



Bernadette Campbell

Dietitian

What does your job entail?

I work with patients admitted to hospital, who need support with their nutrition due to acute and chronic illness. This involves working closely with a team of nurses, doctors and other health care professionals.

How did you get into this line of work?

Whilst looking at potential careers at secondary school, I discovered the degree of dietetics which combines the study of nutrition and health. I had a keen interest in nutrition and its effect on the body so the content of the degree really appealed to me.

Outline your career to date

I trained and worked in England for six years before moving back home last year. I enjoyed working in the community setting briefly, running outpatient dietetic clinics and providing nutrition support to patients in their homes. At present I work on the acute wards, it is fast paced and every day is different. I plan to specialise in the area of acute nutrition support.

Tell us about your qualifications and training

After discovering dietetics during my A levels, I realised I needed the additional science base, so I studied a two year BTEC in medical sciences at the Belfast Metropolitan College. I secured a place on the Dietetics course at Coventry University. After 28 weeks of clinical placement and 4 years of study, I graduated in 2018 at the age of 25.

What qualities are required for your job – personal and professional?

Excellent communication skills and empathy are needed to gather information and provide appropriate and understandable advice to patients. Being a team player is essential as well as a keen interest in nutrition. A dietitian is a professionally protected title which means working to a high standard, professionally and ethically.

Tell us an interesting fact about yourself

I worked in a convent for six years whilst studying. In the summers we worked in almost complete silence during silent retreats!

Who has inspired you most in your life?

Many teachers in secondary school encouraged me to believe in my ability. More recently clinical placement supervisors and managers at work motivate daily by their passion and leadership in dietetics.

What advice would you give your 16-year-old self?

Even if plans don't go how you thought they might, believe in yourself and don't give up. Never stop learning!