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OF DIETITIANS

From Malnutrition to Wellnutrition

The role of the European Dietitian in the Care of Older and Dependent People in Nursing Homes

Mary-Ann Sørensen
Honorary Secretary of EFAD
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Definition of Dietitian

- A dietitian is a person with a qualification in Nutrition and Dietetics recognised by national authority(s). The dietitian applies the science of nutrition to the feeding and education of groups of people and individuals in health and disease
- The scope of dietetic practice is such that dietitians may work in a variety of settings and have a variety of work functions



Administrative Dietitian

- A dietitian who focuses and works primarily within food service management with responsibility for providing nutritionally adequate, quality food to individuals or groups in health and disease in an institution or a community setting



Clinical Dietitian

- A dietitian who has responsibility for planning, education, supervision, and evaluation of a clinically devised eating plan to restore the client/patient to functional nutritional health. Clinical dietitians can work in primary care as well as in institutions



Public Health or Community Dietitian

- A dietitian directly involved in health promotion and policy formulation that leads to the promotion of food choice amongst individuals and groups to improve or maintain their nutritional health and minimizes risk from nutritionally derived illness



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Food is not
nutrition until it
has been eaten!



The role of the dietitian in nursing homes

- Provide nutritionally adequate, well tasting quality food
- Calculate nutrients in recipes
- Enable individual needs and wishes to be fulfilled
- Compile and maintain a food and diet manual
- Ensure that the nursing staff make the most of the offers from the kitchen



The role of the dietitian in nursing homes

- Update screening tools and food diary forms
- Teach the nursing staff
- Update the organisation on new knowledge on nutrition and dietetics
- Contact and council individuals at risk
- Develop nutritional care plans
- Monitor nutrition therapy
- Collate relevant data for documentation
- Take part in research



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Vision for Food and Meal Service in Jammerbugt, Denmark

- The offer of food and meals is – besides satisfying hunger and quenching thirst – by quality, choice of menu, and appearance, a daily source to cheerfulness and good health for the individual
- Food, menu, and meals are in focus as a part of a coherent care system, and involvement of the individual, freedom of choice, and multidisciplinary working is a matter of course
- Food is prevention, maintenance, and treatment, and thus individuals and nursing staff are offered counselling on nutrition in general, but especially for individuals with risk of malnutrition



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