

Recovery Bites

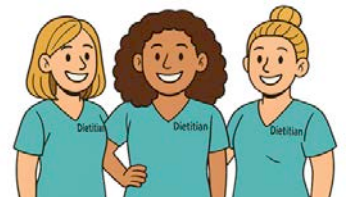
ALCOHOL AND DRUG RECOVERY SERVICE

NHS Greater Glasgow and Clyde ADRS Dietetic Service

The information in this leaflet is specific to the dietitians working within the Alcohol and Drug Recovery Service (ADRS).

Who are we?

We are a small friendly team made up of registered dietitians. Dietitians are qualified health care professionals that assess, diagnose and treat nutritional problems.



Who do we see?

We provide a service to the two inpatient detox wards: Eriskay House (Stobhill Hospital), the Kershaw Unit (Gartnavel Royal Hospital) and to anyone under Glasgow City ADRS (North West ADRS, South ADRS and North East ADRS). If you require dietetic input and are not under the ADRS you can access your local community dietetic service via your GP.

Why might I need to see a dietitian?

Nutrition is important for everyone. However those that use drugs and alcohol are at increased risk of becoming malnourished. Drugs and alcohol can affect your appetite, the way you absorb food and can alter daily routines meaning that food is often not a priority. This can result in a poor diet, weight changes, muscle loss and feeling weak. It can also make it harder to recover from illness.



How do I get referred?

The nursing staff will ask you some questions about your weight and how well you are eating and if required will refer you to the ward dietitian. If you feel like you need the input of the dietitian, speak to the nursing staff during your admission or the dietitian during the group sessions.

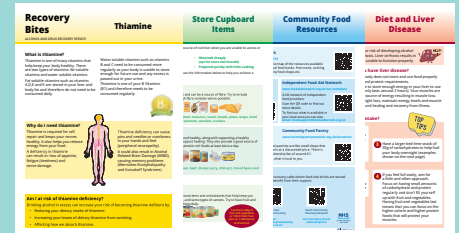
In the community, a member of the ADRS team can refer you to the dietitian. Make sure to keep your team informed of any concerns you may have about your eating or weight.

What do we offer?

On the inpatient wards, the dietitians run weekly nutrition groups that are open to everyone. If you are referred to the dietitian you will also be visited by the dietitian during your stay for a consultation.

In the community, the dietitian will arrange a suitable appointment which may be at home, in clinic, or by telephone. These are usually joint visits with the dietitian and a member of the ADRS team involved in your care.

We have a series of nutrition leaflets to help support you with your nutrition. These can be accessed via the link at the bottom of this leaflet.



What do we do?

The ADRS dietitians are experts in nutrition and are experienced in working with people who struggle with substance use. They are aware of the difficulties that you may face with your appetite, accessing food, remembering to eat and your physical symptoms. We will offer advice and work with you to increase your nutrition knowledge, make a meal plan and set dietary goals to help you feel better, have more energy and manage your weight and any other health conditions or symptoms.



How can I prepare for my appointment?

The dietitian will ask you questions about your weight and what you have been eating and drinking recently. It can be helpful to make a note of what you eat and drink. It can also be helpful to think about the times of the day when you are more likely to eat, where you get your food from, any likes or dislikes and any support you may have with cooking and shopping. The dietitian will work with you to make a realistic plan to help meet your individual needs.

To get the most out of your appointment, write down any questions you have. Think about your own nutrition goals, what matters to you and what support you would like from the dietitian.



Visit our website for more nutrition leaflets.

www.nhsggc.scot/your-health/right-care-right-place/addictions/adrs-nutrition-leaflets