Bachelor of Nutrition (Honours) Code: M3703

Projects offered for 2016

Monash University
Department of Nutrition and Dietetics,
Be Active Sleep and Eat Facility (BASE),
1/264 Ferntree Gully Road,
Notting Hill
Are you in final year of a degree in Nutrition, Dietetics, Biomedical Sciences and don’t know what to do after completing your Bachelor degree?

It’s a busy time of year with submitting coursework and pracs, but you also need to consider what you’re going to do next. Why not consider the Bachelor of Nutrition (Honours) degree within the Department of Nutrition and Dietetics at Monash University? It will allow students to develop their research skills and competencies, learn specific techniques and gain a deeper understanding of a selected aspect of human nutrition, as well as giving you a transferable skills advantage over other graduate job applicants.

This program is for top ranking graduates of a nutrition/dietetic/biomedical sciences courses; or those who have completed a science-based degree with substantial nutrition content. To determine eligibility please discuss this with the Honours coordinator and the project supervisor. For more information please refer to: [http://www.monash.edu.au/study/coursefinder/course/3865/](http://www.monash.edu.au/study/coursefinder/course/3865/)

What do I actually have to do for Bachelor of Nutrition (Honours) degree?

The program consists of an individual major research project and a compulsory coursework component. The coursework component will be conducted in semester one (for both Full time and half time enrolments), and includes a unit on project organization, literature reviewing, study design, data collection, data analysis, statistics, scientific report writing, and submitting work for peer review. Students also undertake a systematic literature review which supports their research topic. Learning how to do a systematic review a key skill that Honours students acquire. These units contribute towards the successful completion of an Honours research project ([http://www.monash.edu.au/pubs/handbooks/courses/3865.html](http://www.monash.edu.au/pubs/handbooks/courses/3865.html)).

**Duration of study:** Most students complete their Honours during a full time academic year. However, a half time study option is available which enables the student to complete their course work (BND 4111 in Semester 1) and systematic literature review (BND4121 across Semester 1 and Semester 2) during 2016 and their research project in 2017. Students must complete their Honours course in its entirety within two consecutive years. Not all projects are available for half time study and this needs to be discussed with the relevant supervisor.
Where will I be located for my Honours project?

Department of Nutrition and Dietetics

The Department of Nutrition and Dietetics is located at the state-of-the-art ‘Be Active Sleep and Eat’ (BASE) Facility in Notting Hill (www.med.monash.edu/base). The BASE Facility is dedicated to advance translation of the science of nutrition, sleep and physical activity to enhance the health lifespan of all Australians. The facility comprises iDXA for bone and body composition assessment, sleep laboratory, a commercial kitchen, exercise and fitness studio and consulting suites.

You will utilise the equipment and facilities alongside highly qualified and experienced investigators. Desk space is available at the BASE facility.

How to apply

Applications for entry into the Bachelor of Nutrition (Honours) program for 2016 are open and the **first round applications will close on Friday 30th October**. Provisional offers will be made 7-10 days later. Please check the Handbook for entry requirements (http://www.monash.edu.au/study/coursefinder/course/3865). If you are interested in any of the projects being offered please contact the relevant named supervisor to discuss the projects you are interested in. Complete the application form at the end of this document or download a copy from the website: http://www.med.monash.edu.au/scs/nutrition-dietetics/bnd-honours.html. Applications will remain open after first round applications.

Further information

Dr Kate Huggins, 
Honours Co-coordinator 
Phone: +61 3 9902 4269 
Email: kate.huggins@monash.edu

Professor Helen Truby, 
Head of Dept of Nutrition and Dietetics, 
Honours Co-coordinator 
Phone: +61 3 9902 4261 
Email: helen.truby@monash.edu
Head of Department of Nutrition and Dietetics

Professor Helen Truby
Professor Truby is a nutrition scientist and clinical dietitian. Professor Helen Truby is fighting a modern scourge – adult heart disease, strokes and cancer, caused largely, she believes, by poor eating and sedentary habits developed in childhood. The creator of the children’s body image scale says Monash’s new BASE facility has become a valuable weapon in her battle. She has extensive experience in conducting dietary studies including randomized controlled trials and intervention protocols in adults and children. Many of these trials have been directed at weight management, diabetes prevention and designed to test the effects of interventions such as exercise with or without varying macronutrient composition on weight and body composition change and add to the evidence base for practice.

