



Handbook of Clinical Nutrition and Dietetics

Fifth Edition
(Revised)

Rowan Stewart (APD)

Preface

Many of the refinements and improvements in the fifth edition of the *Handbook of Clinical Nutrition and Dietetics* have been made in response to feedback from the students, academics and clinicians who use the book on a regular basis. This edition incorporates the nutrition care process (NCP) framework for dietetic practice to ensure readers are up to date with this challenging professional doctrine. All 13 chapters of the Handbook have been thoroughly reviewed with the NCP in mind. One of the most interesting updates is the application of the NCP pathway to the clinical conditions covered in Chapter 10, Nutrition Intervention. The well-used clinical tools remain in the Handbook and have been updated to reflect new material from major nutrition and medical journals, textbooks and systematic reviews. We aim to refine and improve each edition of the *Handbook of Nutrition and Dietetics* and value your feedback. We hope this new format will assist you in your clinical work and in navigating the nutrition care process.

Acknowledgments

The support of the people who have contributed the *Handbook of Clinical Nutrition and Dietetics, Fifth Edition* is warmly acknowledged. I would like to thank Dr Kim Faulkner-Hogg for her excellent contribution on celiac disease; Dr Michelle Palmer and Suraya Nikwan for their work on Refeeding Syndrome; Hayley Coles for her review of medications, renal disease, hypertension, lipids and sports nutrition; Aleisha Chanas for her review of medications, gastroesophageal reflux disease and the labor intensive food composition tables; Jacqueline New for her work on medications, biochemistry and nutrition intervention; Philippa Rijks for her review of the nutrition care process, food composition tables, total parenteral nutrition and sports nutrition; Heidi Neil for her review of sports nutrition and Jessica Brown for her fastidious reviews of the nutrition care process, biochemistry and renal disease. Thank you to Dr Ben Desbrow for ongoing updates on caffeine for Chapter 13, Sports Nutrition. A huge thank you is extended to our designer Kat Rowe, for her wonderful design efforts and endless patience. The book would not appear in its present format were it not for the sharp eye of editor Michael Stewart.

Acknowledgment also goes to the early contributions of Dr Roger Hughes for supporting the development of the first Handbook and to Janelle Windus for her work as research assistant. Thank you to Dr Gary Slater and Sharon Rochester for their early involvement. Kathy Beck and Jane Desbrow also deserve recognition for their contributions.

Handbook of Clinical Nutrition and Dietetics, Fifth Edition (Revised)
EDITIONS 2015, 2013, 2011, 2009, 2008
ISBN 978-0-9805086-6-6

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Australian Dietitian

Editor Rowan Stewart
Campbell House
161 Breakfast Creek Road
Newstead, Brisbane
Queensland 4006, Australia

T +61 7 3852 0923
E info@australiandietitian.com
W www.australiandietitian.com

Foreword

I am delighted to write the foreword for this popular pocket reference guide, the *Handbook of Clinical Nutrition and Dietetics, Fifth Edition*. The Handbook is a valued text for student dietitians and experienced practitioners alike. The new edition combines information about the Nutrition Care Process and the Nutrition Care Process Terminology with the latest information on dietetic protocols and procedures. Thus the format of the book has changed. The Nutrition Care Process principles of nutrition assessment, diagnosis, intervention and monitoring and evaluation are described in detail in the first chapter. The remaining Chapters unfold with information that supports the Nutrition Care Process.

Every chapter of the fifth edition has been revised and updated. Among the most significant changes is the revision of the chapter entitled Medical Nutrition Therapy. This chapter covers nutrition therapy for chronic diseases commonly encountered in the clinical setting including obesity, hypertension, and the various stages of renal disease. Key assessment information, Nutrition Care Process diagnosis statements and the most up-to-date counseling strategies are proposed for each medical condition.

The popular features of the Handbook haven't changed. The clinical tools, nutrient reference ranges, biochemistry and laboratory ranges, food composition tables, useful contacts and websites, and extensive information on patient education remain: all fully updated.

I'd like to acknowledge the hard work of the contributors and reviewers who have dedicated their time to ensuring the Handbook remains a comprehensive tool for dietetic clinicians.

The Handbook is a highly sought reference guide because it provides the most up-to-date information on both the art and science of clinical dietetics.

A must have on your bookshelf!

Maree Ferguson, MBA, PhD, AdvAPD, RD
Director, Dietitian Connection
www.dietitianconnection.com

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