



NHS Greater Glasgow & Clyde Dietetics



# GET READY FOR.....

## *Dietetics*

Join the profession that nourishes health and transforms lives



[NHS GGC Dietetic Website](#)



Instagram - NHSGGC Dietitians

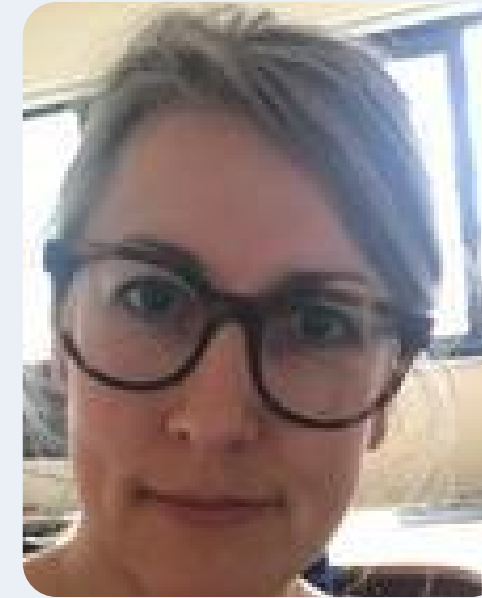


Facebook - NHS GGC Dietitians

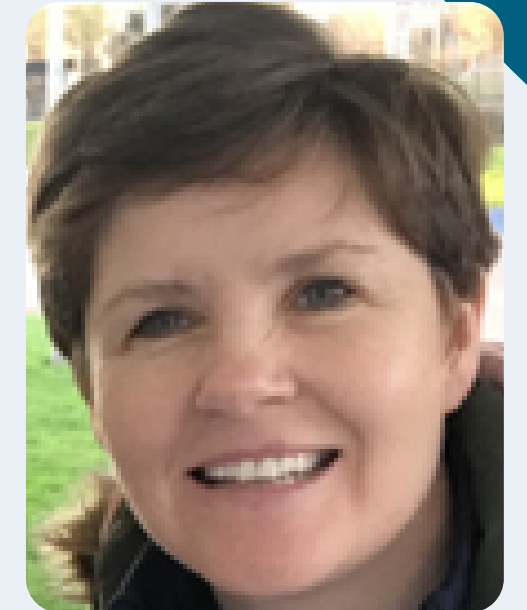
# HELLO EVERYONE!

Introduction to some of the Practice Development team

- 7 staff with PD responsibilities
- Working across various clinical specialities, secondments and projects
- Focus on improving quality consistency and effectiveness of dietetic practice
- Responsible for professional development across teams including:
  - leading service improvements
  - supporting supervision
  - improving clinical practice
  - recruitment
  - promoting wellbeing



Lis Waterhouse  
PD Acute



Denise Carrigan  
PD Acute



Karin Russell  
PD Community

# WHAT WE WILL TALK ABOUT TODAY

- Introduction dietetics
- Introduction to our service
- Who we are and what we do
- Qualifications
- Training
- Being a dietitian
- Summary of key points
- Q&A



# SESSION OBJECTIVES

Promote your knowledge of (and hopefully interest in!):

- What a dietitian is
- What a dietitian does
- How to become a dietitian



# WHAT IS A DIETITIAN?

Dietitians are qualified and regulated health professionals that assess, diagnose and treat dietary and nutritional problems at an individual and wider public health level.

They use the most up-to-date public health and scientific research on food, health and disease which they translate into practical guidance to enable people to make appropriate lifestyle and food choices.



[BDA- what is a dietitian?](#)



[HCPC registered](#)



# WHAT DO DIETITIANS DO?

[CLICK HERE >](#)



# WHERE DO DIETITIANS WORK

- [NHS](#)
- Private
- [Industry](#)
  - nutritional products
  - research
  - development
  - resources

CLICK HERE >

A day in the life

[Blog posts](#)

[Videos](#)



