

## Nutrition Australia - Careers in Nutrition Seminar

A photograph of a weathered, rusty metal swing set with two swings hanging from it. The swing set is made of thick, dark metal poles and chains. The swings have red-painted wooden seats. The background is a solid light blue.

# **My Journey Swings and roundabouts**

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# Overview

**From:** University (2007)    **To:** N.A. (2012)    **Via:** London!

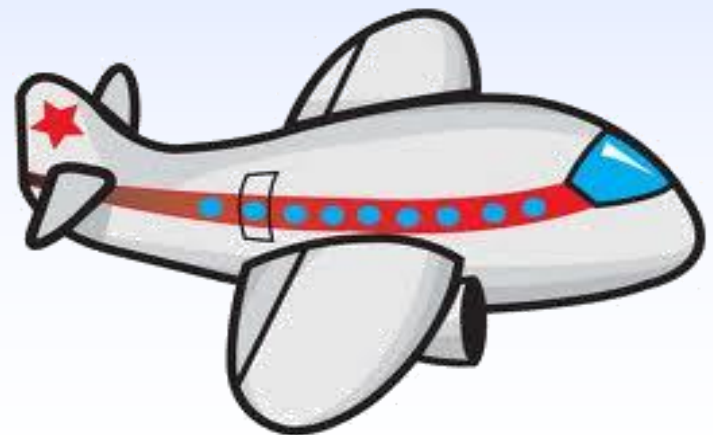
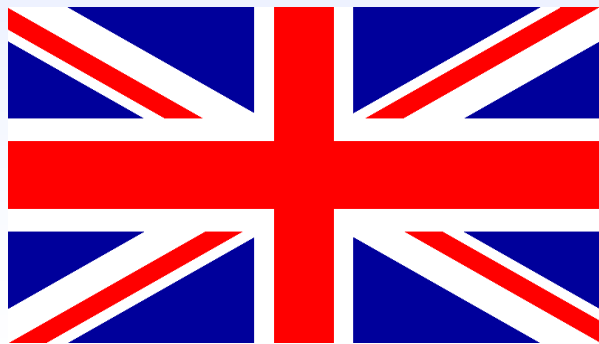
## My Journey

- Working overseas
- Working in mental health and eating disorders
- Key messages



## My Journey...

- **Bachelor of Nutrition & Dietetics, Graduated 2007**
- Moved to **London** May 2009



## Preparing to work overseas

### Registration

- Health Professions Council [www.hpc.co.uk](http://www.hpc.co.uk)
  - British Dietetic Association [www.bda.co.uk](http://www.bda.co.uk)
- (OPTIONAL)

### Links

- Overseas/international recruitment agencies
- DAA 'overseas' interest group



## Finding work

### My experience...

- Swings and roundabouts!

### Agencies V Self-directed job hunting

- NHS Jobs online: [www.jobs.nhs.uk](http://www.jobs.nhs.uk)

Life admin: visa, bank acc, house, etc.

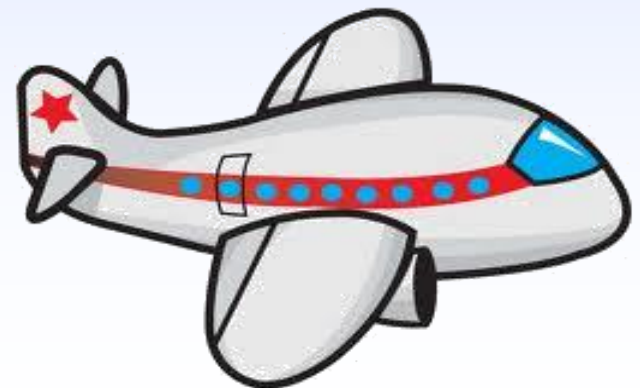
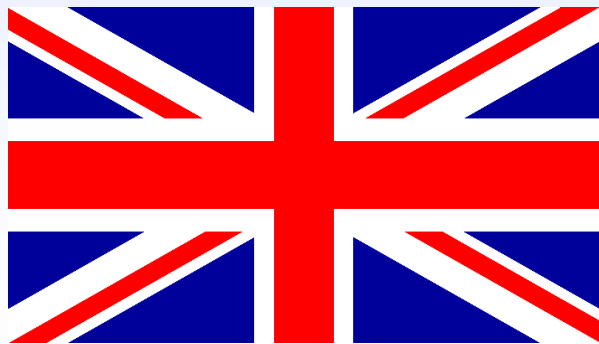
- Relocation companies can assist

**Make sure you have Skype!**



## My Journey continued...

- Employed as '***Health Promotion Dietitian***' for the National Health Service (London) in August 2009



