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Audit of the Exclusive Enteral Nutrition Diet in Paediatric Crohn's Disease patients

For my elective, I spent four weeks within the dietetics department at my training hospital, St George's Healthcare NHS Trust. During this time, I attended a variety of clinics, ward rounds and meetings, and performed an audit of the 6 week Exclusive Enteral Nutrition (EEN) diet in paediatric Crohn's disease patients. This is a liquid diet, used as an alternative treatment to steroids to induce mucosal healing and induce disease remission. The results of this audit were presented to both the dietitians and gastro-consultants, and I gave recommendations for future improvement of this service.

This elective allowed me to see many different aspects of healthcare, and develop an understanding of the important role dietitians play across a wide variety of disorders. One of the benefits of doing an elective in my training hospital was the opportunity to establish a closer relationship between the laboratory and the dietetics department, with biochemists now invited to attend the ward rounds for patients receiving total parenteral nutrition. It has also allowed me to develop a new network of contacts within the hospital, which may be useful for future training opportunities (either for myself or other trainees).

This elective has developed my professional practice, requiring me to develop new skills including report writing, performing literature reviews, and presenting to a multidisciplinary team.