

Know your worth

Sue Kellie

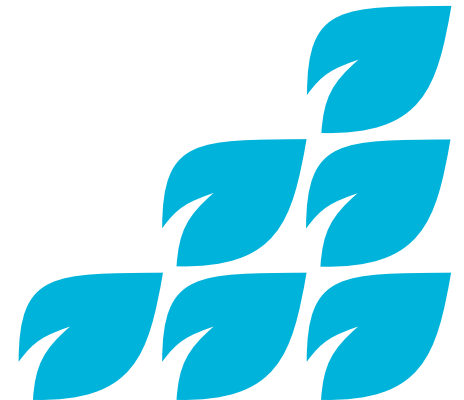
Deputy chief executive/Head of
professional policy

The British Dietetic Association



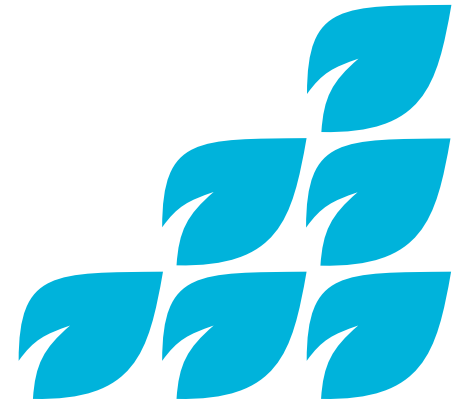
Aim and content

To encourage dietitians to systematically define the outcomes you deliver for service users, the dietetic service, the organisation and the Health and Social Care system



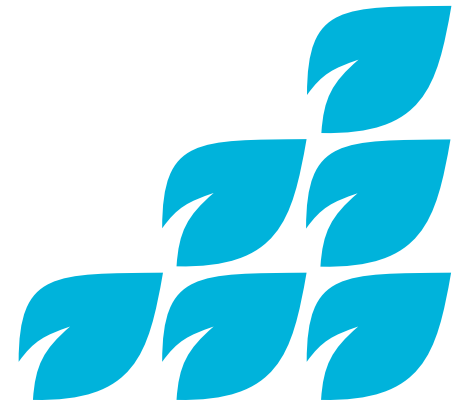
Content

- The presentation covers
 - Dietitians contribution to meeting priorities
 - Defining clinical outcomes
 - Other types of outcomes
 - Key points about outcomes
 - Practice



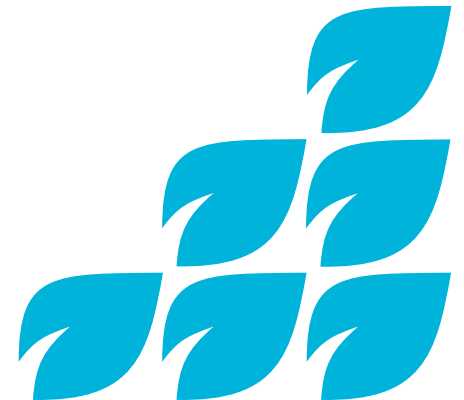
Healthcare priorities

- Quality and outcomes inc cost effectiveness
- Productivity
- Prevention, health promotion and earlier intervention
- Long term conditions
- Frail older people



Outcomes

- What is the purpose of measuring outcomes?
- What is an outcome ?
- Whose outcomes?
- What do you measure?
- How do you measure ?
- How is it being reported?



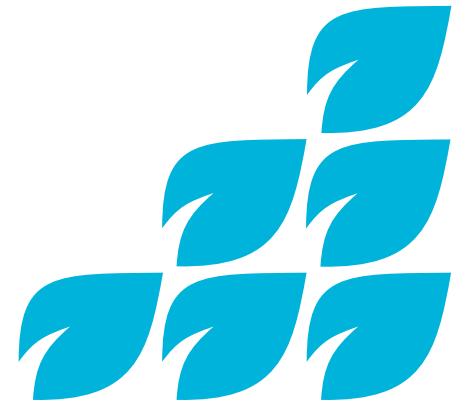
Outcomes

- Change in the health of an individual, group of people or a population which is attributable to an intervention, or series of interventions Equity and Excellence DH 2010
- Donadebian includes quality of life, length of stay, reduction in readmissions, costs, knowledge and satisfaction



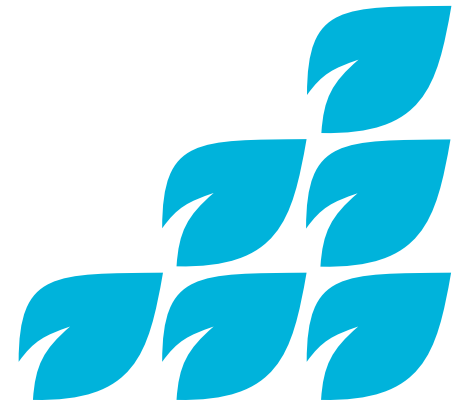
What can you measure

- Clinical, biochemistry, anthropometry
- Symptoms,
- Patient experience, patient focussed
- Knowledge, confidence, mental health



