

SEVENTH EDITION

HANDBOOK OF CLINICAL NUTRITION AND DIETETICS

Rowan Stewart (APD)

Handbook of Clinical Nutrition and Dietetics

7th Edition

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Preface

Many of the improvements in the *7th Edition* of the *Handbook of Clinical Nutrition and Dietetics* have been made in response to feedback from our readers: the students, academics and clinicians who use the book on a daily basis.

As before, the focus is on the Nutrition Care Process framework for dietetic practice to ensure readers are conversant with this important professional doctrine. We have added type 2 diabetes and malnutrition to Ch 8: Medical Nutrition Therapy and in response to reader recommendations, we have reinstated the Nutrition Support Chapter.

The 12 chapters of the Handbook have been thoroughly reviewed with the NCP in mind. We have identified the information most used by dietitians in clinical practice and have tried to present it in a concise and practical design.

The well-used clinical tools have been updated to reflect new material from significant publications.

We aim to refine and improve each edition of the *Handbook of Nutrition and Dietetics* and thank you for your feedback. We hope this new edition will assist you in your work and in helping your patients.

Notice For Health Professionals

The publisher, editors, contributors and reviewers of this text have endeavored to provide accurate and up-to-date information. However, the evidence and best practice in the field of dietetics is constantly changing, and it is recommended that judicious professional assessment be applied when using this resource. The publisher, editors, authors, contributors and reviewers accept no responsibility for omissions or inaccuracies in the content of the *Handbook of Clinical Nutrition and Dietetics, 7th Edition*, nor for clinical decisions made by health professionals applying the information in this text. Users are advised to confirm that the information here is the most current information provided on evidence, protocols, and manufacturer information. It is recommended that users refer to and use updated evidence and protocols post-publication of this text. Medical reference ranges vary between hospitals and clinical practices. Clinicians should follow the protocol in use at their locality. While every attempt has been made to identify errors and credit copyright holders, please send advice concerning any inadvertent oversights, inaccuracies or errors of fact to Rowan Stewart.

Foreword

I am delighted to write the foreword for this popular reference guide, the *Handbook of Clinical Nutrition and Dietetics, Seventh Edition*.

The Handbook is a valued text for student dietitians and experienced practitioners alike. The 2022 edition has a familiar user-friendly format with each page highlighting information essential to dietetic practice.

A great deal has changed in dietetics in the last few years and these changes are reflected in this edition's content. The recently revised Australian guidelines to reduce health risks from drinking alcohol are included in the first chapter. The Handbook Food Composition Tables are fully updated with data from Australian Food Composition Database (formerly NUTTAB). The International Dysphagia Diet Standardisation Initiative (IDDSI), a global initiative to improve the lives of people world-wide living with dysphagia, replaces the Australian Standardised Definitions and Terminology for Texture-modified Foods and Fluids.

The Nutrition Care Process principles of nutrition assessment, diagnosis, intervention and monitoring and evaluation remain in Chapter 8, Medical Nutrition Therapy. This chapter covers nutrition therapy for chronic diseases commonly encountered in the clinical setting. Key assessment and monitoring and evaluation information, Nutrition Care Process diagnosis statements and the most up-to-date counselling strategies are proposed for various medical conditions.

New to the 7th Edition is a comprehensive chapter on oral, enteral and total parenteral nutrition including tables featuring the nutrient profiles of popular feeds and formulae. This edition also includes new sections on type 2 diabetes and malnutrition.

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 in Australia and abroad.

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!

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Acknowledgments

Updating the 2022 edition of the *Handbook of Clinical Nutrition and Dietetics* has been a major team effort. I would like to acknowledge the contributions of the people involved in the development of the Handbook and, more specifically, the authors and reviewers that took part in this update.

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Rowan Stewart

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Patients, Clients, Customers, Survivors, Consumers

*The terms **patient, client, customer, survivor and consumer** have been adopted in the literature to describe the people who attend health consultations. Costa et al. aimed to provide an integrated view of preferred terms across a range of health care contexts and countries. Generally, the term **patient** was preferred and so we have elected to use this term in the Handbook. If in doubt about your patient's preferred term just ask :-)*

Costa DSJ, Mercieca-Bebber R, Tesson S, Seidler Z, Lopez AL. Patient, client, consumer, survivor or other alternatives? A scoping review of preferred terms for labelling individuals who access healthcare across settings. *BMJ Open*. 2019 Mar 7;9(3):e025166.