

# Dietitian

An overview of qualifications,  
university course, practice placement  
and job role.

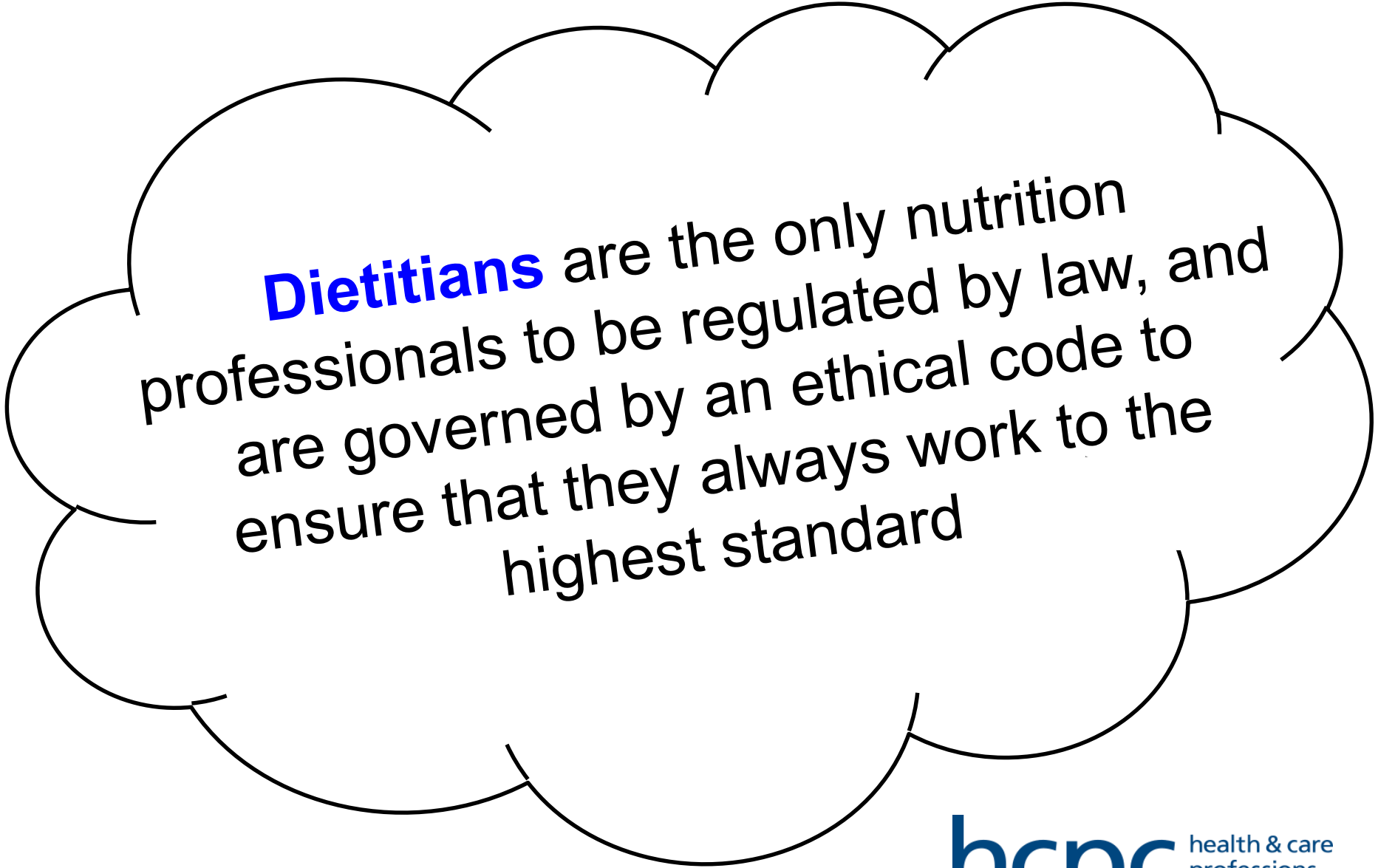
# What is a Dietitian?

