

What to expect when you see a Dietitian



What to Expect

You have been referred to a Dietitian because what you eat and your diet is important to your health. The Department of Nutrition and Dietetics will send you a letter offering you an appointment. This letter will give you details of the place and time of your appointment.

The Dietitian will aim to see you promptly and within thirty minutes of your appointment time. You will be offered an explanation if further delays are expected.

Your First Appointment

Your first meeting will take place in a quiet room and last about half an hour.

The Dietitian may need to discuss treatments with other people involved with your care.

You are welcome to bring a friend or relative especially if they do most of the cooking or shopping, or if their support is important to you.

What is a Dietitian?

A Registered Dietitian is a trained professional in food and nutrition.

They are trained in communication and counselling skills.

The Dietitian will want to ask you about your lifestyle and your eating habits. They may also ask you some questions about your health, your home life and other things, which can affect your food intake.

If you feel happy doing so, please keep a food diary for three days before your appointment.

This information will help you and the Dietitian plan small, realistic changes you can make to improve your eating habits and lifestyle. An example of how to do this is included with this leaflet.

Becoming aware of what you eat and how food fits into your lifestyle is important to managing and maintaining any changes you make. The Dietitian will discuss with you whether you are ready to make such changes and help you draw up a plan for doing so.

What happens after my appointment?

The Dietitian may give you some written information on the changes agreed to take home with you.

Following your appointment, the Department of Nutrition and Dietetics will send you a copy of the letter that is sent to the person who referred you. If you do not wish to receive this letter please let us know before you choose to accept the appointment.

You can do this by ticking the appropriate box on the on the letter offering you an appointment or by telling us directly at your appointment or over the telephone.

The Department of Nutrition and Dietetics trains student Dietitians. There may be occasions where the Dietitian is accompanied by a student Dietitian at your appointment, if you would prefer them not to be present please feel free to tell us.

If you are unable to attend your appointment

If you are unable to attend your appointment please contact us to let us know so that your appointment can be offered to someone else.

If you still wish to see the Dietitian please contact us to rearrange your appointment. You can do this by telephone or in writing.

If you do not attend for your appointment without letting us know we will not offer you another appointment.

Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call: **01253 655588**

Patient Relations Department

For information or advice please contact the Patient Relations Department via the following:

Tel: **01253 655588**

email: **patient.relations@bfwh.nhs.uk**

You can also write to us at:

Patient Relations Department, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR

Further information is available on our website:

www.bfwh.nhs.uk

Travelling to our hospitals

For the best way to plan your journey to any of the local hospitals visit our travel website:

www.bfwhospitals.nhs.uk/departments/travel/

Useful contact details

Hospital Switchboard: **01253 300000**

References

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this leaflet are available on request from:

Policy Co-ordinator/Archivist
01253 303397



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