

Nicky Wyer – Dietetic Clinical Lead (Intestinal Failure & Nutrition Support); Research Lead for Dietetics & Speech and Language Therapy



I have worked at UHCW for the past 17 years and am the Lead Dietitian for the Nutrition Team. The patients that I provide dietetic care for have intestinal failure or complex gastrointestinal problems affecting their nutritional state. Their treatment involves parenteral nutrition and/or modification of their dietary intake. Patients are seen both on the Inpatient wards and we also manage an increasing cohort of patients on home parenteral nutrition. I really enjoy my job, both supporting patients with complex nutritional needs and working within a multidisciplinary team.

I have always had a passion for research and completed my Professional Doctorate in 2015. The focus of my research was on patient experiences of receiving parenteral nutrition due to intestinal failure. I found it fascinating, and eye opening to explore the

views of patients and understand what their priorities are for their care. I was able to take important learning from this back to practice. My research interests include diet and short bowel syndrome, optimising nutrition pre/post surgery and following critical care, refeeding syndrome and sarcopenia in patients with complex gastrointestinal disorders.

Becoming the research lead for Dietetics and Speech and Language Therapy is very exciting as we already have a number of staff members involved in research, and many more with research aspirations. I am setting up a research group for the department aiming to share practice and support the development of staff members to become research active. As part of this I will be promoting the opportunities that are available both within the trust and across the wider research networks. I feel that it is really important to promote and celebrate what the department is doing already and build upon this to develop a culture where research is a priority.

I hope that by having a research lead for the department it will help create a point of contact for those who wish to collaborate with Dietitians and Speech and Language Therapists when developing research projects. Nutrition forms such a fundamental part of treatment across all specialities that including interventions to improve nutrition helps improve patient outcomes.

I am really looking forward to representing our department, developing our research strategy and on building collaborations with our MDT colleagues.

