



Dietitians Week: How Your PCN Dietitian Can Support You

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This week (1-5 June) is Dietitians Week - a chance to highlight the many ways dietitians support health and wellbeing across the NHS and within Primary Care Networks (PCNs).

Many people think dietitians only help with weight loss, but dietitians are trained healthcare professionals who support a wide range of medical conditions, symptoms and nutritional concerns.



Within our PCN, patients may be referred to the dietitian for support with....



Infant Feeding & Allergy Concerns

Support for babies and young children with:

- Reflux.
- Colic.
- Suspected cow's milk protein allergy (CMPA).
- Feeding difficulties.
- Support with specialist formulas and weaning.

The dietitian can assess symptoms, guide families through elimination and reintroduction where appropriate, and work closely with GPs and health visitors.

Gut Health Issues:



Many digestive symptoms can have a big impact on day-to-day life.

The dietitian supports patients with:

- Irritable Bowel Syndrome (IBS).
- Constipation.
- Bloating.
- Diarrhoea.
- Food-related gut symptoms.

Support focuses on understanding patterns, reducing unnecessary restriction, improving symptoms and helping patients feel more confident around food again.

Weight & Nutrition Support:



Dietitians can support people with:

- Unintentional weight loss.
- Reduced appetite.
- Nutritional support needs.
- Food-first approaches.
- Assessment for oral nutritional supplements (ONS).
- More complex weight management needs not supported by standard NHS weight management services.

This includes helping patients find realistic, sustainable approaches that work for their individual health needs and circumstances.

Supporting the wider healthcare team:



As part of the PCN multidisciplinary team, the dietitian also works closely with GPs, nurses, pharmacists and other healthcare professionals to support patient care.

This can include:

- Advising on nutrition-related medical concerns.
- Reviewing oral nutritional supplement prescribing.
- Supporting care home residents.
- Helping reduce unnecessary referrals.
- Providing education and training for practice staff.

The PCN dietitian can also link closely with specialist dietetic teams within local acute hospital services and mental health services when more specialist support is needed, helping create joined-up care for patients.

A PERSON-CENTRED APPROACH



Dietitians do not just focus on food alone. Appointments look at the wider picture, including symptoms, lifestyle, routines, emotional wellbeing, medical conditions and practical barriers, to provide personalised support that feels achievable and supportive.

If you feel you may benefit from dietetic support, please speak to your GP practice team.