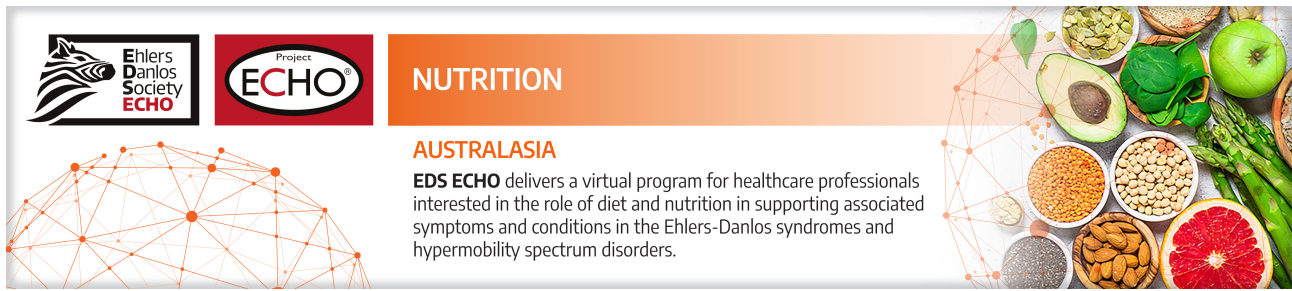


EDS ECHO Nutrition Australasia

Certificate Supplement and Program Summary

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Program Title:

Program Title: EDS ECHO Nutrition Australasia

Program Code: NTR1C

Program Overview:

EDS ECHO Nutrition Australasia is a virtual education program designed for qualified nutritionists, dietitians, naturopaths, and other healthcare professionals seeking to deepen their understanding of gastrointestinal health and the role of diet and nutrition in supporting individuals living with Ehlers-Danlos syndromes (EDS) and hypermobility spectrum disorders (HSD).

The program is facilitated by Accredited Practising Dietitians [Savita Sandhu](#) and [Aleisha Adams](#) and is delivered via the Zoom platform. Sessions focus on older adolescent and adult care and combine expert-led presentations with interactive discussion.

Participants are encouraged to attend the full program to support continuity of learning and achievement of all outcomes. Opportunities are provided to ask questions and to present de-identified clinical cases where there are concerns related to nutritional management of EDS, HSD, or associated complications.

This program is suitable for nutrition and healthcare professionals based in Australia, New Zealand, and Oceania who are working clinically with EDS or HSD clients.

Educational Aims:

This program aims to support nutrition and healthcare professionals in developing a deeper understanding of the complex symptom profiles and multifactorial considerations involved in dietary and nutritional management for adolescents and adults with EDS or HSD.

The curriculum draws on current literature and clinical expertise, with sessions covering topics such as autonomic dysfunction, common gastrointestinal manifestations, mast cell disorders, and specialist dietary care. The program culminates in an integrated case-based session that encourages participant interaction and application of learning.

Through the use of evidence from established conditions, nutrition guidelines, and specialist EDS clinical observations, participants will build practical skills to support effective and informed care. The program is delivered by a team of experienced EDS/HSD nutrition and medical professionals who are based across Australia and New Zealand.

Knowledge gaps addressed: This program addresses gaps in practitioner knowledge and confidence related to the nutritional management of Ehlers-Danlos syndromes (EDS) and hypermobility spectrum disorders (HSD). It focuses on improving understanding of the multisystem impacts of EDS and HSD—particularly gastrointestinal dysfunction, autonomic disorders, and mast cell disorders—and their implications for nutritional status. The program supports clinicians to apply evidence-informed, personalised nutrition strategies and to integrate interdisciplinary approaches into practice when working with adolescents and adults with EDS or HSD.

Learning Objectives:

The learning objectives of the Program are:

- Better understanding of effective medical nutrition therapy for EDS and HSD.
- Appropriate clinical assessment tools including testing for nutrition evaluation.
- Understanding of a range of co-morbidities (POTS, MCD, GI disorders, neurological) and their effect on nutrition status in patients with diagnosed or suspected EDS or HSD.
- Evidence-based and clinically informed understanding of nutrition as it relates to EDS and HSD.
- Value of an interdisciplinary team in best practice nutritional management.
- Better understanding of the personalized approach with case study reviews and discussion.
- To gain confidence in supporting/referring people with EDS and HSD with nutritional support.

Program Structure & Syllabus:

The program consists of seven sessions, each delivered virtually via the Zoom platform. Sessions are 90 minutes in duration and include presentations from skilled clinicians alongside case-based, interactive learning.

