



Diet Sheets and Resources: Current Practice Amongst Dietitians

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Introduction

There are a large number of diet sheets and resources within the nutrition and dietetic department. These include resources developed and designed internally as well as those sourced from external organisations. Dietitians have different practices and methods of providing information and patients have different needs. What is current practice?

Methods

An online survey was developed using surveymonkey. A total of 9 questions were included to explore dietitians current practices around use of diet sheets and resources within the department. The survey was emailed to all dietitians in the department of nutrition and dietetics and a number of reminders were issued.



Results

A total of 16 responses were collected

Dietitians reported use of 55 different resources.

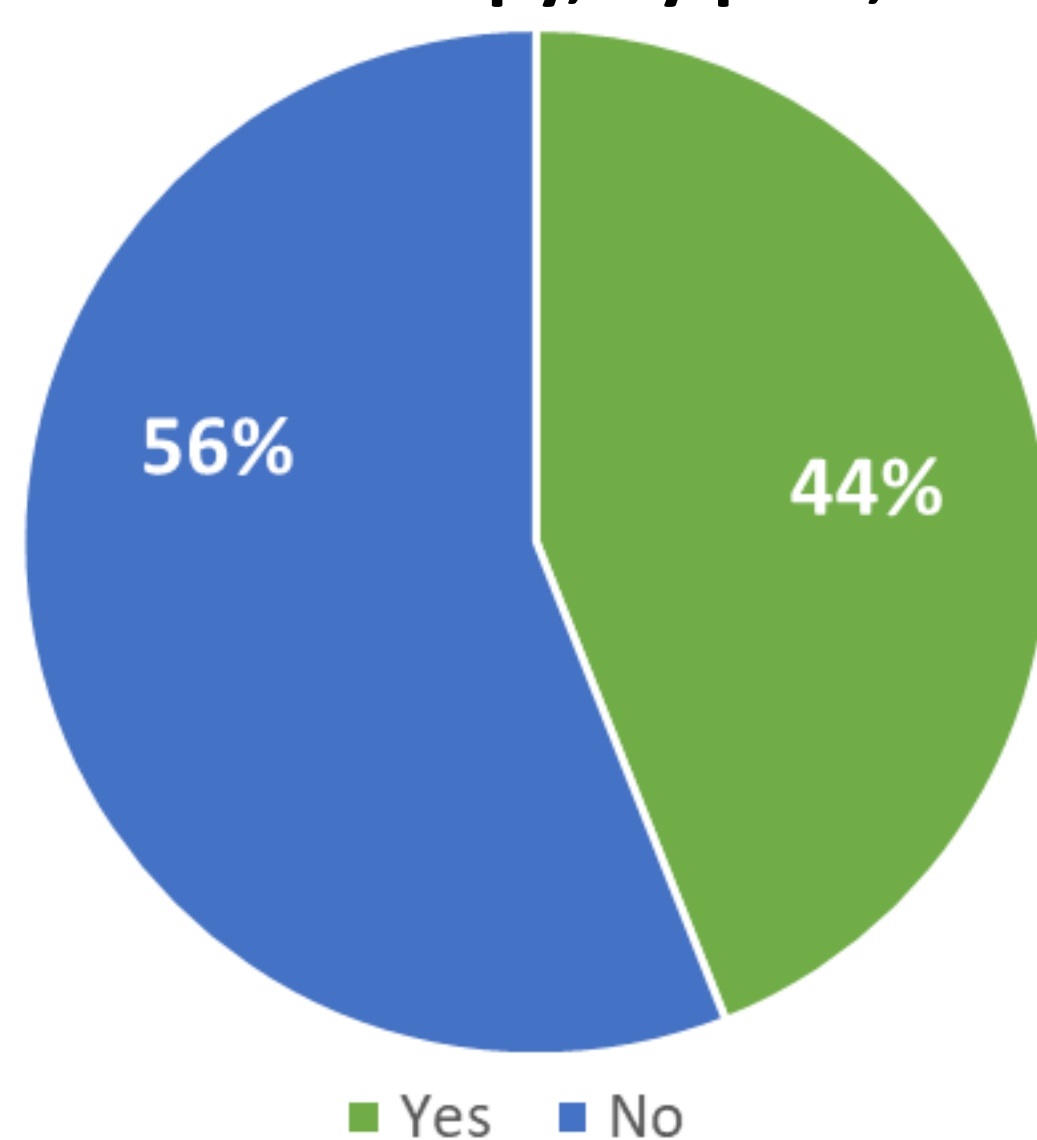
The HSE "Making the Most of Every Bite" was the most commonly used resource