Research Leaders include:

Left to right, Professor Helen Truby, Dr Maxine Bonham, Dr Ricardo Costa, Dr Claire Palermo, Dr Aimee Dordevic, Dr Zoe Davidson, Dr Kate Huggins, Dr Tracy McCaffrey. Researcher profiles can be found at:  [http://www.monash.edu.au/research/people/profiles/](http://www.monash.edu.au/research/people/profiles/)

Research Theme areas

- **Metabolism**: Energy and fluid kinetics, appetite regulation and relationships between sleep, exercise and metabolic regulation are explored in this theme.

- **Clinical Nutrition**: to improve the nutritional health of those with acute or chronic disease. Collaboration with practitioners enables us to seek solutions to real world problems and to translate research findings into practice.

- **Education of Nutrition Workforce**: We are leading Australia in educational research which underpins our understanding of best practice in delivery of innovative teaching and learning. Our education research spans how we develop and instil professionalism in our students, use of simulation in practice, adoption of new delivery methods of clinical education.

- **Public Health Nutrition**: investigates the relationship between food, eating behaviour and nutrition in children and adults and aims to understand and enhance the communities’ ability to reduce obesity, lead healthier lifestyles and have access to healthy foods in the right proportions.
All research themes are enabled by cross cutting themes – these frame our methodologies and can be applied in any research project.

- Dietary measurement
- Exercise Physiology
- Genomics-genetics
- Food Innovation

Projects

Projects are supervised by an experienced member of the Nutrition and Dietetics staff.


Projects may also be available with our collaborators at Monash Health, Baker IDI and The University of Surrey, England.

What is it really like doing Honours in Nutrition and Dietetics?

We asked some of our former students why they chose to become an Honours student and how it had benefited them.

“Returning to university to embark on an Honours degree was an extremely difficult yet ultimately rewarding decision. After working for 5 years as a community dietitian I came to realise that what I loved about my role was the opportunity I had to conduct localised community based research and implement tailored nutrition interventions. However I was lacking the research skills necessary to thoroughly evaluate these interventions and subsequently contribute to the current evidence base. The Honours year offered me a unique opportunity to lead a one-year research project with the support of experienced researchers and academics whilst developing essential research knowledge and skills which I have also been able to implement in my dietetics role in community health. The honours year provided me with the ‘taster’ I needed to validate my interest and enthusiasm for research and academia, whilst also providing me with the confidence needed to pursue a PhD.”

Sarah Meiklejohn (2013 Graduate and current PhD candidate)

“Research in nutrition and dietetics has come very far yet there is still a plethora of knowledge to discover in this extensive field. I have always been interested in research and Honours was the ideal gateway to immerse myself into this world. For my Honours project, I had the exciting opportunity to explore the experiences of women who had gained weight following chemotherapy for breast cancer. Specifically, the investigation of the reasons for their dietary change, the nutrition-related supports that they were receiving and their support needs. I learnt a variety of different research skills from the teaching staff and my supervisors which have served me well beyond Honours. There were many opportunities that I received during the Honours year such as attending scientific conferences, shadowing researchers and writing for publication. I found my Honours years to be very memorable and it provided me with a glimpse of a career in research.”

Alastair Kwok (2013 Graduate)
Project List

Project 1: Does changing dietary behaviours of shift workers modulate gene expression of Peripheral Mononuclear Blood Cells and can transcription of inflammation related genes be used to evaluate metabolic response?

Project 2: A good time to Eat: Assessing dietary eating, food choice and barriers to healthy eating in shift workers

Project 3: Do marine polyphenols improve chronic disease risk factors in humans?

Project 4: Do health claims (e.g. low fat) increase food intake?

Project 5: Dietitians’ attitudes towards genetics and nutritional genomics in practice: Current perspectives and changes over the past five years

Project 6: Impact of exercise-induce dehydration on gastrointestinal symptoms, intestinal endotoxin leakage, and systemic endotoxaemia.

Project 7: Does milk as a recovery beverage after exercise prevent the post-exercise decrease in immune function?

Project 8: Developing translational nutritional support in extreme endurance sports.

Project 9: Does the FODMAP (Fermentable Oligo-, Di- and Mono-saccharides And Polyols) content of diet impact on exercise-induce gastrointestinal damage, symptoms, malabsorption and exercise performance: A low vs high FODMAP diet approach

Project 10: Does the FODMAP (Fermentable Oligo-, Di- and Mono-saccharides And Polyols) content of sports food consumed before and during prolonged strenuous exercise impact on exercise-induce gastrointestinal damage, symptoms, malabsorption and exercise performance.

