

Nutrition Australia - Careers in Nutrition Seminar



My Journey Swings and roundabouts

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Overview

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

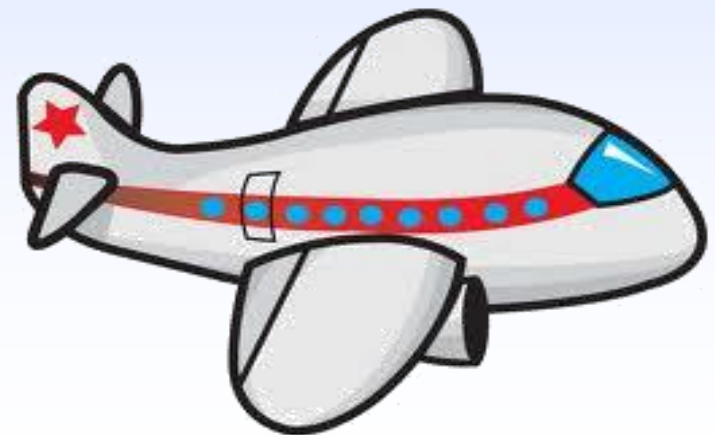
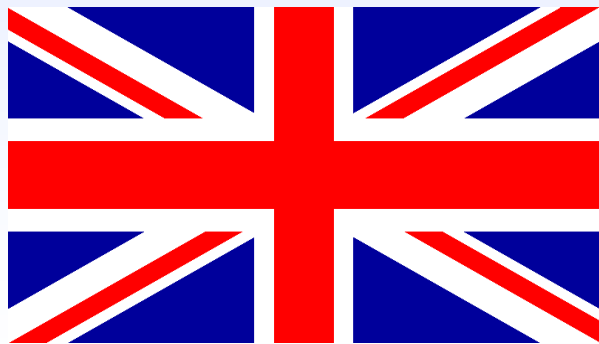
My Journey

- 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
 - British Dietetic Association 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

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

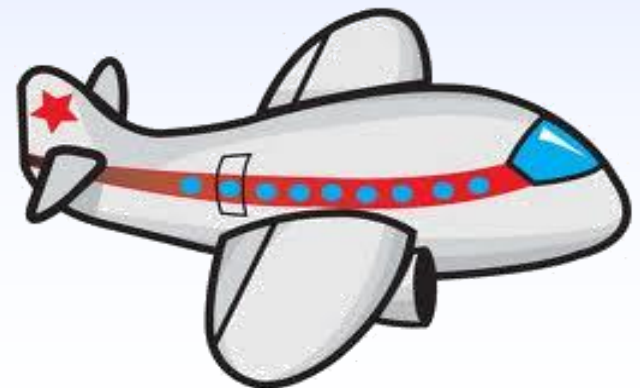
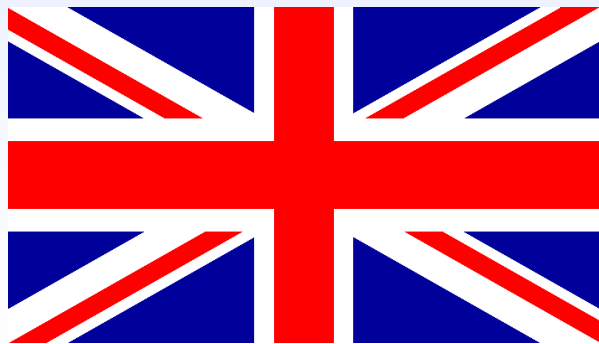
- Relocation companies can assist

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:

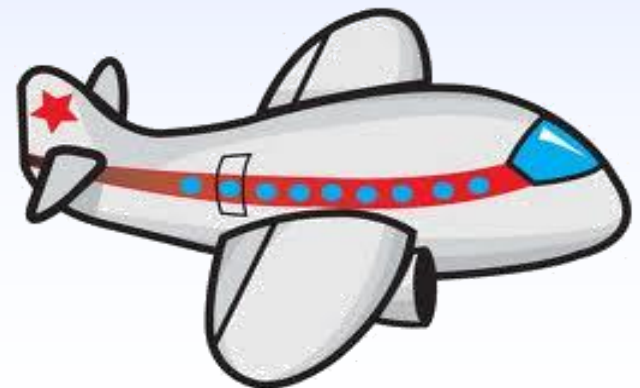
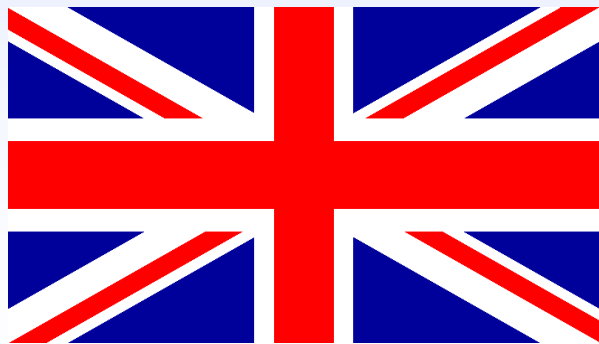


www.jobs.nhs.uk



My Journey continued...