Making the
most of every bite

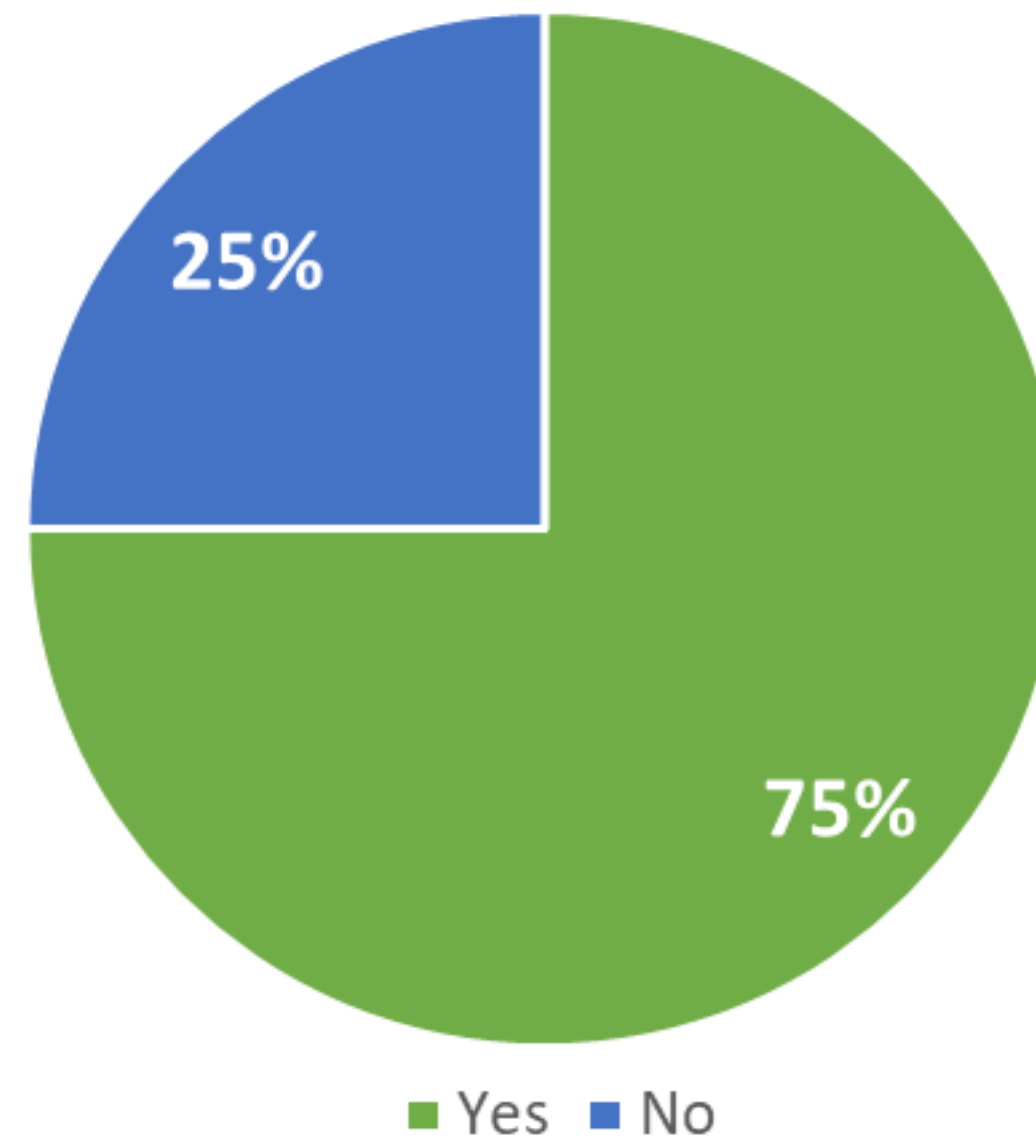


Do you commonly ask people how they would prefer to receive written information? (i.e. in person hard copy, by post, email)