# TYPES OF PEOPLE WE WORK WITH



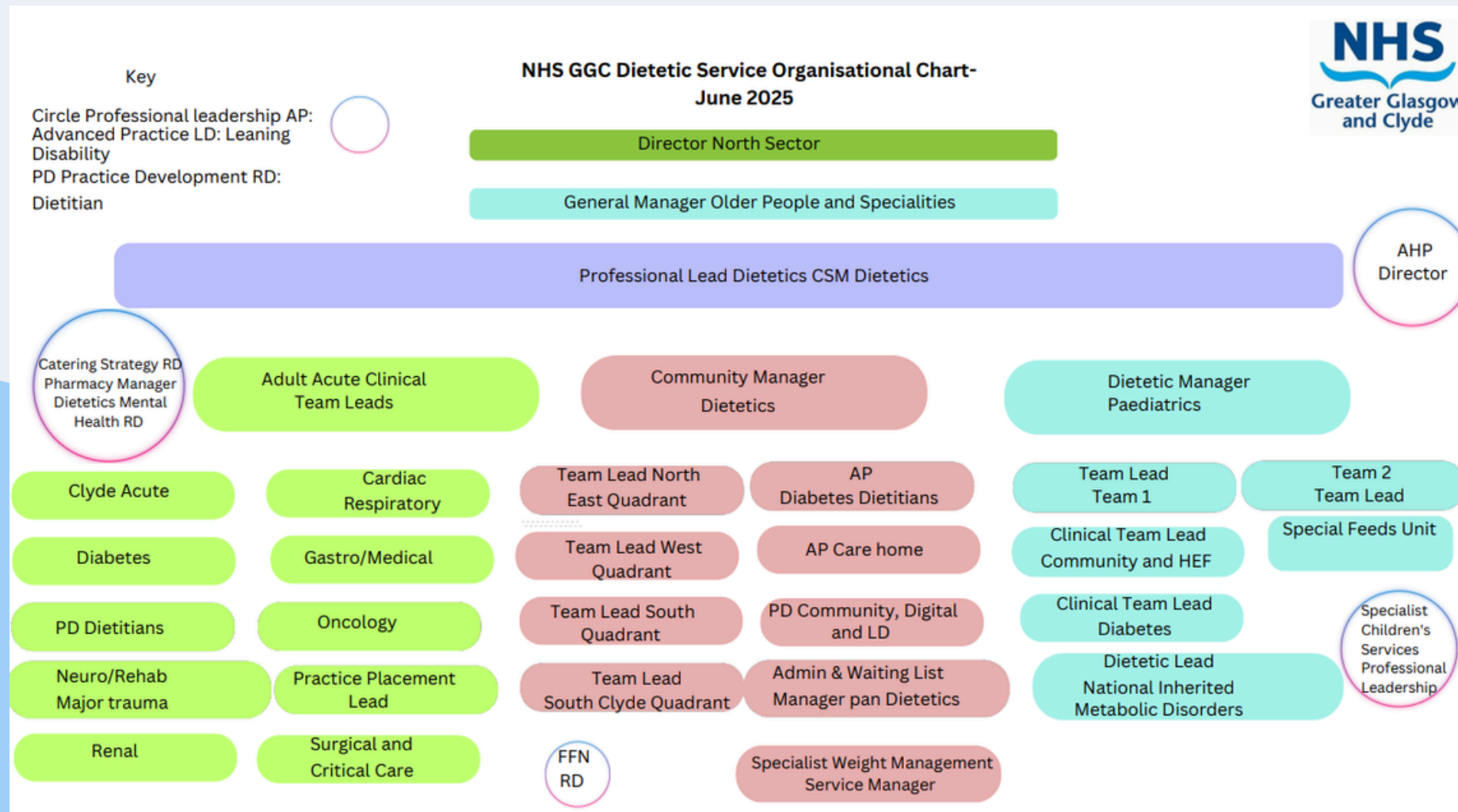
AND LOTS LOTS MORE.....

# WHO WE ARE

Introduction to our service

## NHS GGC Dietitians

- We are a large service with over 200 staff
- Based across hospital and community settings



# WORKING INFORMATION

0830-1630

36 hours per week.

5 days per week

Currently Monday-Friday

27 days holiday per year  
(increases with service)

