



# NWRH

Operating in over 45 communities across rural and remote Queensland for over 20 years

## A Day in the Life of a... Dietitian

I am Bronte Phillips and am in my first year with NWRH, moving up from South Australia as a new graduate dietitian. The wide variety of cases is something that really appealed to me when considering NWRH as an employer.

## What does your day as a Dietitian look like?

I travel to Cloncurry, Julia Creek, Camooweal, and have a Mount Isa caseload. About three out of four weeks of the month, I am on the road, delivering dietetic services to rural and remote communities that would not otherwise have access. I generally travel as part of the chronic disease team, alongside a podiatrist and exercise physiologist but have also travelled with occupational therapy and physiotherapy at times.

## What are some professional highlights in your role?

As a new graduate, I had very little idea of what other allied health professionals do and the benefit they can have on clients. This role has allowed me to work closely within a multidisciplinary team to ensure best health outcomes for all clients. In some cases, clients don't want to make dietary changes or they have other priorities. It is great to be able to make a difference for people through meeting their goals, rather than just nutritional priorities.

## What is it like living in Mount Isa?

Whilst living in Mount Isa, I have joined a wide variety of sports including basketball, netball, volleyball, football, and mixed teams. Through these sports, I have been able to make several friends that I can spend time with outside of work. The sporting clubs are so welcoming to new people and easy to join. It takes a maximum of 10 minutes to get home from work compared to the previous hour it was taking in the city, which has left me with so much more time to get out and spend more time doing the things I enjoy, such as sport.



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