Dietitians working in stroke care teams maximise the potential for rehabilitation, supporting patients to prevent aspiration pneumonia and to avoid complications following PEG insertion.

Food is an important measure of care and treatment, and dietitians play a key role in overseeing nutrition and hydration systems in hospitals, schools and care homes.

Education and training packages, designed and delivered by dietitians, enable staff in health and social care sectors to identify patients at risk of malnutrition, provide practical first line nutrition support and speed up recovery.

Dietitians play a key role in cancer survivorship by: assessing and managing the effects of cancer treatments i.e. malabsorption; achieving optimal nutrition status; and minimising the risk of malnutrition through appropriate nutritional support.

Dietitians provide key clinical input in both Type 1 and 2 Diabetes by supporting behaviour, lifestyle and dietary changes to reduce long-term complications and obesity.

The benefits of dietetic intervention

Ensuring people have a positive experience of care

Helping people to recover from episodes of ill health or following injury

Preventing people from dying prematurely

Enhancing quality of life for people with long-term conditions

Treating and caring for people in a safe environment and protecting them from avoidable harm

The NHS priorities

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Dietitians are the only qualified health professionals that assess, diagnose and treat diet and nutrition problems at an individual and wider public health level.

Dietetic departments reduce demand on other services by innovative working practices; providing preventative care and rehabilitation and maximising quality of life for patients; ultimately reducing the burden of cost on the NHS.

Dietitians educate patients, communities and other healthcare professionals about nutrition. They work within teams and bridge existing boundaries – resulting in better, more efficient service delivery.

For more on the impact of dietetics, visit www.trustadietitian.co.uk/know-your-worth-toolkit/patient-case-studies

Dietitians are registered with the Health and Care Professions Council and the title ‘dietitian’ is the only nutrition title to be protected by law.