

MEDIA RELEASE

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LPT Dietitians do prevention

Leicestershire Partnership NHS Trust's (LPT) nutrition and dietetic service is celebrating this year's national Dietitians Week* (Monday 4 – Friday 8 June 2018), with a focus on the wide-scale prevention work they do with over 15,000 contacts each year throughout Leicester, Leicestershire and Rutland.

Dietitians play a role in supporting people who have diverse nutritional needs, during the treatment of health conditions or in their prevention. When we think of prevention we often think about a dietitian's role in losing weight or reducing fat and sugar in the diet to improve the diet of someone at risk of diabetes but prevention can be much wider...

Alison Scott, clinical dietetic manager, explains: "A large number of the patients we see are malnourished or at risk of becoming so and we are holistic in our care to support good fluid intake and a range of foods to promote healthy skin conditions and bowel health, as well as the need to increase energy intake while eating small volumes of food."

For example, our dietetic care home team works across care homes in Leicester, training staff to identify and manage residents at risk of malnutrition. After six months of treatment, one service user who previously had a high risk of malnutrition had gained over 6kg and no longer required prescribed nutritional supplements. Alison said: "We advised the care home staff on a food first approach including food fortification, milky drinks and extra snacks between meals. After six months their weight had increased from 36.1kg to 42.4kg."

"By reducing malnutrition risk we are playing a role in preventing health problems such as infections, pressure ulcers, falls and potentially preventing hospital admissions."

LPT's nutrition and dietetic service provides an inpatient and primary care clinical service, a mental health and learning disability service, a public health service and home enteral nutrition service. The team has expertise in a wide-range of areas, including allergy, kidney disease, heart disease, children's services, mental health, cancer care, weight management and pre-bariatric surgery. The website (www.lnds.nhs.uk) provides details of a range of weight management and lifestyle groups for individuals and families across Leicestershire. Follow the team on twitter at @dietitians_lpt for useful tips and advice throughout the week.



*Dietitians Week is run by the British Dietetic Association (BDA). Information about the BDA's national campaign can be found on their website www.bda.uk.com/dietitiansweek.

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Note to editors

1. **Leicestershire Partnership NHS Trust (LPT)** provides community health, mental health and learning disabilities services for the one million people living in Leicester, Leicestershire and Rutland. We have a budget in excess of £275 million and employ approximately 5,500 staff. For more information visit: www.leicspart.nhs.uk
2. **Raising Health** is our registered charity (number 1057361) which raises funds to support LPT's excellent care initiatives, equipment and innovations which go above and beyond core NHS provision, to enhance the experience of our patients, service users and staff. www.raisinghealth.org.uk

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