



**Dietitians
Australia**

The Leading Voice
in Nutrition and Dietetics

Support your patients with an Accredited Practising Dietitian

Food plays a key role in our physical and mental health and overall well-being. Nutrition intervention is associated with fewer hospital admissions, better medical outcomes and improved quality of life.



Accredited Practising Dietitians (APDs) are your partners in nutrition care



APDs are the experts in food and nutrition. They translate scientific nutrition information into practical dietary advice. Dietitians are also skilled in coaching strategies to improve diet through lifestyle change.

APDs work in settings such as private practice, community health centres, aged-care facilities and hospitals. They see clients face-to-face and via telehealth. They also run group education sessions.

APDs collaborate with you and other healthcare professionals to ensure coordinated care.

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 needs dietary modifications

Is failing to meet their nutrition needs

Has poor food intake or appetite

Has had a significant (unplanned) weight change

Needs a better understanding of their dietary management

Requires alternative feeding

Needs a periodic dietary review (such as after surgery)



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What rebates are available?

Accredited Practising Dietitians (APDs) are the only nutrition experts 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 else can an APD benefit your practice?

- developing patient education resources
- educating on healthy eating and food preparation
- developing menu plans for facilities and individuals
- collaborating on health promotion activities
- participating in care planning and case conferences
- providing continuing professional development for health professionals
- collaborating on research activities

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 rskills 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.

Confidently refer patients to APDs for evidence-based, ethical and up-to-date nutrition care.

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.

Your APD

