

Dietitian

Skills and personal qualities for effective practice.

Rafał Gałazka 20 November 2023

“Dietitians translate the science of nutrition into everyday information about food and advise people on their food and nutrition choices.”

(NHS, 2015)

“Modern dietetic practice is continually changing in line with the healthcare needs and demographic characteristics of the communities they serve.”

(Mellor and Ball, 2023)

Academic Skills

and their benefits

Nutritional Science Knowledge:

- Understanding of biochemistry, physiology, and nutrition (Mohr *et al.*, 2020).

Clinical competence:

- Application of nutrition science in clinical settings (Elia, 1994).

Research Skills:

- Ability to analyse and apply research findings (Whelan *et al.*, 2022).

Professional Skills

and why are they required?

Communication Skills:

- Essential for patient collaboration and education (Goldberg and Hellwig, 2003).

Ethical Practise:

- Adherence to ethical guidelines in treatment (Ethics and Good Practice – EFAD, 2008).

Time Management:

- Effectively managing patient load and responsibilities (Brown and Fruin, 1989).

Personal Values

Dietitian should possess

Compassion and Empathy:

- Understanding patients' needs and concerns (Sladdin *et al.*, 2019).

Cultural Competence:

- Respect for diverse backgrounds and dietary habits (Nemec, 2020).

Lifelong Learner Attitude:

- Continuous self-improvement and skill upgrading (Duyff, 1999).

Commitment

to dietitian practice

Continuous Professional Development:

- Attending workshops, seminars, and courses (Touger-Decker, 2002).

Active Participation in Professional Communities:

- Engaging in networks and associations (Wilson *et al.*, 2022).

Personal Health and Well-being:

- Maintaining personal health to set an example (Grace-Farfaglia *et al.*, 2017).

Code of Conduct (BDA, 2019)

by British Dietetic Association

Values:

- Members will respect an individual's needs, values, culture and privacy and act with integrity, honesty and openness.

Practice:

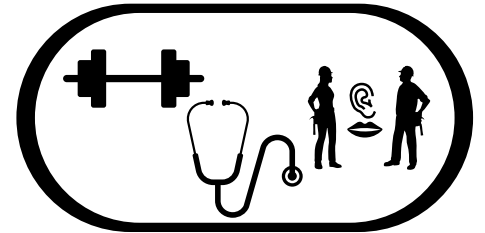
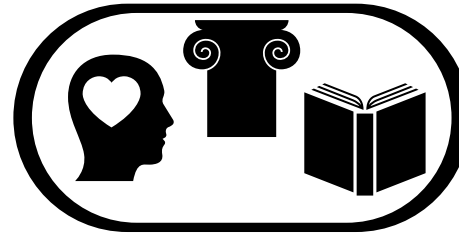
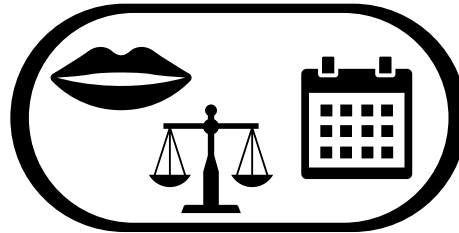
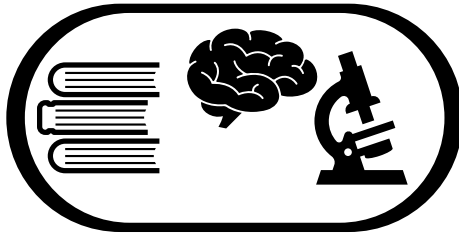
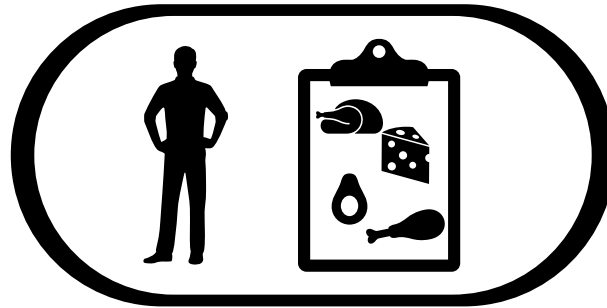
- Members will put the interests of their service users first, practise safely and effectively, and identify and manage risk.

Knowledge and Skills:

- Members will seek to promote best practices based on the most up-to-date knowledge, practice and evidence whilst developing and pushing the boundaries of dietetics and dietetic services.

Conclusion

Being Dietitian



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