

Rebecca Pearce

Non-clinical practice-based learning case study



Hello! My name is Rebecca and I am currently in the first cohort of learners studying MSc Nutrition and Dietetics at the University of Hull. I am in my first year and had the exciting opportunity of completing my Practice-based Learning with Nutribytes.

Before I began my course, I had the expectation that all my Practice-based Learning would involve shadowing dietitians who are treating patients in a clinical setting. I am really grateful I was shown so much more of what dietetics can involve and my experience exceeded all my initial expectations.

Nutribytes is a creative media company founded by a group of registered dietitians. I was with them for three weeks in May 2022 and the Practice-based Learning was non-clinical. What made it even more unique, in my opinion, was that it was completely remote as well.

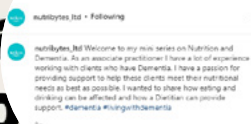
Part of my Practice-based Learning work involved creating evidence-based social media posts on various areas of dietetics. Here is an example of my work and more can be found across [Nutribytes' social media accounts](#).

My goals were to develop my competence in communication and professionalism. I thought this was going to be challenging as I wasn't going to have any patient contact, but I soon understood how these skills could be applied throughout my Practice-based Learning. I learned the value of using both verbal and non-verbal communication through remote sessions and on social media. It was really insightful to discuss with my supervisor how much more information can be gathered through non-verbal communication such as engagement and tone.

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I was supported in developing my professionalism by being able to speak to a range of dietitians and nutritionists across clinical practice and industry. This was extremely beneficial to know where else my career could take me in the future.

What can a Dietitian do



- Provide education to families and carers
- Provide advice on suitable foods to eat
- Address underlying barriers to a poor appetite
- Assess if supplements are indicated
- Promote independence such as encouraging finger foods



Working remotely and carrying out independent tasks strengthened my time management and organisational skills, which are essential to carry forward with me on my next Practice-based Learning setting.

Admittedly, it was challenging to have 3 weeks of complete remote work without meeting my supervisors directly. I was supported in taking regular screen breaks and had daily check-ins to ensure I was managing okay at home. I would advise anyone getting ready to do a remote Practice-based Learning, ensures they have a good chair with back support, and take regular walks and screen breaks to reduce fatigue and stiffness.

“ If you are a learner about to commence on non-clinical Practice-based Learning, I would advise you to be flexible and say yes to all opportunities. My flexibility allowed me to take part in an evening educational webinar, and my enthusiasm opened up the opportunity to meet more health professionals than originally planned. ”

If you are a learner about to commence on non-clinical Practice-based Learning, I would advise you to be flexible and say yes to all opportunities. My flexibility allowed me to take part in an evening educational webinar, and my enthusiasm opened up the opportunity to meet more health professionals than originally planned. I would also advise you don't compare yourself to your peers who may have completed clinical Practice-based Learning. The skills you will develop in a non-clinical setting are all transferable. Remember your goals and discuss with your supervisor how you can be supported in achieving your competencies.