



Our services: Nutrition and Dietetics



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Good nutrition is a vital part of health. HKHS Department of Nutrition and Dietetics works to assess and advise dietary requirements for people with **diabetes**, **weight management problems** (overweight, underweight), heart disease, eating disorders (including disordered eating patterns) and other nutrition-related problems.

✓ Who are we?

The Hornsby Ku-ring-gai Health Service Department of Nutrition and Dietetics is a team of dietitians, a dietetics coordinator and an administration officer.

✓ What do we do?

1. **Inpatient consultations**– we assess and advise on dietary requirements for specific conditions for patients in hospital and after discharge. Some examples of those who may be referred to a dietitian include people with diabetes or heart disease, patients who are poorly nourished, or those who require enteral (tube) nutrition.
2. **Outpatient consultations** – we assess and advise on dietary requirements for specific conditions for patients with diabetes, weight problems (underweight and overweight), heart disease, and eating disorders (including disordered eating patterns). We also see children for weight management, fussy eating, and general healthy eating.
3. **Group Education**
 - **Cardiac group**. This nutrition talk is run monthly in conjunction with the [cardiac rehabilitation program](#)
 - **Diabetes Group**. This is run monthly for new and previously diagnosed clients. It is run in conjunction with the [Diabetes Educator](#), [Podiatry](#) and [Physiotherapist](#). Cost is \$25 for two consecutive Thursday mornings. Dates for 2009 are available in the [2009 Nutrition and Dietetics group schedule](#).
 - **Impaired Glucose Tolerance/Pre Diabetes Education Group**.

Related links:

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- [Weight for Health Program](#)
- [2009 group schedule](#)
- [PEG Clinic](#)
- [Vegetables for health](#)
- [Childhood obesity](#)
- [Podiatry](#)
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- [Cardiac Rehabilitation](#)
- [Physiotherapy](#)



Cost is \$15. Dates for 2009 are available in the [2009 Nutrition and Dietetics group schedule](#).

- **Pulmonary Rehabilitation.** The dietitian provides a nutrition talk as part of the Pulmonary Rehabilitation program.
- **Weight for Health Program**. We have a successful Weight Management group at HKH, held on a weekly basis, designed to teach you healthy-eating weight loss tools and provide a supportive environment to assist you achieve a healthy weight. Each week one of our dietitians will guide you through an aspect of good nutrition, to help you plan for a healthier you. You will also have an opportunity to have your weight and waist monitored. You can read all the details on our [Weight for Health Program](#) information page.
- **Supermarket Tours.** Join our Dietitians to untangle the confusion and decipher food labels to make appropriate food choices. The 2 hour session will be run in a local supermarket during the day and in the evening of each date. Preference will be given to those who have previously attended a HKHS Nutrition and Dietetics Education Program. Cost: \$15 per person. Dates for 2009 are available in the [2009 Nutrition and Dietetics group schedule](#).

4. Clinics

- **PEG Clinic.** The PEG clinic team consists of a Medical Officer, Nurse, [Speech Pathologist](#) and a Dietitian. The purpose of this clinic is to provide multidisciplinary follow-up to those who have had a PEG tube inserted, or to provide information and education to patients and their families/carers to aid decision making in those considering PEG insertion. The clinic currently runs on the 3rd Wednesday of every month in the [Bernard Curran Rehabilitation Unit](#) (ph 9477 9514).

5. Other dietitian services provided by the health service

- The Home and Community Care (HACC) Dietetic service aims to address nutritional problems for the frail aged in the community, to reduce the risk of hospital admissions and the need for higher level care. The service supports HACC clients, their carers and HACC service providers with nutrition resources, education and training, to enhance their nutrition knowledge and skills.
The HACC dietitian can also assess clients with complex nutrition issues in their own homes and provide a nutrition care plan. To make a referral or enquire about eligibility, please contact the [Aged Care Assessment Team](#) intake officer on 9477 9711.

How you can access our service

Outpatients (people who are not currently admitted to hospital) can call on 9477 9516. To be eligible for the outpatient service clients must reside in the Hornsby Shire or Ku-ring-gai Municipality. Eligible

clients must have a referral letter from their G.P. or specialist, stating their medical condition and / or dietary needs. There is a waiting period for this service, and you will be seen on a priority basis.

Inpatients: Patients requiring a dietitian assessment will be referred by the medical or nursing staff. Patients and their families can also request to be seen by a Dietitian.

✓ **Where you can find us**

We are on the campus of Hornsby Ku-ring-gai Hospital. Our department is situated at:
103 Burdett Street,
Hornsby 2077

✓ **What are our hours?**

Dietitians 8.00am to 4.30pm, Monday to Friday

✓ **How you can contact us**

By phoning 9477 9516

✓ **When you arrive**

- For an outpatient appointment the administration officer will complete a nutrition and dietetics registration form with you. Please bring your Medicare card, pension card (if applicable), referral letter, blood test results and medication list to your initial appointment.
- The dietitian will begin your consultation by asking a number of questions relating to your medical history, current medications and usual dietary intake. The dietitian will also provide you with relevant information during your consultation and give you written resources to take home.

✓ **More information**

You can read all the details on our successful [Weight for Health Program](#) on the [Weight for Health](#) information page.

You can also access the '[Dates for 2009 Nutrition and Dietetics groups](#)' and information on the [PEG Clinic](#).

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