

Evidence Brief: Dietetics

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Produced by the Knowledge Management team Evidence Briefs offer an overview of the published reports, research, and evidence on a workforce-related topic.

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There may have been an update to this Evidence Brief - to check you are reading the most current version please see the links below:

- [Complete Evidence Brief list – link for Workforce, Training and Education staff](#)
- [Complete Evidence Brief list – link for External staff](#)

Key publications – the big picture

[NHS Long Term Workforce Plan](#)

NHS England, 2023 (updated 2024)

More than a third of AHPs could train through apprenticeships, compared to 6% now, but this would vary by professional group. The Plan sets out the following assessment for proportion of entrants joining the AHP workforce via an apprenticeship route by 2031/32: 25–50% for paramedics, diagnostic radiographers, occupational therapists, dietetics, prosthetists and orthotists. (Page 45) Advanced practitioners increase the number and type of senior clinical decisionmakers supporting patients and offers options for clinical career progressions for more experienced staff. For example, advanced practice dietitians working in primary care in Birmingham are employed and supported by the community trust. This model enables people to access early expert diagnosis and treatment in primary care and stay in control of their symptoms to remain in school or work. In the first year it has avoided 600 appointments that otherwise would have been with a GP, reduced prescribing costs of oral supplements by £70,000, supported the education and training of the wider team and care home staff, as well as met a local need for more weight management and respiratory services. (Page 94)

[Revised standards of conduct, performance and ethics](#)

Health & Care Professions Council, 2024

The revised standards of conduct, performance and ethics came into effect on 1 September 2024. Our [guidance on social media](#), which sits alongside the standards, has also been revised.

[Approved programmes](#)

Health & Care Professions Council, 2024

A database of approved education programmes for Allied Health Professionals.

[Recruitment of overseas allied health professionals](#)

NHS Employers, 2024

How overseas allied health professionals (AHPs) can enter the UK for work.

[Innovation and collaboration: supporting Allied Health Professions Return to Practice](#)

NHS England, 2023

It is well recognised that there are significant challenges in AHP workforce supply, retention, and growth across all sectors of health and care. Returning Allied Health Professions are a vital element of the Health Education England (HEE) workforce plan and are essential in re-directing knowledge, skills and experience back into health and care sectors.

[AHP Educator Career Framework](#)

Council of Deans of Health, 2023

The AHP Educator Career Framework is an outcome-based career framework that describes the knowledge, skills and behaviours required to be an effective teacher, learning facilitator, supervisor and role model in AHP education in practice and formal education settings. First and foremost, it promotes the education pillar of AHP professional practice, recognising that education is everyone's responsibility.

[Genomics for allied health professionals: Survey results](#)

NHS England WT&E, Genomics Education Programme, 2023

Overall, your responses showed that a good majority of you feel you don't have a good understanding of genomics.

[Your future allied health professionals](#)

NHS Employers, 2023

This infographic sets out the different routes available for organisations to train allied health professionals.

[National profiles for Dietetics](#)

NHS Staff Council Job Evaluation Group, 2023

A national profile for Dietetics roles and job responsibilities.

[A guide to ESR coding for Advanced Practitioner roles](#)

NHS England WT&E, 2022

To ensure that advanced practitioners' skills are consistently recognised, and better enable those skills to be deployed across healthcare settings we must now ensure that the NHS workforce accurately reflects the breadth of the modern clinical workforce.

[The Allied Health Professions \(AHP\) for England: 2022 to 2027](#)

NHS England, 2022

This strategy is a catalyst for change. Wherever you work, every member of our AHP community has a part in realising our collective ambitions through its delivery. I therefore encourage you to take a moment to consider how the AHP community can enable the change required to deliver future care today.

[Allied Health Professions' Research and Innovation Strategy for England](#)

NHS England WT&E, 2022

This Strategy comprises a definitive collective national reference statement that encompasses and supports the existing research and innovation strategies of all the Allied Health professional associations.

[National standards for healthcare food and drink](#)

NHS England, 2022

The standards describe the methods by which organisations must ensure the quality and sustainability of their food and drink provision for patients, staff and visitors, and how they should be applied and monitored, as well as recommending future

improvement aspirations and actions. [A blog post on this guidance can be accessed here.](#)

[First Contact Practitioners and Advanced Practitioners in Primary Care: \(Dietitian\) A Roadmap to Practice](#)

NHS England WT&E, 2021

This Primary Care Educational Roadmap was developed by Health Education England, with support from and in collaboration with multi-organisational, multi-professional, and patient group stakeholders.

[What can AHPs offer in mental health settings?](#)

Health Education England, 2021

AHPs are the key to transforming health, care, and wellbeing. Working at the top of their competencies and skills, AHPs lead mental health teams to new ways of working. Their expertise in rehabilitation and enablement is vital to move away from over-reliance on hospitals and towards professional interventions across health and social care settings.

