

Nutrition & Dietetics

Range of Services

The Nutrition and Dietetics Department provide an inpatient service to adults and children at the Stanmore site. Dietitians are HCPC (Health Care Professionals Council) registered and aim to support with translating complex nutritional information into practical advice to treat medical conditions and facilitate lifestyle choices. We work as an integral part of the multidisciplinary team alongside doctors, pharmacists, other allied health professionals, catering and clinical nurse specialists. We provide a holistic approach to patient care during their admission, helping to manage complex needs such as allergies or support using artificial nutrition.

The dietitians are often requested to provide pre-operative nutritional assessments, reports and treatment plans for adult and paediatric patients who are identified as having pre-existing nutritional concerns. Whilst we do not have an established outpatient service, the department is hoping to develop a healthy lifestyle group for SCI patients as these patients remain under the care of the hospital for lifelong treatment.

Clinical areas covered include:

- Spinal Cord Injury
- Critical Care
- Paediatrics
- Spinal Surgery
- Sarcoma
- Amputees
- Rehabilitation
- Diabetes

The majority of our work involves provision of nutrition support which may include oral, enteral (tube feeding) or parenteral (intravenous feeding) in order to optimise nutrition status post operatively. Loss of appetite and weight loss can be common pre and post-surgery, at a time when energy and protein requirements are elevated. We aim to support in minimising these losses to aid recovery and promote wound healing.

The Dietitians are often requested to provide pre-operative nutritional assessments, reports and treatment plans for adult and paediatric patients who are identified as having complex medical needs. We provide patient specific treatment plans in order to optimise nutrition status before surgery and support with re-

establishing nutrition post operatively to aid recovery.

Referrals

We accept referrals from our electronic ICE system, email or via telephone. Our department operates from Monday to Friday 8am to 4:30pm excluding bank holidays.

Key Contacts

Natalie Healy - Lead Dietician

Suzanne Capel - Dietician

Hannah Gerald - Dietician

Jane Honess - Specialist Dietician

Vasantkumar Patel - Dietician Assistant

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