



NICE Guideline Workshop: Rehabilitation after Traumatic Injury

Nusrat Kausar on her experience of being involved in a NICE workshop and provides tips for those interested in similar work

Q. Why did you decide to attend the NICE workshop?

“The BDA Trauma Sub-Group was offered the opportunity to attend a NICE scoping workshop for a new NICE guideline ‘Rehabilitation after Traumatic Injury.’ The Trauma Sub-Group was launched in November 2017 under the BDA’s Critical Care Specialist Group (CCSG).

As a committee, **Janet Brewer** (Former Chair), **Emma Service** (Vice-Chair) and I (Secretary) were very excited to be able to use our voice as a group to influence national policy. I was one of the committee members available to represent dietitians working in trauma at the meeting, which took place in London last year. The BDA Policy Officer **Eleanor Johnstone** was closely involved with providing guidance and support to the committee for this process.”

Q. What was your favourite part of the process?

“I really enjoyed being able to contribute to the scoping of the guideline and working with other healthcare professionals to give my dietetic opinion about the overall direction of the guideline.

Although it was a little daunting working in large groups and giving my professional input on the set topic questions, the NICE team were very experienced at running the workshops, making me feel at ease, and they were very thorough at explaining what

was involved at each step of the process.

It was inspiring to see that the discussions taking place in each group would be part of guiding the scope of the guideline.”

Q. What did you learn during the workshop and process?

“I gained valuable insights into the processes and procedures involved in creating a new guideline. It also gave me a new perspective into the amount of hard work that different parties contribute. For example, NICE researchers and a host of other health professionals all put so much effort into creating and implementing policy; particularly in relation to the time invested in researching, reading, writing, scoping, re-scoping and discussing all aspects of what to include in the guidelines, and ensuring it is evidence based.

The next step after the scoping guideline would have been to register as a panel member (if requested) and continue to be involved until the draft guideline was produced and finalised.”

Q. What would be your ‘top tips’ for someone interested in attending a NICE workshop?

“My ‘top tips’ for anyone interested in attending a NICE workshop are:

1. To have a reasonably good dietetic knowledge-base in the area of the guideline
2. Be enthusiastic and passionate about the dietetic aspects related to the guideline

3. Ensure you speak up and give your professional opinion at all relevant points as nutrition is important!

4. Get involved! Without dietetic representation, nutrition may not make it to the forefront of guidelines. If you see a new guideline, get in touch with the BDA and make them aware of your interest.”

Q. How much time would you estimate it took you?

“I would estimate that for the scoping workshop, I spent approximately one working day. This included reading time of the draft guideline, travel time and the initial scoping workshop which was three hours overall. If I had continued to be involved as a panel member, it would have likely involved a similar amount of time for each workshop attended, until its fruition”



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