[My role in tackling health inequalities: a framework for allied health professionals](#)

The King's Fund, 2021

This framework builds on our commitments in the UK allied health professions public health strategic framework 2019–2024 (Allied Health Professions Federation 2019) and we hope AHPs across the UK will find it useful. It aims to help you to consider your own unique contribution to tackling health inequalities and to help maximise this through a series of lenses and questions.

[Report of the Independent Review of NHS Hospital Food](#)

Department of Health and Social Care, 2020

This report makes eight recommendations for system-level change. In Chapter 8 we propose that these are taken forward

by an expert group with representation from across the sector and government. These apply mainly to government, NHS England and NHS Improvement, and national regulators.

[What is advanced clinical practice?](#)

NHS England WT&E, no date (estimated post-2020)
Advanced clinical practitioners come from a range of professional backgrounds such as nursing, pharmacy, paramedics and occupational therapy. They are healthcare professionals educated to Master's level and have developed the skills and knowledge to allow them to take on expanded roles and scope of practice caring for patients.

[Standards of education and training](#)

Health & Care Professions Council, 2017
In line with the way our education quality assurance model functions, we have split our standards of education and training along institution and programme levels.

See also: [Review of the standards of education and training](#) (2024)

British Dietetic Association (BDA)

[Neonatal Workforce and Knowledge and Skills Framework](#)

British Dietetic Association, 2023
This [framework](#) identifies the minimum standards required for dietitians to provide a quality service to babies on neonatal units. The framework can also be used as a guide to the range and level of knowledge and skills required by the dietitian in order to work at a safe, effective and professional level within the neonatal environment.

[BDA Annual reports and accounts](#)

British Dietetic Association, 2023

Our impact and our recognition by the public, other healthcare professions and parliamentarians has never been so high.

[What is the criteria for Advanced Practice?](#)

British Dietetic Association, no date (estimated 2022)

Advanced Practice/Advanced Clinical Practice is a level of practice which is undertaken by an experienced, registered practitioner with complex decision-making skills. It encompasses 4 pillars of practice (which are slightly different across the UK), these are summarised in the BDA post-registration professional development framework as:

- Clinical Practice,
- Evidence based Practice research,
- Facilitated learning
- Leadership

See also: [Developing Advanced Practice Roles: Clinical Governance](#)

[Dietetic Workforce Development Programme](#)

British Dietetic Association, no date (estimated 2020-2022)
The BDA's Dietetic Workforce Development Programme is a programme funded by Health Education England but will support our workforce throughout the UK to allow us to secure and develop our current and future dietetic workforce.

[The Dietetic Journey](#)

British Dietetic Association, 2021

[The Post-Registration Professional Development Framework](#) for dietitians is designed for individuals and teams to use to develop their career and continual professional development.

The framework has been designed to ensure dietitians and dietetic practice are visible and audible in all settings; articulating the impact of nutrition and dietetic practice and the application of core dietetic skills on the health and development of individuals, groups and populations – contributing to the development and

delivery of organisations' strategic objectives. The framework will also inspire dietitians to progress their careers from novice to consultant as well as acknowledging those at the advanced/consultant level.

Case Studies

You can search for the BDA case studies here: [Work Ready case studies - British Dietetic Association \(BDA\)](#)

British Dietetic Association, 2022

Our impact and our recognition by the public, other healthcare professions and parliamentarians has never been so high.

[Advanced Practitioner Tanya Rumney–Professional Lead Advanced Practice Dietitian](#)

NHS England WT&E, 2022

ACP gives staff an opportunity to progress in their career clinically. Previously we would have lost the most clinically advanced staff to management roles but ACP allows career progression through clinical roles.

[Improving dietary intake and achieving food product improvement: policy opportunities and challenges for the WHO European Region in reducing salt and sugar in the diet: featuring case studies from United Kingdom, Israel, Spain, Portugal, Netherlands](#)

World Health Organisation, 2020

This paper provides case studies of several food product improvement policies from across the WHO European Region.

[Nutrition - Sarah Brownlie - Advanced Practice](#)

NHS England WT&E South West, no date

Sarah is a Nutrition Vascular Access Specialist Nurse working in an Acute Hospital setting and doing community visits, to prevent

hospital admissions where possible. She works in a dual role, covering Practical and Parental Nutrition, and is joint lead for the Vascular Access team, She is currently doing the final year of her Level 7 Advanced Practice Apprenticeship.

[Why I decided to become a dietitian](#)

NHS England WT&E, no date

First and foremost, I realised the importance of food intake and diet on human health. A lot of the patients that I have worked with suffered from conditions that were either preventable or manageable by diet which would enable them to live a better quality life and enjoy everyday. I could not think of any of my patients that would not benefit from a dietetic intervention!

The Star for workforce redesign

More resources and tools are available in the AHP Quick Reference Guides section of the [Star](#)

Statistics

You can find relevant statistics on the [Health and Care Statistics Landscape](#).

[Registrant data and statistics](#)

Health & Care Professions Council, 2024

These factsheets provide a breakdown for each of the professions we regulate.

