

# Dietitians Week 2016



advise patients on. After the week is up all of the dietitians will reflect upon their experiences to gain a better understanding from the patient's perspective.

Gill Murray-Ashby, Nutrition Nurse Specialist, sported a fine bore nasogastric tube as she works around the hospital. Gill has bravely volunteered to have all of her nutritional requirements and water through her feeding tube and nothing orally for a whole week. Jess Feldon a Dietitian, completed a week of only drinking nutritional supplements at work and at home. Jess learnt new ways of taking the drinks, like mixing vanilla flavour milkshake into coffee to keep it varied. Other diets that are being followed are gluten free, low potassium/phosphate/salt, FODMAP, puree food and

British Dietetic Association (BDA) Dietitians Week, took place in June with the theme on "Workplace Health". The aim is to target improving the health of the UK workforce. The key message is the importance of taking lunch breaks, choosing healthy snacks and drinking enough fluid.

However, our Dietitians have taken this awareness week to a whole new level by deciding to live solely on the diets they

syrup thick fluids, Modulen and many others!

Also during Dietitians Week, the department have organised a display stand in the main entrance of the hospital running from Monday 6th – 10th Friday June. There will be lots of advice and literature provided for staff, patients and visitors to take away.