



Topik 6:

PRINSIP UTAMA KONSULTASI GIZI

Nutrition Counselling

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MHN offers access to a team of professional health care providers for complete and personalized programs that help you achieve your goals. We provide preventative health education and lifestyle programs at MHN Milton and MHN Mississauga, and also in community and corporate settings.

Dietitians and exercise physiologists are consultants to industry, government, hospitals, institutions and the medical profession. These members of our MHN team provide education and advice regarding nutritional needs and improvement towards overall health.

Nutritional counselling may include an analysis of your metabolism and body composition, a review of your health and lifestyle habits, or a discussion regarding overall wellness, diet, exercise, weight loss or weight management. We'll design a program that reflects your specific needs, sports



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in our bodies should be life giving and health promoting. Food should make us feel good, and not be too costly or

good nutritional habits. "Diet" is not a bad word, it actually means: Daily habit.

ater, healthy food choices, and activity to keep us at Peak Performance.

s, that are reliable, don't break down, and are the envy of the neighborhood.

fads that may ultimately be sabotaging our plans for healthy living.

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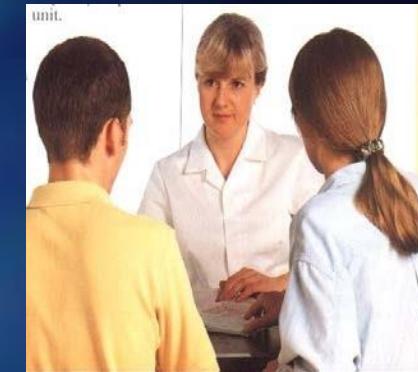


Prinsip Utama Konsultasi Gizi

- Prinsip pelayanan terpusat klien
- Prinsip memperoleh informasi
- Prinsip memberi solusi dan motivasi
- Prinsip membina hubungan

I. PRINSIP PELAYAN TERPUSAT PADA KLIEN

1. Hubungan Konsultan-Klien (K-K) ditujukan untuk membantu mangatasi masalah klien sesuai harapannya



2. Hubungan K-K didasari saling menghargai (respect) dan saling percaya (trust)

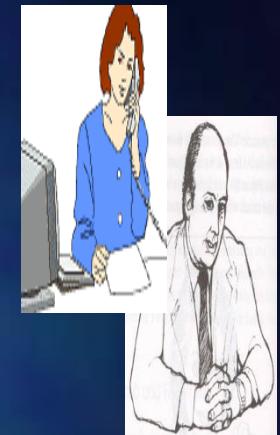
3. Hubungan K-K bukan merupakan hubungan atasan dan bawahan, atau hubungan seorang ahli dan tidak tahu (superior-inferior)

Klien tidak perlu diinstruksi dan diberi sanksi karena klien mempunyai kemampuan/kebolehan yang kadang belum disadarinya, dan perlu dikukuhkan dan dimotivasi konsultan (Roger, C., 1977)

**5. Hubungan Konsultan-Klien (K-K)
difokuskan untuk membantu mangatasi masalah klien sesuai harapannya**

II. PRINSIP MEMPEROLEH INFORMASI

- 1. Mempersiapkan instrumen
(formulir, rujukan, alat dll)**
- 2. Melalui berbagai cara:
(membaca, mendengar*, bertanya,
mengamati/klinis, mengukur,
menghitung dan menganalsis)**
- 3. Percaya informasi yang diberikan klien**
- 4. Menjaga kerahasiaan informasi dari klien**



*Mendengar = hearing, attending, understanding,
remembering/recording, evaluating, & responding

III. PRINSIP MEMBERI SOLUSI & MOTIVASI

- 1. Berbasis bukti ilmiah (evidence)**
- 2. Bermula dari alternatif**
- 3. Yang paling sesuai dgn kondisi Klien**
- 4. Menghindari atau netral thdp isu kontroversial**
- 5. Menjelaskan sisi +/-**
- 6. Tips/kiat**
- 7. Suasana/kondisi agar klien termotivasi**
- 8. Mengukuhkan/memperkuat kebolehan Klien (pujian)**

IV. PRINSIP MEMBINA HUBUNGAN

- 1. Menyiapkan ruang/media dan pelayanan yang menyenangkan klien**
- 2. Menyiapkan berbagai sarana yang memperkuat hubungan (kartu nama, leaflet dll)**
- 3. Menciptakan keunikan pelayanan bg klien (bisa via kemitraan dll)**

- 4. Apresiasi kedadangan**
- 5. Menghargai dan percaya klien**
- 6. Empati dan kehangatan konsultasi**
- 7. Mengajak konsultasi berikutnya**
- 8. Mengajak keikutsertaan dalam kegiatan Klinik (seminar, demo dll)**

Cultural Competence in Counseling

■ Culture

- “learned, shared, and transmitted values, beliefs, norms & life practices of a particular group that guides thinking, decisions, and actions in patterned ways”
(Coffman, 2004 p. 100)
- As professionals need to understand impact of culture on health

Cultural Competence in Counseling

- Cultural competence:
 - “emphasizes the ability to function effectively with members of different groups through cultural awareness and sensitivity”
(Friedman & Hoffman-Goetz, 2006, p. 427)
 - Conscious & direct effort to acquire this understanding

- Cultural competence requires *Attitudes, Knowledge & Skills*
-

- Attitudes:
 - First learn about your own culture & how it influences your behaviour
- Knowledge:
 - Be cautious of generalizations
- Skills:
 - Involving participants in decision making helps overcome cultural barriers
 - May need to work with client to be comfortable with client centered approach

■ Strategies for Culturally competent counseling

- Open ended questions
- Client-centered framework of communication
- Openness and listening to experiences, valuing client expertise & being sensitive to difference

Last but not least...

- Consider what strengths you have to bring to the counseling situation and then
- Build on them!

Additional reading:

MacLellan, D. & Berenbaum, S. (2006). Dietitian's opinions and experiences of client-centred nutrition counselling. *Canadian Journal of Dietetic Practice & Research*, 67(3), 119-124.

Thx U