

Monday 22 March 2021

Dietitians have the taste for technology

How technology has revolutionised the diverse world of dietetics, particularly during the COVID-19 pandemic, is just one topic dietitians will be making a noise about this Dietitians Week.

Beginning today, Accredited Practising Dietitians (APDs) are celebrating Dietitians Week and the role they play in building healthier communities.

A key topic of conversation will be the call to make telehealth for dietitians a permanent feature of healthcare. This comes as the Australian Government extended the temporary COVID-19 telehealth item numbers (which were due to expire at the end of the month) until 30 June 2021.

“Some patient groups have had a [300% uptake in dietetic services](#) since the pandemic. The on-going impacts of COVID-19 aren’t going to disappear overnight, so it’s important that we have services like telehealth available for all Australians,” said Tara Diversi, APD and President of Dietitians Australia.

“Dietitians are communicators, translating nutrition science into practical and useful information for their clients. Permanent telehealth access would ensure Australians have a convenient and clinically effective way to access nutrition care.”

Embracing technology has revolutionised the way the profession delivers services. From using telehealth to see patients, through to delivering online workplace training, university courses and wellness seminars, dietitians have embraced the digital world.

The importance of technology is clear in our ‘I’m a Dietitian’ podcasts, released each day this week. Hosted by Tara, she chats with a range of dietitians about their career journey.

“Today we’ll hear from Sydney-based dietitian, **Robbie Clark**. As the recipient of the Dietitians Australia 2020 President’s Award for Innovation, he shares how he is leading the way in providing a platform for telehealth appointments and practice management software,” said Tara.

“Throughout this week we’ll hear about delivering education and training online from **Wendy Stuart-Smith**, career mentor and university lecturer, and **Julie Dundon**, one of our Aged Care Subject Matter leads. Dietitian entrepreneur and author **Kali Gray** will step us through her career and tips to avoid burnout – vital in today’s online world.”

This will lead up to Dietitians Day on Friday 26 March as we hear from **Laureate Professor Clare Collins**, Fellow of Dietitians Australia and the most cited dietitian in the world.

“Dietitians Day will see us celebrate the many extra-ordinary dietitians who make up our profession. Whether you know a dietitian or work with one – we’d like for you to join us in acknowledging the great work they do,” said Tara.

Find out more about [Dietitians Week](#) by contacting your local Accredited Practising Dietitian via: dietitiansaustralia.org.au/find-an-apd/ and follow the hashtags #DietitiansWeek2021 and #MakeNoiseforAPDs

ENDS

For media enquiries and interviews, contact Pattie King, Dietitians Australia 0409 661 920.

Note to Editors: Dietitians Australia (DA) is the leading voice of nutrition in Australia, representing dietitians nationally and advocating for healthier communities. Accredited Practising Dietitian (APD) is the only national credential recognised by the Australian Government as the quality standard for nutrition and dietetics services in Australia. For more information, including DA’s media releases and position on topical nutrition issues, visit www.dietitiansaustralia.org.au.

After a taster for our *'I'm a Dietitian'* Podcasts? Check out the following:



Monday 22 March: Dial into digital dietetics with Robbie Clark

2020 Dietitians Australia President's Award for Innovation recipient, Robbie Clark, shares an insight into his background as an elite gymnast, through to his career as a private practice dietitian and founder of a technology company which provides practice management software and a telehealth platform.

Follow us today on social media to see Robbie's three top tips on the benefits of telehealth!



Tuesday 23 March: Be inspired by Wendy Stuart-Smith, mentor and university lecturer

Diving into dietetics after a career in teaching, Wendy Stuart-Smith shares her journey as a clinical dietitian through to becoming a university lecturer and being a mentor to many emerging dietitians undertaking the provisional APD program.

Check out Wendy's three top tips to grow your career through your community on Tuesday.



Wednesday 24 March: Understand eating in aged care with Julie Dundon

Past President and one of Dietitians Australia's Aged Care Subject Matter Leads, Julie Dundon chats about her career in aged care. For tips on working in management, advocating for nutrition in a multi-disciplinary team (and juggling work with kids), Julie's podcast is filled with wisdom.

Why should aged care homes engage a dietitian? We'll share Julie's three top tips on Wednesday!



Thursday 25 March: Enter the world of entrepreneur and author, Kali Gray

Dietitian Kali Gray Shares a raw and honest insight into her journey through nutrition and dietetics. Entering dietetics whilst struggling with an eating disorder, Kali has used her knowledge and lived experience to support clients in private practice, write and self-publish a book and build her personal brand.

Find out Kali's three top tips to avoid burnout on Thursday.



Friday 26 March: Celebrate Dietitians Day with Laureate Professor Clare Collins

Being the most cited dietitian across the globe, Laureate Professor Clare Collins shares an insight into her career journey, the importance of translating nutrition into tasty, bite size pieces for the public and the extraordinary future she would like to see for the profession.

Stay tuned for more this Dietitians Day!