



Media Release

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CARDIFF DIETITIAN WINS PRESTIGIOUS AWARD

South Wales-based leading dietitian Donna Duncan has won the prestigious Rose Simmonds Memorial Award presented by The British Dietetic Association (BDA) for “advancing the science and practice of dietetics.” Donna collected her award at the Award Ceremony of the Annual British Dietetic Association Conference in London on 21st June 2006.

The top research prize was presented for Donna and her colleagues’ work in improving the health outcome of elderly female patients with hip fractures. The trial, the largest ever study of oral nutritional support after hip fracture, used specially employed dietetic assistants on an acute trauma ward.

There is a strong link between dietary intake, nutritional status and clinical outcome after a hip fracture. Work by Donna and her colleagues sought to improve post-operative clinical outcome of patients by introducing dietetic assistants onto the ward in addition to the care given by nursing staff. Of the 318 elderly female patients included in the study, the group of patients who had received the additional support of the dietetic assistants had lower mortality, increased energy intake and were more satisfied with their care.

The research was undertaken in the Trauma Unit at the University Hospital of Wales, Cardiff between 2000 and 2004 when Donna was the trauma specialist Dietitian. Donna has been working in dietetics for over 22 years and is now Deputy Head of Service working in Bro Morgannwg NHS Trust.

The award will enable Donna to present the research to an international audience at ESPEN in October 2006.

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Says Donna: "The feeding of frail older patients, which is especially difficult when they may have memory problems, can too easily be seen as a low priority on a busy ward. This research provides new evidence of the importance of giving extra personal attention to patients' dietary needs."

Speaking about winning the award, she added: "I am particularly delighted to win the Rose Simmonds Memorial Award as Rose championed the importance of feeding patients in hospital as a key part of treatment."

- Ends -

Notes to Editors

1. The British Dietetic Association Awards ceremony will be held on Wednesday 21 June 2006 at The International Hotel, Docklands, London.

2. Further information on the conference and the awards ceremony is available from:

Dr Frankie Phillips National PR Officer, The British Dietetic Association. Tel: 01626 362473, Mobile: 07908 712277, Email: pr@bda.uk.com

3. The British Dietetic Association, founded in 1936, is the professional association for registered dietitians in Great Britain and Northern Ireland. It is the nation's largest organisation of food and nutrition professionals with over 5,000 members. About two-thirds of members are employed in the National Health Service. The remaining members work in education, industry, research, sport settings or freelance.

Rose Simmonds was a pioneer in dietetics and a person of great character. The Rose Simmonds Award is the British Dietetic Association's most prestigious award and is given to a dietitian for work published during the year.

Registered dietitians hold the only legally-recognisable graduate qualification in nutrition and dietetics. They are experts in interpreting and translating the science of nutrition into practical ways of promoting nutritional well-being, disease treatment and the prevention of nutrition-related problems. Their advice is sound and based on current scientific evidence.

Registration, awarded by the Health Professionals Council, is an indication that a dietitian is fit to practise and is working within an agreed statement of conduct.

For further details about The British Dietetic Association, please visit our website: www.bda.uk.com

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www.bdaweightwise.com

www.teenweightwise.com