



Dear ADSA members

As 2013 comes to an end I would like to thank each one of you that has contributed to promoting ADSA and our proud profession. Our executive members are working very hard to increase our member benefits and take our association from strength to strength. If you have not yet joined the ADSA Facebook page or followed ADSA_RD on twitter you are missing out. I would strongly encourage you to do so.



On behalf of the ADSA executive committee I would like to wish you all a Happy Christmas that ends the present year on a cheerful note and makes way for a bright new year that is filled with joy, happiness and love.

All the best, Claire



Gingerbread Biscuits

Ingredients

200g plain flour, plus extra for rolling out
150g rye flour
1 tsp. bicarbonate of soda
2 ½ tsp. ground ginger
1 ½ tsp. ground cinnamon
100g unsalted butter
150g light soft brown sugar
1 large egg
4 Tbs. syrup
2 Tbs. icing sugar

Method

1. Sift together the flour, bicarbonate of soda, ginger and cinnamon and pour into the bowl of a food processor. Add the butter and blend until the mixture looks like breadcrumbs. Stir in the sugar.
2. Lightly beat the egg and golden syrup together, add to the dry ingredients in the food processor and pulse until the mixture clumps together. Tip the dough out, knead briefly until smooth, wrap in glad wrap and leave to chill in the fridge for 15 minutes.

3. Preheat the oven to 180 oC. Line two baking trays with greaseproof paper.
4. Roll the dough out to a 0.5cm thickness on a lightly floured surface. Using cutters, cut out shapes and place on the baking tray, leaving a gap between them.
5. Bake for 12-15 minutes, or until lightly golden-brown. Leave on the tray for 10 minutes and then move to a wire rack to finish cooling. When cooled decorate with the writing icing (made my mixing icing sugar with a little bit of water).

Portfolio: Public Sector

In the August Newsletter we shared with you the Nutrition Roadmap 2013-2017, which provides a framework for the implementation of existing and new nutrition policies, using a range of delivery platforms. In order to see the impact of nutrition interventions in the country a set of nutrition indicators have been approved and included in the National Information Data Sets (NIDS) which are monitored through the District Health Information System (DHIS) and some are denoted as indicators for the non-negotiables.



We are sharing with you a set of indicators (data elements not included) with definitions, source of collection and their purpose. Please click [here](#).

Portfolio: Public Relations

National Nutrition Week Branch Winners!

During National Nutrition Week 2013 we asked all the ADSA branches to take part in the national campaign - 'Choose Your Portion with Caution'. By submitting their project proposals and providing feedback on how the events they held went, they could stand a chance to win prize money for their efforts. We would like to take this opportunity to thank all the branches that had PR and Communication initiatives during this period.



We would also like to take the opportunity to announce the winner and runner up of this competition.

Congratulations to the ADSA Free state branch – **Marieke, Tanielle and their team! They are the Winners of our 2013 NNW Branch competition – winning R3000 for the branch!**

And to the **ADSA Mpumalanga Highveld branch as runners up – winning R1000 for the branch!**

Please keep an eye on the ADSA Face book and Twitter handle where we will be posting details on the great activities and events these branches had during NNW.



Looking back at November 2013

For Diabetes Month 2013, ADSA collaborated with Ria Catsicas on a Diabetes & Nutrition Q&A Session, which was featured on Facebook and twitter, focusing on educating dietitians and the consumer around nutrition and diabetes. Ria is a specialist in the practice of nutrition management in diabetes, metabolic syndrome and obesity and has authored the book "The Complete Nutritional Solutions to Diabetes". The Q&A Session included 8 questions and every day for 8 working days we posted the question and Ria's response on the ADSA Facebook page. The ADSA twitter handle was used to promote the Facebook Q&A Session.

The questions included:

- How does obesity contribute to the development of diabetes?
- What is the role of nutrition in relation to diabetes?
- How does the timing of meals and snacks affect blood glucose levels?
- How does the quantity of foods and drinks affect your blood glucose level?
- How are glucose levels affected by the carbohydrates we consume?
- How are glucose levels affected by the protein we consume?
- How are glucose levels affected by the fats we consume?
- What about Diabetes and Sugar / Sweeteners?

In total (across the 8 posts), we had a reach of more than 2 744 views.

Each tweet was posted with the hashtag #DiabetesNutrition. A total of 14 tweets went out from @ADSA_RD to support and promote the Diabetes and Nutrition Q&A session on Facebook.

On World Diabetes Day (14th November) Ria Catsicas did an interview on Kingfisher FM as an ADSA spokesperson.

Portfolio: CPD

The ADSA CPD office has had a really productive year. We are in the process of compiling our end of year report and it is evident that there was ample opportunity for dietitians around the country to obtain their required CEUs. A big thank you to all the ADSA branches that do their best to provide their members with the opportunity to learn more, earn CEUs and network.



