



## Stella Kose Dietitian

Qualified: 1989

Left the profession: 2010

Returned to practice: 2020

Current role: Band 6  
Community Specialist Dietitian

## AHP/HCPC Return to Practice

### Where are they now?

An old colleague is the head of the local community dietetic service and I approached her for a 10-week clinical placement - she agreed and we needed to find a member of staff to supervise me which was hard because clinical services were not open again. However, the team were very supportive and I was given an induction and feedback; the culture in the team was definitely one of support and learning. The clinical situation for dietetics was much more complex than when I left in 2010 and I lacked confidence in my knowledge and skills; I really wanted to get it right every time for patients.

I finished my placement in November 2020 and was back on the HCPC register in December. I started on the bank for Ealing Community Partners in February 2021 as a Band 6 Dietitian. In September 21, I started my current role as a part-time Band 6 Community Specialist Dietitian covering nutrition support clinics, general clinics and two nursing homes, one of which has 15 enteral feeding patients."

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**Stella's Health and Care Professions Council (HCPC) registration as a Dietitian had lapsed and after 10 years, and the beginning of the Covid 19 pandemic, Stella made the decision to return.**

"I worked part-time as a dietetic manager until my third child was born in 2003 and then I took a career break, but it wasn't until 2010 that I decided to let my registration lapse; I couldn't see myself returning to work and I didn't feel I could do sufficient meaningful CPD to maintain my registration.

When the pandemic happened, I was a volunteer supporting the training of staff based at the Nightingale Hospital in East London and a volunteer vaccinator for St John Ambulance. These contacts with health services made me realise I had a lot of knowledge and understanding that could be utilised, and due to lockdown, I had time on my hands to reflect on what I wanted. I enrolled for the Return to Practice programme in July 2020.

“ Ealing Community Partners have been really pleased to support return to practice; it aids the Dietetic profession and supports us with potential recruits. Also, returners definitely bring additional skills like maturity, resilience and experience which are very valuable in the team.

Trusts can definitely help returners; I'd recommend they start with a really robust induction, look to support learning in any way they can, and ensuring the bureaucracy and red tape is minimised as much as possible. We have recruited a great team member so return to practice was very useful for us and the financial payment from HEE to support Stella's placement was very useful.

**Satty Aulakh-Clarke**  
Head of Nutrition and Dietetics, Ealing Community Partners