[Key statistics on education and training for HCPC professions](#)

Health & Care Professions Council, 2024

We have provided key statistics as a summary of the picture of education and training for the professions we regulate, and how that picture is changing.

[Retention rates of first time HCPC registrants, 2013 to 2018](#)

Health & Care Professions Council, 2023

The HCPC embarked upon this analysis to inform our work on preceptorship. We consider that the findings are of wider value. They have particularly important implications for providers and funders of training, and for workforce planners. They are also likely to be of great interest to other stakeholders including professional bodies.

[Diversity data: dietitians - March 2023](#)

Health & Care Professions Council, 2023

This factsheet provides key EDI information for dietitians and how the demographics of this group compare to the demographics of HCPC registrants overall.

[HCPC Diversity Data Report 2021: dietitians](#)

Health & Care Professions Council, 2021

Key findings

- Dietitians had the joint lowest average age (40)
- Dietitians reported the joint highest figure for respondents who identified themselves as falling under the protected characteristic of pregnancy and maternity (8%)
- Dietitians reported the second highest percentage (93%) of those who identified as female and consequently, the second lowest percentage (6%) of those who identified as male.

National Data Programme

Workforce, Training and Education staff can look at the [WT&E Data and Analytics Service](#) resources including the National Data Warehouse SharePoint site to find out more about datasets and Tableau products.

Published Peer Reviewed Research

Community, Primary Care, and Social Care

[A case study of the impact of a dietitian in the multi-disciplinary team within primary care: a service evaluation](#)

Journal of Human Nutrition and Dietetics 36(5), 2024

Key points

- A dietitian fully embedded in the general practitioner primary care multi-disciplinary team can improve patient-centred care for several patient groups; enhance learning for staff around nutrition and dietary issues; and contribute to more efficient working and cost savings around prescription of nutritional products.
- Dietitians are able to act in certain situations as first contact practitioners.
- Further research is needed to understand the value dietitians can contribute and the factors supporting effective and efficient working in primary care.

[The experiences of dietitian's working in care homes in England: a qualitative study](#)

Age and Ageing 51(2), 2022

Dietitians believe that they play a key role in supporting care homes with nutritional care, identifying themselves as experts and leaders, working with MDT professionals. The findings

highlight the importance of a consistent approach to managing nutrition and the need for dietitians to share outcome data to improve the limited evidence-base. There is a need to agree a defined dietetic service provision to care homes in England.

[Quality improvement strategies enhance primary care dietetics:](#)

[A systematic review and meta-analysis](#) Abstract only*

Journal of Human Nutrition and Dietetics 35(3), 2021

Interventions aimed at enhancing quality in primary care dietetic practice support improvements in patient outcomes. Further research on quality improvement interventions for patient outcomes is required to strengthen the evidence base in this important topic.

[Impact of a dietitian in general practice: Care of the frail and malnourished](#)

Journal of Human Nutrition and Dietetics 35(1), 2021

Dietitians, acting as first contact practitioners, can deliver significant improvements in care for older people at risk of malnutrition and frailty as part of the practice multi-disciplinary team. Cost savings for ONS were made and other potential cost saving were evident.

[Dietetic Workforce Capacity Assessment for Public Health Nutrition and Community Nutrition](#)

Journal of the Academy of Nutrition and Dietetics 121(7), 2021

Significant opportunity exists to improve the preparedness and training of the current dietetic workforce to increase capacity and meet emerging needs in public health and community nutrition.

Digital

[Electronic health record time-tracking provides real-time data to measure and benchmark dietitian productivity](#) Abstract only*

Journal of Human Nutrition and Dietetics 37(1), 2024

Key points

- An electronic health record (EHR)-based tool that facilitates the documentation of both face-to-face time and patient care coordination time is feasible and enables consistent, continuous measurement of time and productivity.
- Outpatient dietitians spend varying amounts of time on face-to-face care versus and care coordination depending on the specialty.

[New parents share feeding worries at virtual allergy group](#) Full

text available with NHS OpenAthens account*

Journal of Nursing 38(1), 2024

In September 2021, the paediatric dietetic team at Kent Community Health NHS Foundation Trust (KCHFT) set up virtual group sessions for parents of infants and children with suspected or diagnosed cow's milk allergy (CMA). Dietitians would find themselves repeating what a cow's milk allergy is, how it differs to lactose intolerance, what specialist infant formulas and alternative plant-based milks are available, how to provide supplementary feeding (weaning) which is calcium rich, how to have a cow's milk free diet and how and when dairy could be re-introduced. The resulting increased capacity and reduction of referral to treatment time from over 12 weeks to between four and eight has improved outcomes, with quicker access to help resulting in quicker symptom management, which is paramount for this patient group who rely on appropriate formula and weaning advice in the first few months of life.

[Use of digital food records in clinical settings: lessons in translation from a randomised controlled trial](#) Abstract only*

Journal of Human Nutrition and Dietetics 38(1), 2024

Key points

- Digital food records are associated with incomplete or inaccurate self-reported dietary intake which limits translation into clinical settings.
- Digital food records demand labour-intensive adjustments by dietitians to improve the accuracy of the dietary data.
- Variable acceptance towards the mobile food diary app evaluated was related to understanding the impact of use on dietary behaviours, low digital literacy and engagement with technical features.