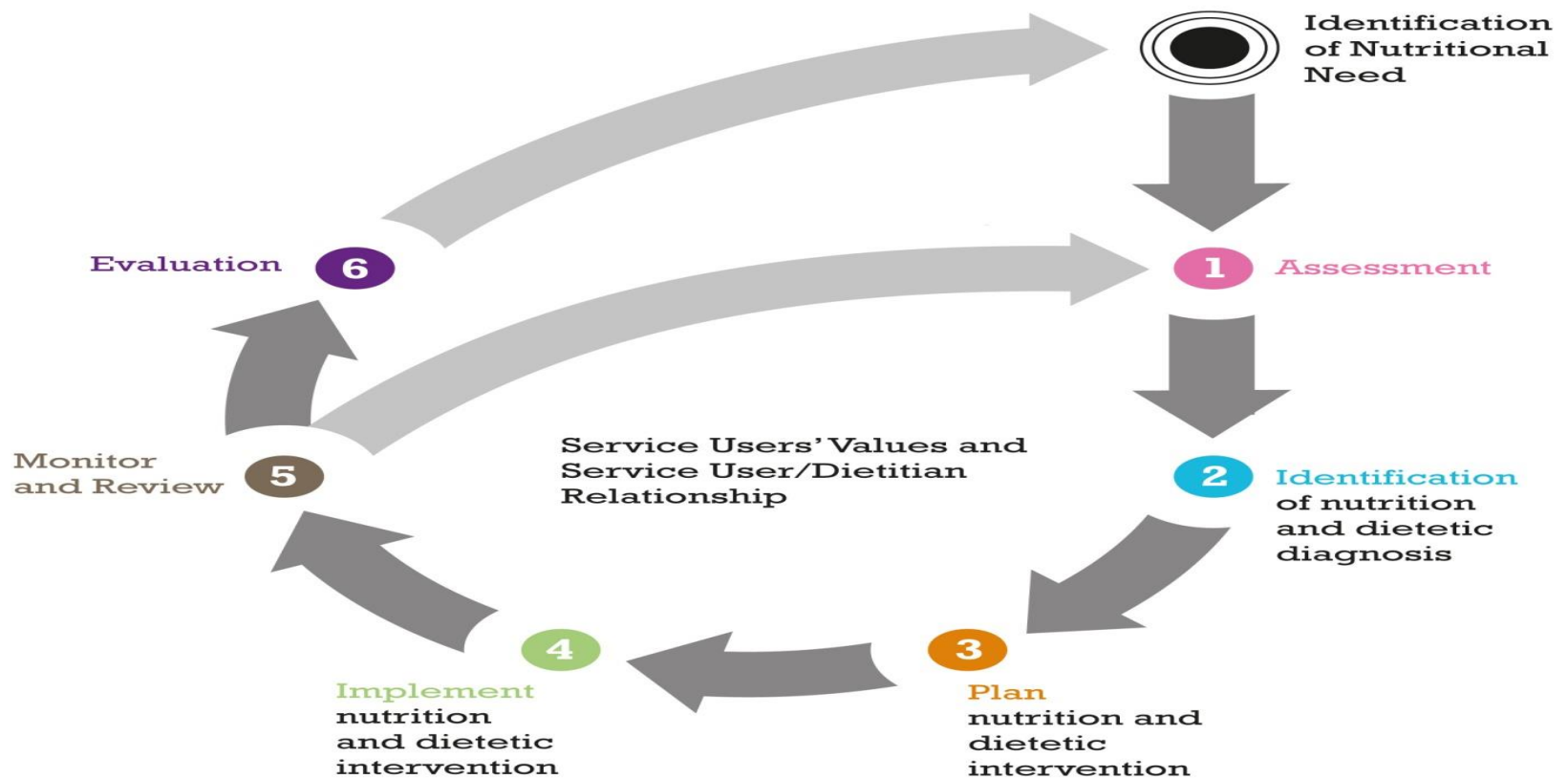
Generic Outcomes

- Useful and practical information
- Confidence in using the information
- Changes to diet
- Recommend the services



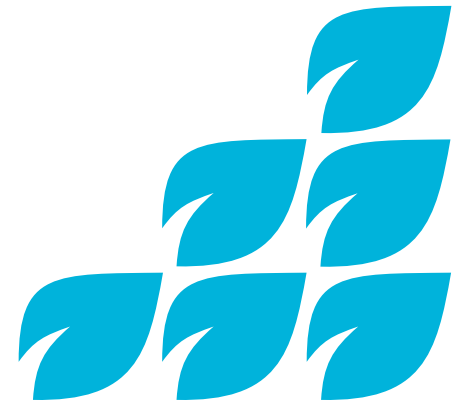
Process for Nutrition and Dietetic Practice

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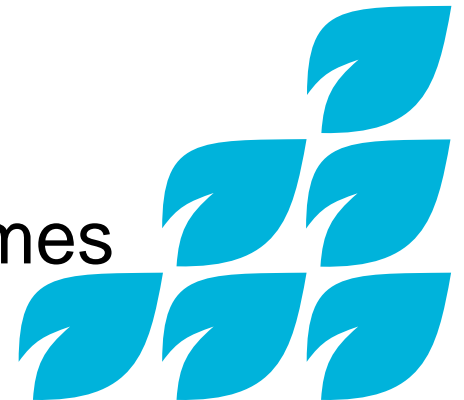
Measuring Outcomes

- Meaningful and relevant to practice
- Measurable
- Simple
- Systematic
 - Collected routinely in practice
 - Sampled



Components of Assessment

- ABCDE
 - Anthropometry
 - Biochemistry
 - Clinical/physical
 - Dietary
 - Environmental/behavioural/social
 - Patient focussed goals and outcomes
(what matters to me)



Components of a Diagnosis

The Problem

The alterations in the client/group/populations' nutritional status.