8 Public holidays per year

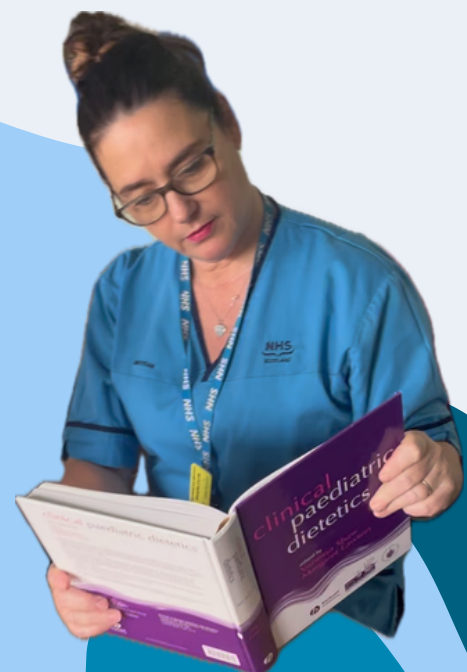
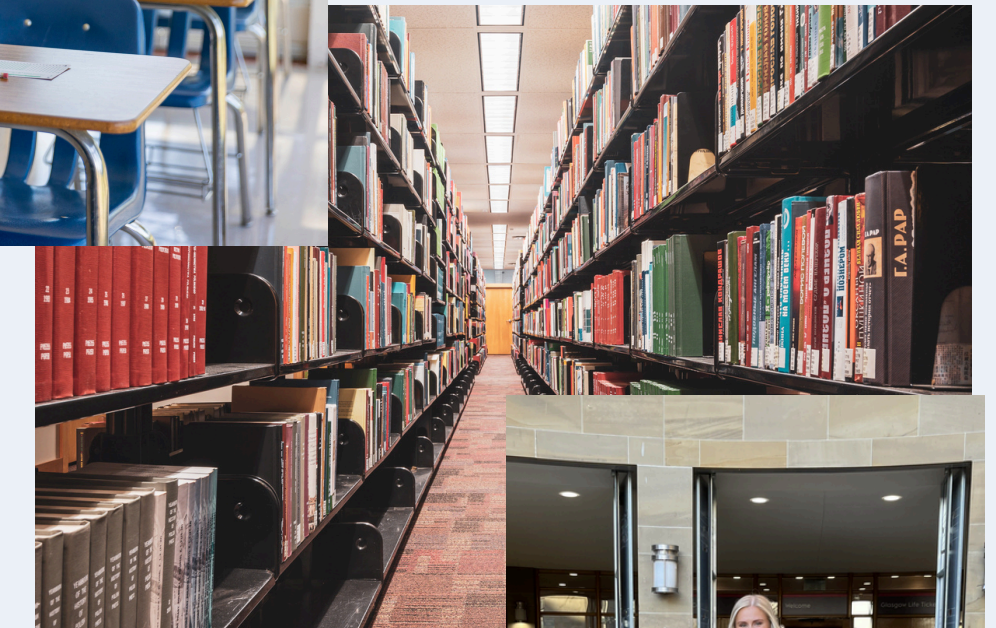
Starting salary £32,073

Monthly pay

Pension deductions

# QUALIFICATIONS

- Access course
- or
- Highers
    - typically 4 highers
      - BBBB (GCU), BBBC (QMU+RGU)
      - biology /human biology, chemistry + another science preferred
- 
- Degree



# TRAINING

## UNIVERSITY

- [3 Scottish Universities](#)
- Courses approved by [HCPC](#)
- BSc (hons): Full time undergraduate (4 years)
  - [Glasgow Caledonian University](#)
  - [Robert Gordon University](#)
  - [Queen Margaret University](#)
- PgDip or Msc: full time 2 years
  - Queen Margaret University

