

## **INTRODUCTION TO TERM DIETITIAN**

A dietitian, medical dietitian, or dietician is an expert in identifying and treating disease-related malnutrition and in conducting medical nutrition therapy. Many dietitians work in hospitals and usually see specific patients where a nutritional assessment and intervention has been requested by a doctor or nurse, for example if a patient has lost their ability to swallow or requires artificial nutrition due to intestinal failure. Dietitians are regulated healthcare professionals licensed to assess, diagnose, and treat such problems

## **DEFINATION OF DIETITIAN**

A dietician is an expert in the field of food and nutrition. A dietician is like a physician for your diet. People who study food in a scientific way are dieticians — they are experts on food and its effects.

## **DIFFERENCE BETWEEN REGISTERED DIETITIAN AND NUTRITIONIST**

On the surface, “dietitian” and “nutritionist” are synonyms. They both help people develop wholesome, sustainable eating habits and become overall healthier individuals.

Dietitians and nutritionists are experts in food and diet and help people maintain good health and prevent or treat health conditions. With various credentials and qualifications, dietitians and nutritionists are often mislabelled. The two professions share some similarities in responsibilities; however, the titles should not be used interchangeably, as the role of dietitian is more regulated than that of a nutritionist

Dietitians, also referred to as registered dietitians (RD) can treat clinical medical issues. They often work with people in clinical settings, battling eating disorders, residing in nursing homes, or living with medical conditions that require specific diets (cancer, diabetes, etc.). As such, dietitians must complete advanced training and often can only practice with a state-issued license.

On the other hand, nutritionists typically offer more general nutritional advice. While they often work in schools, gyms, health food stores, and other less medically-oriented environments. However, they can't offer specific medical treatment.

## **NUTRITIONIST VS DIETITIAN**

### **What Does a Nutritionist Do?**

Nutritionists typically work with individuals or populations to teach them more about general nutrition, food and health. Their focus is on food behaviour. This includes working with individuals to devise and implement meal plans that improve the individual's or family's nutrition.

Nutritionists may work in:

- Clinical settings such as hospitals, nursing homes, long-term care facilities and clinics.
- Government positions, including local health departments.
- School districts, to advance public policy regarding school nutrition standards and labelling.
- Private facilities, where they would work independently and with other medical professionals.
- Research settings or with sport organizations.

### **What Does a Dietitian Do?**

Dietitians teach people and populations about nutrition, food and health. They work in all the same types of settings as nutritionists, including schools, hospitals, long-term care facilities, government health facilities, research and sports.

A significant difference between a nutritionist and a dietitian is that the dietitian can help diagnose and treat illnesses. Clinical dietitians in hospitals, long-term care facilities, in- and outpatient clinics and private practice often work with individuals experiencing eating disorders, substance abuse or medical conditions with symptoms that can be improved or managed with a more specific diet or meal planning. RDs often collaborate with mental health professionals to screen for eating disorders.

Dietitians create unique nutrition plans for their clients and help them maintain healthy eating habits based on their medical needs. This usually looks like:

An RD conducts a nutritional assessment regarding all the food, beverages, medications and supplements that are part of the patient's diet. They discuss food preferences and aversions, eating patterns, allergies, necessary medical adjustments, socioeconomic barriers, religious beliefs and other factors.

The RD carefully considers any recurring medical conditions, such as high blood pressure, high cholesterol, kidney or heart disease, diabetes and others.

Then, they create a nutrition care plan, which includes dietary recommendations, any necessary supplement recommendations and resources for the patient and their support system or caregivers.

In a larger setting, RDs may create and implement meal plans in hospital cafeterias, schools and food corporations. They might supervise other dietitians, food purchasers, kitchen staff and other employees responsible for implementing a meal plan.

Dietitians also can work with larger populations regarding nutrition and food issues. Some work in government positions, insurance companies and non-profits.

The RD negotiates a treatment plan with the patient which may include prescriptions, and follow-up visits often focus on maintenance and monitoring progress.

Most RDs work in the treatment and prevention of disease (administering medical nutrition therapy, as part of medical teams), often in hospitals, health-maintenance organizations, private practices, or other health-care facilities. In addition, many registered dietitians work in community and public-health settings, and/or in academia and research. A growing number of dietitians work in the food industry, journalism, sports nutrition, corporate wellness programs, and other non-traditional dietetics settings