

BDA Support Workforce Case Study

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Tell us about your NHS role and the difference it makes to patient care:

My role as a Dietetic Support Worker is within Paediatric Dietetics supporting specialist dietitians from both an admin and clinical perspective to ensure we provide the best treatment of care for our patients.

A major part to my role is supporting my delegated caseload which is providing nutritional care to patients with Inflammatory Bowel Disease whilst they continue to receive medical treatment. As part of the care, I will check patient's anthropometry, biochemistry results, analyse oral intake, provide advice and prescribe oral nutritional supplements if required. I further lead a monthly clinic which is for patients with cow's milk protein allergy. Through this clinic, I have been able to support families through the transition of their child going from a milk-free diet to fully incorporating milk and other dairy products into the diet which is a very rewarding part of my role.

Aside from this, there are other tasks included in my role to ensure efficient patient care such as maintaining feed stock levels for wards, ensuring discharged patients are provided with the correct equipment or developing nutritional resources and activities.

Assisting dietitians who specialise in a range of health conditions has made me acknowledge why dietitians are so valuable within the healthcare service. I have been able to realise how the severity of nutritional problems within patients can be treated with appropriate dietetic input.

Tell us about the award you were nominated and shortlisted for

In October 2022, I won the award for being a 'Rising Star' at the Regional AHP Support Workforce Event which was an absolute shock and was further nominated for the national award, which was exciting. It was humbling to see how appreciated the support workforce are.

What would you say to others to encourage more people to join the NHS Dietetic Support Workforce

If you have been looking for a role which is rewarding and you are committed and you want to learn, I would definitely recommend you become an AHP support



Presented by Health Education England at the Celebrating Inspirational AHP Support Workforce Webinar in December 2022.

worker. I am very grateful to have started this role as nutrition and paediatrics are two areas, I am highly passionate about and being able to meet lots of little patients is a bonus to my day.

Pursuing this role has allowed me to grow and develop as an individual and I have been able to practice skills I now feel more confident in. You will work within a supportive team where you feel valued and appreciated but have the opportunity to work autonomously within your role. Aside from the serious work, I can always have a laugh with the team!

Working with dietitians and seeing the work they do has helped to confirm my decision in wanting to undertake a postgrad in Dietetics with the hope to become a Paediatric dietitian, which is another reason, why I am grateful for this role.

Anything else you would like to say about your role, or being a member of the dietetic support workforce?

It is never too late to become a dietetic support worker and it is worth remembering although we are a small part to a team, the work we carry out to ensure patients are receiving the best quality of care does make a big difference.