



## Samantha Delahay

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



Accredited  
Practising  
Dietitian



### 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)

### Areas of Interest

- Cooking
- Travelling
- Fitness & Well Being

### Publications and Presentations

- Diet and nutrition in critical care; Rand, S(2015) Protein Intake In Critically Ill Adults in Rejendram, R (Ed), Diet and Nutrition in Critical Care (pp 371-381) Springer, New York, NY.
- 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
- Carlisle Swimming Club

### 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 3/Feb 18

### Our nutritional services are available at:

Sports Physiotherapy &  
Work Rehabilitation Centre  
Suite 8 Broadwalk Arcade  
458-470 High Street  
Penrith NSW 2750  
**Tel (02) 4721 5788**  
[www.penrithphysio.com.au](http://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](http://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](http://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](http://www.norwestphysio.com.au)