Program Schedule:

Session	Session Topic	Date and Time: Tuesdays at 6:00pm–7:30pm Sydney (AEST) / 8:00pm–9:30pm Auckland (NZST)
1	Introduction to Diet and Nutrition in HSD & EDS Guest Speakers: Savita Sandhu & Aleisha Adams	May 12, 2026
2	Nutritional Management of Autonomic Dysfunction in HSD & EDS Guest Speaker: Mel Grande	May 19, 2026
3	Nutritional Management of Mast Cell Disorders in HSD & EDS Guest Speaker: Leigh O'Brien	May 26, 2026
4	Navigating Neurodivergence and Eating Disorders in HSD & EDS Guest Speakers: Margo White & Eve Skliros	June 2, 2026
5	Medical Management of Gastrointestinal Symptoms in HSD & EDS Guest Speaker: Dr. Brendan Hanrahan	June 16, 2026
6	Nutritional Management of Malnutrition in HSD & EDS Guest Speaker: Joshua Morgan	June 23, 2026
7	Case Studies and Open Discussion Guest Speakers: Savita Sandhu , Aleisha Adams & Leigh O'Brien	June 30, 2026

Educational Methodology:

Each session comprises a 60-minute presentation followed by a 30-minute facilitated case discussion. The educational approach emphasises practical application, peer learning, and clinical relevance, with a focus on older adolescent and adult care.

Participants are encouraged to engage actively by asking questions and sharing de-identified cases from their own practice related to nutritional management of EDS, HSD, or associated complications. Attendance at the full program is recommended to ensure continuity of learning and completion of all educational outcomes.

Faculty:

Program Facilitator: Savita Sandhu

Savita Sandhu is an Accredited Practising Dietitian and director of Savvy Dietetics, a private practice with a strong focus on supporting individuals with invisible illnesses, including Hypermobility Spectrum Disorder and Ehlers-Danlos Syndromes. As a patient-turned-practitioner, Savita combines professional knowledge and an evidence-based approach with personal experience – aiming to leave clients feeling clear and confident about the steps ahead in their nutrition journey.

She is actively engaged in the HSD/EDS community as a participating member of The Australian EDS & HSD Network, and serves as co-director of the ACNC-registered charity and not-for-profit organisation, Connected Health Alliance.

Program Facilitator: Aleisha Adams

Aleisha Adams is an Accredited Practising Dietitian and Qualified Health Coach at Savvy Dietetics, with a special interest in Ehlers-Danlos Syndromes, gastrointestinal health and eating disorders, and is currently undergoing further training to become an ANZAED Credentialed Eating Disorder clinician.

Aleisha also volunteers as a Dietitian with AusHEAL, an Australian not-for-profit organisation that provides hands-on assistance, teaching, and training at HEAL Africa Hospital in the Democratic Republic of the Congo. In addition, she is the founder of The Hummus Hub, a platform for sharing recipes and eBooks, through which she donates 50% of profits to support AusHEAL's work.

Guest Speakers:

Guest speakers are experienced clinicians with specialist expertise relevant to each session topic. Speaker biographies are available via the guest presenter links in the program schedule.

Participation Requirements:

Participants are encouraged to attend the full program to support continuity of learning and achievement of all educational outcomes. Partial attendance will qualify for a Certificate of Attendance, which will reflect the number of sessions attended. Session recordings do not count toward program completion or certificate eligibility.

Program Certificates:

- A **Certificate of Attendance** will be issued to participants who complete the post-programme evaluation. A link to the evaluation will be provided following the conclusion of the course.

Provider Information:

The Ehlers-Danlos Society is a global organization dedicated to advancing and accelerating research and education in [Ehlers-Danlos syndromes \(EDS\)](#) and [hypermobility spectrum disorders \(HSD\)](#). We support the development of effective and equitable EDS and HSD therapies and work collaboratively to improve the lives of individuals affected by EDS and HSD.

By bridging geographic and systemic barriers, The Ehlers-Danlos Society is committed to driving meaningful change in EDS and HSD management and care delivery through educational programming.

EDS ECHO is a global program for practicing health care professionals across all disciplines who want to improve their ability to care for people with EDS, HSD and associated symptoms and conditions.

Project ECHO® addresses population health in a scalable way — moving knowledge instead of patients via telementoring and collaborative care. The heart of the ECHO model™ is its hub-and-spoke knowledge-sharing networks, led by expert specialist teams. The ECHO model is not “telemedicine” where specialists assume the care of the patient; it is a guided model aimed at practice improvement, in which providers retain responsibility for patients, and gain increasing independence as skills, confidence, and self-efficacy grow.

CPD Self-Reporting Disclaimer:

This activity is not formally accredited for CME/CPD points. Participants may be able to self-report this activity to their professional body in accordance with local CPD requirements.

Contact:

If you have any questions or would like further clarification, please contact us at echoamerica@ehlers-danlos.com