

MND Dietetics Workshop:

The nutritional management of people living with MND

Programme

- 09:30 – 09:45 *Registration and coffee*
- 09:45 – 10:00 **Introduction to the day** – aims and objectives
- 10:00 – 10:30 **The importance of diet and nutrition in MND**
In this session you will explore the significance of diet to providing the best care in MND and be introduced to current research in this important area.
- 10:30 – 11:00 **Nutritional screening and monitoring**
In this session you will hear about the risk factors in MND and learn about the ways in which people living with MND are screened to monitor their nutritional status.
- 11:00 – 11:15 *Comfort break*
- 11:15 – 12:45 **Nutritional management and options**
This session takes a look at managing dysphagia and the ways in which nutrition can be maintained from oral nutrition techniques through to gastrostomy placement and considerations for it.
- 12:45 – 1:15 *Lunch*
- 1:15 – 1:45 **Supporting people living with MND to make informed decisions about gastrostomy**
This session will provide an outline of how to effectively steer people through the challenging decision about having a gastrostomy tube.
- 1:45 – 2:45 **Hands on!**
In this session you will have the opportunity to take part in practical sessions and discuss various aspects of nutritional care such as enteral feeding, adapted cutlery and modified diets.
- 2:45 – 3:00 *Comfort break*
- 3:00 – 3:45 **Case studies and panel discussions**
In this session you will be given case studies outlining nutrition challenges and use them to engage in problem solving and discussion with fellow attendees and a panel of presenters from the day
- 3:45 – 4:00 **Evaluations and close**