Project 11: Home based dialysis. How are we doing?
Project 1: Does changing dietary behaviours of shift workers modulate gene expression of Peripheral Monuclear Blood Cells and can transcription of inflammation related genes be used to evaluate metabolic response?

Primary Supervisor
Dr Chiara Murgia

Associate Supervisor(s)
1. Dr Maxine Bonham

Contact details: chiara.murgia@monash.edu

Enrolment option: Full time or half time only

Project summary
Nutritional genomics is the study of how foods and its components affect our genes and how individual genetic differences can affect the way we respond to nutrients. It was demonstrated that shift workers are more likely to suffer from health issues such as obesity, sleep disorders and cardiovascular disease compared with workers conforming to the normal sleep-wake cycle. This increased risk is thought to be a result of disruption to the internal body clock resulting in a mismatch between body’s internal timing system and behaviour. Eating and sleeping at irregular times can lead to disturbances in metabolism and energy imbalance promoting obesity, cardiovascular disease and diabetes. An intervention study will be undertaken to manage the dietary intake of shift workers so that their overall food and drink intake remains constant whilst avoiding eating during critical times when food should be avoided. We will test the effectiveness of this intervention by challenging the body to a high fat meal before and after the intervention period. This project will focus on investigating Peripheral Blood Mononuclear Cells (PBMC) gene expression to define gene transcription modulation of insulin responsive and inflammatory related genes. Meal composition and disruption of circadian rhythm were shown to affect significantly the expression of genes in PBMC revealing underlying molecular mechanisms. This approach could ultimately result in the definition of new, sensitive and early biomarkers that can help to formulate early interventions.

This project will be located at the new Be Active Eat and Sleep facility in Notting Hill (www.med.monash.edu.au/base/) and the Physiology Department at the Clayton campus of Monash University.

Pre-requisites: standard entry requirements
http://www.monash.edu.au/study/coursefinder/course/3865/

Skills acquired: blood sampling and processing methods, RNA extraction and analysis techniques, understanding of gene-nutrient interaction implications.


Application – Bachelor of Nutrition (Honours) 2016
Project 2: A good time to Eat: Assessing dietary eating, food choice and barriers to healthy eating in shift workers

Primary Supervisor
Dr Kate Huggins

Associate Supervisor(s)
Maxine Bonham

Contact details: kate.huggins@monash.edu or maxine.bonham@monash.edu

Enrolment option: Full time only

Project summary
Shift workers by virtue of their profession are at a greater risk of chronic diseases such as type 2 diabetes, cancer and cardiovascular disease. It remains to be determined what factors associated with shift work contribute to the increased risk of chronic disease and the aetiology is likely to be multifaceted. Altered eating times, snacking behaviour and food choice may play a role. We propose a holistic approach to assess eating behaviour in shift workers with the aim of providing evidence for the development and implementation of dietary guidelines for shift workers. We have a number of studies ongoing in this area ranging from ecological studies to understand the food environment of shift workers compared with day workers, to exploring the metabolic responses to foods at different times of the day and night.

Pre-requisites: standard entry requirements
http://www.monash.edu.au/study/coursefinder/course/3865/

Skills acquired*: Indirect calorimetry, body composition assessment, dietary assessment, participant recruitment, assessment of appetite and satiety, acute post-prandial assessment, including biochemical measurements.

*NB: skills acquired will be project-dependent and you may not acquire all these skills. Some projects may require you to work out of usual business hours.
Project 3: Do marine polyphenols improve chronic disease risk factors in humans?

Primary Supervisor
Dr Maxine Bonham

Associate
Dr Aimee Dordevic

Contact Details: maxine.bonham@monash.edu

Enrolment option: Full time only

Project summary
Non-communicable chronic diseases, such as type 2 diabetes and cardiovascular diseases, are some of the leading causes of morbidity and mortality worldwide. There is evidence that risk factors for these conditions, including hyperglycaemia, hyperlipidaemia and inflammation can be altered by dietary polyphenol intake. Thus, polyphenols have potential to be used as a natural alternative to conventional drug treatments for reducing such risk factors and preventing/treating chronic diseases. The majority of research to date has focused on polyphenols from terrestrial sources, such as fruit, vegetables, green tea, red wine and chocolate, and largely consists of studies in cells and animals. Little is known about the effects of polyphenols from marine algae, particularly in humans. The current project will investigate the effects of marine polyphenols, postprandially, on chronic disease risk factors in a human population.

