

## Claire Flint

**Claire is based at Nottingham Healthcare NHS Foundation trust, read below Claire's case study.**

As a Dietetic Assistant Practitioner, I support the dietitians by carrying out patient reviews, ordering oral nutritional supplements and delivering training. I also support the wider team by delivering DESMOND courses, updating literature, carrying out audits. My work allows the dietitians more time to focus on complex cases which has an impact on patient care overall.

I have always had an interest in nutrition and dietetics and worked in the nutrition field for many years until unfortunately I was made redundant a few years ago. Finally, after getting my confidence back I was keen to get back into nutrition and dietetics to share my passion with patients and I was offered the job in this role, which has further increased my confidence and passion for nutrition and dietetics.

I have attended the BDA dietetic support worker course, mandatory training, DESMOND educator training and I am currently doing the Cambridge Diabetes Structured Education course. Alongside these, I have also attended a lot of CPD sessions both within the team and organisation and with external partners. I feel that I have managed to expand on my existing knowledge and skills and that I have also managed to obtain further knowledge and skills in new areas.

I am proud that I managed to adapt well throughout the COVID situation, through adapting to working from home, reviews via telephone and virtual delivery to ensure that patient care could continue. Where risk outweighed the benefit, I continued to go on home visits to ensure patients had the care relevant to their own situation.

**AHP support workers are a major support system to AHP's to ensure that the AHP's can organise their time to focus on complex cases and best use their time.**

I have been very lucky to work within such a supportive team, who work as a team and treat one another as equals supporting and guiding one another to provide the best care possible for their patients. I have finally got my confidence and desire back which has prompted me to look at undertaking a postgrad in dietetics