IDA Guidelines for Clinical Dietitians

January 2018

Dietetics is a specialized field dealing with clinical and therapeutic nutrition. Clinical Dietitians are trained professionals who handle medical nutrition therapy.

Responsibilities of a Clinical Dietitian –

✓ Assessment of patients’ nutritional status
✓ Determining nutritional needs of patients
✓ Planning normal and therapeutic diets
✓ Taking ward rounds to meet in-patients
✓ Participation in interdisciplinary team rounds / meetings to discuss patient cases and determine nutrition risk
✓ Development, implementation and evaluation of nutrition intervention
✓ Prescribing normal, therapeutic (oral and enteral) diets
✓ Diet counseling during hospitalization and on discharge, based on patient’s condition
✓ Nutrition counseling, dietary recommendation, food selection & preparation of nutrition guidelines for out-patients – both individuals and their families
✓ Diet counseling in Specialized Clinics like Endocrinology, Gastroenterology, Nephrology, Pediatrics, Oncology, AIDS, Obesity, Neurology, Plastic Surgery, and so on
✓ Diet Counseling in Preventive Health Check-up Clinics
✓ Liaising with the Food & Beverage team when required
✓ Participating in F & B audits
✓ Tasting the food prepared by the kitchen and giving feedback
✓ Training & teaching medical students, nursing students, F & B staff, nutrition students & interns

Minimum Qualification for a Clinical Dietitian –

✓ Graduation in Foods, Nutrition & Dietetics + PG Diploma or PG Degree in Nutrition & Dietetics
RD is an added benefit at the entry, assistant dietitian and dietitian level but would be more relevant at the senior, chief dietitian level

Desirable Dietitian-Patient Ratio –
- ✓ 1:40 in wards
- ✓ 1:25 in ICU

Salary Suggestions –

<table>
<thead>
<tr>
<th>Post</th>
<th>Qualification</th>
<th>Salary which should be offered</th>
<th>Present salary structure</th>
<th>Proposed revision in pay commission</th>
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</thead>
<tbody>
<tr>
<td>Assistant Dietitian Grade III</td>
<td>MSc with no experience Or PG Diploma with 3 years of experience</td>
<td>28,000 to 30,000/- to 26,000 to 29,000/</td>
<td>NA</td>
<td>48,000/-</td>
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<tr>
<td>Assistant Dietitian Grade III (At entry or by promotion)</td>
<td>MSc with 2 years of experience Or PG Diploma with 5 years of experience</td>
<td>NA</td>
<td>30,000 to 34,000/-</td>
<td>55,000/-</td>
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<tr>
<td>Dietitian (At entry or by promotion)</td>
<td>MSc with 6 years of experience Or PG Diploma with 8 years of experience</td>
<td>NA</td>
<td>39,000 - 42,000/-</td>
<td>65,000/-</td>
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<tr>
<td>Senior Dietitian (By promotion or by lateral entry)</td>
<td>MSc with 12 years of experience</td>
<td>NA</td>
<td>80,000/-</td>
<td>100,000/-</td>
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<tr>
<td>Chief Dietitian (By promotion or by lateral entry)</td>
<td>MSc with 15 years of experience</td>
<td>NA</td>
<td>95,000/-</td>
<td>110,000/-</td>
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Other Suggestions –
✓ Clinical Dietitian should report to a Medical Director / Dean
✓ Regular appraisal should be done and should be linked to training, paper publication, attending conferences & seminars, etc.
✓ Clinical Dietitian should be permitted to attend clinical update programs, workshops, seminars & conferences

DISCLAIMER – This document is meant to be used only as a guidance for Dietitians / Employers / Institutions, and not to be interpreted as enforceable in law.