- The only qualified health professionals that assess, diagnose and treat dietary and nutritional problems
- Use the most up to date health and science research on food, health and disease which they translate into practical guidance to enable people to make appropriate lifestyle and food choices
- The only nutritional professionals regulated by law and are governed by an ethical code to ensure that they always work to the highest standard

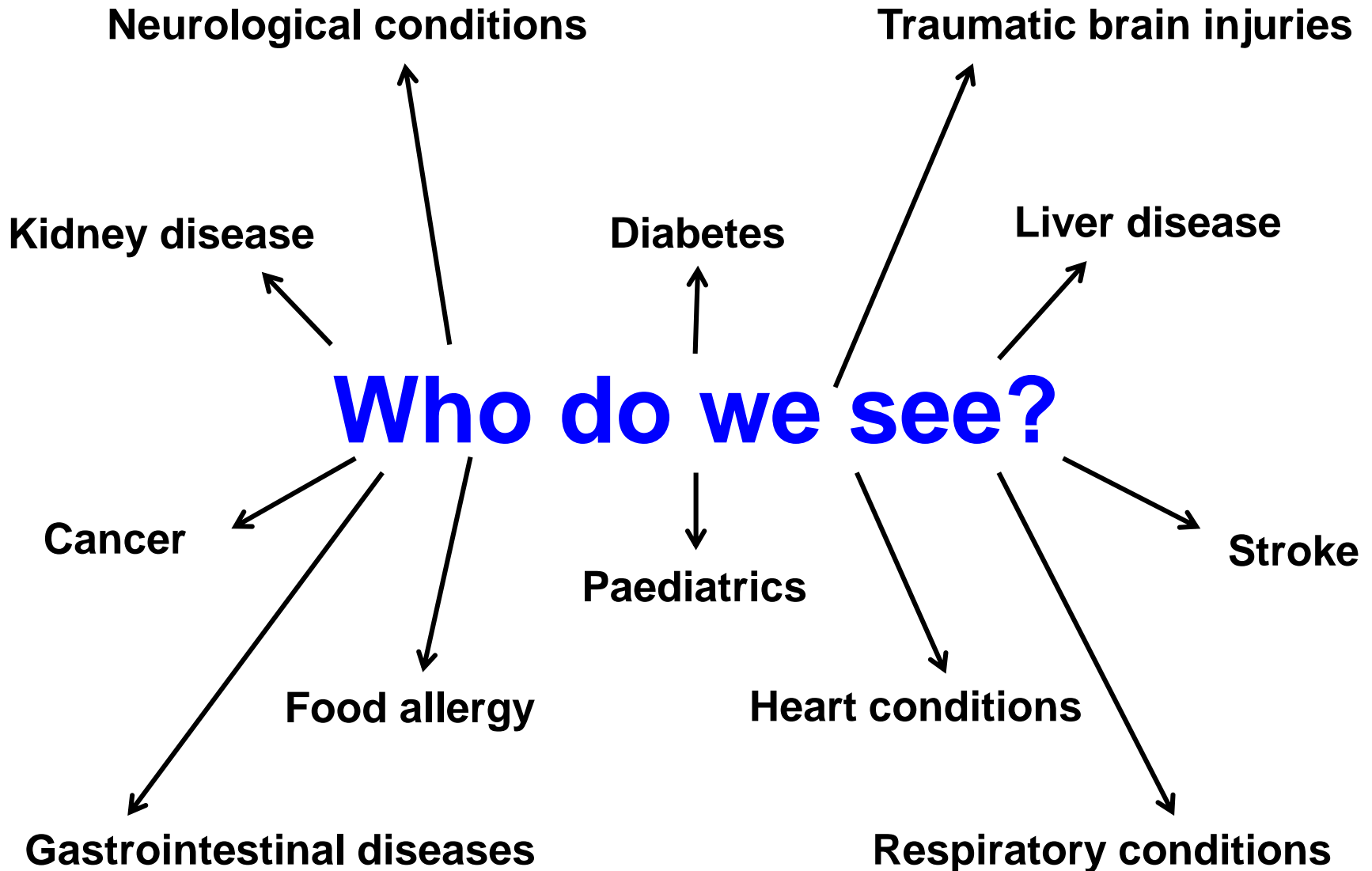
# Qualifications .

## BSc (Hons) Human Nutrition & Dietetics

- Requirements: BBBB including English, Chemistry and one other science, plus Nat 5 Maths and English at B. An interest in food is important
- Study at 3 Scottish Universities  
Glasgow Caledonian University
  - Queen Margaret University (Edinburgh)
  - Robert Gordon University (Aberdeen)
- 4 year course including 3 practical placements within the NHS, lectures, tutorials, nutrition and clinical simulation labs
- The course provides an in depth understanding of nutrition and metabolism, gained from the study of physiology, biochemistry, pharmacology and food science, with recognition of the influencing aspects of psychology, sociology, behaviour change.
- 12 weeks Practice placements in NHSL for “ B” and “C” Students .  
“A” students at The State Hospital.



