

# Advanced Practice

## Case Study:

### Lisa Williams

#### Overview

Lisa is the All-Wales Nutrition Training Facilitator responsible for overseeing public health nutrition interventions across all seven Welsh NHS health boards. Lisa influences at a national level and regularly engages with stakeholders and senior leaders to embed public health nutrition strategies throughout Wales.

#### Developing from enhanced to advanced

Lisa started in the enhanced level as a hospital-based dietitian, later moving to specialise in HIV. This role introduced her to working with communities to co-produce services in close collaboration with the third sector. Later, as a community dietitian, her experiences in GP practices and various community projects, highlighted the importance of ensuring that communities are at the heart of service developments, as well as recognising our role in taking steps to address health inequalities.

Moving into her current role, Lisa established a comprehensive service which required her to develop and implement education packages with the aim of enhancing nutrition skills within the wider workforce and communities. Her passion for adult education led her to complete a postgraduate certificate in education (further education) (PGCE (FE)) and later a Master of Art in post compulsory education and training (MA PCET), significantly enhancing her teaching and facilitation skills.

During the COVID-19 pandemic, Lisa secured funding to digitalise the education offerings, which improved Lisa's digital skills as well as widening participation by delivering education to people who may not previously have been able to access this. Additionally, she led the development of two digital apps designed to accompany the structured education programmes, Foodwise in Pregnancy and Foodwise for Life.

Lisa's role is wide reaching, whilst not directly line managing, she provides strategic leadership to the



public health nutrition and dietetic teams across Wales, comprising skill mixes of service managers, advanced and enhanced level practitioners, dietetic assistant practitioners and support workers. In addition, the teams train and support a network of community support workers to deliver community-based nutrition interventions such as practical cooking skills sessions with members of the local community across the whole country. This role requires Lisa to engage with and influence a wide range of multi professional stakeholders across a variety of settings.

Recognising the importance of research within her role, Lisa successfully secured funding from the Research Capacity Building Collaboration (RCBC) Wales to conduct and publish a realist scoping review into community nutrition interventions in the UK. This allowed Lisa to dedicate one day per week to research alongside her role to complete the review - A Realist Scoping 'Review of Community Nutrition Interventions in the UK: Implications for the 'Nutrition Skills for Life' Programme', access [here](#) or at <https://pubmed.ncbi.nlm.nih.gov/39777796/>

Lisa highlights the positive influence that volunteering for the BDA has had on her career. Having been a member since 1991, Lisa joined the Wales Board in 2015 – 2019, including serving as Chair which enabled her to sit on the BDA Board of Directors. Whilst this may have been out of her comfort zone, she gained extensive insights into the BDA organisational influence. She contributed to

developing a manifesto in time for the national assembly for Wales 2021 elections and provided input into the UK wide AHP public health strategy, ensuring the Welsh perspective was represented.

## Role Impact

Lisa is passionate about adult education and giving others the opportunity to learn. She finds this especially rewarding empowering adults who may not have had positive educational experiences in school. Through attending the educational sessions, they can build their own knowledge, skills and confidence, gain credit for learning and access further opportunities, such as training to become community food educators themselves.

Lisa's leadership is integral to maintaining the All-Wales approach to building capacity within the wider

workforce. This ensures nutrition education across Wales is standardised, quality assured, sustainable, inclusive and of benefit to local communities. This is achieved through a continuous improvement approach - standardised data collection, measuring outcomes and evaluating, provides robust evidence of dietetic impact, ensuring the programme meets its objectives.

## Career Aspirations

Lisa's career aspirations are to continue emphasising the importance of preventative nutrition, particularly within the early years as evidence shows this makes a huge difference in supporting individuals to meet their full potential. Additionally, she aspires to undertake further research to demonstrate and reinforce the impact of public health nutrition interventions across Wales.

### How does Lisa work across the 4 pillars of practice?

Although Lisa's current role involves minimal hands-on dietetic practice now, she ensures all the educational resources and content for the education packages remain evidence based, maintaining her capability within the professional practice pillar. Lisa feels she is strongest in the facilitated learning and leadership pillars. Completing a PGCE early in her dietetic journey shaped her career and she would strongly recommend this for colleagues who are involved in adult education.

Despite not having direct line management responsibilities in her current role, Lisa provides strategic leadership and sets the vision for the service across the whole of Wales. She sits on the Food Policy Alliance Cymru and Obesity Alliance Cymru and is responsible for co-ordinating responses to nutrition queries and consultations on behalf of the Public Health Dietitians in Wales network. Being part of the dietetic senior leadership team, line managed by a dietitian, and working with senior public health and allied health professionals in other national organisations in Wales, has enhanced her professional growth through proximity and collaboration with dietetic colleagues and stakeholders.

