



Message from the President

Dear ADSA community

Thank you to every member who has contributed to the nomination process for the ADSA Exec for the term starting 1 July. The current exec wishes to thank you for your amazing contributions in the last two years. It is truly a privilege to serve our profession in this way.



It is with sadness that we heard of the unexpected passing of Western Cape dietitian Annchen Ferreira this past month. Annchen will be remembered for her vibrant personality and endless optimism. Our deepest condolences to her close friends and family.

Yours Sincerely

Berna Harmse RD (SA)
ADSA PRESIDENT (2011-2013)

HPCSA snippet

Scopes of the dietetics and nutrition professions

Please click [here](#) for a letter from Dr JB Mbhele (General manager: Professional Board) of the Health Professions Council of South Africa.

Portfolio: Communications

Dietitian on the Move

Name: Stellerie Steffen

Field of speciality in dietetics:

Government hospital dietitian

Where do you work? Chris Hani
Baragwanath Academic Hospital

How long have you worked in this field? Since the beginning of 2012

What does your general day (or month) look like? My day usually begins with my own ward rounds in the wards (I am currently working in trauma and adult burns units, as well as various other surgical wards) where I see my patients; new referrals and follow-ups.



Depending on the day, I will come back to the department and do my outpatient clinic, weight management group or attend multidisciplinary meetings. The rest of the day is taken up by admin.

What is the most gratifying part of your job/field of your work? The clinical work is very interesting and I love seeing new cases and learning new things. However, there is

nothing more gratifying than the look on a patients face when they've lost weight through the weight management program or when a mom sees how her baby has gained weight and is growing well.

What do you enjoy least about your job/field? Working in a government hospital comes with its own set of challenges. Two of the main challenges would be communication barriers and inadequate resources available.

Portfolio: Communications

The first State of School Feeding Worldwide report was recently launched by the United Nations World Food Programme (WFP), providing for the first time a global picture and analysis of school feeding programmes in well-off countries as well as in developing nations, and data on how governments use school meals as a "safety net" in times of crisis.

"School feeding assures that where quality education is available children are able to take advantage of the opportunity to learn" said the Executive Director of WFP, Ertharin Cousin.

To read more about the State of School Feeding Worldwide Launched (Broyd, Charlotte A A) click [here](#).

Portfolio: CPD

Journal Clubs

The ADSA CPD office would like to remind all dietitians that you can apply for CPD accreditation of your journal club. The cost is R480 per journal club per calendar year. The criteria and CEU allocation of journal clubs are as follows:

Level 1

Criteria

- Formally constituted professional interest group
- Regularly recurring programme that extends for one year
- Any number of meetings per year
- May be interdisciplinary

CEUs

1 per hour

Level 2

Criteria

- Formally constituted professional interest group
- Regularly recurring programme that extends for one year
- Minimum of 6 meetings per year
- Activities should have a measurable outcome that is assessed according to criteria determined by the group (e.g. questionnaire with 10 True/False questions).
- May be interdisciplinary

CEUs

3 per meeting

For more information, please contact the CPD office: Charlene Goosen: cpd@adsa.org.za / 084 875 5438.

Portfolio: Sponsorship

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ADSA 2013 Sponsors:

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- PeptoPro®, a protein hydrolysate, is a unique pre-digested milk protein, derived from casein.
- PeptoPro® delivers protein split into smaller pieces, called peptides.
- Peptides are made up of amino acids which are bound together, and when consumed, are rapidly absorbed into the blood, with no digestion required.

Litely Fruity Flavoured PeptoPro® How is this different to PeptoPro®?

- Peptides have a slightly bitter after taste however in **Litely Fruity Flavoured PeptoPro®**, the original PeptoPro® has a light, fruit flavour to mask the bitterness and improve the palatability when added to a flavoured sports drink.
- **Litely Fruity Flavoured PeptoPro®** is the original PeptoPro® with all its benefits but less bitterness.

Litely Fruity Flavoured PeptoPro® Why is it different to regular protein?

- Adding intact protein (whey, soy, dairy products, etc) to sports drinks typically has a negative effect on taste and refreshment, as it makes drinks sticky and “thick”, properties which make drinks difficult to combine with exercise.
- These whole proteins have to be digested and broken down before entering the blood which may cause gastro intestinal discomfort while exercising or directly after exercise.
- PeptoPro® is soluble and requires no digestion, so the amino acids in PeptoPro® enter the blood and reach the muscles much faster just when they are needed most.

Litely Fruity Flavoured PeptoPro® Why use it and what are the benefits?

- Increase protein synthesis which improves muscle recovery after exercise
- Enhances continuous hard training
- Improves physical performance
- Aids in the absorption of glucose for rapid glycogen repletion
- PeptoPro® is a unique protein hydrolysate containing all the essential amino acids in the correct ratio for human health

Litely Fruity Flavoured PeptoPro® How should it be used and when?

- **Litely Fruity Flavoured PeptoPro®** is mixed and consumed according to the athlete's weight.
- **Litely Fruity Flavoured PeptoPro®** is mixed with the athlete's favourite flavoured, carbohydrate-containing energy drink. It is NOT meant to be consumed with water only.

PREPARATION	Close lid tightly.	DOSAGE AND DIRECTIONS FOR USE			Scoop enclosed in tub.
Mix into your favourite, non carbonated energy drink	2	50 kg	75 kg	100 kg	Scoop enclosed in tub.
	Shake bottle well and wait for the foam to	Flavoured Energy Drink 500ml	Flavoured Energy Drink 500-750ml	Flavoured Energy Drink 850ml +	Drink 200-250ml every 15-30 min
1		x1.5	x2.5	x3	
		Flavoured Energy Drink 500ml	Flavoured Energy Drink 500-750ml	Flavoured Energy Drink 850ml +	AFTER EXTREME EXERCISE
		x1.5	x2.5	x3	

