

The Dietetic Service - Managing Your Expectations

Information for patients, relatives and carers



Registered dietitians are the only nutrition professionals to be regulated by law. They are governed by an ethical code to ensure that they always work to the highest standard.

Our Dietetic Service provides a clinically evidence based, high quality specialist service in nutrition support.

Nutrition support refers to methods to improve or maintain a healthy weight. We can provide tailored support to patients who are experiencing nutritional issues resulting from weight loss, low appetite, reduced or poor dietary intake, swallowing problems and/or treatment/medication side effects.

Assessment

We will provide you with:

- An initial comprehensive assessment of your nutritional needs with 1 – 2 follow up appointments as required.
- Evidence based up to date and relevant advice.
- A patient centred and realistic care plan that meets your needs.
- Assistance and support to empower you to achieve and maintain your nutritional goals.

We expect you or your family/carer to :

- Be honest and open about what you eat/drink and the factors that are contributing to this.
- Take responsibility to carry out your agreed person centred care plan.
- Monitor your progress, including regular weight checks. This may require you to access your own set of weighing scales.
- Attend your appointments with the Dietetic Service.
- Contact your GP practice if further concerns arise after discharge.

Treatment

Your dietitian will offer advice on how you can increase your dietary intake and will discuss options such as: food fortification ideas, high calorie meals/snacks and homemade high calorie drinks. High calorie drinks can be made by yourself, a family member, or a carer, or bought ready made over the counter. You may have been provided with a leaflet on the homemade high calorie drinks with your appointment letter, or from another healthcare professional. Please purchase the ingredients for these drinks and try to have 2 per day prior to your appointment.

Monitoring Progress

To help monitor your progress, your dietitian may request regular weight checks from you. This will mean that if it is safe for you to do so, you may be asked to weigh yourself prior to any appointment. Alternatively, if you are also under the care of other community services, such as district nursing, they may be able to assist you with this.

Oral Nutritional Supplements (ONS)

Prescribed Oral Nutritional Supplements (ONS) are energy dense products which are high in calories and protein. They are only available following dietetic assessment, and are only for patients that meet the local and nationally agreed prescribing criteria. They are short term interventions, for example, whilst undergoing chemotherapy or to support preparations for an operation. They are used in addition to the homemade high calorie drinks and snacks your dietitian will discuss with you. The calorie and protein content of prescribed ONS is comparable to the homemade high calorie drinks and snacks that your dietitian will advise. ONS is prescribed short term with the aim of transitioning onto homemade high calorie drinks in the long term and the dietitian will support you with this. ONS is not prescribed for social purposes/needs.

Any patient being prescribed ONS will need to be monitored regularly by the dietetic service as it is only a short term intervention. Your dietitian will discuss incorporating homemade high calorie drinks or other high calorie options in substitute of ONS and advise when it is appropriate to discontinue ONS. Please always contact your dietetic service if you cannot attend an appointment, as any patient who fails to attend will have their prescription ended in line with locally agreed guidelines.

Contact Details

Rotherham Doncaster and South Humber NHS Foundation Trust
Community Dietetic Service, Telephone: 01302 796410
Email: rdash.dietetics@nhs.net

Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust
Nutrition and Dietetic Service - Telephone: Doncaster: 01302 642742
Bassetlaw: 01909 572773 Email: dbh-tr.dietetics@nhs.net

If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

Amharic

ይህን ደብዳቤ በግልጽ እንዲታይዎት በብሔራ ተጽፎ ጠይም በቱፕ ተቀናቆ ጠይም በሌላ ቋንቋ ተጽፎ ለግድግ የሚፈልጉ ከሆነ የበቆተኞች ምክርና ግንኙነት ለገልግሎትን በዚህ ቁጥር 0800 015 4334 ደውሎ ያጋግጧሉ።

Arabic

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو بلغة برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة فيرجى الإتصال بخدمة التنسيق ونصيحة المريض Patient Advice and Liaison Service على رقم الهاتف 0800 015 4334 .

Bengali

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কানে শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাডভাইস এন্ড লিয়েজন্স সার্ভিসের সাথে যোগাযোগ করবেন।

Cantonese (traditional Chinese)

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病患建议与联络服务 (Patient Advice and Liaison Service)，电话号码：0800 015 4334。

Czech

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientům na tel. 0800 015 4334.

Farsi

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، یا خط بریل یا نسخه صوتی، و یا به زبانی دیگر، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

French

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients [Patients Advice and Liaison Service] au 0800 015 4334.

Kurdish Sorani

ئەگەر تۆم نەم زانیاریاتە بە چاڤی گەورە، برابری یان لەسەر شریتی دەنگی دەخوازیت یاخود نەم بەلگەنامە بە زماڤیکی دیکی دەخوازیت، تکلیف پێویندی بکە بە خزمەتگوزاری زینمایی و هاواناهەنگی نەخشەشۆ بە ژمارە 0800 015 4334.

Polish

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਪਾਈ , ਬ੍ਰੇਲ ਜਾਂ ਸੁਣਨ ਵਾਲੀ ਟੇਪ ਤੇ ਚੁੱਟੇ ਹੋ ਜਾਂ ਇਸ ਸਮਝਾਵੇਂ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚੁੱਟੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਮਰੀਜ਼ ਸਲਾਹ ਅਤੇ ਤਾਲ-ਮੇਲ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੇ ਸੰਪਰਕ ਕਰੋ।

Somali

Haddii aad jeclaan lahayd in aad kan ku hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii aad jeclaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Talobixinta iyo Xiriirinta ee Bukaanleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

Turkish

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydı olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

Urdu

اگر آپ یہ بڑی چھپائی، بریل میں یا صوتی ٹیپ پر حاصل کرنا چاہتے ہیں یا یہ دستاویز کسی قابل زبان میں چاہیں تو برائے کرم پیٹینٹ ایڈوائس اینڈ لیاؤن سروس سے رابطہ کریں۔ 0800 015 4334 پر رابطہ کریں۔

Vietnamese

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay băng ghi âm, hoặc bằng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing
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