

ROLE OF DIETICIAN IN COMMUNITY: - WORK AREA OF COMMUNITY DIETICIAN, ROLE OF COMMUNITY DIETICIAN.

Role of Dietitians

Most people think that dietitians work primarily in a hospital or a Food Service setting. With increased consumer interest in healthy eating and advent of information technology, the role of the registered dietitian has evolved beyond this. Dietitians are essential members of the health care team and have a wide range of job opportunities. A dietitian plans nutrition programs and food programs for people. Dietitians 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.

Work places of Dietitians

- Hospital/ rehabilitation centre
- Medical clinic with family physicians
- Community health centre
- Home Care Services Nursing home/long term care facility
- Health education/public health agency
- Employee cafeteria School food and nutrition service\
- Military food and nutrition service
- Corrections food and nutrition service
- Food industry (manufacturers/producers)
- Catering/ hospitality industry
- Pharmaceutical industry
- Universities and/or colleges
- Media
- Consultant/ private practice
- Other government department/ agency

Clinical Dietitians

They identify nutrition problems and assess the nutritional status of patients; develop care plans and monitor effectiveness of nutrition interventions; and counsel patients on therapeutic diet modifications.

In the community:

Public Health Nutritionists / Dietitians; Dietitians working in Community Centres:

They assess the nutritional needs of populations; identify community nutrition problems; and develop health promotion strategies, nutrition education programs and healthy eating resources. They work with individuals and groups to improve their nutritional well-being; prevent nutrition related diseases; increase access to food and enhance personal control of health.

In Food Service management:

Administrative Dietitians manage food production, distribution and service of high quality meals/snacks, ensuring adherence to sanitation and safety standards and a cost effective operation. They manage Food Service Departments in hospitals and other health care facilities, schools, universities, and businesses and may be employed by contract food companies.

In private practice:

Consulting Dietitians: They provide expertise in nutrition to promote health and prevent disease, counselling services for nutrition-related disease and disorders, and management advice to food service operations. They operate their own private consulting practices or businesses and work with, groups, workplaces, and media.

In industry:

Dietitians in Business and Industry-assist the private sector with research, development, marketing, and consumer education. Working with food and pharmaceutical companies, marketing association and food service providers, dietitians are able to develop, promote and market better food and nutritional products. In government, education and research:

Dietitians in Government-develop nutrition and food policy based on scientific evidence in consultation with stakeholder groups. They also direct and administer nutrition programs and services and may work at the Federal, State, Local Government or Community level.

Dietitians in Education-teach nutrition, food chemistry or food services administration to students in nutrition and dietetics, nursing, medicine, pharmacy, or the food and hospitality industry. These courses are taught at various levels elementary and secondary school, college, university, professional schools and hospitals.

Research Dietitians-plan and direct research projects which will ultimately enhance patient care and improve the cost effectiveness of food service. Universities, health care facilities and industry all support research by Dietitians.

What is the role of dietitian in community?

Public Health or Community Dietitian: a dietitian directly involved in health promotion, prevention and policy formulation focusing on families, groups and populations; minimizing risk of nutritionally derived illness and health inequalities. They run health and nutrition education programs and seminars. They may also provide nutrition and health information to the media. community and public health – dietitians work to improve eating habits, health and wellbeing in the community. They often work in community health centres.

What Does a Community Dietitian Do?

Community dietitians are trained to develop programs and promote healthier food choices to the specific groups of people, such as children or senior citizens. They assess the nutritional needs of these groups and suggest resources on healthful diets that are easily accessible. They

may also help food service workers enforce dietary restrictions. Community dietitians may work in a health clinic, fitness centre, public health agency, or a corporate wellness program.

How to Become a Community Dietitian?

The qualifications you need to become a community dietitian include a bachelor's degree in nutrition or a relevant field. Many employers prefer applicants who already have several years of experience. This experience helps provide a base of knowledge to draw from when making decisions for larger communities. Another way to increase your employment opportunities is to become a registered dietitian. This requires education, experience, and passing an exam. Fulfilling the duties of a community dietitian also requires communication skills, analytical skills, the ability to travel as needed. There may be additional requirements to work in a government office.

Community Dietitian skills

- Medical Nutrition
- Health Education
- Heart Disease
- Community Health
- Disease Management
- Eating Disorders
- Weight Management
- Nutrition Services
- MNT

COMMUNITY DIETITIAN RESPONSIBILITIES

- Manage the anaemia status of patients by reviewing necessary lab data and initiating or adjusting medication doses.
- Provide nutrition education and diet counselling to participants, groups and individuals.
- Provide basic nutrition education and teach nutrition classes in this rural community.
- Monitor nutrition status, laboratory values, diet tolerance, and motivate them to adhere to dietary/medications recommendations.