

# Managing and Measuring Growth

## Online Evergreen Course

### Who is this course for?

Dietitians with 1-3 years' experience in practice. This course can also be used as a refresher if you are returning to practice within this area.

### Modules and Learning Objectives:

- Module 1: Growth and Nutrition Assessment
  - Describe the growth pattern of a typically developing infant and child.
  - Describe the factors affecting growth.
  - Use best practice techniques and tools for weighing and measuring infants and children.
  - Assess and interpret growth measurements (e.g., weight, height/length, BMI) using appropriate reference data (CDC/WHO growth charts or other evidence-based growth charts).
  - Assess and interpret other measurements using appropriate reference data (e.g., skinfolds, mid-arm muscle circumference) to estimate body composition.
  - Estimate energy requirements using appropriate equations and standards for healthy infants, children, and adolescents.
  - Identify the appropriate fluid, macro and micronutrient requirements for healthy infants, children, and adolescents.
  - Assess and interpret the dietary intake of infants, children, and adolescents for nutritional adequacy.
- Module 2: Infant Feeding
  - Understand the advantages and barriers to successful breastfeeding.
  - Understand the key elements of safe storage of expressed breast milk.
  - Understand the differences between the composition of breast milk and infant formula.
  - Evaluate infant feeding patterns and trends.
  - Determine adequacy of intake for infants.
  - Acquire a working knowledge of the current guidelines for the introduction of solids and the reason for recent changes.
- Module 3: Faltering Growth
  - Identify an infant/child with faltering growth and its potential causes and consequences.
  - Calculate 'catch up' requirements and understand when they are necessary.

- Provide age-appropriate dietary recommendations to achieve requirements including food fortification and concentrating formulas.
- Module 4: Introduction to Childhood Obesity
  - Understand the current state nationally, state-wide, and locally for paediatric obesity.
  - Understand key messaging to families addressing the obesity issue.
  - Recognise when referral for medical or multidisciplinary management of weight is warranted, the components of the treatment and expected outcomes (as demonstrated through a case study).

### **How long will I have access to the course?**

Once you have been uploaded onto the Learning Management System (LMS), you will have on-going access to the course and associated materials.

### **Do I need to complete the course in any order?**

This course is self-paced, which means you can do as little as you like or as much as you like at any given time. It is recommended that you start at the first module and then progress through to the last, as each chapter will build on knowledge from the previous chapter.

### **What are the course requirements?**

To receive your 'Professional Certificate', you will need to complete all modules and the assessment item.

### **How long will it take me to do the course?**

This online course is worth 14 CPD hours, so it should take approximately 14 hours to complete. You will need to manually log your CPD hours for this course.

### **Was this course peer-reviewed?**

Yes. This course was peer-reviewed.

### **About the Educators:**

**Catherine Bonifant** has been a clinical paediatric dietitian for over 20 years, and is currently undertaking consultancy work within private enterprise. Catherine was as a Clinical Leader of Dietetic Services at the Queensland Children's Hospital for 8 years, and was a Clinical Specialist Dietitian at the Royal Children's Hospital for nearly 10 years prior to this. Catherine has been a recognised leader in the clinical dietetic management of inborn errors of metabolism, and the nutritional management of respiratory disorders, including cystic fibrosis, and has presented at national and international scientific meetings on these areas. Additionally, Catherine has authored book chapters, journal articles and conference abstracts on these topics. Catherine has previously worked at Nutrition Australia within the Childcare Advisory Service, with Save the Children Fund, in private practice, and with elite athletes and teams. Catherine has a special interest in infant and pre-school nutrition, and in nutrition education and advocacy. Catherine is an Accredited Practising Dietitian.

Adjunct Professor **Robyn Littlewood** is the Chief Executive Officer of Health and Wellbeing Queensland and is a leading advocate for health promotion. Robyn believes every Queenslanders has the right to better health and she is relentless in achieving this. An experienced leader, researcher, clinician, academic and educator, she has worked extensively across all levels of paediatric obesity prevention, nutrition and dietetics, from one-on-one consultation with children and families in her clinic to leading multi-disciplinary teams on statewide initiatives. She has previously held the role of Director, Health Services Research and Director of Dietetics, Queensland Children's Hospital, Co-

Chair, Queensland Child and Youth Clinical Network and Conjoint Associate Professor at The University of Queensland. Robyn holds a range of national and Queensland clinical and academic positions in paediatric obesity prevention and nutrition. In 2015, Robyn established ChildD Pty Ltd, a specialist private nutrition practice in Brisbane, where she consults one-on-one with children and their families, and works with organisations to provide nutrition and food consultancy services. Robyn is passionate about education. Robyn is a guest lecturer in nutrition and dietetics at several universities in Queensland. Through her private practice, ChildD, she has co-designed and developed with Dietitians Australia, a training program for dietitians and paediatric clinicians. The Dietitians Australia ChildD National Paediatric Training Course is gaining national and international recognition as the most relevant and practical program available. Robyn previously held the position of Board Director, Dietitians Association of Australia, Board member, Health and Wellbeing Queensland and Chair, Paediatric Obesity Working Group, Queensland Child and Youth Clinical Network. Robyn has a Masters in Medical Science and PhD in the area of Paediatric Nutrition and is currently studying an MBA and most recently (2020) won the QUT Outstanding Alumni (Health) award which she was so proud and privileged to accept.