

PROFESSIONAL TRAINING IN LCHF NUTRITION FOR IMPROVED PATIENT CARE

Presented by national and international medical and allied healthcare experts in their field, on a range of topics related to LCHF nutrition and its implementation into clinical practice. A course developed by Nurses, for Nurses!

The course is presented as a series of online, self-study lectures.

Each lecture includes:

- Topic outline, learning objectives and lecture summary
- Expert speaker presentation
- Downloadable resources and references for relevant journal articles and literature



Certificate and Continued Professional Development

Certificate

On completion of the course, participants will be issued with a **Certificate of Completion**. The course will lead to later advanced trainings and certifications.

Continued Professional Development (CPD)

The training is worth 15 CPD hours. We have been accredited by The CPD Standards Office, we have been assured that the accreditation is recognized and respected internationally. Formal CPD Standards certificates are issued.





**nutrition
network**

LECTURE OUTLINE

Online training material tailored to meet the clinical education and training needs of nurses working within a range of specialist clinical practice areas.

1. LCHF - AN OVERVIEW
2. OBESITY, METABOLIC SYNDROME AND INSULIN RESISTANCE
3. TREATING OBESITY WITH LCHF
4. NURSES - AGENTS OF CHANGE
5. LCHF - A PATIENTS PERSPECTIVE
6. DIABETES
7. MIDWIFERY
 - PREGNANCY
 - GESTATIONAL DIABETES
 - BREASTFEEDING
8. PCOS/FERTILITY
9. WOUND CARE
10. CLINICAL IMPLEMENTATION
11. PATIENT EDUCATION

15 CPD (CONTINUED PROFESSIONAL DEVELOPMENT) HOURS - APPLY NOW!
WWW.NUTRITION-NETWORK.ORG

LECTURERS



Prof Tim Noakes
MD, Author, Scientist, Emeritus
Professor, Athlete & LCHF Expert



Belinda Fettke
LCHF advocate



Bridgette Allan
Registered Nurse
Midwife



Diane Webb
Registered Nurse
Diabetes Educator



Ziets Roets
Private Nurse Practitioner
Midwife
Wound Practitioner & Somatologist



Dr Hassina Kajee
Specialist Physician
Obesity Expert



Lily Nichols
Dietician
Author



Dr Brian Lenzkes
Internal Medicine Doctor



Dr Neville Wellington
General Practitioner
Diabetes Management Expert



Adrienne Olivier
Keto Coach
LCHF/patient advocate



Tamzyn Murphy
Clinical Dietitian
LCHF Researcher



Chris Webster
LCHF & Insulin
Resistance Researcher

*"Incredible course; and an absolute privilege to be able to watch and listen to such a diverse and inspiring group of professionals."
- Diabetes Nurse Educator, UK*

Training format

The training is made up of video lectures with supporting documents such as the speakers PowerPoint presentation and reference list.

Who is eligible to do the course?

- Nurse Practitioners
- Private Nurse Practitioners, Registered Nurses
- Midwives
- Diabetic Nurse Educators
- Enrolled Nurses

Enrolment

Register for the course by visiting www.nutrition-network.org/apply-now/ and select 'LCHF FOR NURSES' from the drop-down menu on the application. We will notify you whether your application has been successful.

Timeline & testing

You may start the course at any time, and work through the content completely at your own pace.

There is no official test, however, there are Feedback Forms at the end of each section which require you to reflect on the content and describe how you would apply it in your practice. There are also ways in which we test whether the full video has been watched.

The majority of proceeds from this course will contribute towards Eat Better South Africa and its educational work in underserved communities.