Local dietitian wins national award for research

The nutritional management of patients with cystic fibrosis and cystic fibrosis-related diabetes at the Sunshine Coast Hospital and Health Service is in good hands, with a senior dietitian nationally recognised for nutrition and dietetics research.

Accredited Practising Dietitian Catherine McFarlane has been awarded the Nutrition and Dietetics Emerging Researcher Award, presented at the Dietitians Association of Australia’s (DAA) National Conference in Hobart on Friday, 19 May 2017.

The award encourages and acknowledges quality research by an emerging researcher.

Ms McFarlane was delighted with the response to her research paper, ‘Nutritional management of cystic fibrosis and cystic fibrosis-related diabetes in Australia’.

“I am honoured to receive this award,” Ms McFarlane said.

“It is extremely encouraging for someone with an interest in clinical research and an interest in cystic fibrosis related diabetes.

“The cystic fibrosis dietitians’ role is to determine individualised nutritional management plans for patients.

“The results of my study provide insight into the nutritional management delivered by Australian dietitians to patients with cystic fibrosis and cystic fibrosis-related diabetes, which is evolving over time.

“Standardising practice for the delivery of education and addressing inconsistencies between treating centres would assist in optimising care for cystic fibrosis patients.”

DAA President Liz Kellett said the award specifically hopes to encourage more research in the area of paediatrics.

“This award is presented to a first time lead author of an original research article published in DAA’s official peer-reviewed journal, Nutrition and Dietetics,” Ms Kellett said.

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