



## Nutrition Services

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Nutrition is a fundamental aspect of patient care. The services of the Nutrition and Dietetics Department aims to optimise the nutritional health of patients and the community and to be a leader in Nutrition and Dietetic practice to health professionals and patients. We aim to provide the highest standard of nutritional care based on current scientific knowledge, excellence, innovation and partnership. By doing this we incorporate the values of Cabrini Health, respecting individual needs, dignity, and the sacredness of life at all stages in a competent and compassionate manner.

The Nutrition and Dietetics Department consists of a team of highly skilled and professionally qualified Dietitians and Nutrition Assistants. They understand your medical condition, your nutritional requirements and possess expert knowledge of food science and its application.

### Services

The Department provides a range of inpatient, outpatient and community services for individuals and groups. We are involved in education and training of health professionals and students. We are also involved in research and quality activities.

### Inpatient Service

Dietitians liaise with medical staff, nurses, other allied health professionals and the Nutrition Assistants to ensure your clinical nutritional needs are fully met. The Dietitians will advise you on dietary plans and practical strategies to promote optimal nutrition to meet *your* specific needs, both during your hospital stay and for your discharge home. They aim to ensure your diet is realistic, achievable and enjoyable. Dietitians also provide a consultancy service to Cabrini Prahran, Brighton and Ashwood.

The Nutrition Assistant will see you daily, during your stay at Cabrini, to provide assistance with your menu selections. Our Department has worked closely with the Food Service Department to develop a comprehensive and flexible menu to ensure therapeutic dietary needs are met as well as specific food preferences are catered for.

Optimal nutrition for the prevention and treatment of disease, for a speedy recovery and the enjoyment of food are integral components of our service.

**If you wish to speak to a Dietitian, call: 9508-1212**

### Outpatient Service

Dietitians are available for consultation on all related medical conditions and for all ages. Clinics include general nutrition, diabetes, gastrointestinal disorders, paediatrics, maternity, cancer and weight management. We strive to achieve positive and sustainable health promoting behaviour.

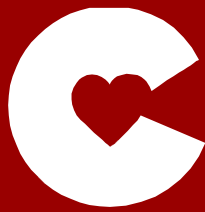
A medical referral is not necessary and this service is available to all associated with Cabrini Health and the wider community.

For your convenience a range of consultation times are available. Fees have been reduced so that they are comparable to claimed out of pocket expenses.

Appointments can be made by contacting the Allied Health Consulting Suite at Cabrini Hospital Malvern on Tel: **9508-1930**.

### Services

- Promotion of nutrition for optimal recovery and well being
- Assistance with menu selections during hospital admission to ensure your specific nutritional needs and individualised food preferences are catered for.
- Therapeutic dietary management and education
- Advice for your ongoing nutrition prescription upon discharge
- Collaboration with Home Care team for ongoing continuum of care
- Outpatient service for individualised nutrition counselling
- Telephone information service
- Lectures and health forums to health professionals and the community.
- Health promotion programs
- Recipe Development and Analysis
- Computer Dietary Analysis
- Development of nutrition resources
- Research



# Cabrini Health

Cabrini Nutrition Services  
Eating for Health and Enjoyment

For further information please contact  
Cabrini Nutrition Department  
9508-1212 or 9508-1418