Please note that for next year there is going to be a price increase in the CPD accreditation fees. The new prices will be implemented in January 2014 and will be as follows:

Individual accreditation: R50 per application

Activity accreditation, price per CEU: R190 (to a maximum of R3000)

Article with questions: R300 per article

Journal club: R500 annual fee

Short course: R1600

Accredited Service Providers: R1600 (annual fee)

Please remember that the accreditation of all activities is only valid until the end of the calendar year, and therefore if the same activity is repeated in the following year, it has to

be accredited again. I would also like to use this opportunity to thank Charlene Goosen for the efficient and friendly way in which she runs the CPD office and manages the numerous queries sent through to her.

Portfolio: Representation



How to lodge a complaint against a registered Healthcare professional with the HPCSA

All complaints must be sent in writing to:
The Registrar:

General Post:
HPCSA
P O Box 205,
Pretoria 0001;

Hand Delivery:
553 Corner Hamilton & Madiba (Vermeulen) Streets, Arcadia, Pretoria; or

Fax: (+27) 12 328 4895
Email: legalmed@hpcsa.co.za

What can you complain about?

Healthcare professionals registered with HPCSA are required to uphold prescribed standards of professional and ethical behaviour. You are entitled (and encouraged) to lodge a complaint with HPCSA regarding any conduct by an HPCSA-registered professional that breaches these standards, such as:

- Unauthorised advertising.
- Incompetence in treating patients.

- Over-servicing patients.
- Charging excessive fees.
- Criminal convictions.
- Insufficient care towards patients.
- Improper relationships.
- Racial discrimination.
- Improper conduct.
- Rude behaviour towards patients.
- Performing surgical procedures without the patient's informed consent.
- Prescription of specific medicine to maintain the dependency of a patient.
- Disclosing information regarding the patient without his/her permission.

To be acted upon by HPCSA, your complaint must State clearly that you wish to complain against a healthcare professional and that the HPCSA should investigate your complaint;

1. Identify the healthcare professional against whom the complaint lodged, by including his/her surname, initials, practice address and practice registration number;
2. Detail the nature of the complaint, including all relevant dates and facts as well as supporting documentation were available;
3. Be signed by you, your legal representative or any other person lodging the complaint on your behalf; and
4. Include full contact details for correspondence purposes (such as requesting additional information regarding your complaint).

Attach complain form. Please click [here](#) for a copy of the letter of complaint form.

The complaints process

Within seven (7) days of receiving your complaint, the Registrar forwards your complaint to the healthcare professional concerned and requests a written explanation from him/her.

(Note that the healthcare professional may refuse or be advised not to provide an explanation, as an explanation may be used as evidence later.)

1. Your letter of complaint together with the healthcare professional's explanation (if submitted) is referred to the Professional Board concerned for consideration.
2. Should the Board decide that there are grounds for complaint, a Professional Conduct Committee will hold a professional conduct enquiry, during which oral evidence is presented, often including independent, expert witnesses. (Note: Professional conduct enquiries are open to the public and the media, unless closed at the discretion of the chairperson.)
3. Should the professional conduct enquiry find the healthcare professional guilty of misconduct, the committee's decision is final, unless either party lodges an appeal.
4. A healthcare professional found guilty of professional misconduct may be subject to the

following penalties:

- A caution or a reprimand or both;
- A fine;
- Suspension for a specified period from practicing his/her profession;
- Removal of his/her name from the relevant register;
- A compulsory period of professional service; or
- Payment of the costs of the proceedings.

Just to let you know the revised Food Based Dietary guidelines for South Africa (for adults and children) have just been released, and are available freely for download on the SAJCN website: <http://sajcn.co.za/index.php/SAJCN/issue/view/67/showToc>



Dietitians on the move

Name: Mohube Elizabeth Mashabela

Field of speciality in dietetics: Government

Position / Title: Assistant Director: Dietetics

Where do you work? Mokokopane hospital (Waterberg District), Limpopo

How long have you worked in this field? 13 years

What does a general day (or month) look like?

During the times when I was fully working as a clinical dietitian, every day was busy. I will attend to ward rounds daily; do outreach once a week; facilitate in-service trainings and attend to clinics within the hospital which include wellness & outpatients. When I am on call or standby as we render 24 hours service I will attend to all critical patients. Usually Fridays are quite and is the time for admin work. Month end is hectic due to compilation of statistics

and reports. Since I occupied the Assistant Director Dietetics post I still attend to ward rounds, out patients and clinics but most of the time it's management meetings and admin, which makes 20% (patient care) and 80% admin. I still give clinical expertise to fellow dietitians, solve complex cases and facilitate in-service trainings on nutrition related matters.

What is the most gratifying part of your job / field of work?

Seeing the impact and positive outcome of nutritional intervention given to our clients & patients. Ensuring early nutritional intervention and reduction in average length of stay of our hospitalised patients. Knowledgeable and well informed community on nutrition related matters and the fact that quality service is still being rendered within the resource limited facilities.

What do you least enjoy about your job / field?

Lack of resources due to budget constraints resulting in our dietetics department being unable to implement some of its planned programmes for the year.

Portfolio: Sponsorship

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