[Content accuracy and readability of dietary advice available on webpages: A systematic review of the evidence](#)

Journal of Human Nutrition and Dietetics 38(1), 2024

Key points

- Inconsistent information has been found on 16%–49.6% of websites, while in the case of ‘weight loss’ this percentage rose to 54%–94%.
- Purely congruent with guidelines information was found on 18%–39.7% of websites.
- Difficult-to-comprehend information was found on most of the websites based on readability levels.

[Early dietitian referral in lung cancer: use of machine learning](#)

Full text available with NHS OpenAthens account*

BMJ Supportive & Palliative Care 14(1), 2024

The Dietetic Assessment and Intervention in Lung Cancer (DAIL) study was an observational cohort study. It triaged the need for dietetic input in patients with lung cancer, using questionnaires with 137 responses. This substudy tested if machine learning could predict need to see a dietitian (NTSD) using 5 or 10 measures.

[An App-Based Intervention for Pediatric Weight Management: Pre-Post Acceptability and Feasibility Trial](#)

JMIR Formative Research 7, 2023

A multidisciplinary approach to weight management is offered at tier 3 pediatric weight management services in the United Kingdom. Encouraging dietary change is a major aim, with patients meeting with dietitians, endocrinologists, psychologists, nurse specialists, and social workers on average every other month.

[Barriers to Video Call–Based Telehealth in Allied Health Professions and Nursing: Scoping Review and Mapping Process](#)

Journal of Medical Internet Research 25, 2023

This review identified key barriers to video call–based telehealth use by allied health professionals and nurses, which can foster the development of stable infrastructure, education, training, guidelines, policies, and support systems to improve telehealth services. Further research is necessary to identify potential solutions to the identified barriers.

[The P.O.S.T Guidelines for Nutrition Blogs: A Modified e-Delphi Study](#) Abstract only*

Journal of the Academy of Nutrition and Dietetics 121(7), 2021
Consensus from a panel of dietetics experts resulted in the P.O.S.T Guidelines for Nutrition Blogs, which can support RDs in authoring healthy eating blogs. This will ensure that evidence-based nutrition messages provided to consumers are engaging and effective.

Diversity and inclusion

[Evolving Beyond the World Foods Course: Creating Racially and Ethnically Inclusive Educational Spaces for Dietetics Students](#)

Abstract only*

Journal of the Academy of Nutrition and Dietetics 122(11), 2022
This paper reviews key terminology related to diversity, equity, and inclusion in the context of dietetics education, and describes

a new framework to transform dietetics education based on the principles of cultural humility and culturally sustaining teaching.

[“Raising the curtain on the equality theatre”: a study of recruitment to first healthcare job post-qualification in the UK National Health Service](#)

Human Resources for Health 20, 2022

The Healthcare Workforce Equity + Diversity Lens we have developed can help to ‘raise the curtain on the equality theatre’ and inform more inclusive approaches to recruitment such as contextualised recruitment or effective allyship between employers and universities.

[A social media intervention for dietetics professionals to increase awareness about racial/ethnic diversity and inclusion in dietetics: Black voices centered](#)

Journal of Critical Dietetics 6(1), 2021

Results of this sub-study offer insight into the Black experience in dietetics as well as ways the Academy can improve diversity and inclusion within its organization and membership.

[Do images of dietitians on the Internet reflect the profession?](#)

Abstract only*

Journal of human nutrition and dietetics 34(1), 2020

The images resulting from an online search for 'dietitian' do not fully illustrate the profession. There are opportunities to create and share authentic images online that show the breadth of work roles and diversity of professionals' age, gender, cultural background and size.

Education and curriculum

[Teaching and assessment of communication skills in dietetics: a scoping review](#)

Journal of Human Nutrition and Dietetics 37(2), 2024

Highlights

- Communication skills teaching is included in dietetic education, but the studies presented in this review indicate the lack of consistent approaches.
- There is scope for the use of more diverse teaching and assessment strategies in dietetic education to develop the communication skills required for social media and communicating with diverse populations.

[An investigation of employer perceptions of Irish nutrition graduate competencies](#)

Journal of Human Nutrition and Dietetics 37(4), 2024

Key points

- Employers reported feeling overall satisfaction with nutrition graduates and nutrition placement student's competency levels entering the workforce environment.
- Nutrition graduates were perceived as well-prepared to enter the professional workplace and were seen as adaptable and professional.
- A lack of confidence in abilities was reported by some employers and they expressed a desire for students to receive further support to build confidence.
- Employers identified two areas for improvement in nutrition science undergraduate curricula to further support nutrition students and graduates: addition of business skills and digital competency development.
- Professional accreditation in nutrition and registration as a nutritionist with the Association for Nutrition (AfN) is highly desired by employers.