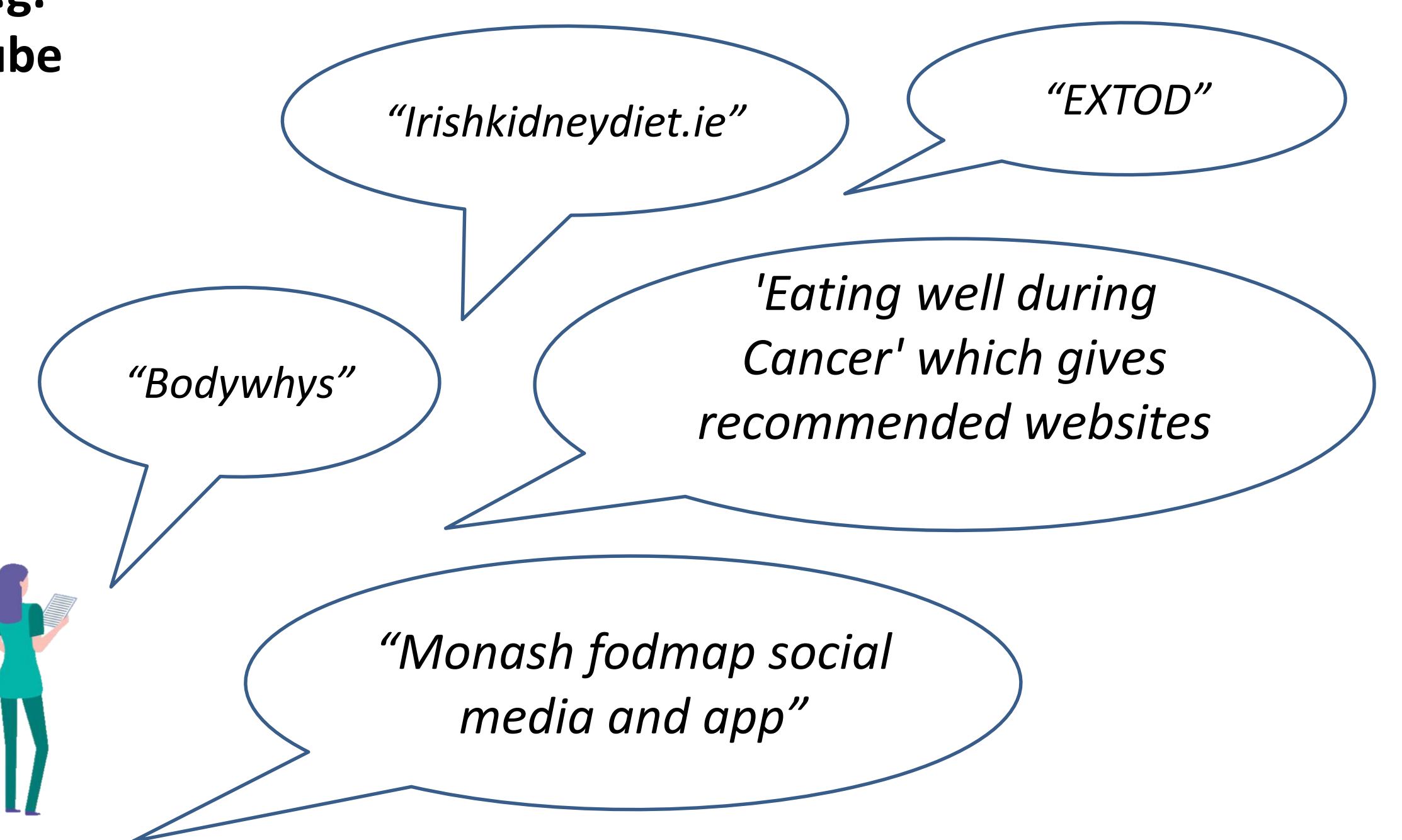


■ Yes ■ No

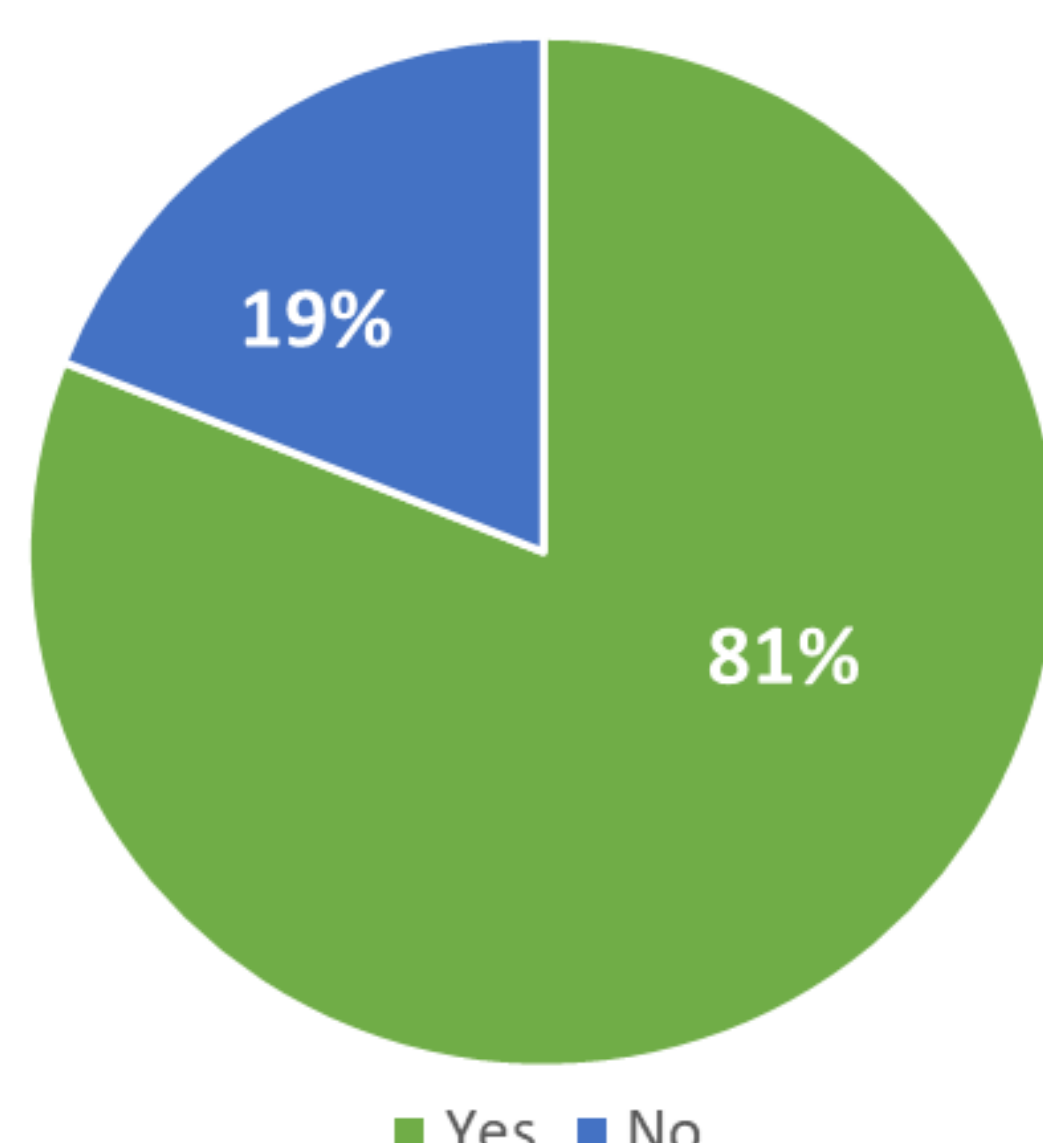
Do you ever recommend online resources? e.g. websites, social media pages, podcasts, YouTube videos