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



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

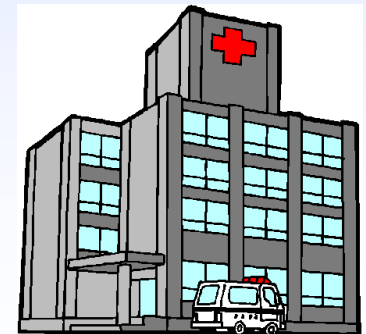
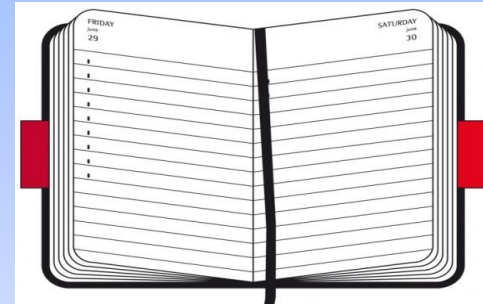
12 – 1.00pm: Lunch and Office work (notes, etc.)

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?

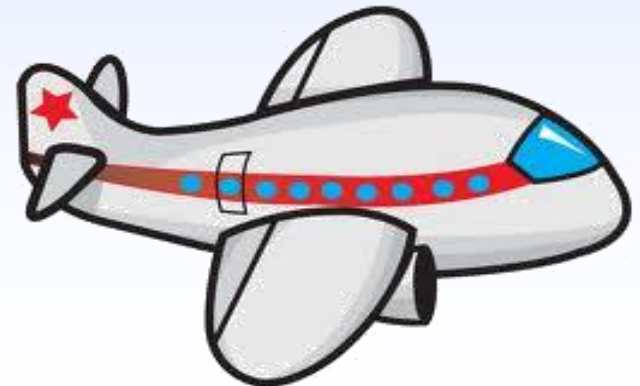
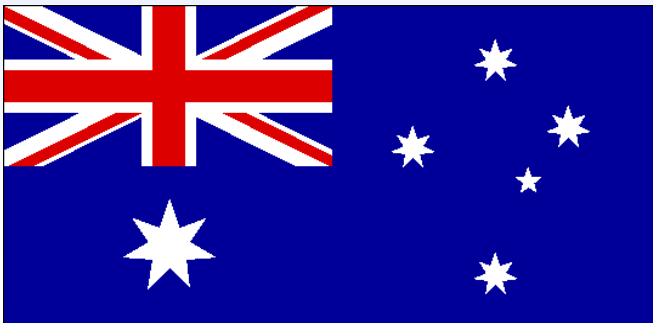
- Can be challenging
- Many barriers to behaviour change
- Longer stay = able to build relationships
- Multidisciplinary team working
- Fascinating / rewarding
- Motivational interviewing, cognitive behavioural therapy
- Look for volunteer opportunities



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

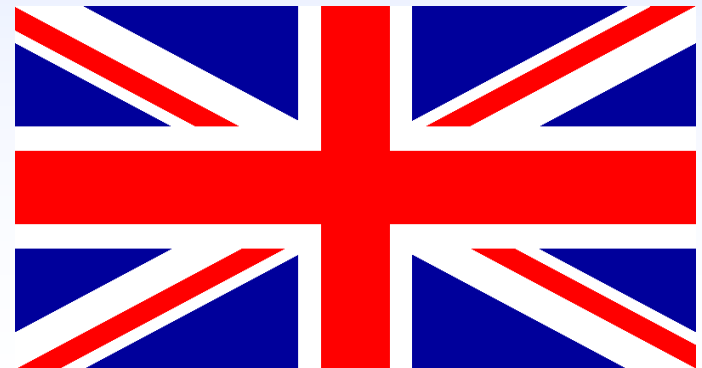
- Working overseas can be **personally & professionally enriching**
- If moving overseas, **begin registration** process before you go
- **Link with professional networks** and international agencies.
- Mental Health / Eating Disorders is a challenging environment that does not suit everybody, but **can 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
- British Dietetic Association www.bda.co.uk
- NHS Jobs online www.jobs.nhs.uk
- Gumtree www.gumtree.co.uk
- HCL www.hclhealthcare.com
- *HAYS* www.hays.co.uk
- Elite Dietitians www.elitedietitians.com
- Labmed www.labmedrecruit.co.uk

More information...

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