[The pivot to online teaching: an opportunity to create effective problem-based learning environments for dietetic education](#)

Journal of Human Nutrition and Dietetics 38(1), 2024

Key points/highlights

- The COVID-19 pandemic accelerated the move towards online and blended learning in dietetics education.
- The transition to online education demands careful instructional design, planning and development, acknowledging increased time and resource requirements.
- The Community of Inquiry framework has been proven to be effective in enhancing online learning experiences, particularly, in fostering collaboration and critical thinking among small groups.
- Strategies for implementing effective online learning experiences using problem-based learning as a proposed pedagogy are identified for future dietetic teaching and assessment.

[Sustainability-informed dietetics education: key messages for educators and national dietetics associations](#)

Journal of Human Nutrition and Dietetics 37(4), 2024

Highlights

- Sustainable food system (SFS) competency requirements and curricular integration are inconsistent globally and lack robust frameworks to support dietetics education.
- There is a need to define the scope of practice for SFS within dietitians' roles.
- Current opportunities in education include scaffolding existing topics and activities with signature pedagogies for sustainability, harnessing transferrable knowledge and skills to adapt to future SFS roles, and establishing interdisciplinary food systems teaching and learning activities.
- National dietetics associations can act to support SFS in the professional role of dietitians.

[Cocreating eating disorder education solutions: A design thinking approach to dietetics curricula in Australia](#)

Journal of Human Nutrition and Dietetics 37(5), 2024

Highlights

- A design thinking retreat engaged a diverse range of stakeholders, involving them in the research process to integrate eating disorder content within dietetics curricula.
- The prototypes focused on collaborating with professional bodies and people with lived experience to design and deliver eating disorder content early within the degree, and upskilling educators to feel confident to deliver this content.
- Including content at university was perceived as important for equipping dietitians with foundational knowledge and skills, as well as to support them to feel comfortable and confident to provide care for people with eating disorders.

[Equipping nutrition graduates for the complex realities of practice: Using practitioner perspectives and experiences to inform authentic sustainability curriculum](#)

Journal of Human Nutrition and Dietetics 36(4), 2023

Key points

- Sustainability, living well on a finite planet, is complicated, multifaceted and an ethical endeavor intersecting with all forms of nutrition practice.
- Practising nutritional professionals can be a source of experience to provide practice-informed content to assist educators in creating a sustainability-focused curriculum.

Leadership, coaching and supervision

[Inequitable barriers and opportunities for leadership and professional development, identified by early-career to mid-career allied health professionals](#) Full text available with NHS

OpenAthens account*

BMJ Leader 8(3), 2024

Thematic analysis (TA) generated four themes, including the barriers and opportunities for AHP leadership development and career progression. Further TA identified three overarching themes: equitable and interprofessional leadership development; an equitable and structured AHP career pathway; and having AHP leaders at a strategic and/or very senior level. These overarching themes were subsumed under the umbrella category: equity of opportunity and voice. The AHPs, who were interviewed, reported inequitable access to both career and leadership development, compared with other professions, such as nurses, doctors and pharmacists.

[Collaborative leadership to support sustainability in practice for dietitians as allied health professionals](#)

Journal of Human Nutrition and Dietetics 36(6), 2023

Key points

- There is a need for allied health professionals (AHP) to embrace the National Health Service (NHS) net zero agenda
- Dietitians are AHP with existing competencies to act as advocates for environmentally sustainable diets
- This research uses qualitative approaches (interviews and focus groups) with current and future AHP leaders
- The findings illustrate the need for dietitians to step up to their collaborative leadership role to tackle greener healthcare practices

[Clinical Leadership in Dietetics : Viewpoints From the Front Lines](#) Abstract only*

Topics in Clinical Nutrition 36(3), 2021

This qualitative study explored registered dietitian nutritionists' (RDNs'; n = 561) perspectives on what clinical leadership is in dietetics practice and what barriers exist to practicing it.

[A qualitative study exploring experiences and challenges of combining clinical academic training with family life](#)

BMC Medical Education 21, 2021

Although people manage to find ways to successfully combine clinical academic roles with family life, findings highlight a need to identify ways of supporting and encouraging trainees with caring responsibilities to ensure that they remain on the clinical academic pathway.

Mental health

[Joining the workforce during the COVID-19 pandemic: views of Allied Health Profession students](#)

Journal of Interprofessional Care 36(5), 2022

Content analysis regarding students' anticipations, fears, and support needs identified the following themes: professional identity and growth; opportunities for improvement; preparedness for transition from university to the workplace, the workplace environment; COVID-19; support from lecturers; daily support within the workplace and innovative methods of support.

[Wellbeing and coping of UK nurses, midwives and allied health professionals during COVID-19-a cross-sectional study](#)

PLoS One 19(9), 2022

This workforce would benefit from additional support/services to prevent further deterioration in mental health and wellbeing and optimise workforce retention.

