

SW2 - Count those carbs! A practical workshop for effective carbohydrate counting in diabetes management



Next Generation Nutrition:
Innovative Solutions

Presenters:

Catarina Yeung

Accredited Practising Dietitian/ Accredited Nutritionist, Diabetes Educator
B Sc (Dietetics), Grad Cert in Diabetes Education

Catarina Yeung has six years of experience as an Accredited Practising Dietitian, with a special interest in diabetes. She has been working at Diabetes Australia - Vic for the past three years where she became an accredited DAFNE educator in 2007 and completed the Graduate Certificate in Diabetes Education in 2008. Prior to that, Catarina has worked in clinical, community health and private practice settings. Her current work at DA-Vic involves presentations to health professionals, diabetes camps, type 1 and type 2 programs, coordinating supermarket tours, and the delivery of the carbohydrate counting workshop for health professionals.

Olivia Farrer

Accredited Practising Dietitian/Accredited Nutritionist
BSc Hons Dietetics

Olivia Farrer, has four years experience as a Dietitian having graduated in Edinburgh Scotland with BSc Hons Dietetics. I have experience in both clinical and community settings and my roles have always had a special focus in diabetes. Currently working full time for Diabetes SA where I have developed the dietary education program for member education in addition to collaborating with our educators for health professional education. I also help organise and run health and diabetes related seminars for Diabetes SA, will be presenting at our upcoming pumping seminar and am coordinating our first food related expo for March 2010.

Nicky Peberdy

Diabetes Dietitian, Accredited Practising Dietitian/ Accredited Nutritionist, Credentialed Diabetes Educator
B Sc (Dietetics), Post Grad Dip Hosp Diet (with distinction), M Sc (Medical Science), Grad Cert in Diabetes Education (with distinction)

Worked as a dietitian in the community, hospitals, the food industry and private practice and practised in the field of diabetes for over 15 years. Has considerable experience as a presenter and a major portion of her work at Diabetes Australia - Queensland involves the development and implementation of programs aimed at consumers and health professionals such as the "De-coding Diabetes" program designed for practice nurses and allied health and the Novo Nordisk "Changing Diabetes" program for general practitioners.

Julette Kentish

Diabetes Dietitian, Accredited Practising Dietitian/Accredited Nutritionist
BAppSc (Nutrition), MND

On graduating from Dietetics in 1996, Julette worked as community dietitian in Regional South Australia and later moved to the UK where she worked in clinics and in research as Diabetes Specialist Dietitian. Extending her practice beyond the usual diabetes setting, Julette was involved in running insulin pump groups & glucose sensing clinics, as well as providing advanced carbohydrate counting training to clients & health professionals. Julette was an integral member of the UK Diabetes Team of the year, and participated in the BDA submission for the NICE guidelines on insulin pump therapy. She moved on to a more diverse client base through work as specialist endocrine/bariatric dietitian at the Thomas Addison Unit in London. After 6 years in the UK, Julette returned to Australia to immerse herself in pregnancy and family nutrition. Today, she continues to be passionate about advanced practice in diabetes and currently juggles work as a dietitian/programme manager at Diabetes Australia - Queensland with a busy private practice in Northwest Brisbane.