



SINGAPORE NUTRITION AND
DIETETICS ASSOCIATION

Singapore Nutrition and Dietetics Association Continuing Education Program

Date: 10 February 2018 (Saturday)

Time: 9.30pm to 5pm

Venue: Khoo Teck Puat Hospital

AGENDA

Workshop: “Nutritionists & Dietitians – Strategic Change Catalysts for the Future”

09.30 – 10.00	Registration
10.00 – 12.00	Workshop 1: Nutrition & Dietetic Professionals as Change Catalysts. <i>by Sylvia Escott-Stump</i>
12.00 - 13.00	Buffet lunch
13.00 – 15.00	Workshop 2: The Leadership Challenge: Key to moving the future of global dietetic and nutrition professionals in the 21 st century. <i>by Dr Beatriz U. Dykes</i>
15.00 - 15.30	Refreshments
15.30 – 16.30	Food Master: Reach to Teach <i>by Sylvia Escott-Stump</i>
16.30 – 17.00	Q & A

This event is organized by SNDA.

All SNDA members please **register ONLINE** at www.snda.org.sg or email ce@snda.org.sg by **2 February 2018** (please provide full name and your membership number). **This workshop is limited to 50 participants only.**

For SNDA members, **a fee of \$20** per person applies.

For non-SNDA members **a fee of \$90** per person applies for this CE event.

- 3 CE points will be credited for SNDA members.

VENUE:

- Kaizen 1, Learning Centre Level 1, Khoo Teck Puat Hospital, 90 Yishun Central, Singapore 768828

Workshop 1: Dietetics Professionals as Change Catalysts

Sylvia Escott-Stump, MA, RDN, LDN, FAND

East Carolina University

In the past, institutions had “down time,” when planning could take place. Today, in the information age, change is constant. Most people fear change, including managers. To prepare more successfully at work or in personal life, individuals should know and apply the various methods for managing change. The effective change management process enhances both quality and process improvements. As stated by Gail Sheehy, “If we don’t change, we don’t grow.” Participants will learn to use the “How” factors of change to Out-Think, Out-Perform, and plan Out-of-the-Box steps for change management.

Workshop 2: The Leadership Challenge: Key to moving the future of global dietetic and nutrition professionals in the 21st century.

Beatriz U. Dykes, PhD, RDN, KD, FADA, FAND

President, Bea Dykes and Associates, Inc. Monroe, Ohio, USA.

(IAAND Philippine Country Representative)

OBJECTIVE

At no time in the history of the world had there been more changes in the structure of the workplace than the present. The need for leadership will be demonstrated and explored with a focus on transformational leadership.

METHODS AND RESULTS

In a world of important issues and challenges, the need for leadership has never been greater. Today, more than ever, it is not enough to be competent, accurate, and safe in the practice of nutrition and dietetics. Transformational leadership skills that include competencies in a changing world will enable the practitioners to better reach other professionals and the public.

CONCLUSION

Building leadership skills simultaneously with clinical and management skills will position the dietetic professionals as leaders in the 21st century healthcare movement.

About the speakers:



Sylvia Escott-Stump

**Clinical Assistant
Professor and Director,
Dietetic Internship**

East Carolina University

Sylvia Escott-Stump is Clinical Assistant Professor and Dietetic of the Internship Director at East Carolina University. She has authored 8 editions of *Nutrition and Diagnosis-Related Care*; 5 editions of *Krause's Food and the Nutrition Care Process*; and the second edition of *Nutritional Foundations and Clinical Applications: A Nursing Approach*. A new text, *The Top 100 Skills for Public Health Nutrition*, will be out in 2018. At the Academy of Nutrition and Dietetics, she has served as President; representative to the International Confederation of Dietetic Associations; Speaker of the House; Chair of the Standardized Language task force, Nutrition Educators and Preceptors Council, and the Clinical Nutrition Management practice group. She is currently on the Board of Directors for the Academy Foundation. Her honors include the Academy's Medallion Award, Fellow of the Academy, Lenna Frances Cooper Lecturer, recognition from North Carolina and Pennsylvania as Outstanding Dietitian, Distinguished Alumni Award from Indiana University of Pennsylvania, and an honorary doctorate.



Dr Beatriz Dykes, PhD, RDN, LDN, FADA, FAND

**President, Bea Dykes and Associates, Inc.
Nutrition Education, Food Systems & Dietetic Management
Consultants**

Beatriz Dykes owns her own business Bea Dykes and Associates, Inc. and served as an adjunct professor at Hunter and Lehman Colleges, City University of New York. She is an active member of the education community in both the United States and the Philippines that included the establishment of the Department of Dietetics and Nutritional Management at Sinclair Community College in Dayton, Ohio, before retiring after 37 years. She also served as a visiting professor at three Philippine universities*.

Dr. Dykes was a founder and continues as the president of the Filipino Americans in Dietetics and Nutrition, Member Interest Group (FADAN, MIG) of the Academy of Nutrition and Dietetics. She is also the editor of the *BALITA*, its newsletter. She has served as delegate (11 years) in the Academy's House of Delegates and was Chair and member on the Academy's Diversity and Nominating Committees. It was during her term as President of the Ohio Academy of Nutrition and Dietetics that the Ohio Dietitian

Licensure Law was passed. She has served also public policy Chair, and was a member of the of the legislative and program planning committees. She was a founding member of the Ohio Consultant Dietitians in Health Care Facilities and Ohio Dietetic Educators of Practitioners.

Bea (Betty, as we know her) was instrumental (1992) in the Reciprocity Agreement between the Commission on Dietetics Registration and the Philippine Professional Regulations Commission (CDR/PRC) and continues to facilitate in its application.

She has traveled extensively throughout the world sharing her expertise with colleagues through professional presentations and consultations. She has been and presented at the International Congress in Dietetics in the Philippines, Scotland, Australia, Israel, Japan, France, Canada, Spain, and the United States; and at the Asian Congress of Dietetics - the Philippines, Korea, Japan, and Taiwan.

The Academy has recognized her contributions to the profession by presenting her with the Medallion Award (2004), the Wimpheimer-Guggenheim International Exchange and the Service Award (2014). She is a Lifetime Fellow. She has also been presented with numerous awards from the Ohio Academy that included the President's Award in 1998. Her contributions to the Dietetic Practice Groups and Member Interest Groups were also recognized with the Most Distinguished Member Awards.

She is a lifetime member of the Nutritionists Dietitians Association of the Philippines (NDAP, 2015) and is a recipient of the Balik Scientist Award twice (2011, 2012-2013) from the Philippine Department of Science and Technology. She is one of the recipients of the 100 Outstanding Alumnae Awards of the College of the Holy Spirit at its 2013 Centennial celebration. She is a member of the Kappa Omicron Nu Honor Society.

*University of the Philippines (Diliman), Philippine Women's University (Manila), University of San Carlos (Cebu City).