

# food matters

TRAINING

## ONE DAY MASTERCLASS TALKING NUTRITION IN CHRONIC DISEASE



Accredited by:



In conjunction with:



# A balanced overview of evidence-based nutrition in chronic disease

Our one day, interactive workshop has been designed to provide healthcare professionals with the information and skills they need to manage chronic disease through nutritional and lifestyle support for patients. All training materials have been put together by [Dr Rachel Pryke, RCGP Clinical Advisor on obesity and multimorbidity](#), and [Irish Dietitian and Nutrition Researcher Dr Conor Kerley](#). All content is evidence-based and free from commercial sponsorship.

## WHAT DOES THE COURSE COVER?



- Brief intervention concepts which can transform outcomes in chronic disease and multimorbidities
- An introduction to the basics of Motivational Interviewing



- Evidence-based insight into the impact that diet can have on CVD, type II diabetes, malnutrition and obesity

- A practical workbook including case studies, fact sheets and discussion topics for ongoing learning
- Translating theory into practice through role play, discussion and practical planning for your workplace



- Insight into how to structure conversations to motivate change in patients' lifestyles without dictating to them

## WHO WILL BE THERE?



- GPs
- Trainees
- Chronic Disease Clinical Leads
- HCAs
- Advanced Nurse Practitioners
- Practice Nurses

and any other healthcare professional supporting patients to manage illness through nutrition

## TESTIMONIALS



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# Course agenda

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08:30 Registration and refreshments

09:00 Trainers' opening remarks and welcome

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**09:15** **Setting your objectives for the day: what do you hope to learn?**  
**Setting you up for the day: introducing your workbook and selected case studies**

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**09:30** **Understanding the relationship between over and under-nutrition & chronic disease**

- Anticipating impact on GP time, QOF areas, hospital admissions, practice budgets and patient outcomes
  - Scoping out the potential of nutrition to impact the long-term conditions and common multimorbidity disease clusters
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**09:50** **Activity One**

- Agreeing the agenda
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**10:00** **Consistency or controversy? The science behind the headlines**

- Insight into how nutrition research is conducted: outlining the scientific process and people involved in nutrition research
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**10:30** **Obesity:** Key facts and figures supporting nutritional interventions

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11:00 Morning refreshments and networking

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**11:20** **Cardiovascular disease:** Key facts and figures supporting nutritional interventions

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**11:50** **A practical look at effective and realistic nutrition communication in minute consultations**

- Introduction to Motivational Interviewing techniques
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**12:30** **Activities Two and Three**

- Using the importance and confidence rulers
  - Conveying nutritional advice to lower cardiovascular risk factors
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12:50 Lunch and networking

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**13:45 Diabetes:** Key facts and figures supporting nutritional interventions

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**14:00 Activity Four**

- Supporting nutritional goal setting for people with diabetes
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**14:20 Malnutrition:** Key facts and figures supporting nutritional interventions for chronic disease

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**14:55 Activity Five**

- Assessing nutritional status in frail or elderly people
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15:10 Afternoon refreshments and networking

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**15:25 Social prescribing, frailty and practice-wide approaches to multimorbidity**

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**16:30 Plenary discussion: Learning reflections and next steps**

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17:00 Trainers' closing remarks and workshop ends

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## COST OF ATTENDANCE

General – **£230 + VAT**

RCGP & BSLM Members – **£190 + VAT**

HCA's, Practice Nurses & Trainees – **£160 + VAT**

Please note bookings made 30 or fewer days before the event are non-refundable.

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