

Family carer experiences, roles and support needs: implications for dietitians in rehabilitation

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Published in:
Nutrition and Dietetics

DOI:
[10.1111/1747-0080.12353](https://doi.org/10.1111/1747-0080.12353)

Published: 01/05/2017

Document Version:
Peer reviewed version

[Link to publication in Bond University research repository.](#)

Recommended citation(APA):

Marshall, S., Reidlinger, D. P., Young, A. M., & Isenring, E. (2017). Family carer experiences, roles and support needs: implications for dietitians in rehabilitation. *Nutrition and Dietetics*, 74(S1), 42.
<https://doi.org/10.1111/1747-0080.12353>

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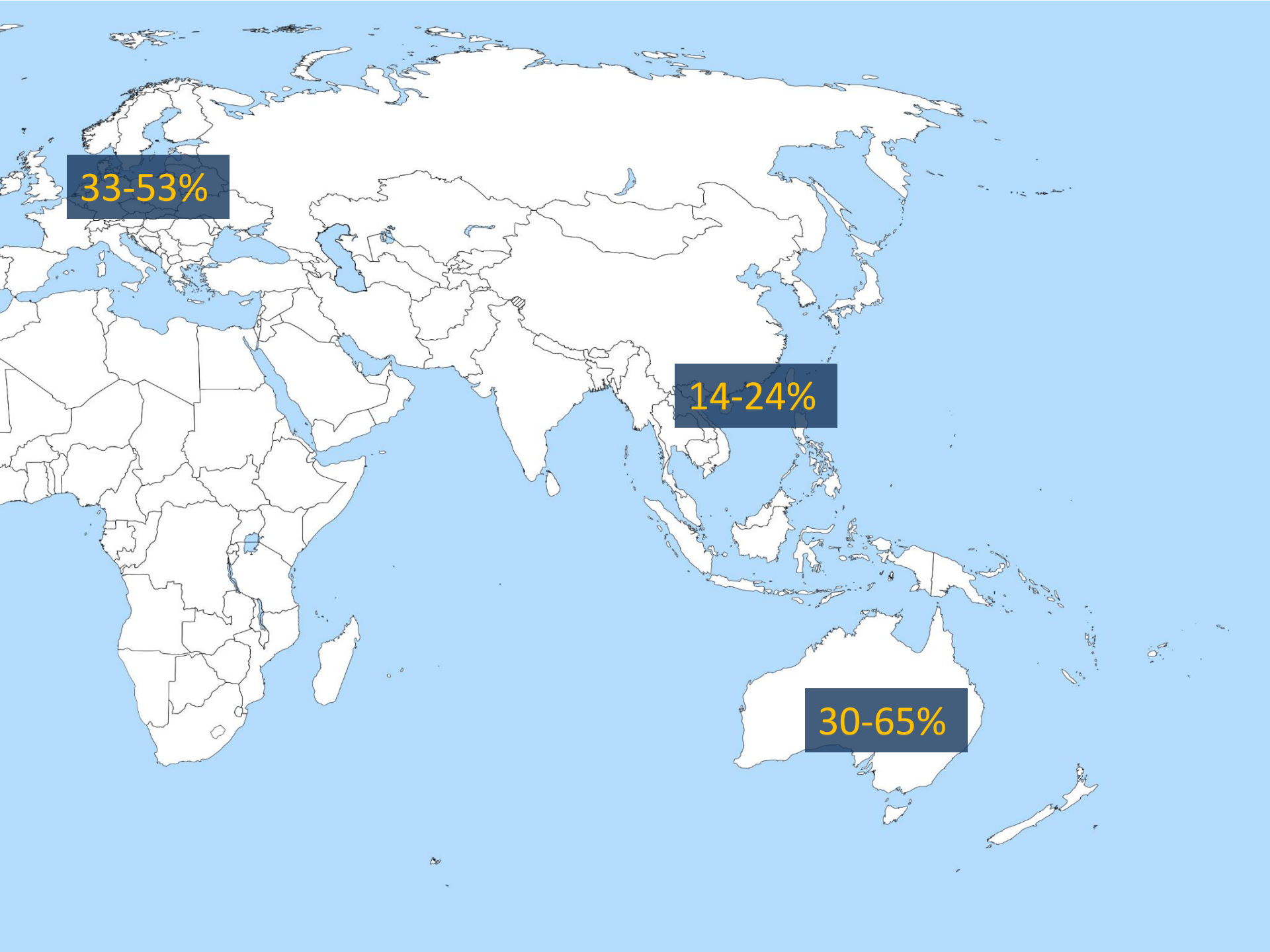
Dr Skye Marshall, Dianne P Reidlinger, Adrienne Young, Elizabeth Isenring



