

**School of Health Sciences  
Honours Research Project**

**Title:** Which high energy, high protein snacks are the most cost effective way of delivering extra energy and protein to patients who are malnourished or at risk of malnutrition?

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**Project Details:** Dietitians have been surveyed regarding their opinions on appropriate mid meal snacks (such as cheese & biscuits, cake, yoghurt, etc) that could be used as an alternative means to deliver additional energy and protein, compared to oral supplements (such as *Sustagen* and *Ensure Plus*), for patients on high energy, high protein diets.

A large variety of supplements and snacks were identified. While snacks may not always be cheaper than supplements, their acceptance and uptake may be greater and so they may be more cost effective in terms of delivering additional energy and protein. Each item suggested has already been costed in terms of cost per one gram of protein and per 100kJ of energy.

You will need to determine the most cost effective way of providing additional energy and protein to patients who require it.

**Number of Students:** 1

**Special requirements:**

Criminal record clearance card and NSW Health vaccination card up to date.  
Early starts (7am) and late finishes on some days.

**Skills required:**

Good communication skills (written and verbal)  
Ability to work as part of a team  
Knowledge of Microsoft Excel and SPSS would be an advantage

**What will be provided:**

Training in weighed plate waste techniques  
Training in observational techniques  
Training in survey development, piloting and implementation  
Experience working within a food service dietetics environment within a large Sydney teaching hospital