



Dietary Treatments for Epilepsy

Information - Training - Research - Support

Introductory Day for Ketogenic Dietary Therapies

APPROVED BY THE MATTHEWS FRIENDS MEDICAL BOARD

- Designed for:** Parents, Family Members, Teachers, Care/Respite/Support Staff and Patients
- Aim:** At the end of this introductory day you should have a basic understanding of Ketogenic Diet Therapies, a realistic expectation of what these diets can entail, both for the family and the patient. An understanding of how important it is to work with your medical team as well as how to manage these diets on a day to day basis in the home setting. You will be given handouts covering the subjects presented as well as information on further support and help that you can obtain.
- Language:** All Courses are currently conducted in English.
- Course Dates:** 19th May 2012
6th October 2012
- Cost:** £30 (with Matthew's Friends Charity Subsidy for families)
£100 Medical Professional (Dietitian/Doctor/Pharmacist/Nurse)
- Venue:** The Neville Childhood Epilepsy Centre,
Young Epilepsy (NCYPE)
St. Piers Lane,
Lingfield
Surrey RH7 9PW
- Booking:** Telephone: 01342 836571
t.stein@mfclinics.com

- 9.00am Welcome and Introduction
- Including: Housekeeping/Health and Safety
Some Background to the Matthew's Friends Organisation.*
- 9.30am Basic Information on the different diets available
- Including: Classical Ketogenic Diet
MCT Ketogenic Diet
Modified Ketogenic Diet (or MAD)
Low Glycemic Index Treatment
Vitamin and Mineral Supplementation
Various Tests required whilst on the diet*
- 10.30am Coffee/tea break**
- 11am Preparation for a Ketogenic Diet
- Including: Trying new foods
Cutting out the Junk
Equipment needed
Realistic Expectations
Learning to read food labels
What is CHO, fats and proteins*
- 12 noon Everyday Management of the Diet
- Including: Managing Illness
Blood/Urine Keto Testing
Taking the diet to School/Work/Respite centres/Care homes
Travelling with the Ketogenic Diet
Common problems encountered with the diet.*
- 1pm Lunch**
- 1.30pm Working with your Ketogenic Diet Team
- Including: Fine tuning diets – Why one change at a time?
Why medical management is required when using ketogenic diets
What records you need to keep and report back to them
When you should contact them*

- 2pm Split into two groups – 2 simultaneous practical sessions:
- a) Time to cook with our Keto Chef and Ketogenic Assistants
 - Including: Basic Cooking (if you know your specific diet please advise us beforehand so you can concentrate on that particular diet)*
 - Keto Food Tasting*
 - Examples of what CAN be done whilst on the diet.*
 - Batching Up recipes*
 - b) Understanding the Meal Prescriptions
 - Including: Putting a meal together*
 - Using Exchange Sheets*
 - Using EKM (Ketogenic Meal Planner)*
 - Free Foods*
 - Prescription Products and how to use them*

3.30pm CHANGE OVER OF GROUPS Tea/Coffee available

3.45pm 2nd Practical Session

5.15pm Close of Day

HAVE A SAFE JOURNEY HOME

Some Feedback from our first introductory day that we held on the 22nd October 2011:

"I found the course so very helpful, informative and supportive. I learnt so much that I've found of practical and emotional help, including inspiring new recipes. I thought that all the presentations were pitched just perfectly, and Sue made the diet/nutritional/science part really accessible. It also struck me properly, for the first time, that Emma is a one-off in that she really does know what it's actually like to 'live the diet', at first hand. She is a real inspiration and it was great to meet her face-to-face to ask her advice from a mummy point of view, as well as the more diet-related questions.

It was also the first time that I'd met other parents of children with epilepsy, and I found it very helpful to know that we are not alone and that the forum is there, and other parents out there to chat to, when we feel ready to go down that avenue. Right now, just living the diet is enough! Though we are making some progress with a wider range of foods that Izzy is now willing to consume."

Caroline.

"You should do the keto cooking before lunch because there was so much yummy food to try that you could save money on providing lunch!"

Anon suggestion left in our suggestion box at the end of the day.