## National Health Service (UK)

- Established in 1948 (only 65 years old)
- Third largest employer in the world
- Employs 1.3million people in England & Wales alone
- Accounts for the majority of health related jobs in UK
- Advertises all jobs via a central portal:

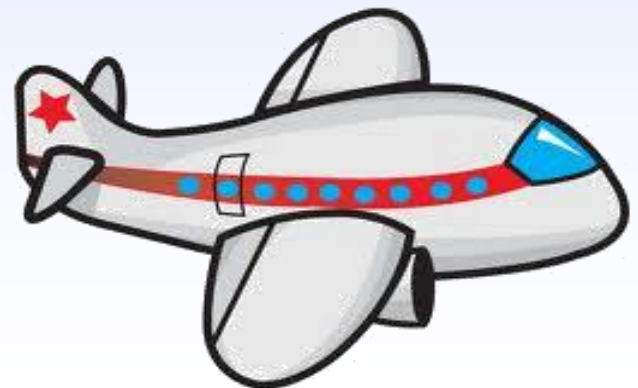
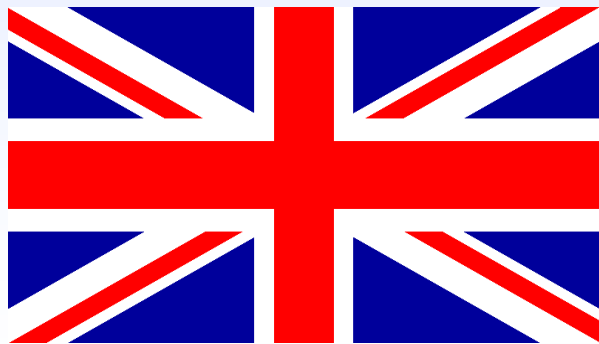


[www.jobs.nhs.uk](http://www.jobs.nhs.uk)



## My Journey continued...

- Promoted to '***Specialist Dietitian for Mental Health & Eating Disorders***' (London) in May 2010





# Mental Health and Eating Disorders

- Mental health = emotional and mental wellbeing (continuum)
- Depression, bipolar, schizophrenia, psychosis, eating disorders
- Admitted to hospital if posing a risk to themselves or others



## My Role...

**To provide dietetic assessment and advice to patients under care of mental health services.**

- 7 wards over 3 hospitals
- Inpatient assessments, outpatient clinics, group sessions and family therapy
- High security wards



## Dietitians in Mental Health

- Most common reasons for referral:
  - Weight gain (medication, neglect, depression)
  - Under-nourished (eating disorders, neglect)
  - Food-related psychoses
- Assessment and review
- Group sessions
- Marty's story....



## Dietitians in Eating Disorders

Automatic referral to Dietitian when admitted:

1. Develop meal plan
2. Weekly review
3. Weekly weights
4. Ward round (whole MD team) weekly
5. Safe weight = move towards 'maintenance' phase



## Working in Mental Health

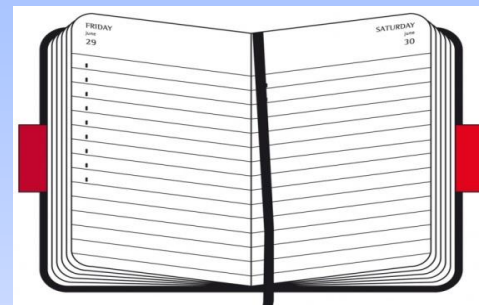
**8.30 – 9.30am:** Ward rounds

**9.30 – 12.00noon:** Patients - wards

**12 – 1.00pm:** Lunch and Office work (notes, etc.)

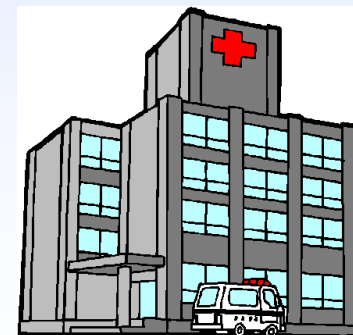
**1.00 – 2.00pm:** Visit laboratory, kitchen & pharmacy

**2.00 - 5.00pm:** Clinics, group sessions, family therapy



### The environment:

- Large, busy, multi-disciplinary office
- Autonomous, exact, challenging
- Quick thinking and able to manage your own time



