



## Research Dietitian POSITION DESCRIPTION

<b>Research Group:</b>	Whitlam Orthopaedic Research Centre
<b>Status:</b>	0.63 FTE for nine (9) months, with the possibility of an extension dependent on funding and performance
<b>Hours:</b>	24 hours per week
<b>Days:</b>	Ideally daily but is negotiable
<b>Salary:</b>	\$97,708 per annum pro rata plus 9.5% super. Salary packaging is available
<b>Reports to:</b>	In the first instance to Justine Naylor and for non-operational matters to the Institute's Human Resources Manager

### Background

The **Ingham Institute for Applied Medical Research** (the Institute) is a not-for-profit organisation located in Sydney's South West that conducts world-class medical research that is rooted in and driven by the needs of the local community and wider Australia.

The Institute is the pre-eminent research institute for South Western Sydney. It is home to 360 staff, over 40 research groups, and five (5) research streams that are committed to its vision of Inspiring Health and Transforming Care.

The Institute is integral to a unique collaboration with the South Western Sydney Local Health District, Western Sydney University and the UNSW Sydney. Through these collaborations the Ingham Institute is working to radically transform health outcomes both locally and globally.

The Whitlam Orthopaedic Research Centre (WORC) research Unit / group is conducting a study at Fairfield and Campbelltown Hospitals to investigate the value of adding a dietitian to the waitlist management program for people waitlisted for knee or hip replacement.

### Purpose of Position

The Research Dietitian will be responsible for consulting with and providing dietetic support to obese people waitlisted for knee or hip replacement surgery at Fairfield and Campbelltown Hospitals.

Consistent with the specifications of a level 3 Allied Health position, the incumbent will deliver a complex dietary program to a complex patient population. The incumbent will work independently, as well as with the waitlist management team and research team.

The dietitian will specifically promote a weightloss diet based on the principals of a low inflammatory diet (modelled on the Mediterranean diet). The diet recommended per person will align with the person's cultural background and medical comorbidities.

The incumbent is also required to contribute to research activities associated with the study such as data entry and patient study assessments.

## Challenges

- Managing the nutritional needs of complex patients (obesity combined with arthritis and other chronic disease) with consideration of all factors including family, social, and environmental. This includes providing care to people from diverse cultural backgrounds as each group will have specific dietary habits and needs as per their religious beliefs and customs.
- Working independently across two hospitals i.e. working in the absence of other dietitians and be required to make clinical management decisions independent of research study staff whilst being guided by the study protocol.
- Timetabling - Providing an intensive dietary intervention for approximately 40 people over a nine-month period (people will be enrolled at different times).

## Decision Making

- The incumbent will be required to undertake clinical decision-making as per their role as a treating dietitian. As an example, the incumbent will need to adapt the low inflammatory diet as per any medical conditions, such as allergies to foods, or presence of certain medications.

## Criteria

### **ESSENTIAL:**

- Postgraduate qualifications or Bachelor degree in Nutrition and Dietetics
- Specialist knowledge in the area of obesity management
- Well-developed time management skills
- Excellent written and verbal communication, including computer skills
- Demonstrated ability to work as part of a multidisciplinary team
- Eligible for full membership to the Dietitians Association of Australia.
- NSW (or equivalent) Class C driver's licence. Must be able to drive own car or arrange own transport to study hospitals.

### **DESIRABLE:**

- Demonstrated experience in delivering group and/or one-to-one education sessions, including ideally involving people from culturally and linguistically diverse communities.
- Demonstrated experience in quality improvement or research activities and service evaluation processes.

Key Accountabilities	Key Performance Indicators
Provide nutritional care and counselling to obese patients. This may include involving their families. This will include delivery of the service at 2 hospitals - Fairfield and Campbelltown.	<ul style="list-style-type: none"> <li>▪ Research participant program attendance</li> <li>▪ Provides 1-to-1 counselling (phone or face-to-face)</li> <li>▪ Coordinates group attendance.</li> </ul>
Develop and/or collate educational material for study participants regarding weight loss and the low inflammatory diet, in consultation with the research team	Evidence of education material
Complete study documentation	Completion of documentation is evident
Data entry into study database	Completes participant records in study database efficiently and accurately
Undertake study participant assessments as per the study protocol	Provides evidence of completed study participant assessments
Attend study meetings	100% attendance at study meetings is achieved
Be familiar with and comply with relevant State and Federal Privacy Legislation for the access, use, handling and storage of health data.	<ul style="list-style-type: none"> <li>▪ Adheres to legislative requirements</li> <li>▪ Complies with legislative requirements regarding access and reporting</li> </ul>
Understand and uphold WHS requirements and responsibilities.	<ul style="list-style-type: none"> <li>▪ Complies with the Institute's WHS Statement and WHS Policy and Procedures</li> <li>▪ Is always mindful of workplace safety as it pertains to self</li> <li>▪ Reports all accidents within 24 hours</li> <li>▪ Makes proper use of relevant safety equipment</li> <li>▪ Attends training programs as directed</li> </ul>

Contribute to the team-work culture at the Institute.

- Is an effective and positive team member
- Complies with the Institute Code of Conduct
- Actively contributes to the research culture at Ingham Institute
- Participates in Ingham Institute supporting activities, as required.