

DEFINATION OF DIETICIAN

A dietician is an expert in identifying and treating disease-related malnutrition and in conducting medical nutrition therapy. A health professional who has special training in diet and nutrition. Dietitians advise on nutrition and healthy eating to help prevent and treat conditions, such as food allergies and conditions caused by diabetes, heart disease, and cancer. Dietitians may provide nutritional counselling, meal planning, medical nutrition therapy (such as a special diet, dietary supplements, or intravenous or tube feedings), and nutrition education programs.

ROLE OF THE DIETICIAN

A dietician plans nutrition programs and food programs for people. Dieticians can help prevent diseases and obesity problems because they teach people about the role of food in their diet. They usually run food programs in institutions, such as hospitals and schools. A dietician promotes healthy diets through education and education programs.

A clinical dietician promotes nutrition in hospitals and nursing homes. Main role is to assess the patient's nutritional needs and develop a food plan for the patient. They also will work with doctors and nurses to develop the correct food plan for the patient based on the medical needs

Another type of dietician is a community dietician. A community dietician works with groups and individuals to promote healthy eating habits. They often will work in public health clinics and home health agencies. There are also management dieticians who work with large meal planning programs, such as schools and prisons.

ROLE OF NUTRITION DIETETICS IN HOSPITAL

The Nutrition and Dietetics Section conducts dietary consultation and provides nutrition therapy to patients with a variety of health conditions. They confer with other health care professionals to review patients' clinical charts and develop nutritional plans to meet patients' individual nutritional requirements.

HISTORY

The dietician was first used in hospital settings to create menus for patients based on the food that was available. The hospital started to regulate that the patient was getting enough nourishment and proper nutrition. Over time the role of the dietician evolved to provided food education, proper food storage and nutrition appraisals. As science of food and nutrition expanded, so did the role of dieticians.

More information was available and dietitians were soon working with medical professionals for teaching the importance of nutrition.

FUNCTION

The function of the dietitian is to create a menu based on what the doctor prescribes. The dietitian must be able to prepare and calculate a menu based on the nutrients a person needs. It can be difficult to prepare a menu for a patient when the patient has various dislikes and likes for food. A dietitian has to be able to take all those items into consideration when creating a menu that still meets the nutritional needs of the patient.

BENEFITS

The benefits of a dietitian for a patient are very advantageous. A dietitian has specialized training and education for food and nutrition. The dietitian can help create menus that can ensure a person is meeting proper nutritional requirements and needs. The dietitian can help a person with health problems, such as health disease or diabetes, by assessing individual needs and creating a food plan that helps alleviate health problems

DIETITIANS AS AN IMPORTANT MEMBER OF HEALTHCARE TEAM

Dietitians are key members of health care teams. They contribute a broad range of skills as clinicians, practitioners, educators, researchers and as leaders. There are many benefits to having dietitians as members of health care team.

When it comes to the prevention and treatment of some chronic diseases, dietary counselling by a dietitian is more effective than usual care or minimal dietary advice. For example, dietitian interventions improve outcomes related to diabetes prevention and management as well as heart disease compared to non-dietitian interventions. Nutrition interventions by teams with a dietitian have been shown to be more effective in reducing blood pressure than teams without a dietitian.

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