

## PATIENT INFORMATION

# Head and Neck Dietetic Service

The Dietitians role within the team is to assess what you are eating and advise you of the best foods to eat through each stage of your care.

Nutrition plays a very important role during treatment. During this time you may not be able to eat as well as you usually do. When you are recovering after treatment, nutrition helps wounds to heal and helps to maintain your strength.

The Dietitian works closely with all members of the Head and Neck Team to make sure you receive the best possible advice.

### **What will happen throughout your treatment?**

The Dietitian will aim to meet you before treatment starts, to discuss plans for your nutrition.

The following will usually be discussed at your clinic visit:

- Advice for you and your family before treatment to “build you up”.
- Advice for after treatment to help optimise your eating and drinking.

If the team feels that eating may become difficult during treatment, it is sometimes necessary to place a small feeding tube into your stomach. Further information will be given about this where required.

The dietitian will be available after your treatment has finished and until you feel you have no longer have any problems with eating.

You can contact the dietitian by leaving a message.

***Your Dietitian at Torbay Hospital is***

***Specialist Dietitian and Acute Team Leader***

***☎ (01803) 654380***

## **Mission Statement**

**Within available resources, the Department of Nutrition and Dietetics mission is to:**

- **Raise awareness of the importance of nutrition and apply evidence-based dietetic practice in Health Promotion, Disease Prevention and Treatment of Acute and Chronic Medical Conditions.**
- **Provide access to the best independent nutrition and dietetic advice and education for patients, carers and all health care professionals.**

**Produced by the department of Nutrition and Dietetics, Torbay Hospital**

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.