Pre-requisites: standard entry requirements
http://www.monash.edu.au/study/coursefinder/course/3865/

Skills acquired: body composition assessment, dietary assessment, physical activity assessment, assessment of appetite and satiety, laboratory techniques, participant recruitment, data collection and analysis

Project 4: Do health claims (e.g. low fat) increase food intake?

Primary Supervisor
Dr Tracy McCaffrey

Associate
Dr Claire Palermo

Email: tracy.mccaffrey@monash.edu

Enrolment: Full time only

Project summary
Dietary advice advocating fat reduction as a key strategy for the treatment and prevention of obesity has resulted in the rapid proliferation of low fat products. This in turn may have helped to generate the perception that as long as low fat products are consumed the quantity of food eaten is unimportant (i.e.) low fat products may increase consumption because they increase perceptions of the appropriate serving size and/or reduce anticipated consumption guilt (ACG). However what most consumers do not realise that the reduced fat is often compensated for by other ingredients such as sugar to maintain the taste and texture properties, with the overall energy density (kJ/g, ED) similar or higher.
The aim of this study is to assess if low fat nutrition labels have the potential to increase food intake by increasing perceptions of an appropriate serving size and reduce anticipated consumption guilt.

*Skills acquired:* communication, quantitative and qualitative data analysis and interpretation, resource development, communication, recruitment of study participants.

*Pre-requisites:* standard entry requirements

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**Project 5: Dietitians’ attitudes towards genetics and nutritional genomics in practice: Current perspectives and changes over the past five years**

**Co-supervisors**
Jorja Collins
Chiara Murgia

**Contact details:** jorja.collins@monash.edu

**Enrolment option:** Full time only

**Project summary**
There is increasing recognition of the role of genetics and nutritional genomics in disease risk and management. Understanding and utilising genetic and nutritional genomic information is an integral and growing aspect of dietetic practice as genetic technology evolves, evidence linking genes, diet and disease is discovered and public interest in predictive genetic testing and personalised nutrition increases. In 2011 a large multi-national survey (n=1844) was completed that assessed UK, US and Australian dietitians’ knowledge, involvement, confidence and attitudes towards genetics and nutritional genomics in practice. Five years on, there have been advances in training and the application of genetics and genomics in dietetic practice and healthcare. There is an opportunity to investigate the current engagement of dietitians in the UK, US and Australia in genetics and nutritional genomics and the trends in attitudes over time.

This research project aims to:

1. Determine dietitians’ current attitudes towards genetics and nutritional genomics
2. Investigate the association between attitudes, knowledge and participation in genetics and nutritional genomics related activities.
3. Explore how dietitians’ attitudes to genetics and nutritional genomics have changed over the past five years.
4. Evaluate the effect of specific training on knowledge, confidence and attitudes towards genetics and nutritional genomics.

There may be an opportunity for this research to be undertaken at Kings College London although this remains to be confirmed.

*Pre-requisites:* leave blank if nothing additional to standard entry requirements
**Skills acquired:** completing ethics processes, recruiting participants, utilising online survey systems, managing and statistically analysing large data sets, interpreting findings in the context of literature, understanding the impact of genetics and genomics in dietetic practice.

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**Project 6:** Impact of exercise-induce dehydration on gastrointestinal symptoms, intestinal endotoxin leakage, and systemic endotoxaemia.

**Primary Supervisor**
Dr Ricardo Costa

**Associate Supervisor(s)**

**Contact details:** ricardo.costa@monash.edu

**Enrolment option:** Full time or Half time;

**Project summary**
Intestinal endotoxin leakage and systemic endotoxaemia is a common feature of exertional-heat stress, stemming from circulatory and thermal disturbances of the splanchnic region. Such responses have been associated with gastrointestinal symptoms leading to reductions or withdrawal from exercise activity, and contributing to the aetiology of heat illnesses (i.e., heat stroke) and fatal systemic inflammatory syndrome. Maintaining euhydration during exertional-heat stress has been shown to reduce both cardiac and thermoregulatory strain, and thus may benefit gastrointestinal integrity during exposure to such stressors. To date, the role of hydration in regulating the degree of intestinal endotoxin leakage, systemic endotoxaemia and gastrointestinal symptoms is unknown. This project aims to assess the impact of a euhydration and dehydration on gastrointestinal symptoms, intestinal endotoxin leakage, and systemic endotoxaemia. This project will be located at the new Be Active Eat and Sleep facility in Notting Hill (www.med.monash.edu.au/base/).