Role progression and development

[Supporting those experiencing food insecurity: A scoping review of the role of a dietitian](#)

Journal of Human Nutrition and Dietetics 38(1), 2024

Highlights

- Increasing levels of food insecurity in the United Kingdom (UK) make it important to consider the role of dietitians in supporting people who may have insufficient access to safe and nutritious food.
- While limited, the available literature demonstrates that dietitians play a range of roles in supporting people at risk of, or experiencing, food insecurity including identification and screening, facilitating interventions and policy development.
- Gaps exist in current training and evaluation of the impact dietitians have on improving nutrition outcomes for individuals at risk of or experiencing food insecurity.

[Workforce development in private practice dietetics: experiences and perceptions of experienced practitioners](#)

Journal of Human Nutrition and Dietetics 38(1), 2024

Highlights

- A qualitative descriptive study is provided with in-depth insights of the experiences and perceptions of experienced private practice dietitians across their tertiary education, postgraduation pathways and career trajectory.
- Private practice dietitians in Australia experienced significant challenges to their success in private practice, in part related to reported inadequate preparation in business, entrepreneurial and counselling skills and a lack of private practice placement experience, prior to graduation.
- Our findings demonstrate that a strategic and expert consensus approach is needed to workforce development for the private practice dietetics workforce.

[Trends, challenges, opportunities, and future needs of the dietetic workforce: a systematic scoping review](#) Abstract only*

Nutrition Reviews 8(5), 2022

The following 13 themes were identified: 1) emerging or expanding areas of practice; 2) skill development; 3) economic considerations; 4) nutrition informatics; 5) diversity within the workforce; 6) specific areas of practice; 7) further education; 8) intrapersonal factors; 9) perceptions of the profession; 10) protecting the scope of practice; 11) support systems; 12) employment outcomes; and 13) registration or credentialing.

[The role of dietetics accreditation standards in supporting practice-ready graduates – a policy analysis](#)

Journal of Human Nutrition and Dietetics 36(3), 2022

There is a unified purpose of accreditation internationally which may support global mobility of the dietetics workforce. Focusing more on outcome-based standards may support the development of dietetics graduates better equipped to meet future needs.

[Comparison of innovative communication approaches in nutrition to promote and improve health literacy](#)

Ulster Medical Journal 91(2), 2022

A wide range of modalities within dietetics are used to communicate to a varied audience with the primary form written, e.g. journal articles, plain language summaries and leaflets. Audio/visual and digital communications are increasing in dietetic care and welcomed by patients; however, the effectiveness of such approaches has not been studied thoroughly and digital exclusion remains a concern. Communication considering a patient's HL level leads to empowerment which is key to effective management of chronic diseases with a high treatment burden. Therefore; this review will focus on the importance of modalities used to communicate science in nutrition to ensure they are appropriate in relation to Health Literacy.

[Enablers and barriers to progressing a clinical academic career in nursing, midwifery and allied health professions: A cross-sectional survey](#)

Journal of Clinical Nursing 31(3-4), 2022

Robust evidence is central to practice and professional decision making of NMAHPs, with generation and translation of research arguably best led by those clinically active. Whilst countries like the UK and USA have fellowship schemes to support research career development, anecdotal reports suggest barriers exist in translating these opportunities into sustainable clinical academic careers.

[Studying the transition from graduate to health practitioner: The Griffith Dietetics Graduate Outcomes Survey](#) Abstract only*

Nursing & Health Sciences 23(3), 2021

Key themes included the importance of networking to gain employment, willingness to relocate to rural areas, the need to persevere, and the need for supported career development. These findings can be used to inform dietetic education and workforce preparation.

Secondary and tertiary care

[Exploring paediatric dietetic resources available for critically ill children in the UK and Ireland: A multicentre survey](#) Abstract only*

Journal of Human Nutrition and Dietetics 37(2), 2024

Highlights

- Having a paediatric dietitian as part of a multidisciplinary team in paediatric intensive care units (PICU) predicts optimal enteral energy and protein intake.
- PICUs within the UK and Republic of Ireland do not meet minimum dietetic staffing standards.
- There is a significant disparity in seniority levels between adult and paediatric dietetic staff in critical care.

[Impact of a health literacy sensitive model of care in outpatient nephrology dietetic clinics](#)

Journal of Human Nutrition and Dietetics 37(6), 2024

Key points

- There was no improvement in overall adherence to the renal diet in the usual care or revised model of care.
- However, the revised model of care was associated with a significant improvement in fruit and vegetable intake and diet quality
- Patient satisfaction was high in both models of dietetic care, however, the revised model of care was associated with greater satisfaction at baseline.

[Patient expectations and understanding of hospital food service provision when declaring a food allergy](#)

Journal of Human Nutrition and Dietetics 38(1), 2024

Highlights

- Patients expect to share responsibility for allergy reporting with hospital staff and are actively involved in managing their own food allergies during a hospital admission.
- Patients prefer to have health professionals over- rather than under-informed, with the documentation of food allergy information on bedside whiteboards being acceptable.
- It is important for both staff and patients to be educated and aware of hospital food allergy management processes.

