



LEVEL 4

SEMESTER 1 & 2

MODULE CODE: SHSS4062

PROFESSIONAL DEVELOPMENT AND PRACTICE

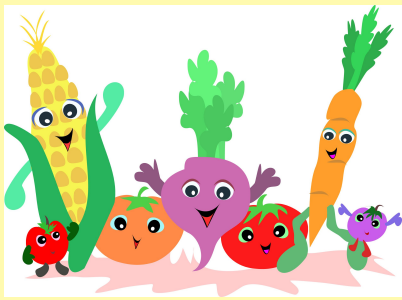
ASSESSMENT TYPE: PRESENTATION

ASSESSMENT/COMPONENT: 2

COMPONENT WEIGHTING: 50 %

DURATION: 10 MINUTES

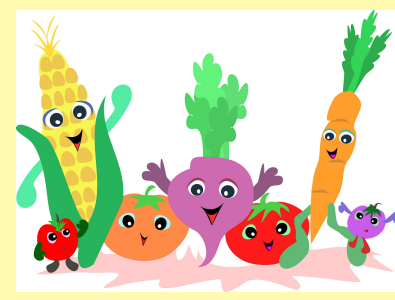
MODULE TUTOR: GERAINT FORSTER



Cara Jones-1811072

MODULE CODE: SHSS4062

PROFESSIONAL DEVELOPMENT AND PRACTICE



Assignment 2 Task:

You must investigate a profession linked to your course of study, and conduct some research into the requirements of that chosen profession. You must then give a 10 minute presentation that describes the competencies and qualifications required for that profession, as well as any relevant codes of practice/ethics. You must also evaluate where you currently stand with regards to those competencies and qualifications, and how you intend to acquire them between now and your graduation.

Mental Health Dietitian as a profession

“People with mental health problems are at higher risk of physical health problems than the general population and often have coexisting co-morbidities. Having depression can double the risk of developing Coronary Heart Disease (Hemmingway and Marmot, 1999 and Nicholson et al, 2006). People with mental illnesses such as schizophrenia are more likely to develop cardiovascular disease, obesity, abnormal lipid levels or diabetes” (Bda.uk.com, 2018)

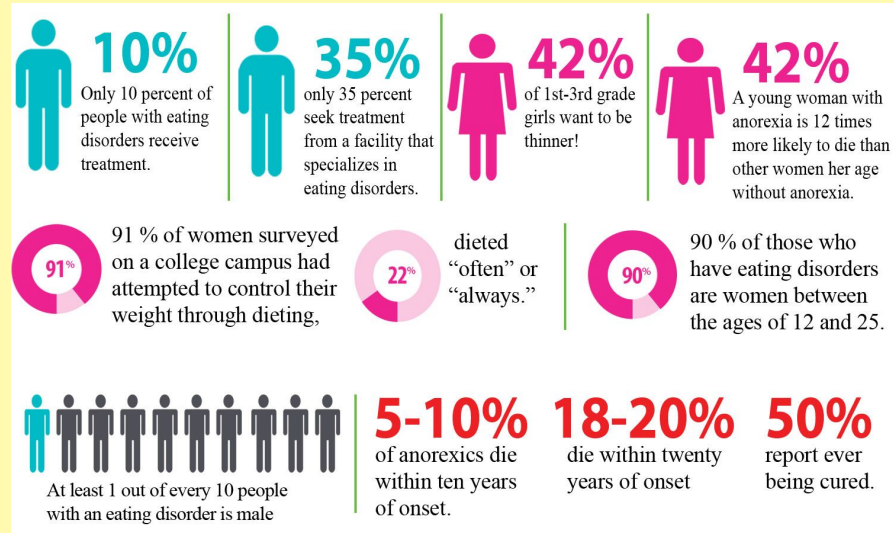


Mental health dietitians work with a number of clients from all over the mental health spectrum. They don't just work with people who have Eating disorders such as bulimia or anorexia they deal with a variety of mental health disorders such as:

- ★ Anxiety and Depression
- ★ Autism
- ★ Bipolar Disorder
- ★ Alcohol and Substance Abuse
- ★ Dementia
- ★ Personality Disorders
- ★ Schizophrenia
- ★ Eating Disorders
- ★ Learning Disabilities



Working With People Who Suffer From Eating Disorders



In the United Kingdom roughly around about 1.6 Million people are affected by some sort of mental health eating disorder, roughly about 11% of that population that suffer from any type of eating disorder are found to be male. The most common 3 types of eating disorders that people experience are Binge Eating, Bulimia Nervosa and Anorexia Nervosa.

