**Video transcript: Diane’s career journey in dietetics**

>>DIANE: My name is Diane McTavish and I am a specialist dietitian.

>>DIANE: The role of a dietitian is to take all the wealth of scientific knowledge about nutrition and translate that into the meaningful information to support people or patients, maintain a healthy diet and weight, and essentially keeping them away from illness, out of hospital and living their best life.

>>DIANE: In the hospital setting, we see people who are unwell and one of the main things that happens when people are unwell is they can lose their appetite. They can also possibly have swallowing difficulties. And so what we will be asking them to do is to make a change to what they're eating, to be able to improve on that and improve the general health.

>>DIANE: One of the skills that I feel you need to be a dietitian is to love a challenge. You need to be able to help people make a change. You have to use different techniques and skills to be able to speak to them so that you can motivate them to make them changes. You need to be able to have compassion and empathy.

>>DIANE: So I decided to be a dietitian when I was in school. I wanted to do a course that had a vocation and could have a job at the end.

>>DIANE: I also knew as a job I would like to be within healthcare and helping people and supporting people and dietetics fitted that. I thoroughly enjoy being a dietitian. I think what makes me enjoy it the most is the wide range of people that you get to interact with.

>>DIANE: The best part of the job is being able to see such a wide variety of different people and you get to support them through all the different parts of their lives.

>>DIANE: No person's challenge is the same, and so you have to be able to work at a deeper level of understanding what makes them live day to day and how we can then alter and change what their diet, what their routine is, to be able to kind of alter that and make it better for them.