

Support your patients with an Accredited Practising Dietitian

Food and nutrition are cornerstones of health and wellbeing. Research demonstrates that nutrition intervention reduces hospital admissions, enhances medical outcomes and significantly improves quality of life for individuals and their families.



Accredited Practising Dietitians (APDs) are skilled collaborators in patient care



APDs collaborate closely with you and fellow health professionals to ensure your patients receive coordinated, evidence-based nutrition care.

They offer practical, achievable dietary guidance and apply effective coaching strategies that reinforce your treatment plan and support long-term behaviour change.

How can an APD help your patients?

APDs can support your patients with the nutrition management of many health conditions, such as:

- diabetes
- eating disorders
- food allergies and intolerances
- heart disease
- gastrointestinal diseases
- malnutrition
- renal disease
- and much more!

They also support patients through key life stages such as pregnancy, menopause, and ageing.

When referred to an APD, your patients may receive:

- a nutrition needs assessment
- a personalised eating plan
- nutritional counselling
- healthy eating and shopping advice
- advice to help treat diet-related conditions.

Initial consultations typically include a detailed review of diet and lifestyle, with follow-up appointments to monitor progress.

A referral to an APD is helpful when a patient:

Has a new diagnosis that requires dietary modification

Is not meeting their nutritional needs

Has poor appetite or reduced food intake

Has experienced a significant or unplanned weight change

Needs clearer understanding of their dietary management

Requires alternative feeding options

Needs a periodic dietary review, including post-surgery

Refer with confidence to an Accredited Practising Dietitian

What rebates are available?

Accredited Practising Dietitians (APDs) are the only nutrition professionals recognised under Medicare, Department of Veteran Affairs (DVA), the National Disability Insurance Scheme (NDIS) and most private health funds.

For patients with a care plan from their GP, Medicare may provide a rebate for visits to APDs to help manage chronic health conditions. Patients may need to pay a gap between the APD's fee and the Medicare rebate. The number of visits eligible for the rebate depends on the care plan.

For more information on rebates available for your patients, contact your local APD.



How APDs can support and strengthen your practice

APDs can add value to your practice by:

- developing patient education resources that reinforce your clinical advice
- providing practical education on healthy eating and food preparation to support behavioural change
- designing individual and facility-wide menu plans that meet nutritional and clinical needs
- collaborating on health promotion initiatives
- participating in care planning and case conferences to support multidisciplinary care
- providing continuing professional development for GPs, nurses and allied health teams
- contributing to research and quality improvement activities that enhance patient outcomes.

Why choose an APD as your partner in nutrition care?



APDs are university-qualified nutrition professionals, credentialed through Dietitians Australia's national program. They complete accredited training or a skills recognition process, which sets them apart from other nutrition professionals.

APDs maintain their credentials through ongoing professional development, minimum practice hours, and adherence to a professional code of conduct.

Finding an APD

Go to **Find a dietitian** at dietitiansaustralia.org.au or call 1800 812 942.

Search online for an 'Accredited Practising Dietitian'.

Always check the qualifications of a dietitian when choosing who to send your patients to for nutrition advice. Look for the letters APD after their name, or the APD logo.

