DIET COUNSELLING – AN ART OR SCIENCE?

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EXCHANGE LIST

• To introduce variety and flexibility in diet prescription
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 unintentional weight loss
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 weekend.
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

- 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 & attendents 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.