

## WEIGHT MANAGEMENT

Clients needing advice on healthy weight loss, high cholesterol, high blood pressure, blood sugar control or exercise will be booked into our **Healthy Lifestyle Program**.

The Dietitians and a Physiotherapist provide clients with advice and support on making permanent healthy lifestyle changes.

Individual appointments are only made for clients not deemed suitable for group education.

### Healthy Lifestyle Program

**Held:** Monthly  
**When:** 3 x afternoons  
**Time:** 4.00pm - 6.00 pm  
**Cost:** Free

The **three education sessions** cover how to eat a balanced diet, label reading, eating out, planning your personal diet, adapting recipes, exercise tips and much more! Opportunity for followup!

For more information call Ph: 9346 8128



Nutrition and Dietetic Services  
Osborne Park Hospital  
Jan 2007

# Nutrition & Dietetic Services



Committed to Providing  
Quality Nutrition Care

The **Nutrition and Dietetics Department** at Osborne Park Hospital (OPH) aims to assist patients to optimise their health, nutritional status and quality of life through good nutrition.

## SERVICES PROVIDED

The Nutrition and Dietetics Department provides a range of specialist nutrition services to both **Inpatients and Outpatients**.

Dietitians provide nutritional support and dietary education to those patients who require nutritional intervention as part of their medical treatment.

This may involve nutritional assessment, development of nutritional care plans, provision of therapeutic diets, conducting nutritional counselling and education to clients and/or carers, and ongoing patient monitoring.

The Nutrition and Dietetics Department also works closely with the Catering Department at OPH to establish nutritional specifications and monitor meal delivery standards relating to the dietary needs of patients admitted to hospital.

## OUTPATIENT SERVICES

These are provided to anyone residing in the North Metropolitan catchment area. This extends from Two Rocks to Mosman Park, and as far east as Alexander Drive.

Individual appointments are held weekly at Osborne Park Hospital.

Individual counselling is available for specific diet related conditions such as:

- ✧ Gastrointestinal Disorders
- ✧ Childhood Nutrition
- ✧ Parkinson's Disease
- ✧ Kidney Disorders
- ✧ Malnutrition/Underweight
- ✧ Cancer
- ✧ Pregnancy

....and many other nutritional issues.



## ACCESS TO SERVICES

For clients living in the North Metropolitan catchment area, a written Doctor's referral is required for all one:one Dietitian appointments. The referral should be faxed or mailed to the Dietitian at OPH (see details below).

Referrals are also accepted from:

- ✧ School and Child Health Nurses
- ✧ Other Allied Health Professionals

## CONTACT DETAILS

**Nutrition and Dietetics Department**  
**Osborne Park Hospital**  
**Osborne Place, Stirling, WA 6021**  
Bus stop number: 11425 (Karrinyup Rd)

**Telephone:** (08) 9346 8128

**Fax:** (08) 9346 8498

**Office Hours: 8am to 4pm**  
**Monday to Friday**

**Staff**

Coordinator of Nutrition and Dietetics

Robert Malekin

Dietitians

Suzi Lee & Ebony McGregor