

# IDA Guidelines for Clinical Dietitians

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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 –

<b>Post</b>	<b>Qualification</b>	<b>Salary which should be offered</b>	<b>Present salary structure</b>	<b>Proposed revision in pay commission</b>
<b>Assistant Dietitian</b> Grade III (At entry or by promotion)	MSc with no experience Or PG Diploma with 3 years of experience	28,000 to 30,000/-  26,000 to 29,000/-	NA	48,000/-
<b>Assistant Dietitian</b> Grade III (At entry or by promotion)	MSc with 2 years of experience Or PG Diploma with 5 years of experience	<b>NA</b>	30,000 to 34,000/-	55,000/-
<b>Dietitian</b> (At entry or by promotion)	MSc with 6 years of experience Or PG Diploma with 8 years of experience	<b>NA</b>	39,000 - 42,000/-	65,000/-
<b>Senior Dietitian</b> (By promotion or by lateral entry)	MSc with 12 years of experience	<b>NA</b>	80,000/-	100,000/-
<b>Chief Dietitian</b> (By promotion or by lateral entry)	MSc with 15 years of experience	<b>NA</b>	95,000/-	110,000/-

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.