“Carer-Centered Care”

Family carer experiences, roles and support needs: Implications for dietitians in rehabilitation





33-53%

14-24%

30-65%



Rehabilitation



Home



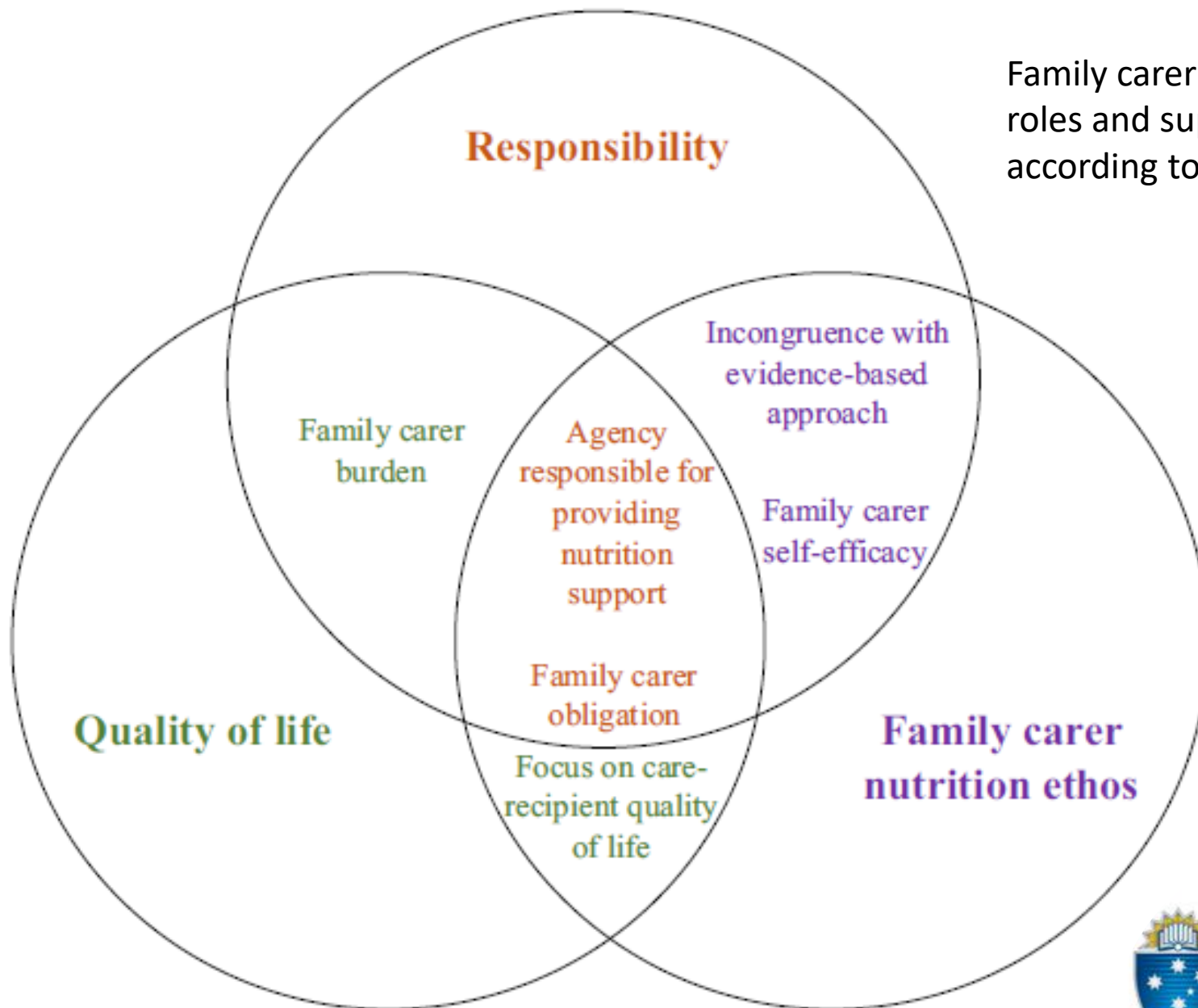
Family caring superheros



The dietitian (also a superhero)



Family carer experiences, roles and support needs: according to carers....



Suggestion for practice 1

Welcome to Rehabilitation

Lost your appetite? Did you know there is a dietitian here to help at no cost to you?

