

## Case Study for Advanced Practice Role

# Lisa Cooke

Head of Paediatric Dietetics,  
Nutrition and SALT,  
University Hospital Bristol  
and Weston Foundation Trust



### Briefly outline your career

I have over 30 years of experience within dietetics, and it is incredibly varied where I have worked from a basic grade through to a Band 8. I have a Masters in Management, Tier I and II Paediatric Dietetics, a Masters module in Health Promotion and a Masters Module in Physical assessment and clinical reasoning (PACR).

### Key moment(s) in your career that led to your decision to become an Advanced Practitioner (AP)?

Being passionate about dietetics and Paediatrics, I saw and see the gaps in medical practice and believe we as APs can fill these gaps. I am driven to support the progression of the profession of dietetics through training with relevant Masters level and beyond training with extended scope.

### When did you begin your Advanced Clinical Practice (ACP) training?

I was the first dietitian to complete the PACR, which whilst it isn't part of AP training, this was still highly beneficial to my development. I lead a highly specialised team and have been involved with the APP in Masters Paediatric dietetics since fruition and now I am the clinical lead for the course.

### Why did your organisation/department develop the role of an AP?

My Trust developed the AP role after I pushed for its development. I saw how important and valuable this role would be and felt the need to really drive for it to be established.

### Description of your role as an AP – include how you integrate the 4 pillars of advanced practice (clinical, leadership, education, research)?

#### Clinical –

Clinical cases appear throughout my work within my specialist area. My dietetic knowledge along with my extended knowledge, ability and skillset means that I am the right person to be available for the child and the family at the point of access.

#### Leadership –

My role as Head of Service and AHP joint lead for division means that I use my leadership skills daily. I am in a brilliant position to ensure that I lead and represent dietetics and use my position as an opportunity to drive change.

#### Education –

I am the clinical lead for the APP masters and I also volunteer as the Education Officer as part of the BDA Paediatric Specialist Group.

#### Research –

As part of my work, I am involved in driving the research function for the department. We have an active research portfolio in which all the department is involved in.



Dietetic  
Workforce Development  
Programme

### **Broadly speaking what have been the key benefits to patient care of your AP role?**

My role means that I am able to support the workload of my colleagues and free up time and space within the NHS. I am able to take work off consultants and help doctors save time. I currently do not prescribe, but can direct and organise follow up appointments, this means that I am saving time and provide quicker access for patients and families.

### **Which other health professions or other key groups/bodies you work with as part of your AP role?**

I work with a wide variety of health professionals as part of this role. The main ones I work with are; medics, nurses, psychiatrists and other AHPs both in my organisation and locally regionally and nationally.

### **What was the biggest challenge during your training journey and how did you overcome it?**

Trying to share the role of the dietitian and what the role and its capacity can provide, in its widest sense. This takes time, patience and working closely with colleagues and getting involved in research, quality improvement and audit, presenting and clear communication.

### **What advice would you give someone considering an AP post?**

Be reflective and use the four pillars' headings to collect work experience and see where your gaps are. Base your work experience and development opportunities around the gaps and put yourself forward. You need to drive your career.

### **What future opportunities and or innovations do you see as an AP/ACP?**

I think these are endless, but it's important to be structured and focussed within your clinical area and make sure you have the correct Masters level training and gather other work-based experience as you go.

### **What do you enjoy most about your role?**

I like working in an influencing role, developing new roles, training opportunities and sharing practice and access to the current and future dietic workforce with a view for them to access an advanced practice role.