**Pre-requisites:** standard entry requirements
http://www.monash.edu.au/study/coursefinder/course/3865/

**Skills acquired:** Communication, data analysis and interpretation, dietary analysis and programming, recipe development, thermoregulatory measurement techniques, respiratory gas analysis techniques, fitness assessment protocols, anthropometrical assessment techniques, blood sampling and processing methods, ELISA techniques, and general professional transferable skills.
Project 7: Does milk as a recovery beverage after exercise prevent the post-exercise decrease in immune function?

Primary Supervisor
Dr Ricardo Costa

Associate Supervisor(s)

Contact details: ricardo.costa@monash.edu

Enrolment option: Full time or Half time

Project summary
Prolonged strenuous exercise (e.g., endurance running and cycling) has the potential to depress the immune system, leaving the body compromised and open to pathogen invasion. Previous studies have shown that the consumption of a carbohydrate and protein supplement beverage after prolonged strenuous exercise prevented the reduction in immune function (e.g., neutrophil degranulation within innate immunity). These immune responses are essential for reducing illness/infection risk, and optimise tissue healing, repair and growth. Milk is a natural food source, and in a sufficient volume, contains the right quantity and quality of carbohydrate and protein to potentially stimulate the immune system after exercise. However, to date this has not been tested in the research setting. This project aims to determine the role of a milk based recovery drink on bacterially-stimulated neutrophil degranulation. This project will be located at the new Be Active Eat and Sleep facility in Notting Hill (www.med.monash.edu.au/base/).

Skills acquired: Communication, data analysis and interpretation, dietary analysis and programming, recipe development, thermoregulatory measurement techniques, respiratory gas analysis techniques, fitness assessment protocols, anthropometrical assessment techniques, blood sampling and processing methods, ELISA techniques, and general professional transferable skills.

Pre-requisites: standard entry requirements
http://www.monash.edu.au/study/coursefinder/course/3865/

Project 8: Developing translational nutritional support in extreme endurance sports.

Primary Supervisor
Dr Ricardo Costa

Associate Supervisor(s)

Contact details: ricardo.costa@monash.edu

Enrolment option: Full time or Half time

Project summary
Extreme endurance events have increased in popularity over the past decade, and are predicted for future growth within recreational endurance sports participation. Such events present unique challenges to ultra-endurance athletes. Not only are participants required to perform loaded (e.g. pack weight ranging from 5 to 15 kg) prolonged strenuous exercise, and sleep rough (e.g. outdoors, tents, and/or sports halls), on consecutive days (commonly ranging from 5 to 8 days); but are also required...
to carry, prepare, and consume sufficient foods and fluids to maintain optimal exercise performance throughout competition. Associations between sub-optimal nutritional status and decrements in exercise performance and health status have previously been well established, highlighting the importance of consistently meeting nutritional requirements on consecutive days of extreme endurance sports competition; especially during periods of greater endogenous energy solicitation, as seen with exertional-heat stress. To date, research into the nutritional requirements and optimal dietary programming within extreme endurance sports has not been investigated thoroughly.

This research project aims to develop nutritional support packages for extreme endurance sports and assess their impact on varying physiological parameters (e.g., anthropometry, energy balance, substrate oxidation rates, hydration status and gastrointestinal integrity) during field based events.

This project will be located at the new Be Active Eat and Sleep facility in Notting Hill (www.med.monash.edu.au/base/).

Skills acquired: Communication, data analysis and interpretation, dietary analysis and programming, recipe development, thermoregulatory measurement techniques, respiratory gas analysis techniques, fitness assessment protocols, anthropometrical assessment techniques, measures of gastrointestinal integrity, and general professional transferable skills.

