

## 講者介紹

### Shannon Shanshan Lin RD. PhD



Dr Shannon Lin is an Advanced Accredited Practising Dietitian and a Credentialed Diabetes Educator with over 20 years of experience in diabetes and nutrition. Shannon is also the Diabetes Course Director at the University of Technology Sydney (UTS) and a Senior Lecturer. She is expanding her work globally as a Diabetes Education Specialist for Life for a Child/Diabetes Australia, supporting healthcare professionals in many developing countries. Additionally, she dedicates her efforts to many diabetes clinics in primary healthcare setting and consults over 30 aged care facilities and private hospitals in the past two decades. She holds the distinction of being the first advanced dietitian recognized for her expertise in Indigenous health, Culturally and Linguistically Diverse (CALD) communities, aged care and diabetes. Her contributions to the diabetes workforce have garnered several accolades, including multiple teaching and research excellence awards in academia and the 2023 University of Technology Sydney Alumni Award. Her leadership and clinical excellence were also recognized when she was awarded the National Credentialed Diabetes Educator of the Year 2023. Furthermore, Shannon serves as a Vice President for the Australian Diabetes Educators Association. Her passion and commitment to improving health inequalities through health professional teaching and specialized clinical nutrition and diabetes care have significantly impacted many people with diabetes or those at risk.

## 課程介紹

2026 澳洲糖尿病營養品臨床照護指引：實證更新、推動經驗與案例分享

The 2026 Clinical Practice Guide for Diabetes-Specific Nutrition Formulas: Evidence Update, Australian Implementation Experience, and Case-Based Applications

Shannon Shanshan Lin RD, PhD

Vice President for the Australian Diabetes Educators Association

全球糖尿病盛行率持續上升，醫療營養治療在糖尿病整合照護中的角色亦日益受到重視，特別是糖尿病專用營養配方（Diabetes-Specific Nutrition Formula, DSNF）在臨床實務中的系統性應用，已成為國際糖尿病照護的重要趨勢。

本課程特別邀請 2026 年澳洲 DSNF Clinical Practice Guide 專家工作小組核心成員暨主要推動者—Dr. Shannon Shanshan Lin（營養師／博士），分享澳洲最新臨床實證彙整與實務導向之照護架構。

課程將介紹 2026 年最新版澳洲 DSNF 臨床照護指引的制定背景、核心概念與相關實證基礎，並系統性說明指引所提出之「Assess（評估）→ Tailor（個別化調整）→ Monitor（追蹤與修正）」臨床三步驟，協助醫療專業人員於不同臨床情境中，進行結構化的營養評估、個別化介入與成效追蹤。

此外，課程亦將結合澳洲第一線跨專業團隊的實際推動經驗，分享 DSNF 於不同糖尿病病人中的臨床應用案例，包括體重管理需求患者及接受多元藥物治療（如 GLP-1 RA）者，並探討臨床導入過程中常見的實務挑戰與因應策略。

透過澳洲在臨床指引建構、實證更新及真實世界實踐的完整分享，本課程期望協助台灣醫師、糖尿病衛教師、營養師與臨床醫療人員，深化對 DSNF 在現代糖尿病照護中角色與定位的理解，並作為未來發展台灣營養照護策略的參考。