“Research has found that 20% of people living with anorexia will die prematurely from their condition. Bulimia is also associated with severe medical complications as does those with binge eating disorders who often experience the medical complications associated with obesity.” (Mental Health Foundation, 2019)

Background into Substance and Alcohol Abuse

Clients who suffer with alcohol and substance abuse don't think about their bodies in the long run, most substance abusers are actually damaging their major organs in their body and in some cases their teeth causing them to not be able to eat hard foods and having to go on soft food/ purified foods to help get the nutrients they need as a recovering addict.

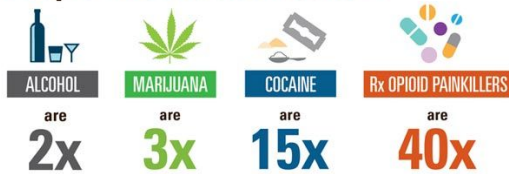
Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least **3** other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and **death** for users.

People who are addicted to...



...more likely to be addicted to heroin.

SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013.

1. There were 7,545 hospital admissions with a primary diagnosis of drug-related mental health and behavioural disorders. This is 12 per cent lower than 2015/16 but 12 per cent higher than 2006/07

2. In 2016 there were 2,593 registered deaths in England and Wales related to drug misuse. This is an increase of 5 per cent on 2015 and 58 per cent higher than 2006

Deaths related to drug misuse are at their highest level since comparable records began in 1993

(Statistics on Drug Misuse: England et al., 2019)

5 UNDERAGE DRINKING STATISTICS

5,000

people under age 21 die from alcohol-related injuries involving underage drinking

People who have their first drink at age 14 or younger are six times **more likely** to develop alcohol problems than those who don't try alcohol until the legal drinking age

6x

\$10,000

The cost of a typical DUI

Accidents involving alcohol & a vehicle

#1 Single Cause of Death
(ages 12 to 20)

2/5

of high school seniors say it is **easy** to get alcohol from a friend's parents

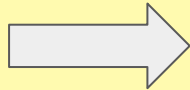
f HEARTSforFamilies t @HEARTS4Families HEARTSforFamilies.org

Sources:
Harvard Health Publications "Alcohol Use and Abuse"
MGM Money "O.U.: The \$10,000 ride home"
Report to Congress on the Prevention and Reduction of Underage Drinking 2012
Social Health Educational Initiative by MADD
The Surgeon General's Call to Action To Prevent and Reduce Underage Drinking 2007

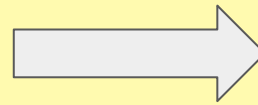
Requirements to get into this type of career

To get into the field of mental health dietetics you need to undergo a number of degrees, masters and registers to get on before you are fully qualified to become a mental health dietetic.

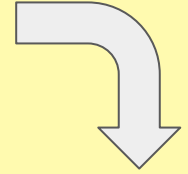
Get the required GCSE/A-Levels to go to university.



Successfully Complete A University course that will expand knowledge of that Course.



Complete a masters degree or a PHD in Dietetics



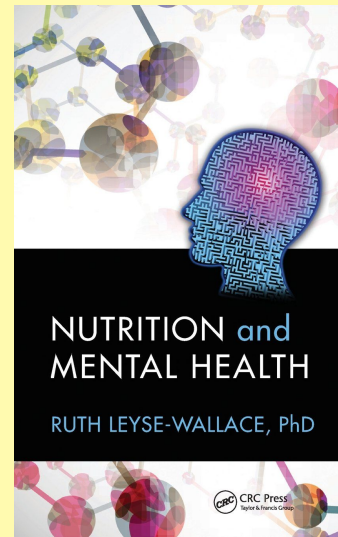
Register on to the Health and Care Professions Council (HCPC) or even the The British Dietetic Association (BDA)



How to achieve my goal

To achieve my goal and become a successful mental health dietitian There needs to be a set of guideline and a structured plan that I continue to follow each and every new week. These start of with something as little as attending lecture right up to getting the job in the field I want to work in.

