



## ADSA LEARN

On 1 March 2024, ADSA proudly launched "ADSA Learn", our very own online Continuing Professional Development (CPD) platform, supporting continued learning and skills development. This initiative, under the stewardship of Dr Estelle Venter (ADSA Treasurer), brings you current, evidence-based updates in different formats and at affordable rates.

The platform features a range of CPD accredited activities, including journal articles, self-guided modules as well as live and recorded webinars. Each activity also includes a summary of the key points, as well as other resources, where relevant. Activity quizzes are available immediately after completion of the activity, or can be done in your own time. Once you've successfully passed an activity, your CPD points will be automatically submitted to the HPCSA within 2 weeks, and your certificate of completion will be available for download for your own record keeping.

"ADSA" Learn is your go-to hub for continuous professional development. Dive into a world of skill-building and knowledge enhancement with our user-friendly online platform. Visit ADSA Learn to find out more (<https://adsa.org.za/adsa-learn/>)

FROM 1 MARCH 2024  
INTRODUCING:



Accessible knowledge, new skills and practical guidelines at your fingertips!

ACTIVITIES INCLUDE:

JOURNAL  
ARTICLES

WEBINARS

INSIGHTS  
and more!

All activities are CPD accredited with new activities coming soon!

Become an ADSA Member for  
DISCOUNTED RATES on ALL activities!

## 2024 NUTRITION CONGRESS

**N**DAWONYE – a call for partners in food and nutrition to come together, work together and advance nutrition innovation and collaboration.

The South African nutrition landscape is riddled with numerous intricate challenges that significantly affect the health and well-being of individuals and communities, potentially leading to severe consequences for future generations. Simultaneously, our health system is dynamic and moving towards universal health coverage, presenting both opportunities and challenges for nutrition to serve as the cornerstone for optimal health.

The 2024 Nutrition Congress aims to bring together practitioners, scientists, academia, policy makers, development partners, and various stakeholders in the food and nutrition domain. This gathering will

offer opportunities for extensive sharing and learning, serving as a prominent platform to showcase cutting-edge research, engage in dialogue and vibrant discussions, foster professional development, and establish partnerships.

With four distinct presentation categories covering the latest advancements in nutrition, ranging from disease prevention and treatment to food and nutrition technology and professional practice, this congress caters to individuals in diverse roles within the food and nutrition spectrum, spanning from critical care to food product development.

Join us at the 2024 Nutrition Congress from 2 to 4 October 2024, where stakeholders unite to spearhead nutrition for all.

## PRACTICE GUIDELINES FOR HEALTH PROFESSIONALS

**T**o be a good health care practitioner, requires a life-long commitment to sound professional and ethical practices and an overriding dedication to the interests of one's fellow human beings and society. Towards the end of 2023, several amendments were made to the Ethical Rules of Conduct for health

care professionals, as announced through Board Notice 510 of 2023. These include amendments to definitions, as well as to Ethical Rules 7, 8, 18 and 23. ADSA encourages dietitians to familiarise themselves with these amendments and the implications thereof as applicable to individual contexts.



## BURSARY RECIPIENT ANNOUNCEMENT

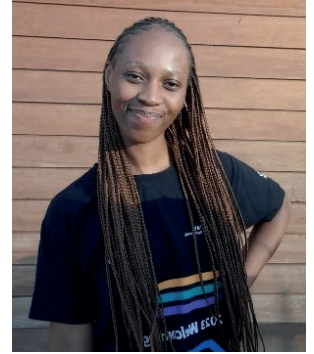
Every year, since 2013, ADSA awards a first year dietetic student with funding towards their studies in their second, third and fourth year. The successful candidate is selected according to a scoring rubric, looking at socio-economic background, academic record and other funding received. Visit <https://adsa.org.za/adsa-bursaries/> if you want to read more about the previous ADSA bursary holders.

We would like to congratulate Ms Dineo Amilia Mashigo, our selected bursary candidate for 2024. She will be assisted towards her studies with an annual amount of R33 000 in her second, third and fourth year of studies.

*"I am Dineo Amilia Mashigo, I was born and raised in Kabokweni, Nelspruit, in the Mpumalanga province. I am currently a second year BSc in Dietetics student at the University of the Free State.*

*The reason I chose BSc in Dietetics is because of my love and passion for health sciences and I find Dietetics to be fascinating as I will be treating patients from a nutrition point of view.*

*I would like to express my gratitude to ADSA for providing me with this opportunity of being funded for the remaining years of my undergraduate education, as the funding will be of great assistance."*



## STAY IN TOUCH

Stay in touch with ADSA and help us spread the word to promote optimal nutrition for all South Africans:

- [www.facebook.com/ADSAorgza](https://www.facebook.com/ADSAorgza)
- [www.twitter.com/ADSA](https://www.twitter.com/ADSA)
- <https://www.instagram.com/adsaorgza/>
- Blog: <http://nutritionconfidence.wordpress.com>
- Website: <http://www.adsa.org.za>
- Email: [info@adsa.co.za](mailto:info@adsa.co.za) or [adsacomms@gmail.com](mailto:adsacomms@gmail.com)