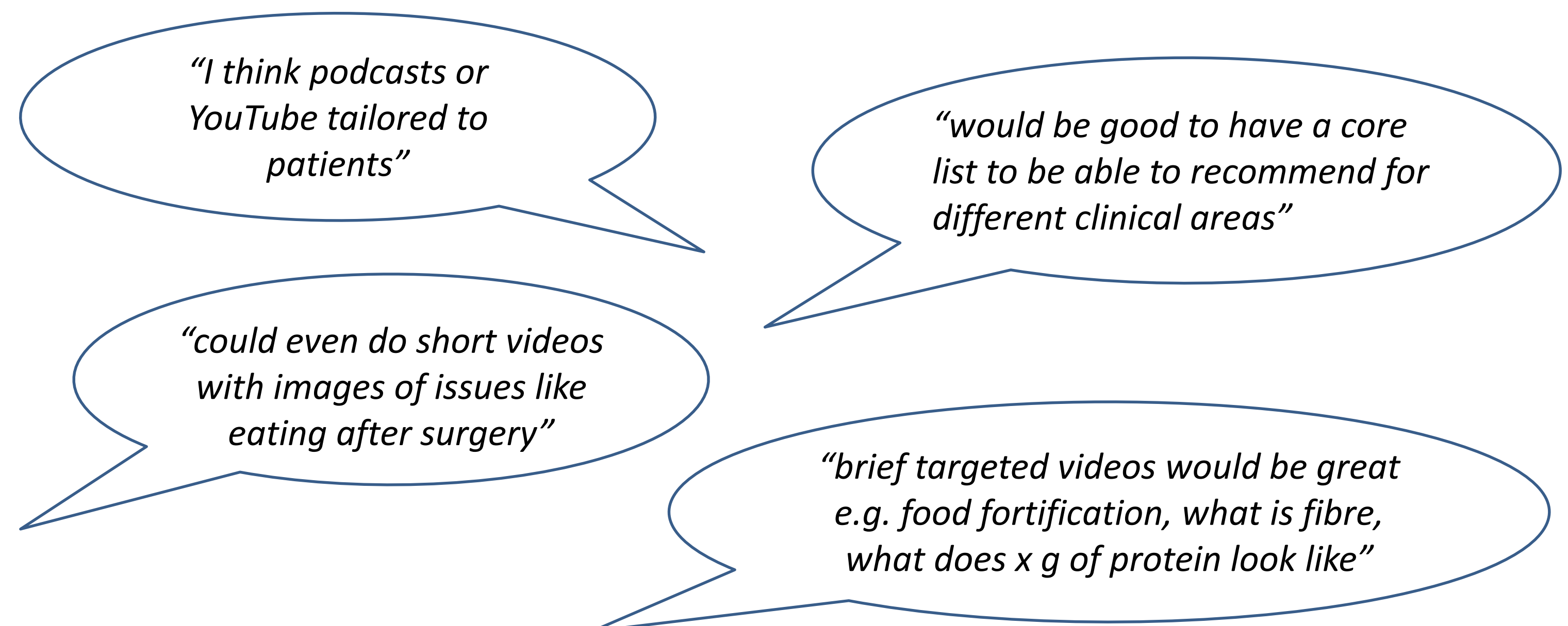
■ Yes ■ No



Do you think the department should have additional resources to recommend? e.g. YouTube videos, podcasts, infographics, social media

