



St Joseph's
Hospice

Nutrition and Dietetics

Good nutrition and diet are essential for people with a life-limiting illness. Our Hospice dietitian works with inpatients and outpatients, three days a week, to assess, diagnose, and treat any dietary and nutritional problems you may be experiencing.

The dietitian will consult with you and your doctors, nurses, speech and language therapist, community dietitians, and other health professionals to get a complete picture of what help you need.

We can continue to assess your nutritional needs at each stage of your care.

This may include making the most of what you are eating, supporting you with your weight and strength, or using specialist nutritional supplements if required.

You may benefit from seeing a dietitian at St Joseph's Hospice if:

- You have lost weight or have a reduced appetite
- You are currently receiving or considering enteral tube feeding or oral nutritional supplements
- Your nutrition is impacting your day-to-day functioning
- You are concerned about how your condition or treatment affects your nutrition

If your nutrition needs are better met by your local community dietetic service, the Hospice dietitian can help with a referral and handover to your local dietitian.

To find out more please call the First Contact Team on 0300 30 30 400 or ask your health professional to make a referral.

Founded in 1905 by the Sisters of Charity, St Joseph's Hospice is one of the oldest and largest hospices in the UK, supporting a population of around 2.1 million people in our core boroughs of City and Hackney, Tower Hamlets, Newham and the surrounding areas.

We are dedicated to providing free of charge, high quality, specialist palliative care and support to people in our community nearing the end of their lives. We take a holistic approach to care, looking after the well-being of the whole person, as well as supporting their loved ones.

Our range of services includes:

- Inpatient care
- Palliative care at home
- Community and day services
- Therapies
- Counselling and advice

For 24 hour advice and support call First Contact on 0300 30 30 400.

St Joseph's Hospice is committed to celebrating and promoting diversity and inclusion. If English is not your first language, please let us know so that we can arrange an interpreter.

All of our leaflets are available in multiple languages on our website stjh.org.uk

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