# 

**Mohbeen Khatab**

**Mohbeen Khatab is a Dietetic Assistant Practitioner.**

I work part time at Moseley Hall Hospital and occasionally at West Heath Hospital. I complete dietetic consultations for patients who require nutrition support, for example those identified at risk of malnutrition, patients who have a poor appetite, frailty, pressure sores etc, as directed by the dietitians. I complete anthropometrics, dietary assessments, environmental and functional factors and am involved in making changes to their dietetic plan or continuing and monitoring the patient’s progress. My assessments support patients as malnutrition affects a patient’s time to recover i.e., increased length of stays and reduced muscle strength. It’s important that patients are meeting their nutritional requirements to ensure they are not facing consequences of malnutrition. I am also involved in auditing all wards on a weekly basis where I identify patients who are malnourished and who need to be referred to our team. This makes a difference to patient care; these patients do not get missed for their dietetic review which improves their rehabilitation status.

I also work on a specialist brain injury unit also known as INRU where I review my own caseload of patients. Again, nutrition is very important to improve a patient’s rehab status. I enjoy working on INRU as it’s a great way to see patients recovering e.g, being able to walk again and even looking brighter than they have been since their admission date. Some patients on this ward have been on the ward for quite some time and it’s understandable that they will become bored of hospital food. I feel it’s our team’s responsibility to ensure patients are finding food a pleasurable experience so I support them in going through various hospital menus to find options they would enjoy more. This clearly makes a difference to the patients stay at the hospital as it promotes a food first approach rather than just prescribing nutritional supplements.

I graduated in 2015 with a degree in nutrition and at that time, jobs in nutrition were very limited. I began working as a dietetic assistant in London, when I applied for a band 4 role. I was initially involved reviewing patients at care homes as well as in their homes which attracted me to apply for the job.

The first role of dietetic assistant supported me in becoming a confident practitioner. I reviewed simple nutrition support patients with lots of supervision and observations. In my current role there is more insight into dietetics where I begin to think holistically about the patient. When being in the community, it’s important to think about the patient’s environment and building a rapport with a patient to provide a better understanding to facilitate treatment. Currently, I am studying to become a dietitian, so I have more knowledge now than I did prior starting the course. I feel working as a dietetic assistant has supported my university application to study dietetics as I have been involved in diverse settings from care of the elderly, surgery, medical wards and brain injury units.

I’m proud of providing dietetic treatment and seeing patient’s progress and achievements. It’s a fantastic opportunity to step into the NHS and begin a career which is rewarding and fun at the same time as you meet many talented individuals.