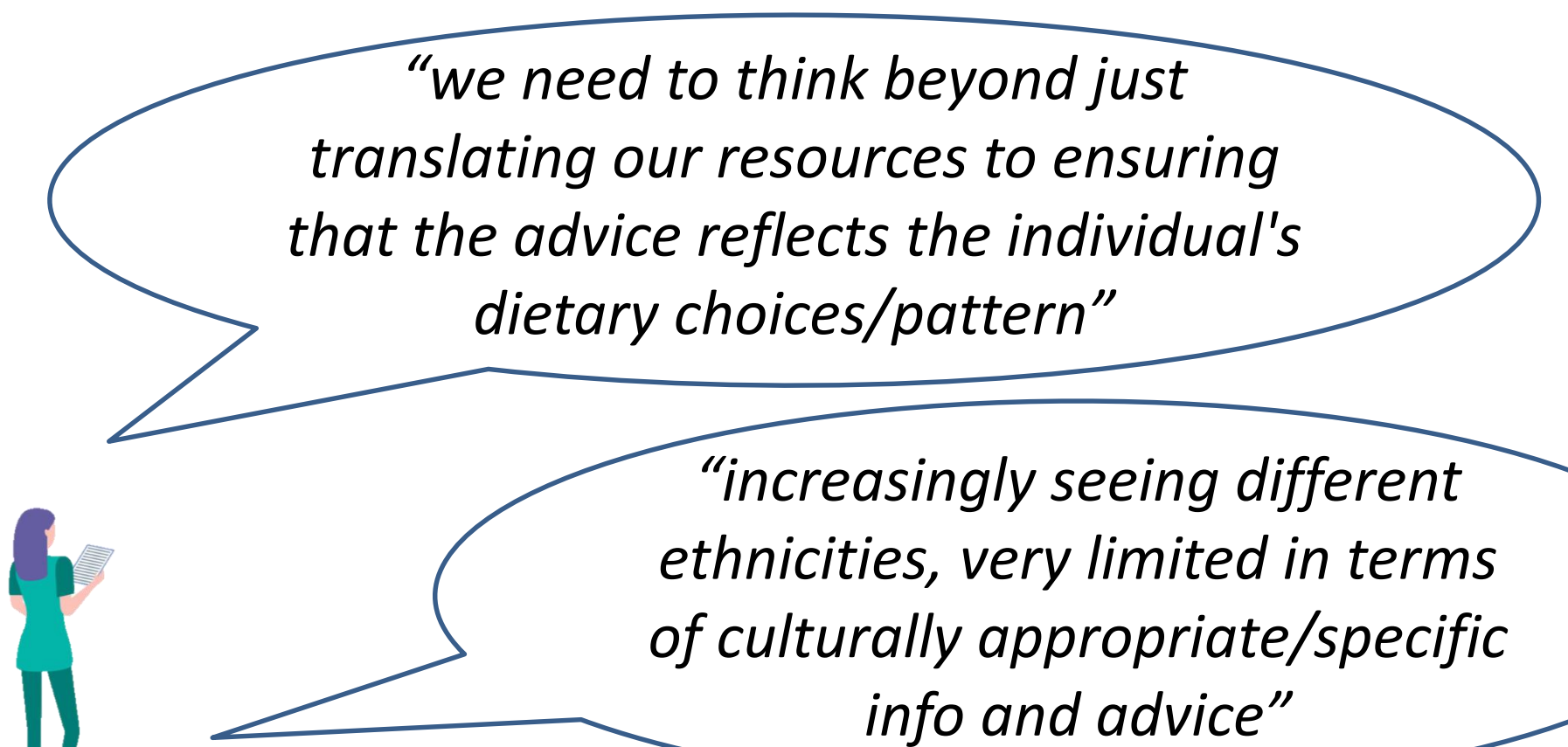


■ Yes ■ No



Considerations and Suitability of Resources

When providing resources, language barriers, age-profile, literacy levels, issues with eyesight and cultural suitability were the most common considerations by dietitians.



Conclusion

Dietitians should consider how patients would like to receive information about nutrition and health. This may be through traditional written resources provided in hard copy or via email, or through websites, videos, podcasts or social media pages. There is a need for visually appealing, multilingual and culturally diverse resources to be developed by the department.