- Step 1: Attending University lectures unless ill
- Step 2: Putting all my effort into creating strong assignments
- Step 3: Receiving marks as good as I possibly can
- Step 4 : Complete My current University course
- Step 5: On completion of my course I will then register onto the Health and Care Professions Council (HCPC)
- Step 6: Start a Masters course in Biochemistry of the nutrition
- Step 7: Pass my Masters Course
- Step 8: Start Applying and pursuing my job career
- Step 9: Become a successful Mental health dietetic



Barriers that might be in my way

During my time trying to get onto my chosen career choice there might occur several barriers, to overcome these barriers i'd have to find these different way to overcome them and pass through to my be successful in my future career. Barriers that might pop up on the way to the success path would be as followed:

- 1: Not getting the grades that I aspired to achieve
- 2: Not being able to graduate from University to physical barriers such as injury or health problems.
3. Financial Situation/ stability
4. Further Education struggles from not finding suitable places to complete my masters degree

Educated women are healthier.



An extra year of girls' education can reduce infant mortality by 5–10% and can reduce the spread of HIV/AIDS and other preventable disease.

Educated women earn more.



Providing a girl with one extra year of education beyond the average boosts her future wages by 20%.

Significant inequalities still exist



Of the 793 million illiterate people in the world, two-thirds are female.

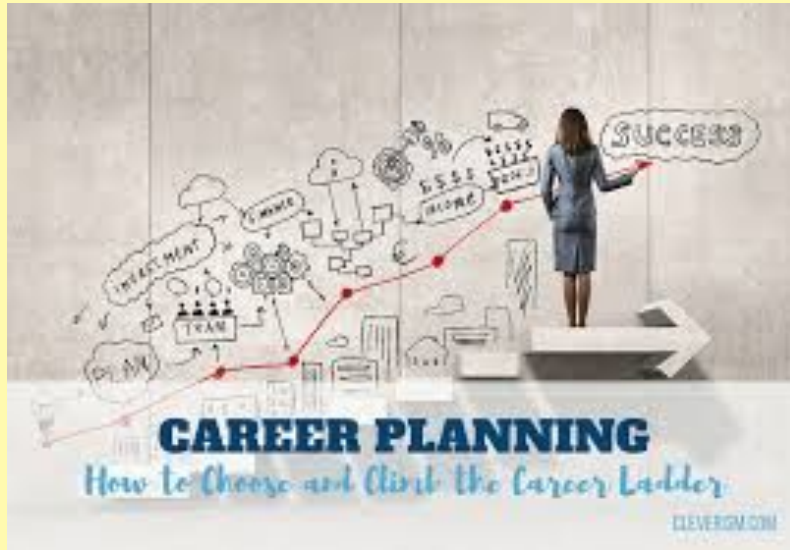
How my skills and experience have an advantage



Once I have finished my current University course I will have more education knowledge than someone with little or no educational experience. Through my use of extracurricular and work placements/experiences I will be at a higher advantage of people and have background experience that people tend to look for when employing people. Having more experience and skills will help me up the spectrum.

My next steps to peruse my career

The next step to Start the exciting career that I have chosen is to complete my Degree in BSC Health,lifestyle and nutrition whilst participating in some extracurricular work experience/voluntary work in the mental health ward in the hospital. I would like to successfully pass my 3 years in university with 1:1 at the end of my final 3 years. I will put in a lot of hard work, time and effort into doing my best to kick start the career that i've dreamed about.



“It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences.”
(Healthyplace.com, n.d.)

References

1. Bda.uk.com. (2018). [online] Available at: https://www.bda.uk.com/improvinghealth/healthprofessionals/keyfacts/mental_health_key_facts_sheet [Accessed 14 Mar. 2019].
2. Mental Health Foundation. (2019). Eating disorders. [online] Available at: <https://www.mentalhealth.org.uk/a-to-z/e/eating-disorders> [Accessed 14 Mar. 2019].
3. Statistics on Drug Misuse: England, 2018 [PAS] - NHS Digital. [online] NHS Digital. Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/statistics-on-drug-misuse/2018> [Accessed 14 Mar. 2019].
4. Healthyplace.com. (n.d.). Quotes on Mental Illness Stigma | HealthyPlace. [online] Available at: <https://www.healthyplace.com/insight/quotes/quotes-on-mental-illness-stigma> [Accessed 14 Mar. 2019].
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School of Sport, Health & Outdoor Education

Assessment Feedback Sheet

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Module: Professional Development and Practice

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