

# Dietitian Assistant



**Health**  
South Western Sydney  
Local Health District

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## What is a Dietitian Assistant?

A Dietitian Assistant supports the work of the Dietitians ensuring the nutritional care of patients. They work closely with Food Services to ensure the safe and accurate provision of meals to patients. Dietitian Assistants may also be called Nutrition Assistants.

## Roles of a Dietitian Assistant may include:

- Carry out all assigned tasks in accordance with shift work schedule.
- Assist patients with their meal selections according to their dietary, cultural and physical needs.
- Liaise with the dietitians and nursing staff regarding patients dietary requirements and dietary status to ensure accurate and up to date patient information.
- Work together as a team with the dietitians to provide quality care for patients.
- Ensure patient dietary records are kept up to date via the CBORD database and that patient meals are compliant with restrictions.
- Ensure all information processing and tasks are carried out in a timely way to support food services in the provision of accurate and safe meals for therapeutic diet patients.
- Comply with department and organizational policies and safe work processes.

## Career Opportunities

- Dietitian Assistants can be found in hospitals, hospices, private hospitals and aged care facilities. Skill development towards work as a Diet Supervisor.

## Qualifications Required

- Certificate III in Allied Health Assistance (Nutrition & Dietetics) minimum
- Certificate IV in Allied Health Assistance (Nutrition & Dietetics) preferred

## Supervision Required

- An intensive orientation program is provided for all new staff members with ongoing support.

## What sort of person should I be?

- Enjoy working in team environment
- Self-motivated

## Personal skills required of a Diet Supervisor

- Maturity and responsibility.
- Able to relate well to people of all ages who may be frail or sick or have a disability or developmental delay.
- Caring, understanding, patient and calm.