Pre-requisites: standard entry requirements http://www.monash.edu.au/study/coursefinder/course/3865/

Project 9: Does the FODMAP (Fermentable Oligo-, Di- and Mono-saccharides And Polyols) content of diet impact on exercise-induce gastrointestinal damage, symptoms, malabsorption and exercise performance: A low vs high FODMAP diet approach

Primary Supervisor
Dr Ricardo Costa

Associate Supervisor(s)
Dr Jane Muir

Contact details: ricardo.costa@monash.edu

Enrolment option: Full time or Half time

Project summary
Exertional stress has consistently been associated with gut symptoms, resulting in an inability to maintain work-output and/or withdrawal from activity. The mechanism responsible for exertional stress induced gut symptoms appears to be multi-factorial in origin, but ultimately lead to gut surface damage and leakage, and an overall reduction in food and fluid intake during activity. FODMAPs are short chain carbohydrate that are poorly absorbed in the small intestine and rapidly fermented in the large bowel (resulting in gas production and movement of fluid into the gut). Researchers at Monash have demonstrated that FODMAPS can have major impacts on gut function. To date, however, little is known about how FODMAPs may impact on exertion induced gut disturbance and its influence on exercise performance.
This research project aims to assess the impact of the FODMAP content of the diet prior to prolonged strenuous exercise on markers of intestinal integrity, perceptive gastrointestinal symptoms, and exercise performance. This research project will be located at the new Be Active Eat and Sleep (BASE) facility in Notting Hill (www.med.monaash.edu.au/base/) and Department of Gastroenterology, Central Clinical School, Alfred Campus.

**Skills acquired:** communication, data analysis and interpretation, dietary analysis and programming, recipe development, thermoregulatory measurement techniques, respiratory gas analysis techniques, fitness assessment protocols, anthropometrical assessment techniques, measures of gastrointestinal integrity, and general professional transferable skills.

**Pre-requisites:** standard entry requirements
http://www.monash.edu.au/study/coursefinder/course/3865/

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**Project 10:** Does the FODMAP (Fermentable Oligo-, Di- and Mono-saccharides And Polyols) content of sports food consumed before and during prolonged strenuous exercise impact on exercise-induced gastrointestinal damage, symptoms, malabsorption and exercise performance.

**Primary Supervisor**
Dr Ricardo Costa

**Associate Supervisor(s)**
Dr Jane Muir

**Contact details:** ricardo.costa@monash.edu

**Enrolment option:** Full time or Half time

**Project summary**
Providing carbohydrate before and during endurance exercise is fundamentally important in order to attenuate fatigue and maintain exercise workload. Guidelines and recommendations for carbohydrate intake before and during exercise have previously been established from original investigations to guide sport & exercise nutrition practice, and suggest intakes of glucose and fructose for bouts of prolonged exercise. These guidelines and recommendation have led to a plethora of sports foods, most of which contain a substantial dose of FODMAPs. FODMAPs are found naturally in many foods including; lactose (in milk), fructose in excess of glucose (in pears, apples and honey), fructans and FOS (in artichoke, garlic, onions, rye, wheat), GOS (in legumes), and sugar polyols (mannitol and sorbitol in stone fruits and artificial sweeteners). Researchers at Monash have established the techniques to quantify FODMAPs in food. Previous research has identified difficulties in achieving proposed carbohydrate intake recommendations during exercise, predominantly due to gastrointestinal symptoms reported by athletes. Currently, it is unknown whether the FODMAPs content of sports foods consumed during exercise influences exertion induced gut disturbance and exercise performance.

This research project aims to assess the impact of the FODMAPs content of sports food consumed prolonged strenuous exercise on markers of intestinal integrity, perceptive gastrointestinal symptoms, and exercise performance.
This research project will be located at the new Be Active Eat and Sleep (BASE) facility in Notting Hill (www.med.monash.edu.au/base/) and Department of Gastroenterology, Central Clinical School, Alfred Campus.

**Pre-requisites:** standard entry requirements
http://www.monash.edu.au/study/coursefinder/course/3865/

**Skills acquired:** communication, data analysis and interpretation, dietary analysis and programming, recipe development, thermoregulatory measurement techniques, respiratory gas analysis techniques, fitness assessment protocols, anthropometrical assessment techniques, measures of gastrointestinal integrity, and general professional transferable skills.

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**Project 11: Home based dialysis. How are we doing?**

**Supervisors:** A/Prof Robert MacGinley, Dr Judi Porter, Anne-Marie Desai.
**Email:** Annemarie.desai@easternhealth.org.au

**Enrolment:** Full time

The Victorian Department of Health has recognised that dialysis service models need to increase patient independence and support home dialysis. At Eastern Health all prospective dialysis patients are assessed for their suitability for either peritoneal dialysis or home haemodialysis. This has resulted in a significant increase in the home based dialysis population.