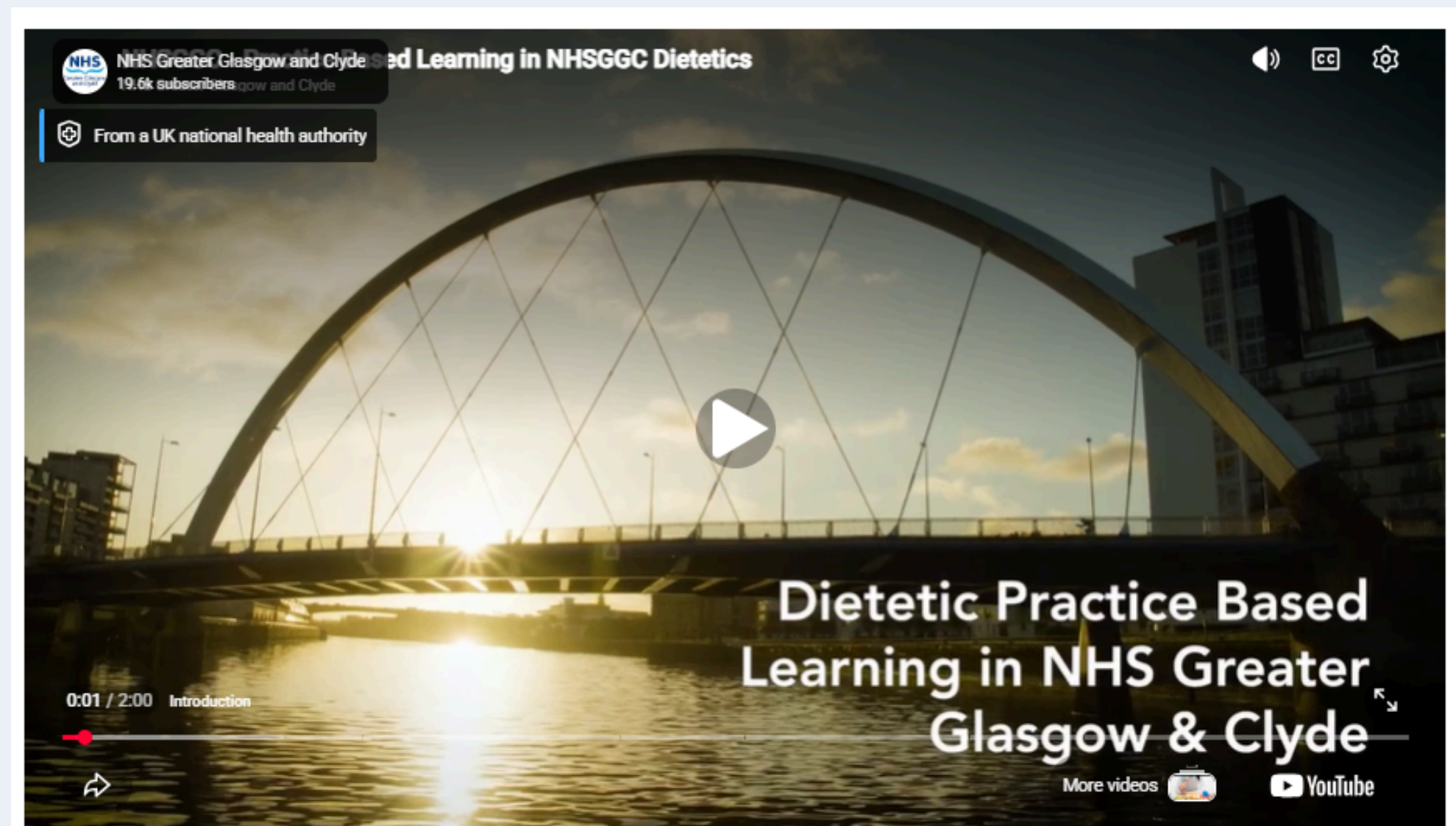


## PRACTICE BASED LEARNING IN NHS GGC

1000 hours across 3 placements

[NHS GGC Practice based learning](#)

CLICK HERE >



# What You'll Study in a Dietetics Degree

## Foundational Science

- Biochemistry
- Human Physiology
- Genetics
- Pharmacology



## Nutrition & Diet Therapy

- Human Nutrition
- Diet Therapy & Nutritional Medicine



## Food Safety & Systems

- Food Processing & Preservation
- Food Hygiene



## Public Health & Research

- Epidemiology & Public Health
- Research Methods & Data Analysis



## Behaviour & Communication

- Behavioural Studies
- Counselling & Communication Skills



## Healthcare & Professional Practice

- Healthcare Systems
- Professional Practice
- Ethics & Management



✓ Preparing You for **HCPC Registration & Dietetic Careers**



# CLINICAL PLACEMENT



- There are 3 placements within the Dietetic course - A, B and C
- Your placements can be anywhere within Scotland
- NHS GGC support A, B and C placement
- These placements are between 2 and 12 weeks
- Placement takes place in mental health, acute and community settings
- Gain experience within different specialities eg. paediatrics, diabetes, weight management, oral nutrition support, enteral feeding and specific diet advice
- Opportunity for you to see what the 'real world' of clinical dietetics is like and make sure it's the right fit for you!



# WHAT TO EXPECT ON CLINICAL PLACEMENT

## Acute setting

- Usually based on hospital wards
- Be prepared for people who are unwell
- Many have trouble eating because of their illness/disease
- It can be very 'medical'
- There are often sights, smells and sounds that you are unfamiliar with



## Community setting

- Usually seen in 'Clinics' (online or at health centres), in their own homes, or care homes
- There are often sights, smells and sounds that you are unfamiliar with
- People are generally more 'well'



# WHAT TO EXPECT ON CLINICAL PLACEMENT (2)

- You will be required to gather a portfolio of evidence to demonstrate you meeting the standard outlined capabilities
- Opportunities to work alongside other students in a 'Peer Assisted Learning' (PAL) model
- Self-directed learning is encouraged
- Ask questions
- Be proactive in seeking opportunities to learn



