

# Nutrition counseling essay

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Nutrition Counseling1. 1 In the situation presented, there are several barriers to communication that can be identified. These can be considered noises that hinder the communication process between Joan and her patient.

For one, the patient has a guest within the room. This means that his attention is divided between Joan and his guest. Moreover, since they are watching baseball while Joan is trying to establish communication with him, the patient does not fully understand what Joan is trying to say. More importantly, the patient cannot give Joan his undivided attention as he is distracted by the baseball game and his conversation with his guest. 1.

2 Overcoming communication barriers requires the dietetic professional to create an atmosphere that is conducive to two-way communication. This means that the dietetic professional should choose a setting where he can ensure that he has his patient's undivided attention. Moreover, making sure that the patient is comfortable in his surroundings will ease the communication process and help the patient to open up to him more freely. For instance, comfortable chairs should be provided to remove any discomfort from the patient. Also, the dietetic professional must also try to create an environment wherein the patient will feel that he or she is really concerned with the case or situation of the patient. The professional must not make it seem as if he is only performing his duty and not really care for the patient. Lastly, if there are other people involved in the situation, such as Jone's wife in the scenario presented, they should also take part in the communication process to ensure that all necessary information is gathered from all sources involved.

2. 1 To ensure that John would feel comfortable, the manager must begin the conversation by establishing rapport with him. The manager should not jump to the topic right away. Instead, he should attempt to make John feel that the situation is not that serious. However, the most important thing that the manager should do is to make John feel that he is concerned with the issues that John might be facing and that he is not there to reprimand him.

Instead, he should make John feel like he is there to help John solve his problems. Creating a supportive climate requires making the employee feel like his superior his friend and not his enemy. This is the most important aspect of a supportive climate that a manager must establish when talking to his subordinates. 2. 2 The manager must tell John that he is concerned with John's performance.

He must ask John what is wrong and if there is any problem. He should point out that there seems to be a decline in John's performance and that he wants to know what the issue is so that he can help John improve and resolve his issues. 3. The best gauge of the effectiveness of helping professionals is their ability to establish communication with their clients or patients. If helping professionals are able to make their clients open up to them, they have succeeded and will make the resolution of their patients' problems much easier.

Communication is key in the helping profession. Without it, the professional cannot be effective and will ultimately fail to perform his duties, tasks, and responsibilities. 4. Counseling requires careful listening and attentiveness to

the patient. This is the only way that the professional can truly understand the issues of his patient.

In order to do so, the professional must provide an atmosphere wherein two-way communication can develop between him and his patient. Counseling is not an interview wherein the counselor merely asks questions and his client answers. Instead, counseling means establishing rapport and openness with the patient. This is are the primary considerations when communicating with a patient that professionals must always remember.