[Malnutrition in emergency general surgery: a survey of National Emergency Laparotomy Audit Leads](#)

Journal of Human Nutrition and Dietetics 37(3), 2024

Highlights

- Emergency general surgical patients, in particular those who undergo a laparotomy and are malnourished, are at

high risk of worse outcomes than those who are not malnourished.

- There is wide variation in current practices in relation to screening and assessment of malnutrition in laparotomy (NELA-eligible) patients.
- A number of barriers to identifying malnutrition in laparotomy patients exist, including a lack of time, training and education, access and ownership of the problem.

[Exploring the role of dietitians in mental health services and the perceived barriers and enablers to service delivery: A cross-sectional study](#)

Journal of Human Nutrition and Dietetics 36(5), 2024

Key points

- A survey of Australian dietitians working in mental health identifies major roles undertaken, including individual/group consults and multidisciplinary meetings.
- Barriers reported include a lack of awareness of a dietitian's role in mental health, including their professions capacity to complete roles beyond malnutrition including behaviour change.
- A lack of specific tools was reported for use with mental health populations for nutrition screening/assessment.
- More training and increased evidence base to guide practice would enable better service provision.

[The Contribution of Registered Dietitians in the Management of Hyperemesis Gravidarum in the United Kingdom](#)

Nutrients 13(6), 2021

There was an inconsistent use of referral criteria to dietetic services and a lack of specific clinical guidelines and patient resources. Further training for all clinicians and earlier recognition of malnutrition, alongside investment in the role of

dietitians were recommended to improve the nutritional care of those with HG.

Workforce perspectives and experiences

[Exploring Dietitians' Perspectives Toward Current Practices and Services in Relation to Irritable Bowel Syndrome Management in Clinical Settings Across the United Kingdom: A Qualitative Study](#)

Journal of the Academy of Nutrition and Dietetics, 2024

In this qualitative study, dietitians reported the need for established referral pathways, accurate and timely IBS diagnosis, and more specialist dietitians to facilitate access to dietetic services. They highlighted the provision of patient-centered care driven by patients' symptoms, expectations, and feelings. Dietitians suggested that early intervention, more time for education, digital innovation, and evidence-based online resources may facilitate practice and prevent specific patients from unhelpful eating or restrictive dietary behavior in the long term.

[The intersection of systems thinking and structural empowerment in the work of public health dietitians](#)

Journal of Human Nutrition and Dietetics 37(6), 2024

Key points

- Respondents demonstrated moderate-to-high systems thinking competency and perceived structural empowerment.
- Higher systems thinking scores were associated with greater decision-making authority, whereas higher structural empowerment scores correlated with increased job responsibilities and decision-making authority.
- The positive association between systems thinking and structural empowerment among public health dietitians underscores their potential to drive systems-level change and influence population health outcomes.

- Integrating systems thinking and structural empowerment into dietetic education and professional development may enhance the workforce's preparedness for navigating complexities.

[Exploring Dietitians' Perspectives Toward Current Practices and Services in Relation to Irritable Bowel Syndrome Management in Clinical Settings Across the United Kingdom: A Qualitative Study](#)

Journal of the Academy of Nutrition and Dietetics, 2024

The following 3 main themes emerged: 1) dietetics services as part of IBS referral pathways; 2) practices in relation to dietetics services; and 3) patients' expectations and feelings. Each main theme had subthemes to facilitate the description and interpretation of data. The increasing number of IBS referrals to dietitians and the need for accurate and timely IBS diagnosis and specialist dietitians were reported, along with the use of digital innovation to facilitate practice and access to dietetic care. The use of internet as a source of (mis)information by patients and the limited time available for educating patients were identified as potential barriers to dietetic practice. Dietitians follow a patient-centered approach to dietary counseling and recognize the negative implications of perceived IBS-related stigma by patients on their feelings and treatment expectations.

[A cross-sectional survey exploring knowledge, beliefs and barriers to whole food plant-based diets amongst registered dietitians in the United Kingdom and Ireland](#)

Journal of Human Nutrition and Dietetics 38(1), 2024

Key points

- The majority of registered dietitians (RDs) from the UK and Republic of Ireland in this study hold a positive view of whole food plant-based diets (WFPBDs) and are willing to recommend them to their patients.
- Considerable knowledge deficits related to current clinical evidence of WFPBDs exist amongst RDs, particularly, in

the area of oncology. Additionally, three-quarters of dietitians falsely believed that plant proteins are an incomplete source of protein.

- Malnutrition risk and micronutrient deficiencies, together with eating disorders appear to be a concern amongst many RDs for individuals transitioning to a WFPB dietary pattern.
- Limited education, a lack of a supportive work environment and excluding certain food groups remain considerable personal and professional barriers for RDs implementing WFPBDs in practice, whereas difficulties such as cooking skills and financial cost were the main perceived barriers for their patients in adopting a more plant-based dietary pattern.