Ask your nurse for a referral.



Oh look! Old Lex *has* been eating poorly lately...

Suggestion for practice

1

If Lex needed a dietitian, they would have told me

I didn't know there was a dietitian or other food options

They don't really understand Lex's needs – they couldn't help him eat better

Hmm... I won't ask for a dietitian, its too expensive

Oh Lex is fine, he just needs more exercise

I know a lot about nutrition; I can manage myself



Suggestion for practice 2

Hi Mr Man, I'm the dietitian at rehab, and I've just been referred to see Mr Luther, I understand he lives with you?



Suggestion for practice **2**

“I think it is awfully important to be involved, particularly if he’s coming home. I’d have to be. That’s you know, that’s the be all and end all of that. I mean, I’d have to be.... I’m buying the food, I’m cooking the food, I’m serving the food... I must be involved in that”.

- Joan, carer of Alfred



Suggestion for practice 3

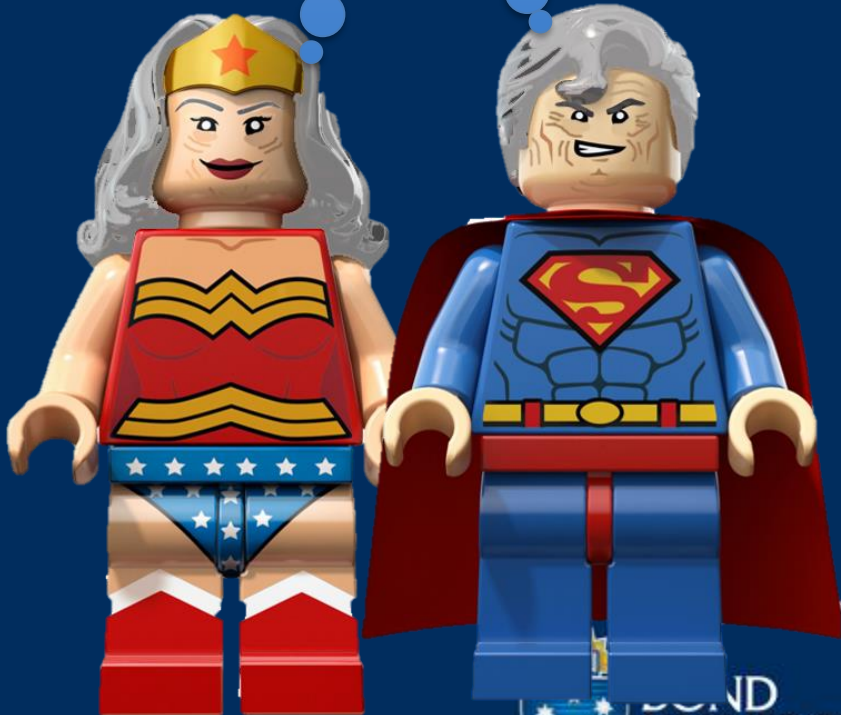
I just don't feel like eating right now, I'll be fine when I get home

Please just tell me what he needs to be having; I'll make sure he gets it



Suggestion for practice 4

What are your beliefs and values about nutrition?



Suggestion for practice 4



Suggestion for practice 5

I can see you both know each other well; what are your current concerns with eating or nutrition?



Suggestion for practice 5



Lex needs soup in the evenings; I make it and freeze it for him every week

No problem, do you have ideas for how to include some meat?

Carer-centred care



Suggestion for practice 6

If Lex needed a dietitian, they would have told me

I didn't know there was a dietitian or other food options

They don't really understand Lex's needs – they couldn't help him eat better

Hmm... I won't ask for a dietitian, its too expensive

Oh Lex is fine, he just needs more exercise

I know a lot about nutrition; I can manage myself



7

Suggestion for practice

We want Lex to enjoy his dinner with a glass of port; dining is one of his last pleasures in life



I want Mr Luther to gain 0.5kg per week and stabilise BGLs <10mmol/L



Suggestion for practice 7



HPHE + Quality of Life = YUM + Weight stabilisation

Acknowledge

Support



Improved outcomes
in rehabilitation and
once discharged



**BOND
UNIVERSITY**
FACULTY OF HEALTH SCIENCES
& MEDICINE

Older People

The nutrition and food-related roles, experiences and support needs of female family carers of malnourished older rehabilitation patients

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First published: 14 July 2016 [Full publication history](#)

DOI: 10.1111/jhn.12397 [View/save citation](#)



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Volume 30, Issue 1
February 2017
Pages 16-26

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