



Membership Cards

Last year saw the launch of our first **ADSA Membership cards**. These cards were printed for all paid up members that had confirmed their personal details via email or telephonically before the first print run. The cards were then issued to each branch chairperson for distribution at the ADSA workshops throughout 2014. For those of you that were unable to attend a workshop, the printed cards have been sent back to the ADSA Secretariat. These cards will be posted to you. If you have not collected your card at a workshop and have changed your postal address, please let Andrew Nkosi at andrew@vdw.co.za know before the 28th February this year. Failure to do so may result in your card being posted to the wrong address.

The next membership card print run for members that have either joined recently or that had missed the first print run, will take place this month. The newly printed cards will be issued to the branch chairpersons and distributed at workshops this year.

Thank you to all the members that have renewed their membership for 2015. The 2015 membership stickers will be provided to you at your next branch event. Please place this sticker on the back of your card in the block alongside the 2014 sticker as demonstrated below.



Should you not be able to make it to a branch event at all, please notify Andrew, using the details above, so that we can arrange postage.

For further enquiries with regards to the membership cards or for membership-related information, please contact Linda Drummond at lad@hotmail.co.za or Andrew Nkosi using the details above.



PEN is coming soon!

We are excited to announce that PEN will be available to all full and associate ADSA members soon. Look out for communication about when it will be accessible and for information about informative **training sessions that will be delivered by the international PEN team!**

Why PEN?

Today's busy practitioners are challenged to stay abreast of current science in food and nutrition in an ever-changing environment, ensuring their advice is grounded in the latest evidence. While diet manuals and textbooks served practitioners well in the past as authoritative resources on clinical and other nutrition-related topics, they are limited in their scope and are often out of date even before they are published. To address the need of health professionals to be effective knowledge managers with ready access to timely, current and authoritative guidance on food and nutrition questions encountered in every day practice Dietitians of Canada has developed PEN - the Global Resource for Nutrition Practice.

What is PEN?

PEN: Practice-based Evidence in Nutrition^(R) is a dynamic knowledge translation subscription service developed by Dietitians of Canada with input from thought leaders in dietetic practice, knowledge translation and technology. The PEN service is now governed by a collaborative partnership comprised of the British Dietetic Association, the Dietitians Association of Australia and Dietitians of Canada. Its powerful search tools and "Knowledge Pathway" format deliver evidence-based guidance to your nutrition practice questions easily and efficiently.

Topics in PEN address the broad spectrum of practice in nutrition and dietetics including institutional care, primary health care, public/community health, consulting/private practice, food service management, professional education, food and the pharmaceutical industry and government. Recognized authorities on each topic or Knowledge Pathway addressed in PEN contribute to the identification of relevant literature from filtered and original sources and critically appraise, grade and synthesize that literature into key practice points or answers to practice questions. Additionally, best practice client and professional resources and other tools that are congruent with the evidence are included in PEN to support practice, along with standard Knowledge Pathway tools including backgrounds, evidence summaries and toolkits. As new science emerges, components of a Knowledge Pathway are updated in a timely way to ensure practice guidance always keeps in-step with change. Each Knowledge Pathway undergoes a complete review at regular intervals. Whether you are looking for a succinct answer to a practice question when you are pressed for time, or you want to review the evidence in more depth, PEN is the practice tool for all reasons.

Curious to find out more?

Visit <http://www.pennutrition.com> to watch a PEN orientation tutorial or sign up for a 15 day free trial to see what's available ahead of this tool being readily available through ADSA. For PEN-related queries, please contact Linda Drummond at lad@hotmail.co.za

ADSA Public Relations

ADSA had a busy six months with over 50 media queries, active involvement in World diabetes day, National Nutrition Week and Breast feeding week.