Ironically one of the difficulties of medical and nutritional management of this patient group is the hospital remote independence shown by patients, which at times can limit dietetic contact with the client. The purpose of this study is to analyse our current home based dialysis population through a cross sectional observational study of the Eastern Health peritoneal and home haemodialysis population looking at quantitative analysis of:

- Nutritional status of the patients group using the DQESv2 (validated food frequency questionnaire);
- Medical issues and co-morbidities
- Psychological wellbeing using the using the Kidney Disease and Quality of Life short form (KDQOL36) and the Nutrition Specific Quality of Life (NSQOL) questionnaire

The proposed study aims to contribute data to a program of activities geared toward improving the care of dialysis patients and to build on research completed in 2014 looking at health related quality of life. It will provide clinical experience for dietitians who wish to work in the health services or in private practice.

**Pre-requisites:** standard entry requirements
http://www.monash.edu.au/study/coursefinder/course/3865/

**Skills acquired:** communication, dietary assessment, clinical dietetic practice skills in relation to data analysis and interpretation.
Bachelor of Nutrition (Honours)  
Course Code: M3703  
2016 application form

**Application closing date:** First round applications close Friday 30 October 2015. Applications will remain open after first round applications close.

**Applications to be lodged in person/mail or by email to:**
Department of Nutrition & Dietetics  
Level 1, 264 Ferntree Gully Road  
Notting Hill Vic 3168  
Nutrition.dietetics@monash.edu

Certified copy of results needs to be included with your application. (Not required for Monash graduates).

Ensure you attach securely to your application any additional documentation, ie certified results or extra pages in answering questions.

If results become available after the lodgement of this form, you are required to immediately email certified copy to: nutrition.dietetics@monash.edu

**Course commencement:** The Bachelor of Nutrition (Honours) degree will commence in week commencing 22 February 2016

**Enquiries:**
Phone: +61 3 9902 4270  
Email: nutrition.dietetics@monash.edu

**Admission Requirements:**
Applicants must have completed one of the following degrees (or similar) at a Distinction level at Monash University or comparable graduate qualification from another institution:
- Bachelor of Nutrition Science
- Bachelor of Nutrition & Dietetics
- Other Biomedical Science degree with substantial nutrition content

The information on this form will be used to assess applications in conjunction with academic results. You may be asked to attend an interview if short listed.

**Applicants Please Note:**
**ONLY the Department of Nutrition and Dietetics office can make an offer for the Honours program.** Completion of this form and any recommendation(s) made by the School/Department do NOT constitute an offer for the Honours program, nor does it classify the applicant as a student of the University.

**Further enquiries:**
Further information about the Honours program can be found at [http://www.monash.edu/study/coursefinder/course/3865/](http://www.monash.edu/study/coursefinder/course/3865/)

**Personal Details**

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Preferred email address for correspondence regarding this application

Have you previously applied and/or studied at Monash University?  Yes [ ]  No [ ]

If YES, please state Monash ID Number

Have you changed your name since you last applied/studied at Monash University?  Yes [ ]  No [ ]

If Yes, please provide/attach relevant documentation.

Are you a Monash staff member?  Yes [ ]  No [ ]  If yes, please state your staff number:

**Postal Address (for correspondence)**

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Residency Status
Are you
- An Australian citizen
- A permanent resident of Australia
- A New Zealand citizen
- An International applicant

Tertiary Education Record (please provide certified copy of transcripts/results)

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To be completed by all applicants
Please provide the following information on a separate sheet(s) of paper and attach securely to this form.

1. List your 1st, 2nd and 3rd preferences for the project you wish to undertake during your honours year as outlined on the following pages.
2. Provide a written statement (less than 1 page) outlining why you want to undertake the Bachelor of Nutrition (Honours) degree
3. You may provide any other information that you believe is relevant to your application.

I declare that the information supplied on this form and the information given in support of my application is correct and complete. I acknowledge that the provision of incorrect information or the withholding if relevant information relating to my application and/or academic transcript may result in the withdrawal of an offer of a place in the course. I authorize Monash University to obtain official student records from any educational institution to make an informed decision about the application. I agree to abide by the statutes and regulations of Monash University as amended from time to time and agree to pay all fees, levies and charges directly arising from my enrolment. I consent to receiving information electronically and agree to access the correspondence of my Monash University email account on a regular basis.

The primary purpose for which the information is collected is to provide details to support your application for selection into the Bachelor of Nutrition (Honours) program. If you choose not to answer all the questions on this form, it may not be possible for the Department to assess your application. You have a right to access personal information that Monash University holds about you, subject to any exceptions in relevant legislation. The University’s statement on privacy is available at www.privacy.monash.edu.au. Should you wish to see access to your personal information or enquire about the handling of your personal information, please contact the University Privacy Officer on 9905 6011.

