

管理栄養士が患者とうまくコミュニケーションをとるコツ

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Hints on a better communication with patients as registered clinical dietitians

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要旨

管理栄養士養成課程の学生の臨地実習において、管理栄養士による栄養指導を実際に見せて貰っていることが少ないという現実がある。栄養指導は栄養相談であり、コミュニケーション技術そのものであり、極言すれば身の上相談であってもよい。指導という名の元で、患者へ細かな栄養的事項を教えるという一方的なものではなく、身の上相談に応じて患者の心を掴み、満足して貰うことが重要である。この点を、卒後間もない管理栄養士やこれからデビューする新人管理栄養士のみならず、臨地実習を受け入れる施設の指導者や、依頼する大学側も、相互に理解しなければならない。鳥取臨床科学 1(2), 355-358, 2008

Abstract

The training course of registered dietitians provide students a clinical practice in hospitals. However, the students actually seem not to have an enough chance to observe how registered dietitians conduct a practical guidance of nutrition for patients. A practical guidance of nutrition is not just an education for patients, but is a dietary consultation achieved by good communication skills of clinical registered dietitians. I may make an extreme statement that a practical guidance of nutrition is a consultation on personal affairs of patients, rather than that on dietary and nutritional problems. Dietitians should not teach patient detailed and complicated nutritional matters only, from the viewpoint further beyond patients. Dietitians should sympathize with patients in their personal affairs and, as a result, hopefully satisfy them. Beginners of the registered dietitians that obtained the license a couple of years ago and students taking the national examination for the registered dietitians in the future should understand well what a practical guidance of nutrition is. Furthermore, both of the directors at the clinical dietetics department in hospitals that receive students and at the education facilities that send students to hospitals should discuss well each other and understand what they ought to teach students in the training course of registered dietitians. *Tottori J. Clin. Res.* 1(2), 355-358, 2008

Key words: 管理栄養士, 栄養指導, 身の上相談; registered dietitians, practical guidance of nutrition, consultation on personal affairs