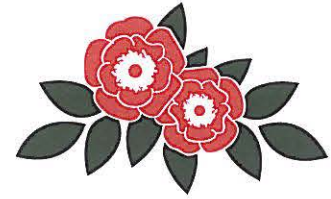


NEWS RELEASE

UNIVERSITY
— OF CENTRAL —
LANCASHIRE



FAO: HEALTH REPORTER

Advice on the menu – but is it right?

As more and more emphasis is placed on the food we eat and the effect that diet has on our health, nurses and health professionals are finding they are increasingly being asked for advice on diet and lifestyle.

Government guidelines on caring for older people, patients with coronary heart disease and diabetes sufferers, emphasise the need for health professionals to focus more on aspects of diet and lifestyle. But many professionals still lack the specialist skills and knowledge to enable them to do this most effectively.

Now Dr Pat Judd, nutritionist and dietitian in the Postgraduate School of Medicine and Health at the University of Central Lancashire, has developed a learning programme specially designed to tackle this problem. The 'Nutrition Matters' course will equip nurses and practitioners with the know-how to give basic dietary advice and to identify when referral to a specialist dietician is necessary.

With over 25 years of experience in teaching dietitians, Dr Judd has highlighted the main areas of concern and designed a programme which will enable healthcare professionals to understand the nutritional and dietary requirements of some of the most at-risk patient groups and to give high quality advice.

Covering areas such as the overweight patient, raised blood cholesterol, the under fives, older people, diabetes, food intolerance and allergies, the course comprises eight optional three-hour study sessions led by Dr Judd and local specialist dietitians. The course will be held in September and October 2002 at the Preston Business Centre next to Sharoe Green Hospital in Preston.

Dr Pat Judd says: "Good nutrition is now recognised to be an important part in maintaining health and treating disease. Nurses and practitioners need to be able to understand the nutritional and dietary requirements of a whole range of patients if they are to provide the best quality advice."

Anyone requiring any further information about the course should contact Sarah Davies in the Faculty of Health at the University on 01772 893837, email stdavies@uclan.ac.uk.

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