It is the student’s responsibility to ensure the following are current if required for the Honours project:
- Working with Children Check
- Police Check (updated annually)
- Immunisation Summary
Please attach proof if the above is current

Applicant’s signature: ___________________________ Date: / /
**Section 2: Project selection (to be completed by applicant and potential supervisor)**

The purpose of this form is for you to indicate the projects of your choice. Apart from nominating a preferred project, you should also indicate alternative projects. This will ensure that if you miss out on your preferred project you will have one or two alternatives to pursue. The nominated supervisor(s) makes the decision as to who is selected for a particular project. It is possible that you may miss out on your first (or second) choice even though you have met the eligibility criteria.

**Project of First Choice (Compulsory)**

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<thead>
<tr>
<th>Applicant's Name</th>
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<table>
<thead>
<tr>
<th>Planned Enrolment status (please circle)</th>
<th>Full time</th>
<th>or</th>
<th>Half time</th>
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<table>
<thead>
<tr>
<th>Project Title</th>
<th></th>
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<table>
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<tr>
<th>Supervisor:</th>
<th>Location:</th>
</tr>
</thead>
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<table>
<thead>
<tr>
<th>Phone:</th>
<th>E-mail</th>
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**Primary Supervisor to complete**

1. I have discussed this project with the student and I have advised the student that I will consider him/her for this project (insert date)______________________________

2. The supervisory team will consist of the following people:

3. The supervisory team has discussed this project and have agreed to jointly-supervise this student for the duration of the project  Yes ☐  No ☐

4. Have the appropriate ethics approvals been granted or applied for?  Yes ☐  No ☐

5. Do you anticipate being absent for any periods in excess of 2 weeks during the 2015 academic year?  Yes ☐  No ☐

   If yes please advise time and duration of absence: ______________________

6. How many honours students have you supervised?  ______________________

**Honours Co-ordinator of Department/Centre/Institution to complete**

I fully support this application and I am satisfied that appropriate resource/s, permit/s and supervision is/are available in this Department for successful completion of the above named project

Signature ___________________________ Date: ________________

Print Name: ________________________________
### Project of Second Choice

Applicant’s Name ________________________________

Planned Enrolment status (please circle)  
- Full time  
- Half time

Project Title ____________________________________________

Supervisor: __________________________ Location: __________________________
Phone: __________________________ E-mail: __________________________

**Primary Supervisor to complete**

1. I have discussed this project with the student and I have advised the student that I will consider him/her for this project (insert date) __________________________

2. The supervisory team will consist of the following people:

3. The supervisory team has discussed this project and have agreed to jointly-supervise this student for the duration of the project

4. Have the appropriate ethics approvals been granted or applied for? Yes ☐ No ☐

5. Do you anticipate being absent for any periods in excess of 2 weeks during the 2015 academic year? Yes ☐ No ☐

If yes please advise time and duration of absence: __________________________

6. How many honours students have you supervised? __________________________

Signature __________________________ Date: __________

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**Honours Co-ordinator of Department/Centre/Institution to complete**

I fully support this application and I am satisfied that appropriate resource/s, permit/s and supervision is/are available in this Department for successful completion of the above named project

Signature __________________________ Date: __________

Print Name: __________________________
Section 2: Project selection (to be completed by applicant and potential supervisor)

Project of Third Choice (optional)

Applicant’s Name

Planned Enrolment status (please circle) Full time or Half time

Project Title

Supervisor: Location:

Phone: E-mail

Primary Supervisor to complete

(1) I have discussed this project with the student and I have advised the student that I will consider him/her for this project (insert date)

(2) The supervisory team will consist of the following people:

(3) The supervisory team has discussed this project and have agreed to jointly-supervise this student for the duration of the project

(4) Have the appropriate ethics approvals been granted or applied for? Yes ☐ No ☐

(5) Do you anticipate being absent for any periods in excess of 2 weeks during the 2015 academic year? Yes ☐ No ☐

If yes please advise time and duration of absence:

(6) How many honours students have you supervised?

Signature Date:

Honours Co-ordinator of Department/Centre/Institution to complete

I fully support this application and I am satisfied that appropriate resource/s, permit/s and supervision is/are available in this Department for successful completion of the above named project

Signature Date:

Print Name: