

## Working with the Long Haul Dietitian – what can you expect?

*The **initial appointment** is where I set the tone for the therapeutic relationship, gather the right information, and give you something tangible to take away.*

*You should leave the first appointment feeling **heard, supported, and clear about your next steps**, even if the long-term plan will be built over time.*

## What to expect at your first Dietetic appointment

### Assessment & Information Gathering

- Confirmation of your medical, dietary, and lifestyle history (including weight history, symptoms, medications, labs if available) – using information from the Assessment Form
- Exploration of your goals, motivations, and challenges.
- Assessment of current eating patterns and nutritional adequacy.

### Education & Discussion

- Explanation of any relevant clinical findings (e.g. impact of diet on your condition).
- Evidence-based advice tailored to your condition/goal (no generic handouts without context).
- Plenty of space for you to ask questions and clarify information.

### Take-Home Resources

Depending on your needs, this could include:

- A **summary of key points** discussed.
- A **personalised nutrition plan** (with clear, achievable goals).
- **Practical tools**: e.g. meal/snack ideas, portion guides, food swaps, shopping tips, menu plans
- Optional **educational handouts** (condition-specific, but simplified and relevant).

### Support & Next Steps

- Agreement on 1–2 realistic, achievable goals to work on before the next session.
- Information on how to contact me for queries (email/portal/phone).
- Scheduling or explaining the **follow-up plan** (frequency, what will be reviewed).

*A review (follow-up) dietetic appointment is usually all about **checking progress, troubleshooting challenges, and building on the first plan.***

*I hope you will leave a review appointment feeling:*

- *Clear on the progress you have made*
- *Supported in any challenges you're facing*
- *Motivated with **new, realistic goals** until the next session*

Here's a clear outline of what you can expect:

## **What to Expect at Your Review Dietetic Appointment**

### **Checking In**

- Reviewing progress since the last session
- Talking about what has gone well and what felt more difficult
- Looking at any changes in symptoms, weight, blood results, or lifestyle factors

### **Adjusting Your Plan**

- Fine-tune your nutrition plan to keep it realistic and effective
- Provide new meal ideas, practical swaps, or resources tailored to your needs
- Set updated short-term goals to keep you moving forward

### **Support & Motivation**

- A chance to ask questions or raise concerns
- Guidance to overcome any barriers you've experienced
- Encouragement and reassurance – celebrating progress – all steps (big or small) are steps in the right direction 12

### **Looking Ahead**

- Agree next steps together
- Plan when your next review will take place (if needed)
- Remind you how to get in touch for support between sessions