

Careers in Dietetics (Master of Nutrition)

Most dietitians work within the National Health Service either in hospitals or within the community. A dietitian can choose to specialise in a range of areas such as paediatrics, obesity, renal or liver disease, diabetes and health promotion. Outside the Health Service, opportunities exist in private practice, sports nutrition, media and journalism, education, food and drink industries, overseas development and consumer organisations. Health Professions Council Registration in Dietetics in the UK is recognised in many countries overseas.

Graduate Profiles

Lucy El-Redy

"Studying Dietetics at The University of Nottingham was a fantastic experience. The University is renowned for its academic excellence and international research. I would highly recommend the Dietetics degree as it has given me the knowledge and practical experience to become a registered Dietitian. The majority of lectures are taught on the Sutton Bonington Campus, but some lectures are taught on the University Park Campus. This provides a good mix of country and city life and there is a free shuttle bus which runs between all the different campuses. The staff and my fellow students on campus were friendly, supportive and good fun, which made university life even more enjoyable.

The range of facilities to aid learning and the new clinical skills lab allows students to practice their skills before going on clinical placements. As well as gaining a wealth of knowledge, the course has enhanced my confidence as I improved a variety of skills from cooking, to public speaking and critically analysing scientific journals.

The social aspect of university was brilliant! Nottingham is an exciting, vibrant city with lots to do. The University has over 200 societies, so there are lots of new opportunities to experience. I joined the Nutrition and Dietetics Society which provides a mixture of social and learning events, including day trips, meals and nights out and additional lectures taught by specialist Dietitians to give us more of an insight to their roles. I also joined a variety of sports clubs and got a taste for a new language too! Nottingham is located in the centre of England, with good transport links connecting to other major cities. I used my student railcard which made travelling a lot more affordable!



A month after graduating, I got a job as an acute Dietitian at an NHS hospital. A great

aspect of being a Dietitian is that no two days are ever the same! I cover hospital inpatients and also have two outpatient clinics per week. The majority of my inpatient work consists of helping patients to gain weight due to their medical conditions. This differs to my outpatient clinics where I provide healthy eating advice, weight reducing advice and advice to treat medical conditions such as Coeliac Disease and Irritable Bowel Syndrome. It is vital to keep my knowledge and skills up to date to provide evidence based dietary advice, therefore reading journals and attending study days is also a part of the job. Helping patients is extremely rewarding and I love working within a team of other health care professionals. "

Zoe Hooley, Oncology Dietitian:

"I decided to study dietetics because I wanted a job where I could help people, also because I was interested in food and nutrition. I am now a dietitian working in an NHS hospital with cancer patients; this includes patient education and medical staff training. Everyday is different and I am always learning new things."

Gail Walker, Diabetes Dietitian:

"I graduated from Nottingham University in July 2003 and began work with Leicester Dietetic Service in September the same year. My work is very varied, involving ward and clinic work in the hospital. I also undertake clinics at GP surgeries three times a month and get involved in training district nurses."

Marian Devlin, Community Dietitian:

"Nottingham University training includes the critical evaluation of scientific studies. Ongoing learning is essential for dietitians. My job involves clinics at various GP surgeries and hospitals where patients are referred for conditions such as diabetes, food intolerances and special therapeutic diets. The best part of the job is seeing the benefits of optimum nutrition."