

Resource List for DSR candidates

The below list provides details of study areas and resources in the Australian context that may be useful in preparation for the MCQ exam.

Please note: this list is not exhaustive of all areas that may be assessed in the DSR MCQ exam

| Resource | URL | What you can find |
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| Baker Heart and Diabetes Institute | https://baker.edu.au/health-hub/fact-sheets | Information on diabetes, carbohydrates and glycaemic index and gestational diabetes |
| Diabetes Australia | https://www.diabetesaustralia.com.au/diabetes-fact-sheets/ | Information on type 1 and type 2 diabetes, alcohol, coeliac disease and diabetes, healthy eating for diabetes, hypoglycaemia, pre-diabetes and gestational diabetes |
| National Heart Foundation | https://www.heartfoundation.org.au/for-professionals/health-professional-online-learning | Cholesterol, blood pressure, heart disease, heart healthy eating |
| Australian Guide to Healthy Eating | https://www.eatforhealth.gov.au/guidelines/guidelines | Healthy eating for all life stages, Indigenous health eating guidelines, fat, salt, sugar and alcohol intake |
| Nutrient Reference Values | https://www.eatforhealth.gov.au/nutrient-reference-values/introduction | Recommended intake levels of essential nutrients |
| The Royal Children's Hospital | https://www.rch.org.au/nutrition/resources/ | Healthy eating for babies to young children, breastfeeding, food allergies |
| Aboriginal and Torres Strait Islander cultural awareness | https://dietitiansaustralia.org.au/working-dietetics/skills-recognition-australia/process-overseas-educated-dietitians/aboriginal-and-torres-strait-islander-cultural-awareness https://member.dietitiansaustralia.org.au/Portal/Portal/Store/Item_Detail.aspx?iProductCode=25DSRQUIZ&Category=TOPCLASSES | Aboriginal and Torres Strait Islander background and history, support on how to appropriately communicate in a culturally safe manner |

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A PO Box 2087 Woden ACT 2606 | **T** 02 6189 1200

E info@dietitiansaustralia.org.au | **W** dietitiansaustralia.org.au

Dietitians Association of Australia | **ABN** 34 008 521 480

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| Aged care | https://www.agedcarequality.gov.au/providers/food-nutrition-dining-information-providers | Food, nutrition and dining resources, aged care literature, menu and mealtime review program |
| | https://member.dietitiansaustralia.org.au/Common/Uploaded%20files/DAA/Resource_Library/2020/Aged_Care_Quality_Standards_ToolkitDec2020.pdf | Aged Care quality standards toolkit for dietitians |
| | https://www.agedcarequality.gov.au/providers/food-nutrition-dining/food-nutrition-dining-resources-providers https://www.health.vic.gov.au/sites/default/files/2022-08/nutrition-food-quality-standards-for-adults-vic-psracs-full-doc-pdf.PDF | Nutrition and quality food standards for adults in Victorian public hospitals and residential aged care services |
| Healthy Eating Advisory Service - Food Service | https://heas.health.vic.gov.au/ | <p>Menu planning and assessment, policy development, allergies and intolerances in various work settings (early childhood services, schools, healthcare services etc.)</p> <p>See also Aged Care food services and Royal Childrens Hospital</p> |
| National Health and Medical Research | https://www.nhmrc.gov.au https://www.nhmrc.gov.au/health-advice/aboriginal-and-torres-strait-islander-health https://www.nhmrc.gov.au/research-policy/guideline-development https://www.nhmrc.gov.au/health-advice/environmental-health https://www.nhmrc.gov.au/research-policy/ethics-and-integrity https://www.nhmrc.gov.au/health-advice/public-health | <ul style="list-style-type: none"> • Aboriginal and Torres Strait Islander Health • Guideline development and research policy • Environmental Health • Ethics • Public Health |

