



A day in the life of...

Meet Ravneet Oberai

Dietitian at Maidstone and Tunbridge
Wells NHS Trust



I joined MTW in October 2017 working as a Band 6 dietitian at the Tunbridge Well Hospital providing care for surgery and gastroenterology patients.

I now work as a band 7 specialist oncology dietitian and I am based in the Kent Oncology Centre at Maidstone hospital providing support to our cancer patients.

A typical day involves triaging referrals, seeing patients undergoing chemotherapy, radiotherapy or immunotherapy and advising on optimising dietary intake for their current condition. I monitor patients following their surgery, for example an oesophagectomy which is a complex operation to remove a cancerous part of the oesophagus. Such an intervention can result in dietary complications such as dumping syndrome – this is when food moves too fast from the stomach into the small intestine. My role requires close liaison with the oncology team and regular communication to ensure that patients who are struggling with such conditions, receive the best possible care. Alongside this, I also supervise junior staff and lead on the dietetic student placement programme.

The best thing about my job has to be following patients on their journey from diagnosis at the start right through to the completion of treatment. This involves supporting patients when they are most in need and offering a specialist and tailored service for each individual.

When I joined MTW, I was offered the opportunity to work on a range of wards and provided with extensive training and support. I was given lots of responsibility to help me gain confidence in my skills and identify the areas of dietetics I was most passionate about.

If you would like to work in a friendly and supportive dietetic department where lots of opportunities will arise for a variety of clinical experience, this small team is the perfect choice. Do come and join us!