

Dietetic Pocket Guide

adults



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Foreword

The evaluation of nutritional status and the implementation of a nutritional intervention must be adequately integrated in the global care of any patient. Although the prevalence of disease-related malnutrition is high, it is too frequently underestimated. Moreover education on clinical nutrition in the curriculum of most of the caregivers is insufficient. In clinical practice, the dietitians play a major role in detecting malnutrition and providing adequate nutritional counselling. In most of the countries, the dietitian plays a major role in the nutritional support team. Although they have an excellent background in nutrition, dietitians – as other professionals – must improve their knowledge and expertise in the domain of clinical nutrition. The present *Dietetic Pocket Guide adults* is a remarkable tool for improving the daily clinical practice in medical nutrition. This pocket guide is very well structured and covers all the aspect of clinical nutrition.

All the ten chapters were reviewed by international experts. The pocket guide includes more than one hundred tables or figures that include classifications, scores, recommendations, providing a lot of information on different diseases and adequate nutritional support. We really can say that this pocket guide is a gold mine of information for dietitians and all the professionals who have an interest in clinical nutrition.

I strongly recommend the use of this *Dietetic Pocket Guide adults* and congratulate all the authors and reviewers.

André Van Gossum, PhD, MD
ESPEN Chairman



Foreword

When dietitians speak about their profession, they will remind others that the practice of dietetics is both an art and a science. The 'art' draws on the behavioural sciences for its grounding but moves beyond that in practice every working day. Then as dietitians learn and develop their praxis so the process of reflection in practice becomes transformational. So that dietitians, like all other healthcare professionals, can practice in a truly evidence based manner. As autonomous practitioners, they must be able to justify their own actions and ensure a client centred outcome to restore health.

It is in this ability, to use and be professionally accountable for their own practice, that this tightly packed guide the *'Dietetic Pocket Guide adults'* becomes an essential part of the toolkit for the dietitian. The need to be continually appraised of the physiological and biochemical process, standards and other key areas is so important as the grounding for the 'science' part of the profession. The authors have been very thorough in detailing what is of primary importance and referencing, both online and in the guide, allows for any follow-up. It is this detail in a small volume that makes it so very useful in the day-to-day work of the dietitian – it is truly a 'pocket guide' but its size in no way compromises its level of insight and use.

As all health professionals soon discover it is essential not only to justify their decisions based on evidence published or gathered from practice but also to be able to demonstrate a logical and systematic approach to care. Adopting and using this approach enables dietitians to communicate plans with clients and others so that motivation and outcomes are achievable. The pocket guide emphasises the important of the nutritional care plan and supports the steps through which dietetic reasoning needs to proceed. In this way the dietitian has to hand a guide that encourages systematic and evidenced practice which is then able to be recorded, appraised and measured. These steps, as any evidence based practitioner will understand, are critical

for communication in a multiprofessional practice environment as well as the future development of the profession. This gathering of evidence contributes to the art and science of dietetics and adds to our understanding of our practice.

A small guide which promotes and encourages our profession is a real contribution and asset to and for dietitians and I am sure this is one little book they would all like to have in their pockets. Many congratulations to the editors for its appearance on our bookshelves.

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