

# ROLES OF DIETITIANS

NTD 412

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# DIETITIAN

- A dietitian is a healthcare professional who has registered credentials and can provide nutritional care in the areas of health and wellness for both individuals and groups.
- He or she is able to review a person's medical history, current symptoms, medications, supplements, exercise routine, weight, and eating habits and give advice that is safe and effective for them to reach their goals.

# ADMINISTRATIVE ROLE

- The administrative dietitian, some times called food service systems management dietitian, is a member of the management team and is responsible for the nutritional care of groups through the management of food service systems providing optimal nutrition and quality food.
- They may work in schools, senior centers, healthcare facilities, company cafeterias, prisons, hotels or restaurants.
- Typical responsibilities include:
  1. Planning, controlling, and evaluating food service
  2. Managing budget resources
  3. Establishing standards of sanitation, safety, and security
  4. Developing menus and evaluating client acceptance;
  5. Developing specifications for the procurement of food, equipment, and supplies
  6. Planning layout designs and determining equipment requirements
  7. Conducting studies to improve the operations, efficiency, and quality of food service systems.

# CLINICAL ROLE

- The clinical dietitian is a member of the health care team and is primarily concerned with therapeutic diets for individuals or groups who are located in hospitals, normal and extended care facilities, and long-term care facilities.
- Responsibilities include:
  1. The clinical dietitian assesses nutritional needs and the nutritional status of individuals through dietary histories of individuals, laboratory values, anthropometric tests, and similar methods
  2. Counsels individuals and families on dietary plans, adapting plans to the individual's therapeutic needs and life style
  3. Participates in health team rounds and serves as the consultant on nutritional care
  4. Compiles or develops educational materials and uses them as an aid in nutrition education
  5. Interprets and utilizes pertinent current research related to nutritional care.

# EDUCATIONAL ROLE

- The teaching dietitian usually has advanced preparation in dietetics or education. They are employed by universities and health care facilities

## Responsibilities:

- responsible for planning, conducting, and evaluating training programs for dietetic, medical, dental, nursing or other allied health students.

# CONSULTATIVE ROLE

- The consultant dietitian, with experience in administrative or clinical dietetic practice, provides advice or services in nutritional care.
- These dietitians are generally self employed or work under contract with healthcare facilities, corporations, etc. Some work for wellness programs, sports teams, supermarkets, weight-loss clinics and other nutrition related businesses.
- Responsibilities:
  1. Perform nutrition screenings for clients
  2. Offer advice on diet related concerns such as weight loss and cholesterol reduction
  3. Improving athletic performance through nutrition
  4. Counseling clients and consulting with health care teams
  5. May provide expertise in sanitation, safety procedures, menus development, budgeting and planning

# ASSIGNMENT

- State the roles of a Nutritionist. To be submitted at the next class. Lateness will not be tolerated!!!!!!