['My words would have more weight': exploring weight stigma in UK dietetic practice and dietitian's lived experiences of weight stigma](#)

Journal of Human Nutrition and Dietetics 37(5), 2024

Key points

- Dietitians personally experience weight stigma prior to and post registration. Experiencing stigma impacts on career-related decisions, the area of expertise dietitians choose and their confidence in their own abilities to practise as dietitians.
- Weight stigma is experienced across the weight spectrum.
- These data show that dietitians have both explicit and implicit bias towards people living with obesity.
- Our data highlight the need for weight stigma to be addressed within dietetic practice, both from a patient-practitioner and professional point of view.
- There is a need for dietetic associations to address how weight stigma impacts the profession.

[What do readers want? Results of an online survey to involve readers in updating the seventh edition of the Manual of dietetic practice](#)

Journal of Human Nutrition and Dietetics 37(1), 2023

Key points

- This article presents the results of an online survey to explore views on the scope, content and presentation of the UK Dietetic profession's core text, Manual of dietetic practice.
- The survey was initiated by the editorial team who felt it important to explore ways in which the new edition of the Manual could be updated to meet the emerging needs of readers, namely qualified dietitians and students of dietetics.
- Over 1100 respondents completed the survey comprising 91% professionals, 72% of whom were registered dietitians who had been practicing in the UK healthcare system for an average 12 years.
- Thematic analysis revealed readers felt the Manual to be a highly respected text, regarded as the 'go-to' source for guidance on the practice of clinical dietetics with comprehensive coverage and extremely knowledgeable contributing authors.
- However, despite its positive qualities, the Manual suffered from cumbersome updating processes meaning that its content lagged behind real-life clinical practice.
- The survey proved a valuable method to engage with the readership to ensure the next edition reflected readers' requirements for updated Manual content, style and format.

[Quality of life and home parenteral nutrition: a survey of UK healthcare professionals' knowledge, practice and opinions](#)

Journal of Human Nutrition and Dietetics 36(3), 2022

Key points

- There is significant variability in quality-of-life (QoL) practice for patients treated with home parenteral nutrition (HPN).
- Our findings suggest that very few healthcare professionals are embedding QoL assessment into clinical practice.
- Evidently, there appears to be a need for specific, evidence-based, clinical practice guidelines detailing how to define and measure QoL in HPN patients.

[UK dietitians' attitudes and experiences of formula very low- and low-energy diets in clinical practice](#)

Clinical Obesity 12(3), 2022

What this study adds

- Dietitians reported using VLED/LED frequently in clinical practice and perceived they were effective, but concerns remained about long-term effectiveness. The most commonly reported barriers of VLED/LED use were cost and adherence.
- Dietitians reported that further education, funding and infrastructure (i.e., access to clinic space, administrative support) were essential to help embed VLED/LED into clinical practice.
- The information from this study can be used by services managers, commissioners and dietitians to help embed VLED/LED programmes as a treatment option for dietitians to use with patients.

[Experiences and perceptions of dietitians for obesity management: a general practice qualitative study](#)

Journal of Human Nutrition and Dietetics 34(3), 2021

The present study aimed to explore general practice healthcare professionals' (GPHCPs) experiences and perceptions of dietitians in the context of obesity management. GPHCPs perceived that embedding a dietitian within their general practice

team would be valuable and beneficial for obesity management. Our findings provide support for the funding of general practice dietitian roles in the UK.

Competency Frameworks

[A new competency and skills framework for dietitians working in HIV care](#)

British Dietetic Association, 2023

The primary purpose of the framework is for the personal and professional development of dietitians. The document helps to identify learning needs and provides a tool to collect evidence of competency. Many dietitians working in HIV may be the only specialists in their location. This can make clinical supervision difficult, especially for those new to the area of work.

[The standards of proficiency for dietitians](#)

Health & Care Professions Council, 2023

These standards set out safe and effective practice in the professions we regulate. They are the threshold standards we consider necessary to protect members of the public.

[AHP Critical Care Capability Framework](#)

Intensive Care Society, no date (estimated post 2022)

The Allied Health Professions Critical Care Capability framework has been developed to highlight the experience, expertise and contributions of dietitians, occupational therapists, operating department practitioners, physiotherapists and speech and language therapists in intensive care.

[Dietetic Competency Framework](#)

British Dietetic Association, 2021

Welcome to the 2021 BDA Diabetes Specialist Group **Dietetic Competency Framework for Dietitians Working in the Area of Diabetes**. As it was last updated in 2011 there are a few changes we would like to draw your attention to:

- The framework is aimed at post-registration dietitians.
- The framework can be used by any dietitian working with people with diabetes. It is not just for specialist roles.
- The framework uses levels of competency in line with the [BDA Post-Registration Professional Development Framework](#).
- The framework describes the knowledge, skills and examples of competency for each area described. If you find that your exact requirements are not met you can use the Framework Summary to describe these further.
- Please take time to read the introduction to each section.

[Diabetes dietetic competency framework: three years in the making](#)

British Dietetic Association, 2021

The 2021 BDA Diabetes Specialist Group Dietetic Competency Framework for Dietitians Working in the Area of Diabetes can be used by any dietitian working with people with diabetes. It is not just for specialist roles.

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