# EXPECTATIONS OF DIETETIC STUDENTS AND STAFF

- Adhere to professional standards
- Excellent communication
- Be professional
- Be organised
- Be a leader
- Continual development
- Evidence based care



# BEING A NEW GRADUATE (BAND 5) DIETITIAN

- First qualified role after Uni
- Learning is a big part of the role
- Responsible for own patients within a shared caseload
- Access to support & supervision
- Usually rotational in different settings – a chance to try different areas before you specialise!
- Learn transferable skills
- Work as part of the MDT – need communication skills
- May have your own clinic depending on team
- Still learning every day
- Need to be flexible & adaptable
- Busy independent, problem solving

# BEING A DIETITIAN

## SKILLS YOU USE EVERY DAY

- Talking to strangers
- Explaining things clearly
- Being organised
- Prioritising
- Working under pressure



- Being compassionate
- Thinking on your feet
- Time management
- Proactive about own learning & development



# BEING A DIETITIAN (2)

## CHALLENGING BITS

- Busy
- Changing rotations can be hard - working with people of different personalities and with different conditions
- Getting used to admin & documentation
- Making time for development & feedback in a busy caseload
- May need to travel depending on the role and service need
- Some days can be emotionally tough!



# BEING A DIETITIAN (3)

## BEST BITS

- Meet new people, make new friends
- Help people!
- Lots of experience in different areas / teams
- Chance to try - figure out what you like
- Build confidence quickly
- Lots of support - supervisor / peer support / supervision groups
- Opportunities to be involved with learning/preceptorship including [Flying start](#)



# WORK TIMETABLE

## EXAMPLE DAY ACUTE

### AM

0830

Caseload, check referrals, plan  
your day, team huddle

1000

Ward work  
Notes / documentation

1230

Lunch



### PM

1300

Ward work  
Notes / documentation

1430

Telephone calls / discharge admin  
/ prescriptions

1630

Finish

[Click for a day in the life of a clinical and food industry dietitian](#)

# WORK TIMETABLE

## EXAMPLE DAY COMMUNITY

### AM

0900

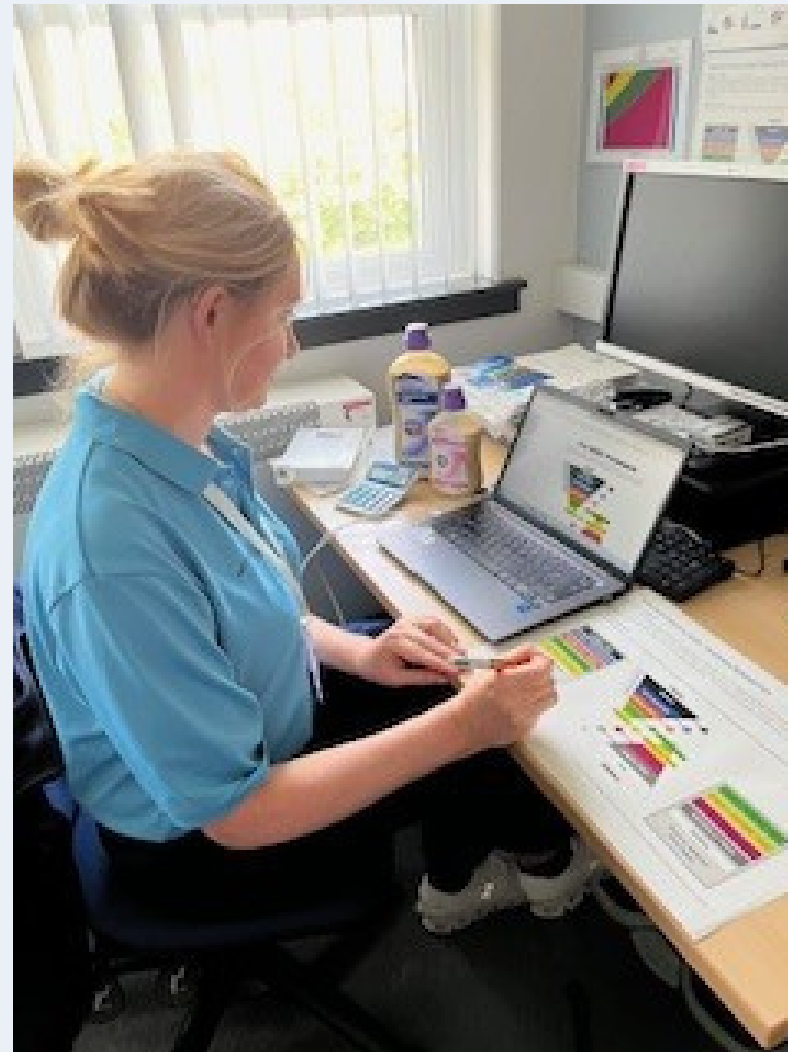
Vet new referrals, prepare for home visits.

