

# Enhanced Practice

## Case Study:

### Sam Francis

#### Overview

Sam is a specialist dietitian within an acute stroke service and is working at the upper end of the enhanced level. He combines his clinical role with research and is currently working on an innovation project investigating novel methods of safely confirming the position of Nasogastric tubes (NGT).

#### Developing from entry level into enhanced

Sam qualified in 2018, working initially in general acute adult services in a busy teaching hospital. In addition to managing a busy caseload, Sam developed an interest in improving the dietetic stroke service. Through clinical audit, quality improvement projects and a successful business case, Sam developed the small, reactive dietetic service into a proactive specialist stroke service. He has extended his scope of practice through additional post registration education and training. By using the Trust agreed competencies and receiving tailored supervision from dietetic and non-dietetic colleagues, Sam has become competent in the insertion of NGT's, nasal tube retention devices (NRD's - bridles), gastrostomy tube care and initial swallow screening.

Sam has developed his leadership skills by working collaboratively with the dietetic and wider multi-professional team and the Enteral Nutrition Team, where Sam leads on complex enteral feeding decision making for his speciality. His role sits within the stroke multi-professional team and Sam receives management supervision from a specialist

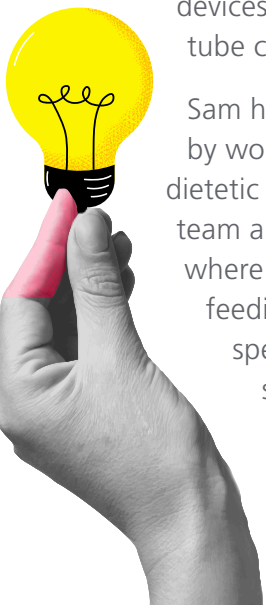


nurse. He ensures he remains firmly integrated within the acute adult dietetic team through regular practice supervision with a dietetic colleague, and by supporting dietetic learners from the local university as a practice educator.

The opportunity to develop his role allowed Sam to be recognised by researchers seeking clinician involvement in NGT safety research. Sam now has a formal job plan that splits his role 50/50 between clinical and research dietetics. The dedicated focus on research within stroke, as well as collaboration with the BDA's Neurosciences Specialist Group, has provided Sam with several opportunities. He has been able to contribute to; the UK National Clinical Guideline for Stroke; the chapter for Stroke within the BDA Manual of Dietetic Practice; publication of service improvement work within Dietetics Today and Clinical Nutrition Magazine, and present at the UK Stroke Forum.

#### Role Impact

Evidence and research show that delayed enteral feeding in those who have experienced a stroke worsens clinical outcomes. Sam recognised this was happening on his ward and evidenced this through



local audit. This allowed him to gain support to enhance his role which has reduced delays associated with initiating enteral feeding. Sam is extremely proud of his enhanced level role and sees daily the contribution it makes to colleagues and service-users.

### Career Aspirations

Sam has been working at the enhanced level for some time now and the recent completion of his MSc has really ignited a passion to further develop his research pillar. He is currently pursuing a Doctoral Fellowship with the National Institute for Health and Care Research (NIHR) and is keen to further

his career as a Clinical Academic. An example of a clinical academic role is here: [Five minutes with... Alastair Duncan - British Dietetic Association \(BDA\)](#)



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

Sam embeds the principles of all 4 pillars within his practice and feels he is strong in the 'professional practice' and 'research and evidence' pillar. He is developing his leadership skills through managing others and developing business cases. He makes use of his practice supervision and appraisal sessions to develop his personal development plan that addresses any identified learning needs and career aspirations.

