

Community and Medicines Management Dietician

Joe Cox

Allied Health Professional



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I cover the south of Powys for dietetics along with two other colleagues. As part of my role, I work with inpatients at Ystradgynlais and Brecon. The majority of my job role is clinic based, which can be up to three times a week. Within clinic, I focus on a range of conditions including: gastro eg. irritable bowel syndrome, type 1 and 2 diabetes, weight management and malnutrition. I also assess and review enterally fed patients across the south of Powys. Additionally, I undertake group education for diabetes and every 3 months, I lead the facilitation of a 6 week-long programme called X-Pert. Alongside that, I also deliver DAS (Diabetes Awareness Session) twice a month. Moreover, I go into care homes, where I assess and review patients. As part of my 'medicines management' role, I am working with the community pharmacy team with the aim of improving the spend of oral nutritional supplements in the community. My role involves regular student supervision and training too.

I have enjoyed working in Powys, the flexibility and autonomy means I can be confident working alone and I feel valued and trusted. I relish managing my own workload and find the responsibility empowering. The role offers a large amount of variety and really keeps my week varied and interesting. I am lucky to work in up to three different locations. I also enjoy working a small team - I share the south of Powys with two colleagues and there are three other colleagues in the north. Altogether, I feel that I have an impact and that my role is important.

I was previously in the Royal Navy for two and a half years until I was medically discharged and began looking for a new role. I had always been interested in nutrition, so I started a degree in this area. I then discovered an interest in dietetics and further focused my studies into this area during my four year degree course. Working for the NHS was included within the funding of my degree and I was excited by the idea following a positive experience working within a public service. After finishing my studies, I was allocated Powys Teaching health Board via the streamlining process. And here I am today.



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