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| Australian Healthcare System Structure | https://www.health.gov.au/about-us/the-australian-health-system?language=en | Overview of the Australian Healthcare system |
| Gastroenterological Society of Australia | https://www.gesa.org.au/resources/clinical-practice-resources/ | Clinical practice resources e.g. Crohn's Disease, Inflammatory Bowel Disease and Haemochromatosis |
| Coeliac Australia | https://coeliac.org.au/health-professionals-hub/ | Recognising, testing, management and education of coeliac disease |
| Alcohol guidelines | https://www.nhmrc.gov.au/health-advice/alcohol | Guidelines on health related to alcohol consumption |
| Crohn's and Ulcerative Colitis | https://crohnsandcolitis.org.au/about-crohns-colitis/crohns-disease/crohns-disease-treatment/#heading-3 https://crohnsandcolitis.org.au/about-crohns-colitis/ulcerative-colitis/ulcerative-colitis-treatment/#heading-3 | Guidelines on management of Crohn's Disease and Ulcerative Colitis |
| Vegetarian and Vegan Eating | https://www.betterhealth.vic.gov.au/health/healthyliving/vegetarian-and-vegan-eating | Details of vegetarian and vegan diets, meeting nutritional needs, protein sources |
| World Health Organization | https://www.who.int/resources https://www.who.int/health-topics/breastfeeding#tab=tab_1 https://www.who.int/health-topics/health-promotion#tab=tab_1 https://www.who.int/health-topics/noncommunicable-diseases#tab=tab_1 https://www.who.int/health-topics/nutrition#tab=tab_1 https://www.who.int/health-topics/social-determinants-of-health#tab=tab_1 | Resources related to various health topics |

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| Allergies and Anaphylaxis | https://allergyfacts.org.au/living-with-allergies/different-lifestages/infant-feeding/ https://www.allergy.org.au/hp/prevention https://www.allergy.org.au/hp/food-allergy https://www.allergy.org.au/hp/tests | Babies and food allergies (including allergy prevention), allergy and immunology testing, living with allergies |
| Canteens, Healthy Eating and Other Food Services Policy | https://heas.health.vic.gov.au/government-policies-and-guidelines/canteens-healthy-eating-and-other-food-services-policy/ | Food services policy related to school canteens |
| National Health Preventive Strategy | https://www.health.gov.au/sites/default/files/documents/2021/12/national-preventive-health-strategy-2021-2030_1.pdf | Strategy to improve Australia's overall wellbeing by focusing on preventing illness, reducing health inequities, and addressing the wider determinants of health. Details on primary, secondary and tertiary prevention |
| Food Standards Australia and New Zealand | https://www.foodstandards.gov.au/consumer | Food labelling information, allergies and intolerances, preventing foodborne illness, nutrition, food fortification, special purpose foods, food additives, genetically modified foods, safe food supply, food technologies and novel foods |
| Health Promotion and Dietary intake | https://www.aihw.gov.au/reports/australias-health/what-are-determinants-of-health https://www.aihw.gov.au/reports/australias-health/health-promotion https://www.measurement-toolkit.org/diet/subjective-methods/introduction https://pmc.ncbi.nlm.nih.gov/articles/PMC8338737/ | <p>Determinants of health</p> <p>Health promotion and protection and the role of government and non-government organisations</p> <p>Details on methods to assess dietary intake such as food frequency questionnaire, 24 hour record, weighed food diaries etc.</p> |

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| Evaluation in Health Promotion | https://www.health.gov.au/sites/default/files/documents/2021/12/national-preventive-health-strategy-2021-2030_1.pdf | Types of evaluation explained, including formative, impact, outcome and process |
| Food Service Systems | https://pubmed.ncbi.nlm.nih.gov/articles/PMC9796490/#:~:text=Hospital%20foodservice%20relates%20to%20all,the%20time%20of%20meal%20service). | Details on cook fresh, cook chill, de/centralised systems etc. |
| Australian Institute of Food Safety | https://www.foodsafety.com.au/haccp-programs/what-is-haccp | HACCP (safety and risk assessment plan) |
| Food Service | https://www.health.vic.gov.au/food-safety/food-how-to-keep-it-safe | Food safety guidelines for various services (hospital, aged care, meal delivery services etc.) |
| Nutrition Care Process (NCP) | eNCPT Resources Members Dietitians Australia Dietitians Australia | eNCPT Reference Manual, outlining nutrition assessment and reassessment, diagnosis, intervention, monitoring and evaluation |