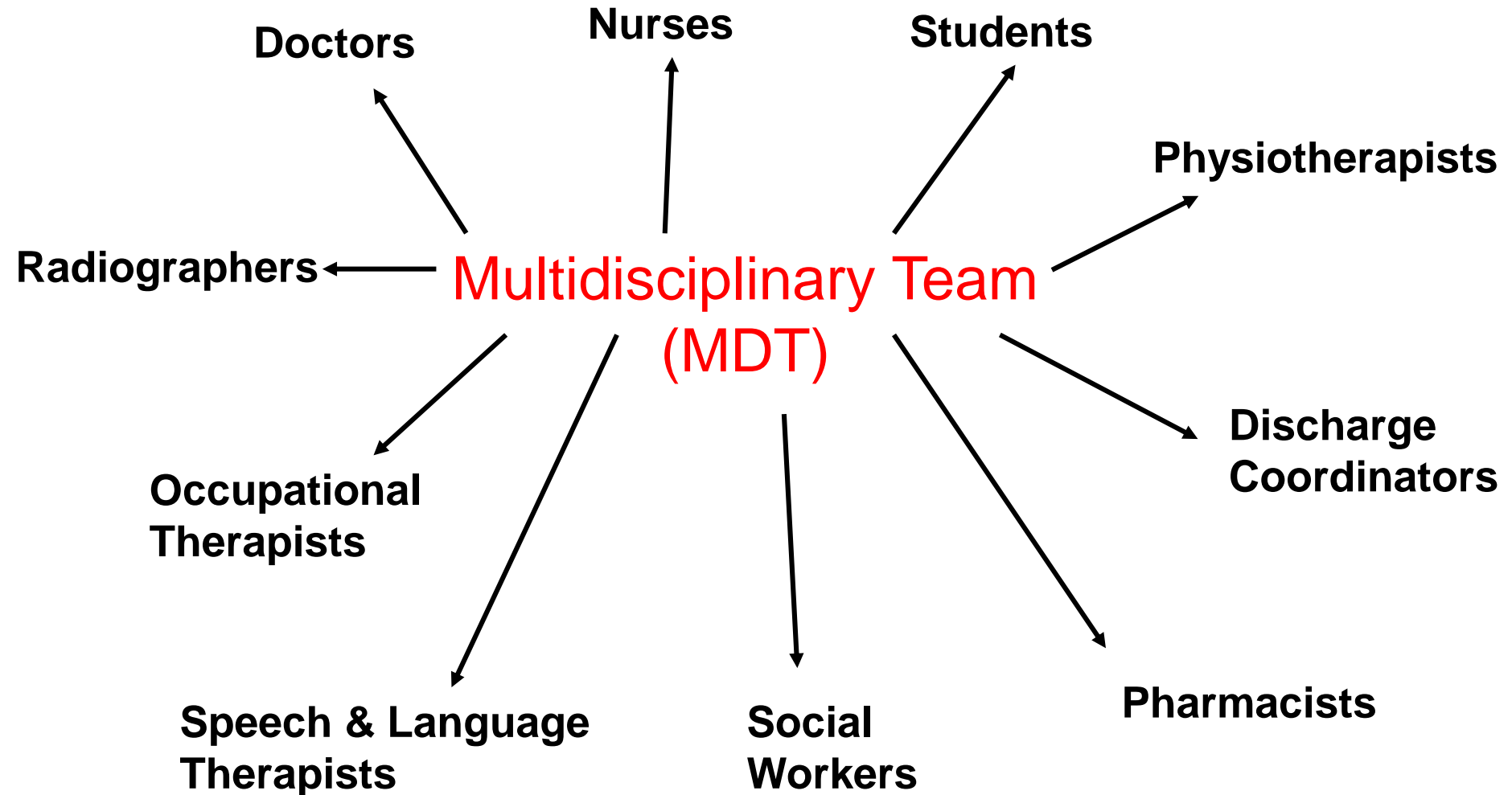
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*Patients with poor nutritional status – undernutrition – underweight  
overnutrition – overweight.*

*Patients aiming to achieve optimum nutrition for health.*

# Who do we work with?



# Who do we work with?

- Families
- Carers, Care support agencies e.g Key Communities, Capability Scotland.
- 3<sup>rd</sup> Sector. - ie Alzheimer Scotland
- Health Improvement Teams.
- Local Authority colleagues . Integration

# Where do we work?

Community

Sports &  
Exercise

Research

Mental health

Media

Hospitals

Learning  
disabilities

Education

Pharmaceuticals

Food industry



# Qualities of a Dietitian

- Scientific enquiring mind.
- Good communicator.
- Interest in health and well being and PEOPLE.
- Interest in food and its relationship to health and well being.
- Practical application underpinned by academic knowledge . i.e Someone may just want to know  
*“ But what can I have for my dinner?”*



**Trust a  
Dietitian**