## Is mental health for you?

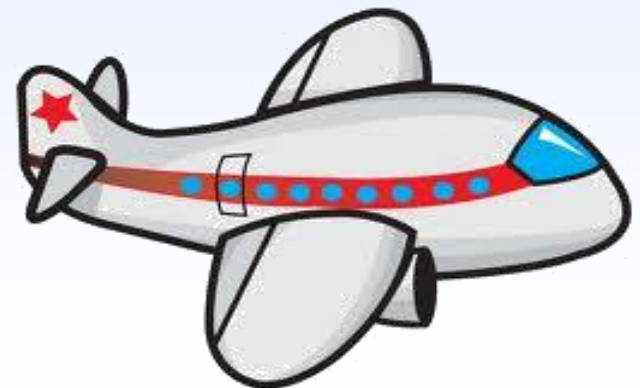
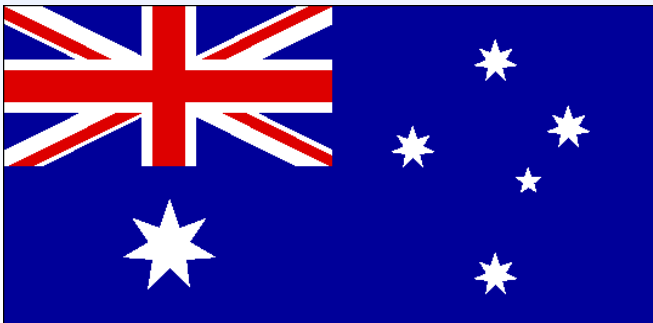
- Can be challenging
- Many barriers to behaviour change
- Longer stay = able to build relationships
- Multidisciplinary team working
- Fascinating / rewarding
- Motivational interviewing, cognitive behavioural therapy
- Look for volunteer opportunities



## My Journey continued...

- Returned to **Melbourne** Nov 2011
- Commenced work with Nutrition Australia in April 2012:

*Project Officer – Workplaces & Hospitals, Healthy Eating Advisory Service*





## Project Officer – Healthy Eating Advisory Service (HEAS)

### Current role with the HEAS:

- Work closely with workplaces, hospitals, catering companies and other food industry
- Resource development
- Menu and product assessment
- Staff wellness program
- Instigating change on a large scale





## Key messages

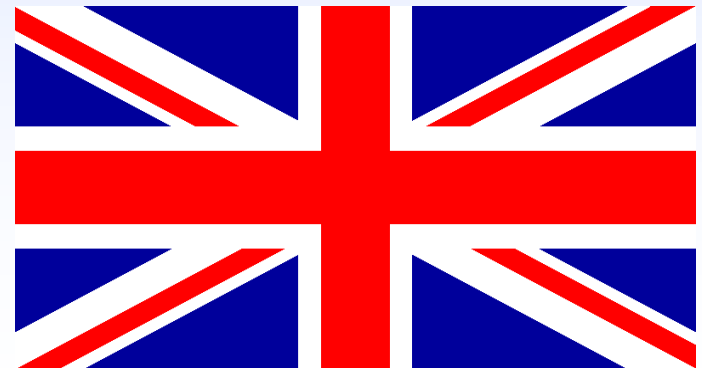
- Working overseas can be **personally & professionally enriching**
- If moving overseas, **begin registration** process before you go
- **Link with professional networks** and international agencies.
- Mental Health / Eating Disorders is a challenging environment that does not suit everybody, but **can be fascinating and rewarding**

**Look for opportunities...**  
**Life is all swings and roundabouts.**



## Tips for working overseas

1. Be organised – Allow time for HPC registration
2. Make links before you go
  - ✓ Overseas/international recruitment agencies
  - ✓ DAA 'overseas' interest group
3. Prepare for interviews: research positions & employers
4. Look for volunteer opportunities
5. Keep an open mind
6. Apply, Apply, Apply



## More information...

- Health Professions Council [www.hpc.co.uk](http://www.hpc.co.uk)
- British Dietetic Association [www.bda.co.uk](http://www.bda.co.uk)
- NHS Jobs online [www.jobs.nhs.uk](http://www.jobs.nhs.uk)
- Gumtree [www.gumtree.co.uk](http://www.gumtree.co.uk)
- HCL [www.hclhealthcare.com](http://www.hclhealthcare.com)
- *HAYS* [www.hays.co.uk](http://www.hays.co.uk)
- Elite Dietitians [www.elitedietitians.com](http://www.elitedietitians.com)
- Labmed [www.labmedrecruit.co.uk](http://www.labmedrecruit.co.uk)

## More information...

- Mental Health Foundation Australia (Victoria)  
<http://www.mentalhealthvic.org.au/>
- SANE Australia [www.sane.org](http://www.sane.org)
- Mental Health Council of Australia <http://www.mhca.org.au/>
- Eating Disorders Victoria (EDV)  
[www.eatingdisorders.org.au/](http://www.eatingdisorders.org.au/)
- Butterfly Foundation <http://thebutterflyfoundation.org.au/>
- Victorian Centre for Excellence in Eating Disorders (CEED)  
<http://ceed.org.au/>