

What is dietary counselling?

Speaker biographies

Dr Liz Weekes is a Consultant Dietitian and Senior Clinical Lecturer with 25 years clinical and research experience in the detection and management of disease-related malnutrition. Having worked predominantly in the acute setting during her early career, her PhD studies focused on the identification, assessment and management of nutritionally vulnerable community-based individuals with chronic obstructive pulmonary disease. More recently Dr Weekes has extended her studies to include evaluating both hospital and community-based initiatives designed to improve the nutritional care of elderly people and undertaking systematic reviews. Dr Weekes has a particular interest in patient-centred outcomes, such as quality of life and activities of daily living, and the health economic analysis of nutritional interventions. These interests are reflected in her current research where she is leading a large, observational study designed to explore the impact of malnutrition on older people in the community. Dr Weekes is a Cochrane-trained systematic reviewer and, together with Dr Christine Baldwin, has completed two Cochrane reviews. She has extensive experience of guideline development and recently led the guideline group on the estimation of nutritional requirements for the Parenteral and Enteral Nutrition Group of the British Dietetic Association.

Dr Alison Steiber is a Registered Dietitian Nutritionist and the Chief Science Officer at the Academy of Nutrition and Dietetics. As Chief Science Officer, Dr Steiber leads the Research, International, and Scientific Affairs team in both research efforts, including conducting nutrition related research, systematic reviews, position statements, and Evidence Based Nutrition Practice Guidelines and the Dietitian Outcomes Registry. Additionally, Dr. Steiber oversees the Academy's international efforts, standardized language development and resources and supports the research fellowship program. Dr Steiber holds an adjunct faculty position at Case Western Reserve University and prior to the Academy was Director of the Coordinated Dietetic Internship. She is an author on dozens of scientific research papers, represents the Academy at key research, scientific and/or policy conferences, is a member of both the Scientific Advisory Panel for the American Council on Exercise and the Executive Committee for the International Society for Renal Nutrition and Metabolism. Dr Steiber completed her Dietetic Internship and received her Masters of Science in Dietetics at the University of Kansas Medical Center and her Doctorate in Human Nutrition from Michigan State University.

Heather Keller RD PhD is the Schlegel Research Chair in Nutrition & Aging at the University of Waterloo. Research programs cross the continuum of care and are focused on improving the nutritional status and food intake of older adults. Her acute care program of research is focused on improving food quality and nutrition care processes. Current projects include phase 2 of More-2-Eat and the Hospital Patient Food Satisfaction study. Research in residential and long term care is focused on improving the nutritional and sensory quality of food, as well as enhancing the mealtime experience for residents, family members and staff. Community based research includes nutrition care processes and improving food intake of vulnerable older adults, including those living with the dementia and/or frailty. Professor Keller has led several national research and knowledge translation projects, including the landmark Nutrition Care in Canadian Hospitals, More-2-Eat and Making the Most of Mealtimes in Long Term Care studies. Professor Keller has published widely and translates research into practice with practitioner tools and resources. As a founding member and past chair/co-chair (2009-2018) of the Canadian Malnutrition Task Force, she is involved in translating research into practice and advocating for improvements in nutrition care. She is currently the chair of the primary care working group for CMTF and involved in several national and international expert groups advancing the prevention, detection and treatment of malnutrition.