



Australian Nursing & Midwifery Federation
Continuing Professional Education

This is to certify that

Caleb Fellowes


completed an online educational tutorial and assessment with the
Australian Nursing and Midwifery Federation

on 22nd December, 2020

Nutrition and PTSD

When it comes to PTSD nutrition is extremely important. We will take a look at PTSD and the effects nutrition can have on a persons mental, emotional and physical health.

Understanding of PTSD and its effects.
PTSD signs, symptoms and co-morbidities.
Understanding of medications and side-effects on nutrition.
Understanding of nutrients at risk.
Overview of conditions that may require a referral to a dietician.


Federal Education Officer

1 CPE Hours



www.anmf.org.au/cpe