

## Co-organizers

### [CNE Update Course] Evidence based medical nutrition therapy for prevention and treatment of hypertension A professional training on DASH diet (Dietary Approaches to Stop Hypertension)

<b>Date &amp; Time:</b>	7 November 2017 (Tuesday) 19:00-20:30 (Registration start at 18:30)
<b>Target participants:</b>	Nursing staff and/or allied health professionals in Community Settings
<b>Course Content:</b>	Standard DASH diet eating plan and food exchange for each food group Nutrition label reading on sodium content and a glance on the food ingredient list Practical/handy skills to give basic dietary advises on patient diet Dispel myths on common nutrition questions related to hypertension, raised lipid profiles, and raised fasting sugar and/or gouty attack as asked by patient
<i>Remarks: Each participant will receive 2 complimentary "DASH a Day Booklets", including details of DASH diet, portion exchange and DASH recipes.</i>	
<b>Language:</b>	Training will be conducted in Cantonese, supplemented with English on presentation material
<b>Venue:</b>	Classroom A, 1/F, Kimberly House, 35 Kimberly Road, Tsim Sha Tsui
<b>Course Fee:</b>	Free
<b>CNE Points:</b>	1.5 points
<b>*Award: Certificate of Attendance will be provided for those who have attended this DASH professional training</b>	
<b>For enquiry:</b>	Please contact our program assistant Ms. Ellen So at <a href="mailto:ellen.so@ucn.org.hk">ellen.so@ucn.org.hk</a> (2172 0754)
<b>For registration:</b>	Submit registration form and fax to 2348 9130 through our online registration
<b>Deadline for registration:</b>	3 November 2017

Online registration:



(Evidence based medical nutrition therapy for prevention and treatment of hypertension A professional training on DASH diet) Registration form:

Title: Mr./Mrs/Miss/Ms Chinese Name: \_\_\_\_\_

English Name: \_\_\_\_\_ Mobile no.: \_\_\_\_\_

Email Address: \_\_\_\_\_

Workplace: \_\_\_\_\_

Profession: Registered nurse/ Enrolled Nurses/ Others: \_\_\_\_\_

HKAG Membership no.: \_\_\_\_\_

\*Please fax the registration form to 2348 9130 or email to [ellen.so@ucn.org.hk](mailto:ellen.so@ucn.org.hk)

**Speakers profile:**

Ms. Lau Pik Shan Doris (MNut.Diet., BSc.(Food & Nutritional Science) (Hons)  
Accredited Practising Dietitian, DAA (Aust), Accredited Dietitian, HKDA

Ms. Lau as an experienced dietitian not only providing individual diet counseling, outreach nutrition and menu consultancy services but also actively participated various health promotion programs with the Department of Health and Health Care Promotion Fund. She is the Principle Applicant of numerous community promotion programs, including “DASH A DAY – Community Promotion Program” and also the core speaker of “DASH Diet” for Housing Authority (HA).

Ms. Lo Man Sze Mancy (MNut.Diet., MEnvStudies, B.Sc.(Hons)  
Accredited Practising Dietitian, DAA (Aust), Accredited Dietitian, HKDA

Ms. Lo is a senior community dietitian of the United Christian Nethersole Community Health Service. She is an experienced project in charge of different community nutrition programs, including two “DASH” programs, funded by Health Care Promotion Fund, to educate different aged groups to understand the strategy and promote DASH diets for preventing/alleviating hypertension in the community settings.

Mr. Lo Ting Wai Kurtus (B.Sc (Nutrition and Dietetics) (Hons)  
Accredited Practising Dietitian, DAA (Aust), Accredited Dietitian, HKDA

Mr. Lo is an Accredited Practising Dietitian of Dietitians Association of Australia and an Accredited Dietitian of Hong Kong Dietitians Association. He is actively participating in various areas of health promotion, including promoting DASH Diet in the community and elderly centers, Mr. Lo is also a supervisor to train up dietetic students on implementing DASH diet in the community.