

Manual of Dietetic Practice

FIFTH EDITION

Edited by **Joan Gandy**



BDA

The Association
of UK Dietitians

WILEY Blackwell



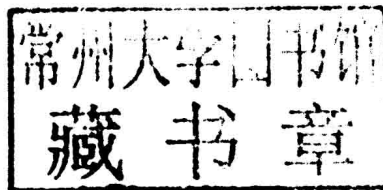
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In conjunction with

The British Dietetic Association



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Manual of Dietetic Practice

*This book is dedicated to Edith Elliot (BDA member number 001)
for her outstanding and continuing contribution to dietetics.*

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- Diabetes Management & Education Group.
- Dietitians in Critical Care.
- Dietitians in HIV/AIDS Group.
- DOM UK: Dietitians in Obesity Management.
- Food Allergy and Intolerance Group.
- Food Counts.
- Freelance Dietitians Group.
- Gastroenterology Specialist Group.
- Mental Health Group.
- Multicultural Nutrition Group.

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Foreword

Good nutritional care has never been so important and, as the British Dietetic Association (BDA) has said, registered dietitians (RDs) are the only '*qualified health professionals that assess, diagnose and treat diet and nutrition problems at an individual and wider public health level*'. Dietitians have, therefore, many crucial roles to play in improving care standards in the new emerging NHS and beyond in improving the health of our nation.

This edition of the *Manual of Dietetic Practice* is an outstanding source of information for both qualified and student dietitians. It takes an exemplary systems approach in its clinical sections, which focus on dietetic practice, beginning with nutritional support and followed by chapters dedicated to specialist areas such as gastroenterology and oncology. It also covers the breadth of dietetic specialties outside healthcare. Dr Joan Gandy should be congratulated for her excellent contribution in managing, collating and editing this leading edge reference work, and clear praise and acknowledgement must also be given to the many authors of the individual chapters without whom the manual could not have been produced.

Providing good nutritional care for all is a matter of quality. During my many years involved with clinical nutrition, including periods chairing the group that developed the National Institute for Health and Care Excellence (NICE) Quality Nutrition Support Standards (2006) as well as the British Association of Parenteral and Enteral Nutrition (BAPEN), I have had the privilege of working with visionary, highly committed and enthusiastic dietitians who make a real difference. This manual should help to guide many more individuals to pursue such dietetic excellence and I hope that for many it will also lead to a commitment to join cross disciplinary efforts to improve the nutritional care delivered to patients, their carers and the public. Only then will we attain unprecedented levels of excellence.

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Preface

This book, the fifth edition of the *Manual of Dietetic Practice*, is intended to be part of a spectrum of resources available to dietitians, dietetic students and others. The spectrum now includes an increasing number of specialist dietetic texts and this edition of the manual is written, as far as possible, to complement these texts; both published works and books currently being prepared, e.g. *Diet and Nutrition for Gastrointestinal Disease*. Inevitably, some specialisms are too small to warrant a separate text and are therefore included in this manual. This edition of the manual is aimed mainly at non-specialist dietitians and dietetic students, and is intended for use as a standard textbook in dietetic departments.

Dietetics is a dynamic profession, which means that knowledge and practice change rapidly and dietitians are working in more diverse areas. Therefore, this edition of the manual includes new topics such as genetics and nutrigenomics, and immunology and health. Areas of interest to dietitians continue to expand and dietitians are specialising in areas such as respiratory medicine that were previously considered as general rather than specialist; another new chapter. Medical advances have resulted in conditions that once resulted in early death being managed differently, with longer survivorship. An example of this is the dietetic management of inherited metabolic disorders. Most people with these conditions now survive well into adulthood and therefore present fresh challenges in management; as a result, this topic has been included in this edition.

Many of the chapters have been totally rewritten, often by pairs or groups of people and with many more involved in reviewing the texts; dietitians of every level of experience have been involved, from students through to professors. The approach of the manual has also changed and is in line with the specialisms of the British Dietetic Association (BDA) specialist groups and other dietetics groups and networks.

However, as this is a text on dietetic practice, general chapters on the nutrients have been removed, although an appendix has been created to provide a ready reference on micronutrients. The *Manual of Dietetic Practice*

is constructed to be cohesive and as such there is considerable cross referencing between chapters. It is divided into two parts encompassing seven sections with appendices:

Part 1. General topics

Section 1 – Dietetic practice

Section 2 – Nutritional status

Section 3 – Nutrition in specific groups

Section 4 – Specific areas of dietetic practice

Section 5 – Other topics relevant to dietetic practice

Part 2. Clinical dietetic practice

Section 6 – Nutrition support

Section 7 – Clinical dietetic practice

The area of paediatric dietetics is always challenging, as well as interesting, and this area has been completely revised in this edition to provide an appropriate level of knowledge for non-paediatric dietitians who work with children in general settings. Working with the BDA's Specialist Paediatric Group and Vanessa Shaw, editor of *Clinical Paediatric Dietetics*, the chapters on developmental stages have been edited and consolidated into one extended chapter, with an introduction to topics in clinical paediatric practice. Hopefully, dietitians will find this useful and student dietitians will be introduced to another exciting and satisfying area of practice.

Another innovation is the inclusion on the Wiley Blackwell Internet site of additional resources, including case study discussion papers and slides of the figures and tables that can be downloaded. In addition, this edition will be available as an electronic book. As the field of dietetic practice has expanded so too has the *Manual of Dietetic Practice* and I suspect that the next edition will be presented in a different, if not multiple, format.

While editing the MDP has been a challenge, the level of support has been overwhelming and inspiring. I am indebted to the many people who have written or revised the chapters, and the many reviewers and other contributors.

Joan Gandy

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- Downloadable versions of the appendices
 - The editor's biography

WILEY Blackwell

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