



# Professional responsibilities when advice is uncertain

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# What patients expect from medical staff?

- The dietitian is above all a person who is expected to effectively change the attitude of his client in terms of nutrition.
- The patient's success will consist of his needs, first of all, the need for safety (eg I will not be assessed), being understood (eg a dietician will listen to me), **trust (eg he will use his knowledge to help me).**

# Trust

- Impersonal trust - „I assume that I communicate with qualified dietitians”.
- Credibility by linking to other professions, assuming that all professionals working in the „medical” fields
- Positive perception specialist knowledge of dietitians:”Well, they know their stuff, right?”

# Wishes of patients....

- "I would like to lose weight with my thighs, but I would not let the breasts decrease";
- "I would like to lose weight from my stomach";
- "I would like to lose weight, but to make my face look too slim, because I look like death."

# Medical professionalism in dietetics

- Professionalism in dietetics is in the process of offering health services combination of knowledge, skills and responsibility for completing tasks.
- Nutritionists are characterized by undertaking actions for human health and professional autonomy related to the supervision and assessment of their professional activity, as well as striving to provide good quality dietary care for patients.

# Medical professionalism in dietetics

- Professionalism as a commitment to the interests of the patient.
- Professionalism means that health care can never be merely a business.
- Professionalism as a social contract.
- "Professionalism" is associated with hard work requires technical knowledge and competence, requires application professional ethics

# Professionalism among dietetics students

Table 1. Mode scores of professionalism attributes indicating the most agreement (7 and above on a scale of 0 - 10) and least agreement (3 and below) for dietetics students (N=109)

Professionalism attributes	Mode
Most agreement (mode of 7 or more)	
Protect confidential information	8
Trust	7
Respect patients' right of shared decision making	7
Honesty	7
Good clinical judgement	7
Communication skills	7
Carry out professional responsibilities	7
Least agreement (mode of 3 or less)	
Appreciate literature and arts	0
Understanding history	0
Simplicity	2
Critique	3
Humility	3
Social contract	3
Transparent rules	3

Table 2. Mode scores of professionalism attributes deemed most important by medical students in the Liverpool Study (N=99) as compared to dietetics students in the Western Cape study (N=109)

Professionalism attribute	Medical	Dietetics
Competence	10	6
Communication skills	8	7
Ask for help when necessary	8	6
Give patients information they understand	8	6
Honesty	8	7
Professional conduct	8	6
Good clinical judgment	7	7
Protect confidential information	7	8
Know limits of professional competence	7	6
Respect patients' right of sharing in decision making	7	7
Integrity	7	4
Trust	7	7

Medical ethics are based on the following four principles:

I. Beneficence - do good

II. Non-maleficence - do no harm

III. Autonomy - the patient's right to self-determination

IV. Justice - equal access to all.



# Code of Ethics for the Nutrition and Dietetics Profession

- Demonstrate in depth scientific knowledge of food, human nutrition and behavior.
- Assess the validity and applicability of scientific evidence without personal bias.
- Interpret, apply, participate in and/or generate research to enhance practice, innovation, and discovery.
- Make evidence-based practice decisions, taking into account the unique values and circumstances of the patient/client and community, in combination with the practitioner's expertise and judgment.
- Recognize and exercise professional judgment within the limits of individual qualifications and collaborate with others, seek counsel, and make referrals as appropriate.

# Approach to Ethical Decision-Making: Select the Best Alternative and Justify Your Decision

- Identify possible alternatives to resolve the dilemma, considering:
- How alternative solutions track with your values
- Your confidence in and ability to defend the ultimate decision?
- Whether the decision aligns with the ethics
- How the decision might affect for patient
- Make a final decision

# Sources of uncertainty

- Uncertainty is a situation that is the result of a lack of information.
- Mishel's theory of uncertainty in illness posits that uncertainty arises from complexity, unpredictability, ambiguity, and lack of information.
- Dietitians may have informational deficits derived from difficulties in staying on top of rapidly expanding new developments and novel clinical insights.
- It also may be difficult for dietitian to distinguish between deficits in their own fund of knowledge and the actual limitations of valid medical information.

# Sources of uncertainty

- Social media creates a new space to promote health and health education, including nutrition.
- In countries where the profession of a dietitian is not regulated legally many people as false dietitians provide dietary advice via eg blogs.



# Uncertain and patients with cancer

- Some patients, especially those with high-risk disease or bad prognosis can find hope in uncertainty.
- For these patients, uncertainty is a positive force that allows to stay positive.
- This doesn't absolve the nutritionist from responsibility for providing the most relevant information regarding nutritional therapy.

# Intuition??

- **W.H. Agor: „Is a rational and logical ability brain that can be used to support the process of making decision”.**
- We have poor access to facts from the patient
- The data is slightly useful

# Intuition??

- People with large specialist knowledge and many years of experience in making decisions use intuition with very good effects.
- Experience and education enrich the dietician's knowledge through which make it easier to recognize the problem and making decisions with the help of intuition.

# The power of intuition

- Gary Klein analyzed decision making under the influence of intuition among the firefighters.
- Firefighters made a few critical decisions in a minute saving lives.
- They ignored the conventional rules of decision-making, they did not analyze. Asked how they did it, they indicated the experience.



