

## **JOB DESCRIPTION**

**Nutritionist (ANutr, RNutr or RD) – FT / 37.5 hours a week.**

**(12-month contract)**

## **MAIN PURPOSE**

To provide a critical role as Nutritionist, working as a key member of the Devon Healthy lifestyle service, One Small Step. This service has received PHE funding to deliver Adult Weight Management interventions for 12 months.

The post holder will:

- In line with NICE guidance, be responsible and accountable for the delivery of high quality, evidence- based nutrition advice for adults seeking weight loss interventions in one to one, virtual sessions alongside our existing healthy weight pathway which form part of our Health Trainer service.
- Working as part of a multi-disciplinary team (MDT), provide expert advice and support, to ensure excellent client healthcare and contractual outcomes.
- Play a pivotal role within an innovative, forward thinking, and dynamic multi-disciplinary team and service in Devon.

## **SUMMARY OF RESPONSIBILITIES AND DUTIES**

Responsible and accountable for:

- Delivering excellent nutrition-based interventions to support clients on the One Small Step weight management pathway using a client-centred approach to improving their dietary patterns.
- Keeping accurate client records, data monitoring and written reports, ensuring client personal information is recorded in accordance with Everyone Health's and Local Authority policies; Caldicott Guardian, Information Governance, GDPR regulations, Data Protection and Data Sharing compliance.
- Assist the development of continual service improvement and client-centred services in accordance with participant feedback, NICE guidance, national and local recommendations, professional competences and Everyone Health's policies and procedures. Ensuring the service is delivered in line with CQC and HSCIC's regulations.
- Be compliant with all relevant policies, procedures, and guidelines; including the appropriate code(s) of conduct associated with this post; maintain awareness of safeguarding issues, reporting, and acting on concerns in accordance with Everyone Health and Local Authority policies and procedures.
- Ensure the safety of all clients by undertaking: risk assessments, following safeguarding protocols, etc., as directed by the Service Manager, National Manager

and Clinical Lead. Respond to any relevant clinical / colleague issues / incidences to manage and mitigate risk and maintain best practice.

- To be responsible and accountable for achievement of relevant contractual targets including referrals, uptake, completion percentage targets and effective outcome measures, through delivery of high standard nutritional care.
- Actively participate in stakeholder engagement, to ensure services are delivered efficiently and effectively, targeting priority groups to ensure the successful recruitment and retention of clients within the service.
- Contribute to the service development through involvement in training, resource development, peer support and other tasks designated by Service Manager.
- Take responsibility for own CPD and synthesise new knowledge into the development of your own practice, participate in training and continual professional development as required; recognise and work within own competence and professional code of conduct as regulated by professional body.
- To work within the requirements of the 6 C's: care, compassion, competence, communication, courage, and commitment.
- Ensure that commitment to equality and diversity is reflected at all stages of project planning, delivery, and evaluation, in line with agreed service standards.
- Support in administrative duties related to the clients where necessary, for example letters to referrers, follow up phone calls, motivational text messages as required.
- Be an ambassador for Everyone Health, promoting the weight management and other Services to members of the public and other stakeholders/ partners, where appropriate.
- Contribute to the growth of Everyone Health by working collaboratively with Managers/colleagues to develop and have some responsibility for an expanding portfolio of services and products.

## **PERSON SPECIFICATION**

### **1. SKILLS & ABILITIES**

- Ability to direct and co-ordinate programmes of care working autonomously and collaboratively.
- Ability to produce detailed, evidence-based, client nutrition / weight management plans.
- Ability to translate complex nutritional information into a format that is appropriate and understandable for clients to support adherence to with healthy eating interventions and advice.
- A commitment to continuous service improvement with expert insight into clients' needs, so that all clients receive high quality care.
- Passionate about client-centred care and delivering a high-quality service.
- Proven ability to relate, motivate and confidently engage individuals in activities and discussion in a 1:1 situation using behaviour change approaches in line with NICE guidance

- Ability to work independently and manage own clinic diary and workload; able to work effectively and supportively as a multi-disciplinary team member.
- Sound interpersonal skills with proven ability to work effectively with all levels of colleagues, including effective partnerships with other agencies and service providers.
- Evidence of experience in embracing and implementing change to provide high quality health outcomes.
- Good presentation of self: enthusiastic, innovative, and flexible.
- Excellent verbal and written communication skills to effectively communicate with a wide range of individuals including participants, colleagues, and external partners.
- Ability to use reflective listening skills, empathy, and motivational interviewing skills.
- Proven planning, organisational and evaluation skills.
- Ability to organise, monitor and check work to ensure no element of a task is left unfinished.
- Ability to use generic software packages.

## **2. KNOWLEDGE**

- Sound knowledge of the complex care of adults with overweight and obesity obese.
- Knowledge of specific nutrition requirements for delivering specialist weight management programmes for adults.
- Knowledge of behavioural, emotional, social, economic, cultural, and genetic factors impacting on food choices and lifestyle behaviours
- Knowledge of stigma associated with obesity and effects on social and emotional well-being and committed to using non-stigmatising language and behaviours towards clients.
- Knowledge of weight management, nutrition, and physical activity in relation to health improvement.
- Knowledge of psychological and behaviour change theoretical techniques in relation to supporting people to make positive lifestyle changes.
- Knowledge of NICE guidance relating to the treatment of obesity.
- Working knowledge of current GDPR regulations & the Patient Confidentiality and Data Protection Acts.
- Sound knowledge of clinical governance.

## **3. EXPERIENCE**

- Minimum of 2 years' experience working with adults within community and Tier 2 weight management programmes across a range of service settings, including community, primary care, and in-patient settings.
- Experience of working with adults in a 1-2-1 setting to support positive lifestyle change.
- Experience of delivering evidence based nutritional support in 1-2-1 settings
- Experience of working effectively as part of an MDT / team.

- Experience of working with patients of different cultures, genders, and ages.
- Experience of working to tight time schedules.
- Evidence of experience in embracing and implementing change to provide high quality health outcomes.
- Experience of working to challenging performance targets and achieving excellent outcomes.

#### **4. QUALIFICATIONS**

- Relevant degree/postgraduate degree in nutrition, or a minimum of 2 years' experience in this field.
- Registered Associate Nutritionist, Registered Nutritionist or Registered Dietitian.
- Member of the Association for Nutrition (AFN) or British Dietetic Association.
- Recognised qualification / demonstrable relevant training in the psychology of eating behaviour, disordered eating and eating disorders.

#### **5. SPECIAL CONDITIONS**

- Highly motivated self-starter with resilience, determination, and the ability to see jobs through to completion.
- This role will be home based and support to patients will be provided virtually
- Role incorporates some evening working
- Full driving licence with access to a car with 'business purpose' insurance for work
- Evidence of a personal commitment to continuing professional development and to maintaining an up-to-date professional knowledge supporting the development of business within the company.
- This post involves working with vulnerable adults and as such the postholder will be required to apply for a disclosure of criminal records at an enhanced level (DBS).