Nutrition Confidence Recipes:

In November last year we launched the ADSA Nutrition Confidence recipes, developed in conjunction with chef Vanessa Marx. We've had a great response to the recipes and the campaign with various online magazines and sites using them, Womans Health online being one of them. Please visit the ADSA Blog site, Nutrition Confidence, to view and share these recipes. <https://nutritionconfidence.wordpress.com/>

The ADSA Blog:

Yes! ADSA has a blog and we would love your input and participation. Please visit the blog at <https://nutritionconfidence.wordpress.com/>.

ADSA LinkedIn Group

Besides ADSA's presence on Twitter and Facebook, we also have a LinkedIn group called the Community of Practice group. This is a closed group that only ADSA members can belong to. We will be discussing and sharing topical information in the weeks to come, so please join this group!

ADSA is attending the 1st Low Carb, High Fat Conference in Cape Town 19 – 22 February

From 19th to 22nd February we will be attending the Low Fat High Carb Conference (name recently changed to Old Mutual Health Conference) taking place at the Convention Centre in Cape Town. We have been part of this conversation for a while now and feel that it is in our best interest to stay in the loop, be aware of the trends and know what is going on in the nutrition industry in South Africa, in order to make informed decisions and continue to be part of the conversation. We will be sharing content from the conference, so keep an eye on the @ADSA_RD Twitter handle. Also, have a look at the programme (www.lowcarbhighfatexperts.com) and let us know if there is specific info you would like us to share.

The week following the conference we will be hosting a discussion on our LinkedIn Group (ADSA Community of Practice). We will post statements, questions and answers relating to the LCHF movement daily. Please find our group on LinkedIn and join, so you can be part of the discussion. If you have any specific questions you would like us to answer then mail them to info@liquidlingo.co.za - subject: LCHF / LinkedIn Question.

Professional Indemnity Cover

As per the [Health Professions Act 56 of 1974 \(click here to download\)](#) it is mandatory for all PPDs to have professional indemnity cover. ADSA has arranged for members to get reduced rates for their cover through Intersure. There are three cover options available.

SUM INSURED	ANNUAL PREMIUM (ADSA Members only)
R2,500,000	R500
R5,000,000	R980
R10,000,000	R1940

For non-ADSA members rates are estimated to be R1000 for only R1,000,000 cover.

For more information on this please contact Darius de Vries from Intersure on 0861 468 377.

To activate this cover email the completed proposal ([click here to download](#)) & proof of payment to enquiries@intersure.co.za or fax to 011 791 6300.

Constitutional Court Rules Out Certificate of Need

The Constitutional Court has handed down judgment in a direct application to declare invalid the proclamation of the President bringing section 36-40 (inclusive) of the National Health Act into force. These sections of the National Health Act collectively criminalised the provision of health services without a properly issued “certificate of need”.

At the time of the proclamation, ADSA and other representative bodies in the healthcare industry actively engaged with the Department of Health to point out the difficulties and impossibilities caused by the wording of these sections, as well as the absence of regulations and infrastructure to administer the process.

The President and other members of the Cabinet and Presidency maintained that the decision to bring the sections into operation was made in good faith, but in error, and was therefore irrational in law. They sought to have the proclamation set aside. The President is unable to withdraw the proclamation because the date for its commencement has long since passed and there is no mechanism contained in the Act itself to remedy the situation. The Constitutional Court granted the application and declared Proclamation 21 of 2014 invalid and set it aside.

ADSA 2015 Bursary

The ADSA Bursary Scheme was launched in 2008, the scheme aims to identify students that have already begun a dietetics degree and have demonstrated academic excellence and a passion for nutrition and community upliftment in their letters of motivation. The recipient of the bursary is able to carry on with their degree without the stress of the financial burden that education often carries, as they are supported for the remaining years of their studies.

Cost savings on executive expenditure allowed the ADSA committee the unique opportunity to award an additional bursary in 2015. The two candidates selected are:

Xivutiso Terria Mashimbye from the University of Limpopo
and Stacey-Lee Scott from the University of Stellenbosch
Congratulations to you both!

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