

Booklets

There are information booklets available on the ward or from the cancer information centre:

- Eating - help yourself (a guide to help you when your appetite is reduced and you are experiencing symptoms from your treatment).
- Advice about soft and liquidised foods.
- Nutritional products.

If you would like any more information, please contact:

Department of nutrition and dietetics
Tel: **0161 446 3729**

Office hours:
Monday to Friday, 8:00am to 4:00pm

For more information about The Christie and our services, please visit www.christie.nhs.uk or visit the cancer information centre at Withington, Oldham or Salford.

Contact The Christie Hotline for urgent support and specialist advice

**The Christie Hotline:
0161 446 3658**

Open 24 hours a day, 7 days a week

The Christie NHS Foundation Trust
Wilmslow Road
Withington
Manchester M20 4BX

Tel: 0161 446 3000
www.christie.nhs.uk

The Christie Patient Information Service
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Department of nutrition and dietetics

A guide for inpatients



The department of nutrition and dietetics

The department consists of registered dietitians who are qualified to assess, diagnose and treat diet and nutrition-related problems. There is also a specialist nutrition support nurse and a dietetic support worker.

Our aim is to provide evidence based, expert advice and support on diet to help:

- Optimise your nutrition.
- Improve the quality of your diet.
- Aid your body's ability to fight infection
- Aid recovery from treatment.
- Help improve your quality of life.

The role of the ward dietitian is to:

- Provide nutritional counselling at any stage of your treatment and rehabilitation.
- Assess and manage the effects of cancer and treatments and reduce the risk of malnutrition through dietary counselling and support.
- Advise on the most appropriate nutritional support which may be with
 - appropriate foods
 - nutritional supplements
 - a tube feed
 - parenteral feeding (feed via your veins).

- Recommend a nutritional plan tailored to your needs.
- Work closely with your doctor, nurse, community dietitian and other health care professionals, to provide effective and holistic care.
- Monitor your progress and change your nutritional plan as needed and discuss this with you.
- Organise information and support about appropriate nutrition for yourself, family and carers for when you go home.

The role of the specialist nutrition support nurse is to:

- Provide information on feeding tubes and their care.
- Support you through your tube care training.
- Ensure that you and your family or carers are trained in feeding tube care before you are discharged home.
- Provide follow up care if you have a gastrostomy tube at the gastrostomy drop-in clinic.
- Provide information and support if you have an oesophageal stent placed.
- Liaise with your district nurses to arrange support once you are at home.
- Provide a point of contact for feeding tube-related problems once you are at home.

Nutrition on the wards

The ward nurses carry out nutritional screening with all inpatients to identify any nutritional needs you may have. You may be referred to the dietitian as a result of this.

Protected meal times

Meal times are protected on the wards. Please see the menu folder for more details.

Meals

Whilst you are on the ward there are turquoise menu folders which give you information on menu choices and special diets. If you are on a special diet, have a **food allergy** or you are struggling to eat your meals, please let your nurse know so that appropriate meals can be arranged for you.

Snacks and drinks

There is a list of snacks and drinks available on the ward which you can have between meals.

Supplements

Some patients may need nutritional supplements to help increase their nutritional uptake. These are available as a variety of drinks. You can talk to your doctor, nurse or dietitian about these.