

# "I really enjoy working as part of a multidisciplinary team and helping patients to recover with good nutritional care."

Pete's always been interested in nutrition and wanted to work with people, so a career as a dietitian was his obvious choice.

## Pete Turner

### Specialist dietitian

#### Employer or university

Royal Liverpool and Broadgreen University Hospitals NHS Trust

#### Salary range

£30k-£40k

Dietitian Pete Turner

### How I got into the role

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My degree in pharmacology was interesting but would have led to a career in a lab. I had an interest in nutrition and wanted to work with people so a postgraduate diploma in dietetics was an obvious choice for me.

I worked as a ward dietitian and then as a research dietitian and it soon became apparent that nutritional support was the area I was most interested in. Nutritional support involves feeding very sick and malnourished patients, often through tubes and intravenous lines. I jumped at the chance when a specialist nutritional support post came up at Royal Liverpool University Hospital in 1995 and have been in the role ever since.

## What I do

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I'm part of a multidisciplinary nutrition team with a pharmacist, nutrition nurse and doctor. Every morning we do a ward round of around 20 patients on intravenous feeding known as total parenteral nutrition [1]. I monitor patients' progress and work out their requirements in terms of energy, fats, proteins, carbohydrates, vitamins and minerals which helps the pharmacist to devise a suitable feeding regime for the patient.

In the afternoons I work on surgical wards or the intensive care [2] unit. Surgical patients often need building up before their operation with food, oral nutritional supplements or tube feeds and usually need nutritional support to help them recover after surgery. Intensive care [2] patients usually need to be fed through tubes and drips and I decide on the best feeding options for them.

## The best bits and challenges

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I also lead a team of a band 5 and band 6 dietitians, undertake clinical audit [3] and educate hospital staff including nurses and doctors on the importance of good nutritional care. I am also chair of the committee that organises the British Association for Parenteral [4] and Enteral Nutrition annual conference, the UK's largest clinical nutrition conference.

I really enjoy working as part of a multidisciplinary team and helping patients to recover with good nutritional care. Giving presentations to educate staff about the importance of good nutritional care is also very rewarding.

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**Source URL:** <https://www.healthcareers.nhs.uk/explore-roles/allied-health-professionals/roles-allied-health-professions/dietitian/real-life-story-pete-turner>

#### Links

[1] [https://www.healthcareers.nhs.uk/glossary#Parenteral\\_nutrition](https://www.healthcareers.nhs.uk/glossary#Parenteral_nutrition) [2]

[https://www.healthcareers.nhs.uk/glossary#Intensive\\_care](https://www.healthcareers.nhs.uk/glossary#Intensive_care) [3]

[https://www.healthcareers.nhs.uk/glossary#Clinical\\_audit](https://www.healthcareers.nhs.uk/glossary#Clinical_audit) [4]

<https://www.healthcareers.nhs.uk/glossary#Parenteral>