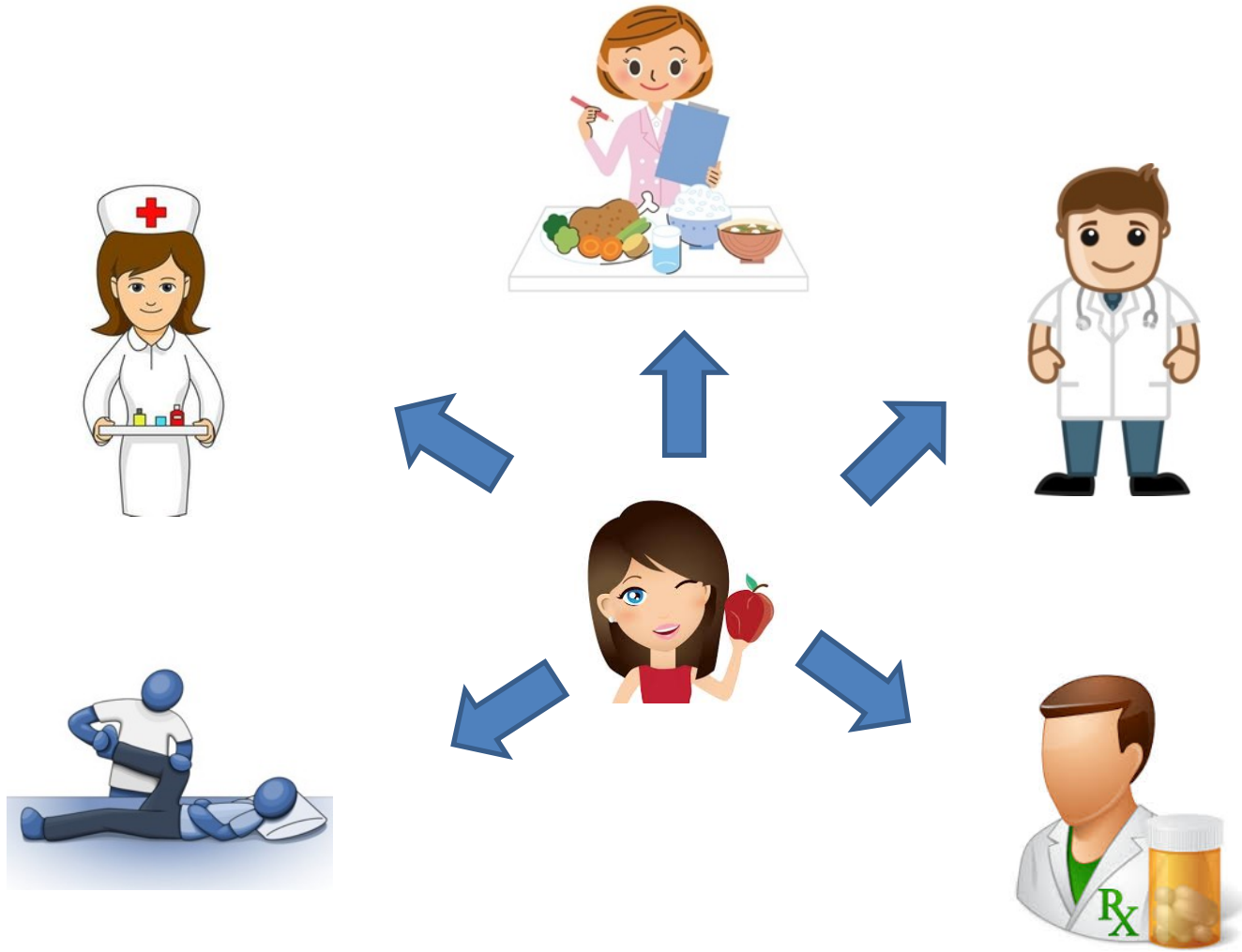


# But...

- When deciding on the basis of intuition, we must face serious consequences (financial, disciplinary, criminal) or moral.

# Collaborate

- „Collaborate with others to reduce health disparities and protect human rights”.



# Integrating dietitians into primary health care: benefits for patients, dietitians and the general practice team

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## ABSTRACT

**INTRODUCTION:** Dietetic service delivery in primary health care is an emerging area of dietetic practice in New Zealand.

**AIM:** This paper aims to describe the dietetic services being delivered in this setting and dietitians' perceptions of the factors that have an effect on their ability to deliver an optimal service.

**METHODS:** Individual, qualitative, semi-structured, face-to-face interviews were conducted with 12 primary healthcare dietitians from a range of age, ethnicity and professional backgrounds. Interviews were audio-recorded, transcribed verbatim and analysed using inductive thematic analysis.

**RESULTS:** Participants were delivering a range of services including: providing nutrition care directly to patients, helping to upskill other primary health care professionals in nutrition, and delivering health promotion initiatives to their local community. Three key factors were identified that participants perceived as having an effect on their ability to deliver effective dietetic services in primary health care: being part of a multidisciplinary general practice team, having flexible service delivery contracts appropriate for the setting and that supported integration, and having an adequate level of dietetic experience.

**DISCUSSION:** Dietitians working in primary health care recognise the importance of being well integrated into a multidisciplinary general practice team. This enables them to deliver more collaborative and coordinated nutrition care alongside their colleagues, to benefit patient care. Establishing flexible dietetic service delivery contracts, which support integration and take into account funding and workforce capacity requirements, may help ensure that the unique skill set of a dietitian is utilised to best effect.

**KEYWORDS:** Dietetic service delivery; dietitians; healthcare management; integration; nutrition; nutrition care; primary health care; general practice

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# Collaborate

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## Dietetic Referral Practices for Obesity Management in Primary Healthcare: A Systematic Review

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- „Enabling frequent contact between healthcare professionals can promote inter-professional collaboration and continuity of care.
- „Multidisciplinary primary care facilities should be facilitated by dietary consultations by building relationships, accessibility for dieters and a free dietitian services”

# Education

- Dietetics is a dynamically developing field of science that requires constant training dieters already working and high quality education of the future staff.
- EFAD : „*Systematically searches for, evaluates, interprets and applies findings from food, nutrition, dietetic, social, behavioural and education sciences into dietetic practice*”
- Dietetics need to develop their knowledge and skills.

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# Thank you for attention



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