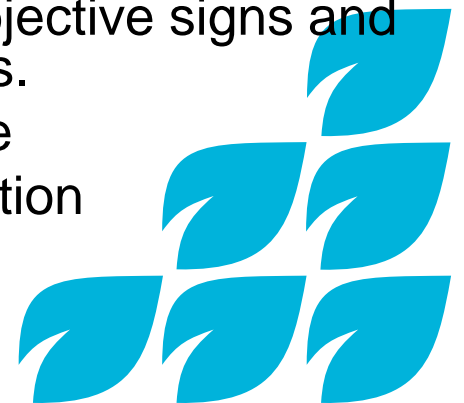
Aetiology

The related factors are those factors contributing to the existence of, or maintenance of pathophysiological, psychosocial, situational, developmental, cultural, and/or environmental problems.

Signs and Symptoms

The defining characteristics are a cluster of and objective signs and symptoms established for each nutritional diagnosis.

The defining characteristics are gathered during the assessment phase and provide evidence that nutrition related problem exist



Diagnosis

- Mrs B (age 50) exhibited symptoms of weight loss, loose stools, anaemia

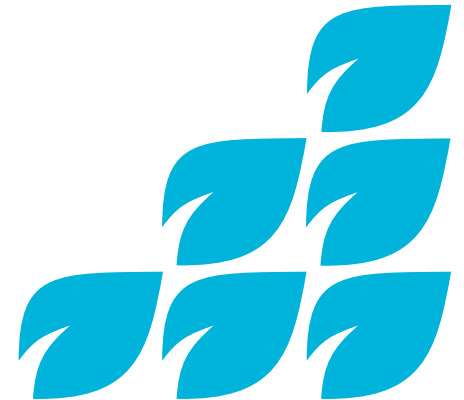
Investigations led to a diagnosis of coeliac disease. She has now been referred to you. She is anxious, very concerned about her weight and anaemia. Dietary assessment indicates a very restricted diet of white fish, no carbohydrate, some vegetables and fruit and boiled sweets

- Develop a diagnosis.



Diagnosis

- Aetiology
 - little understanding of coeliac disease and fear of eating
- Signs and symptoms
 - Restricted diet with intake approx 50% of standard, anaemia (Hb 9) and weight loss of 10% in last 4 months, BMI 27
- Diagnosis
 - Need for nutrition education

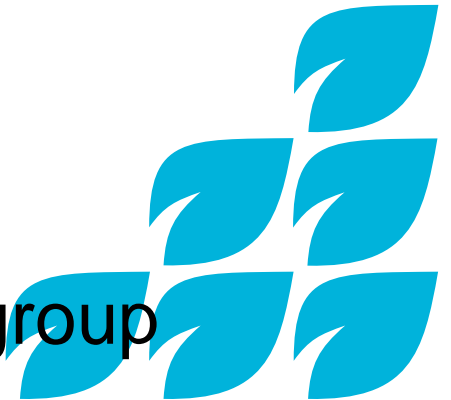




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Plan

- Outcomes
 - Understanding of gluten free diet
 - Confidence in managing gluten free diet
- Goals
 - Meet nutritional requirements
 - Removal of gluten from diet
 - Symptom free (patient focussed)
 - Improved clinical indicators
- Plan
 - Nutrition education individual and group



Outcome
**Knowledgeable, confident
patient**

Anthropometry

Weight

Biochemistry

Hb

**Clinical
/symptoms**

Bowel movements

Dietary intake

Gluten free

Balanced nutrition

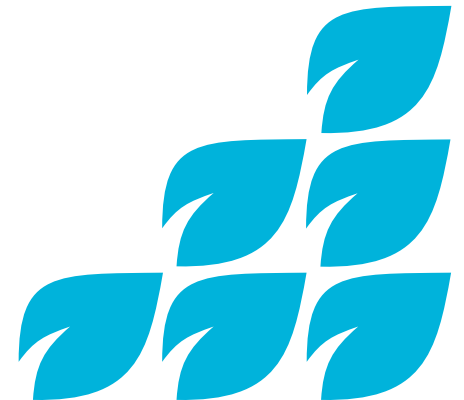
Environment

Confidence

Knowledge

Patient focussed

Quality of life





Challenges

Perfection

FEAR

It's too big & difficult

Cynical

Do we have the tools ?

Big picture v's personal





Providing our worth

Job satisfaction

Trust a Dietitian

Involvement in your practice

Prioritise activity

Efficiency & effectiveness



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