

Louise Cleary

Louise is based at University Hospital Plymouth NHS Trust, read below Louise's case study.

I work within the gastroenterology dietetic team, supporting the specialist dietitians with their patient caseloads by monitoring nutritional progress and compliance with dietetic plans. Typically this involves checking patient weights, hand grip strengths, biochemistry results, oral intake and nutritional supplement tolerance. I also provide dietetic support to patients receiving total parenteral nutrition in the acute and community settings. My role enables me to build up a rapport with patients and their families, personalising their care for the best outcomes. I'm also actively involved in research project work and audits that aim to improve the dietetic service experience for patients.

Through on the job training, study days and CPD events, I've developed knowledge of a range of health conditions such as Coeliac disease, IBS, IBD, cancer and diabetes, the different nutritional challenges that these conditions pose and how they can be successfully managed with dietetic input.

Support work is very rewarding, with commitment and openness to learning/new experiences it offers the ability to become a knowledgeable and valuable member of the dietetic team. Knowing that sometimes the smallest acts of support work make a big difference to a patient's care experience makes me feel incredibly proud.

The dietetic team at University Hospital Plymouth are very supportive. I'm also very lucky to have an encouraging line manager who has provided many developmental opportunities. I feel a valued and respected member of the department.