



Samantha Rand

Accredited Practising Dietitian (APD), Accredited Sports Dietitian,
Western Sydney Nutrition and Dietetics
BSc. (Nutrition and Food), MNutrDiet (Nutrition and Dietetics)

Areas of Clinical Interest

- Sports Nutrition (Individual and group)
- Antenatal nutrition
- Nutritional management of gastroenterology patients
- Weight management
- Diabetes management (gestational, type I and type II)

Academic Qualifications

2011: **Masters of Nutrition and Dietetics**

Faculty of Science, The University of Sydney

Masters: Research Project - Systematic review of evidence to support protein recommendations in critically ill patients.

2009: **Bachelor of Science (Nutrition and Food)**

School of Natural Science, The University of Western Sydney

Registration

Accredited Practising Dietitian (APD)

Accredited Sports Dietitian

Professional Memberships

Member of the Dietitians Association of Australia (DAA)

Member of Sports Dietitians Australia (SDA)

Member of National Kidney Foundation

Areas of Interest

- Cooking
- Travelling
- Fitness & Well Being

Publications and Presentations

- Society of Obstetric Medicine of Australia and New Zealand and Australasian Diabetes in Pregnancy Society Joint Scientific Meeting 2014: Poster and oral presentation.
- Rand S, Hirschhorn A, Mungovan S; 2013 - A Review of Mobile Applications for Gestational Diabetes Mellitus.
- Ferrie, Rand, Palmer; 2013; Back to Basics: Estimating Protein Requirements for Adult Hospital Patients. A systematic Review of Randomised Controlled Trials. Food and Nutrition Sciences, 2013, 4, 201- 214

Teams Worked With

- NSW Swifts in ANZ Championships
- Swimming NSW
- Penrith District Netball Association
- Netball NSW Talented Athletes Program

Courses

- Completed Irritable Bowel Syndrome: Dietary Management Options (DAA)
- Nutrition Support - Enteral Nutrition (DAA)
- SDA Sports Nutrition Course

I have been working in the area of nutrition since 2009. I am committed to comprehensive and individualised care which focuses on:

- A complete nutritional assessment
- Support and advice so you can make the best possible eating choices
- Establishing sustainable eating behaviours

StaffBio016/Ver 2/May 15

Our nutritional services are available at:

Sports Physiotherapy &
Work Rehabilitation Centre
111 Lethbridge St
Penrith NSW 2750
Tel (02) 4721 5788
www.penrithphysio.com.au

Central West Orthopaedic &
Sports Physiotherapy
Suite 203, 30 Campbell St
Blacktown NSW 2148
Tel (02) 9672 3511
www.centralwestphysio.com.au

Westmead Private
Physiotherapy Services
Westmead Specialist Centre
Suite 6, 16-18 Mons Rd
Westmead NSW 2145
Tel (02) 9633 1035
www.westmeadphysio.com.au

Norwest Orthopaedic &
Sports Physiotherapy
Suite 117 Sky City, 20B Lexington Dr
Bella Vista NSW 2153
Tel (02) 8814 5551
www.norwestphysio.com.au