

The Dietetic Service - Managing Your Expectations

Information for patients, relatives and carers



RDaSH nurturing the
power in our
communities

Welcome

Welcome to the RDaSH Dietetic Service

Here at RDaSH we have a team of registered Dietitians and dietetic assistants and practitioners.

Registered Dietitians are the only nutrition professionals to be regulated by law. We are governed by an ethical code to ensure that they always work to the highest standard to provide care to you.

The team provide evidence based, high quality specialist advice in nutrition support.

Nutrition support refers to methods to improve or maintain a healthy weight. Tailored support can be provided 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 and Treatment

As part of your care and treatment, the team will provide you with:

- An initial comprehensive assessment of your nutritional needs with 1 – 2 follow up appointments as needed.
- Evidence based up to date and relevant advice tailored to you.
- A personalised and realistic care plan that meets your needs and advice on how you can increase your dietary intake such as: food fortification ideas, nutrient dense meals/snacks and homemade nutrient dense drinks. Nutrient dense drinks can be made by yourself, a relative, or carer, or bought ready made over the counter.
- Assistance and support to empower you to achieve and maintain your nutritional goals.

What the team expect from you / relative / carer is:

- You may have been provided with a dietary information leaflet with your letter, or from another healthcare professional. It is expected that this advice is implemented prior to your appointment.
- Be honest and open about eating and drinking habits and the factors that are contributing to this.
- Take responsibility to carry out your personalised care plan.
- Monitor your progress, including regular weight checks prior, during and after your appointment. 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.

Oral Nutritional Supplements (ONS)

Prescribed Oral Nutritional Supplements (ONS) are ready-made drinks and powders that contain energy (calories) and protein to help supplement dietary intake. These products are:

- Only prescribed for patients who meet the local and national agreed criteria which is based on medical need
- Only used short term and not prescribed indefinitely
- Only initiated by Dietitians
- Comparable in energy (calories) and protein to the homemade nutrient dense drinks
- Always in addition to dietary advice, not in replacement
- **Not prescribed routinely**

The Dietitian will make the decision as to whether these will form part of your care and treatment, their decision is final.

Acceptable Behaviour

All patients and staff are expected to behave in an acceptable, respectful manner. NHS and RDaSH supports zero tolerance to abuse.

All instances of abuse or threatening behaviour on any member of staff, by a patient or their relatives will be reported and verbal warnings alongside warning letters will be issued which could result in the discontinuation of RDaSH care provision.

If you are unhappy with any of your care and treatment provided by our service, we would advise you to contact the Patient Experience Team:

- Phone: 08000 154334
- Email: rdash.pals.email@nhs.net

Contact Details

Rotherham Doncaster and South Humber NHS Foundation Trust Community Dietetic Service, Telephone: 03000 218996 Email: doncaster.spa@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

ይህንን ሰነድ በግልጽ እንዲታይ በትልቁ ብሔራ ተጽፎ ወይም በቲፕ ተተክሎ ወይም በሌላ ቋንቋ ተጽፎ ለማየት የሚፈልጉ ከሆነ የሰነዱን ምክርና ግንኙነት አገልግሎትን በዚህ ቁጥር 0800 015 4334 ይጠሉ ያንጋግሩ።

Arabic

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

Bengali

আপনি যদি এটা বড় অক্ষরের ছাপায়, ব্রেইল-এ, বা কোন শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাড্‌লাইস এন্ড লিয়েজঁ 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، به خط بریل یا نسخه صوتی، یا به زبانی دیگر، لطفاً با دفتر خدمات مشاوره و هماهنگی بیماران به شماره تلفن ۰۸۰۰۰۱۵۴۳۳۴ تماس حاصل نمایند.

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

ئێمگەر ئێهه زانیارییه به چاڵی گهواره، برایل، بۆ لاسهوهێشتی دهنگی، دهخوازیت بهخود ئێهه بهلێکلامیه به زمانێکی دیکه دهخوازیت، تکهیه پاموهندی بکه به خزمهتگوزاری زینبایی و هاوئاهاهنگی نهموشهوه به ژماره 0800 015 4334.

Polish

Jezeli 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 ਰਹੱਦੇ ਹੋ ਜਾਂ ਇਸ ਸਮਰਾਟਿਨ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਰਹੱਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਹਾਇਤਾ ਸੇਵਾ ਨੂੰ 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 Bukaaneleyda (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 چاہیں یا یہ دستاویز کسی قبول زبان میں چاہیں تو براۓ کرم پیسٹ ایڈوائس لینڈ لائن سروس سے 0800 015 4334 پر رابطہ کریں۔

Vietnamese

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay bằng 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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Please tell us about your experience of RDash... What was good? What could be better?
Scan the QR code or call: ☎ 0800 1223135.



We are a smokefree organisation. Please provide a smoke free environment for your healthcare provider.

