

2nd Clinical Nutrition Update 2010

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DIET COUNSELLING – AN ART OR SCIENCE?

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EXCHANGE LIST

- To introduce variety and flexibility in diet prescription

Now build a better rapport with your health

Exchanging calories for excellent health

CALORIE
EXCHANGE LIST

Department of Dietetics
Apollo Hospitals, Chennai - 6

AH-QF-DT-09

DEPARTMENT OF DIETETICS

Make life drool over you with the right blend of food, exercise and attitude

A guide to
good health

DEPARTMENT OF DIETETICS

Department of Dietetics
CHENNAI-6
AH-QF-DT-10

FUNDAMENTAL SKILLS OF COUNSELLING

- Listening
- Responding
- Questioning
- Communication tools

COUNSELLING INVOLVES

- Discussing
- Advising
- Teaching
- Instructing

WHAT IS THE DIETITIAN'S ROLE?

- To educate and advise people on diet
- To provide support through treatment
- To work as part of Nutrition support team

DIET COUNSELLING

- Dietitians use their knowledge of nutritional, medical and social science to devise appropriate eating patterns and their communication skills to inform and educate others

British Dietetic Association - 1994

DIETITIANS SHOULD....

Wherever they work, they should

- Promote nutritional well being
- Treat disease and prevent nutrition related problems
- Enable people to make informed choices about food and life style

DIETITIAN NEEDS TO HAVE

- Effective communication skills
- Confidence in talking
- Knowledge on up-to-date and accurate information
- Caring and competent attitude
- Trustworthiness
- A desire to help

AIMS OF DIET THERAPY

- Maintain normal biochemistry level
- Minimize symptoms
- Prevent malnutrition and un intentional weight loss

DIET COUNSELLING

What are the basic principles?

- Evaluation of the patient's diet
- Suggestions to modify the main meals
- Give reliable and practical options for alternate foods

DIET COUNSELLING

When giving appointment- Explain

- Where and when to come
- How long it will take
- How much is the fee

DIET COUSELLING

- Attending – Giving someone our attention as fully as we can
- Attending non verbal communication
 - The voice
 - Eye contact
 - Appearance
 - Posture
 - Gestures

DIET COUNSELLING

- Should be individually varied
- Nutritionally balanced approach
- Educating the patient regarding nature of disease
- Benefits and importance of following the diet

DIET HISTORY

- Meal time
- Amount
- Portion size
- Preparation of dishes
- Amount of sugar , milk and oil used

DIET DIARY

- Food and Activity Log
- Minimum three day diet record to be maintained
- One of the three days should be a week end.



DIET COUNSELLING

- Establishing time boundary
- Confidentiality of the information and records
- End by
 - Allowing time to review
 - Invite questions
 - Giving contact numbers

CHALLENGES OF DIETITIANS IN PEDIATRIC SET UP

- To adapt dietary advice appropriate to kids
- To take into account their careres
- Need flexible communication skills
- Awareness of child's needs
- Familiarity with the ways the kids express themselves

BEHAVIOR MODIFICATION

- Self monitoring
 - Daily food record and activity log
- Stimulus control
 - Internal and external cues and triggers with over eating
 - Changing eating behavior
 - Reinforcement
 - Healthy eating strategies are encouraged with rewards
 - Cognitive behavioral techniques
 - Developing alternative behavior for overeating

DIET COUNSELLING

- It is a science since it involves a scientific base
- It is an art since one needs the skill base to perform it successfully!

AREAS OF RESPONSIBILITIES FOR THE NUTRITION SUPPORT TEAM



	Medical	Dietetics	Pharmacy	Nursing	Catering		
Ward	Doctors	Dietitians	Pharmacists	Nurses	Ward hostess		
Supervisory	Patient's consultant(s)	Team consultant(s)	Specialist dietitian	Specialist pharmacist	Nutrition Nurse Specialist	Nurse managers	Catering Managers
Organisational	Clinical Directorate	Lead Dietitian	Lead Pharmacist	Hospital Nursing Leads	Lead Caterer		
Hospital Governance	Medical Director	Director of Operations	Director of Operations	Nursing Director	Director of Operations		



- Training
- Advice
- Standards

How Significant Is Really The Role Of A Dietician As A Multidisciplinary Team Member In A Hospital

A random questionnaire being forwarded to 87 nursing personnel, 15 physical medicine personnel & almost an equal number of social workers in Baton Rouge General Acute Care Division, Baton Rouge, LA, USA on 21st May 2003, the questions pertaining to some common set of issues like the knowledge of availability of the Dietician, how to contact the Dietician, whether or not their patients were adequately followed up by the Dietician & suggestions on how the Dietician would be more effective in in better quality care

So, The Final Impact Of This Survey:

- **Versatile colourful role of the Dietician.**
- **Integral and irreplaceable involvement of a Dietician in a multidisciplinary approach.**

And Now The Results

97% agreed unanimously Dietician's role added completion & unique dimensions to multidisciplinary approach to a patient. By

- Monitoring food intake.
- Promoting wound healing.
- Providing education.

And by effectively solving problems like

- a) Diminishing appetite
- b) Inadequate food intake
- c) Food preference
- d) Nutritional support
- e) Food drug interaction
- f) Providing other team members with important nutrition information
- g) Cross-training in other disciplines (accu-checks etc)

What should a dietician do while he/she is a part of the multidisciplinary approach to the patient?

A. Assessment:

i. Nutritional assessment

- ✓ On admission of patient
- ✓ During the stay
- ✓ Long term care patients

❖ What might be the obstacles?

- Condition of the patient
- Physical barrier
- Language barrier
- Learning disabilities

ii. Planning and counseling

After sharing & exchanging information with other team members, the consultant,

- Develops plans to provide effective evidence based dietary advice.
- Provide support to patient with the main aim to prevent and treat nutrition related symptoms
- Extend help to all patients, their carers & all the staff involved in patient care
- Counselling the patients, their family & attendants on the diet recommended & how to maintain to achieve the desired outcomes

B. Patient & Family Education:

- Types of recommended diet
- Food drug interaction
- Dietary counselling
 - In an approach which is warm
 - In a language which is lucid & simple for understanding
 - In a way which is accessible
 - In a manner which is sensitive to the individual needs of the patients from all ethnic, cultural backgrounds
 - In a path to maintain the highest possible clinical & professional standards in accordance with internationally acclaimed best practices
- What are the possible means to convey your education
 - Verbal Counselling With Teaching & Explanation
 - Providing reading materials

DIET COUNSELLING

- Finally –
- Stress how **FEW** things are restricted and
- How **MANY** things are allowed.

THANK YOU