

Rehana's Story July 2021

Service name: Out- patient Dietetics

Main purpose of service:

The service is based at Princess Royal Health Centre. All patients are assessed, treated and advised during clinic or telephone appointments. The service receives referrals for people who are registered with a Huddersfield GP and who need the expertise of a dietitian. Patients are referred to the service for dietary advice related to a wide variety of conditions including Diabetes, Irritable Bowel Syndrome and Coeliac Disease.

About the person:

Rehana enjoys cooking delicious meals from scratch with her teenage son, using recipes and ingredients from their Asian and Caribbean heritage. Curried goat and jerk chicken are particular favourites. She is organised and plans the family meals a week at a time. A year ago, life was very different for Rehana. She explains, **“I couldn't eat without vomiting. I was taken to hospital and was told I had a brain infection. I don't remember much. It was horrible. I was confused and didn't know what was going on. I even rang the Police from the hospital.”** Rehana's weight dropped to 5 Stone 4 lbs. She describes how she felt, **“I had no energy. I couldn't do anything. I was just lying down.”** She was too weak to walk upstairs.



Encouragement:

Rehana had been referred to the Out- Patient Dietetic Service prior to her hospital admission and already knew Dietitian Vanessa. **“When I got home, Vanessa told me to ‘eat what you can – whatever it is!’ Full fat milk, butter, veg...”** Rehana was also given supplement drinks. **“Vanessa pulled me through it. She never gave up on me. She was excellent. If it wasn't for Vanessa, I wouldn't be here. I didn't think I'd get through it.”** Rehana continues, **“Vanessa helped me, she encouraged me.”**

Supported by the whole team:

Rehana would also like to include Janet, the services' admin support colleague in her story. **“Janet was ace. She would talk about all sorts – normal things, not just about my health - I really appreciated that. I was on my own, stuck at home due to lockdown, so it was so nice to talk to someone. She didn't judge me. She is amazing – she would make my day!”**

Energy:

Successfully gaining weight and eating regular, well balanced meals, Rehana is enjoying feeling stronger. She has gained nearly 2 stones. **“I have so much more energy. Vanessa rang me the other day and straight away she said, 'you sound better'.”** Rehana has now been discharged from the service but is reassured that she can get in touch again if she needs to. **“I can ring anytime. It's good to know you've got someone if you fall back.”**

Helping others:

Rehana wants to share her experience to help others, **“I hope my story can inspire other people not to give up.”**