1000

Home visits

1230

Lunch



### PM

1300

Home visits

1500

Patient notes/documentation, GP letters, supplement prescriptions.

1700

Finish

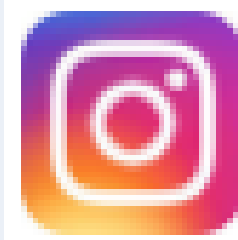
[Click for a day in the life of a clinical and food industry dietitian](#)

# SUMMARY



- Dietitians are HCPC-registered healthcare professionals who provide evidence-based nutrition advice to improve health
  - We work across hospital, community, industry & research settings and play a vital role in patient care and public health
  - We assess, diagnose & treat nutritional problems for people across a wide range of conditions
  - Our work can be varied and fast-paced
  - You require strong skills in: Communication, organisation, problem-solving and compassion
  - To be a Dietitian you require an approved Dietetics degree (BSc or MSc) including ~1000 hours of clinical placements
  - To practice you must register with the HCPC
- 
- 🖱️ Dietetics is a rewarding, dynamic and people-focused career
  - 🖱️ If you enjoy science, communication & helping others — it could be for you!

## [NHS GGC Dietetic Website](#)



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**Facebook - NHS GGC Dietitians**

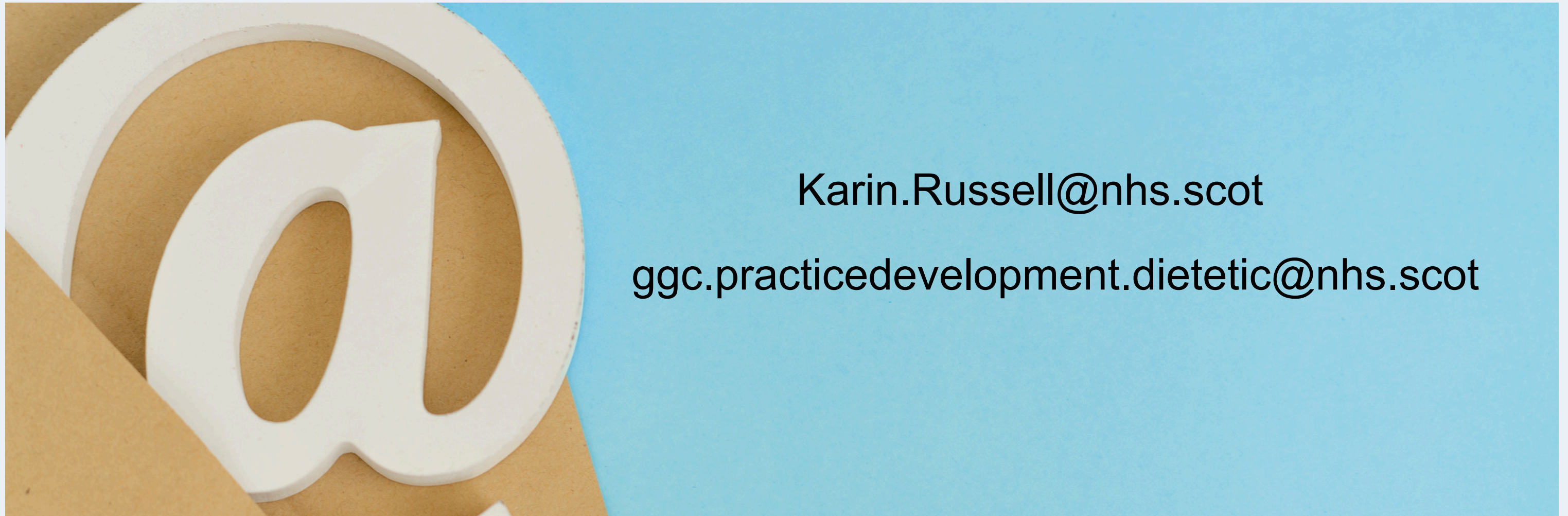
ANY  
QUESTIONS?



# FEEDBACK



**SCAN  
ME**



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