disease. We will cover the evolution of dietary evidence from nutrients to whole foods and dietary patterns approach, focusing on Mediterranean-style diet. This will challenge participants to reflect on research-practice gaps, barriers in routine care, consumers perspectives and their role in guiding multi-disciplinary team members. Through case studies, role play and demonstrations we will guide participants through the practical application of a Mediterranean-style dietary pattern across the nutrition care process.

Learning outcomes

In the context of prevention and management of common cardiometabolic conditions, attendees will: Understand current evidence for healthy dietary patterns and practice gaps in routine care settings, including primary and tertiary care; Understand key foods-focused dietary principles of an evidence-based Mediterranean-style dietary pattern in the Australian context; Have increased confidence and skills in assessment, diagnosis, intervention and monitoring aligned with a Mediterranean-style dietary pattern for a variety of clinical populations; Feel empowered to advocate and support multi-disciplinary team members to provide evidence-based and consistent dietary recommendations; and Have access to practical education materials which support assessment and counselling.

Target audience

This workshop is targeted to dietitians working in clinical settings, including private practice, community health and hospitals, as well as for pragmatic interventions used in research studies. This workshop will be relevant for graduate, general, speciality and advanced APDs. The practice focus is relevant to a variety of patient groups including both prevention and management of prevalent cardiometabolic conditions, including type 2 diabetes, cardiovascular disease, metabolic syndrome, fatty liver disease, chronic kidney disease and major organ transplant. The content is relevant to counselling in individual and group settings, as well as in-person and digital delivery methods.

Workshop abstract

Background/rationale: Dietary practice guidelines now target recommendations for overall diet quality to improve cardiometabolic health and have shifted away from single nutrient-based recommendations towards dietary patterns that focus on foods. A Mediterranean dietary pattern is the most studied dietary pattern worldwide with strong evidence to support its application for the prevention and management of a range of chronic conditions. A national survey of Australian dietitians across health service contexts demonstrated there are major gaps between research and practice and that this dietary pattern is not routinely implemented in real-world healthcare settings. Clinical dietitians expressed they want direction to evidence, practical professional development and education materials to enable research translation and build confidence and skills. Furthermore, engagement with multidisciplinary teams has shown that there are substantial inconsistencies in dietary recommendations between professions and traditional condition-specific advice prevails, despite multimorbidity. **Content overview:** Key dietary evidence and recommendations, research-practice gaps and barriers in routine care, consumers perspectives, application of assessment, intervention and monitoring using a Mediterranean-style dietary pattern and the dietitian's role in guiding multidisciplinary team members. **Evidence base:** A Mediterranean dietary pattern features across recent clinical practice guidelines internationally for cardiovascular disease, type 2 diabetes, fatty liver disease and chronic kidney disease. **Strategies to be used for audience engagement:** The presenters will utilise interactive real-time anonymous polls/Q&A and verbal group reflection and discussion with reporting back. Presentation of real-world case studies will be used to facilitate exercises where participants practice methods for assessment/monitoring tools and intervention strategies with direction to practical materials.