



## Lay Statement – MHG Guidance Document

The Mental Health Group has released a guidance document for dietitians working with patients with eating disorders. This document aims to guide and support dietitians in safe and effective practice within this clinical speciality. Dietitians are experts in nutrition, and use only up to date scientific information to offer the best advice with regards to achieving a balanced diet, and maintaining a healthy weight.

The paper ensures that dietitians working with people with an eating disorder have the relevant knowledge, skills and training, and work within a multi-disciplinary team and receive regular supervision. This means that dietitians will adopt a consistent approach in the delivery of nutrition interventions and nutrition education. It also ensures they will have the skills to incorporate psychological approaches into their practice, such as the development of a good therapeutic relationship and advanced strategies for behaviour change.

Patients regularly report that dietetic input within the field of eating disorders is invaluable. However, it is important that dietitians provide evidence of the usefulness of their role through the development of good quality research and outcome measures. The paper highlights that there are many gaps in research at present.

Guidance document for dietitians working with patients with eating disorders -  
<http://www.bda.uk.com/publications/index.html>

The full document can be obtained by contacting [cpd@bda.uk.com](mailto:cpd@bda.uk.com) or BDA members can access it from the BDA members' website.