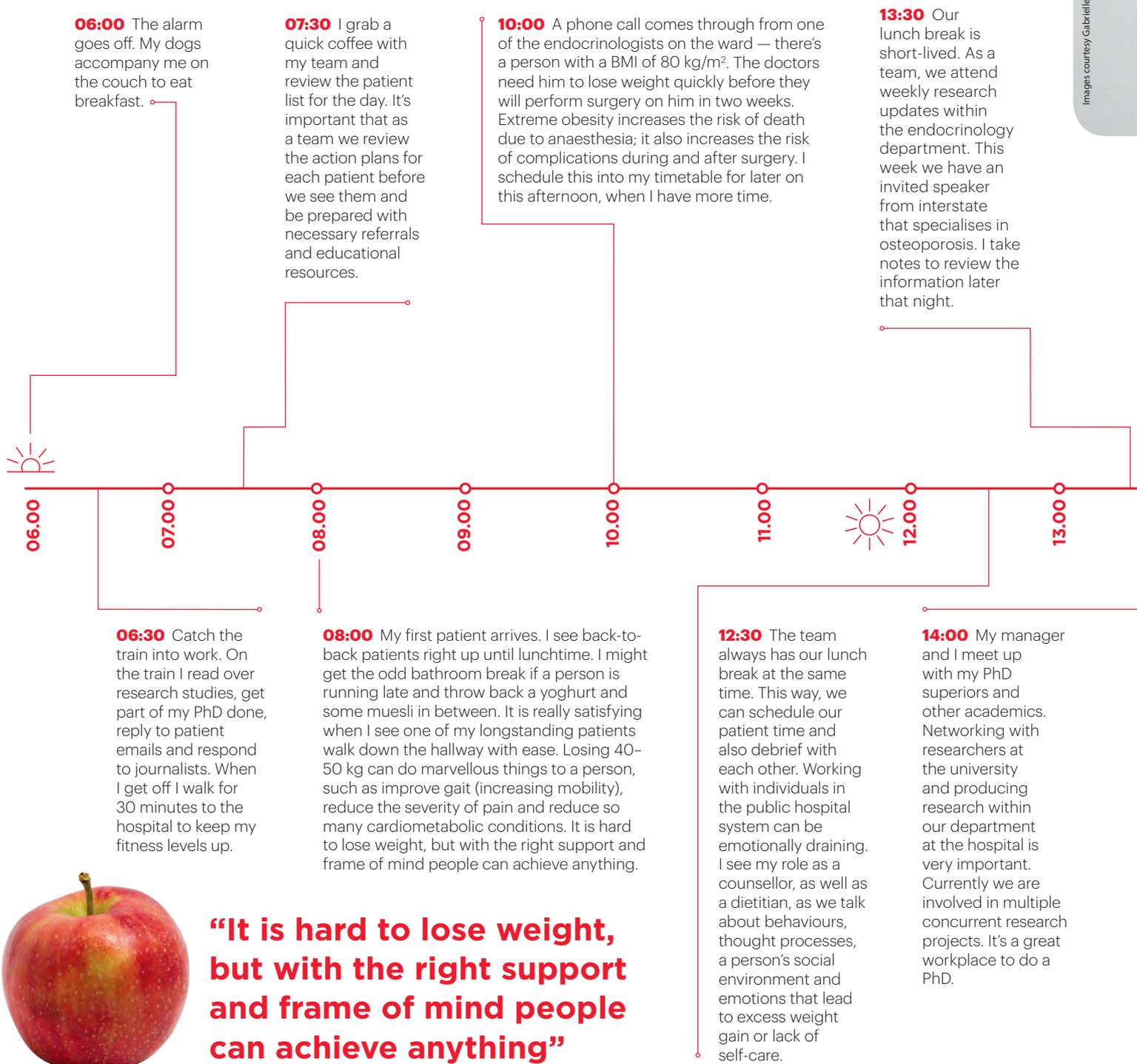


A Day in the Life

Gabrielle Maston is an Accredited Practising Dietitian and Exercise Physiologist who works as an obesity therapist in a public hospital. She also runs the private practice Changing Shape, where she sees individuals for sports nutrition and various chronic health conditions. She is currently completing a PhD in nutrition, investigating non-surgical dietary interventions for people with super obesity.





14:30 At this time of the afternoon I search for a cup of tea. It's a great opportunity to get started on addressing points raised during the meeting. I reply to patient emails and draft up the trial study design.

16:00 It's home time! On my 30-minute walk back to the train station, I call a journalist back who wants to know about the thermic effect of food. One wonders how they come up with these article ideas! Either way, I enjoy the challenge of answering their obscure questions regarding food. Who knew food could be that interesting?

15:30 It's time to review the patient on the wards. I grab my notebook and calculator, and a bunch of educational resources I might need. The patient is in their bed. We discuss how I'm going to manipulate the food menu at the hospital to achieve 3-4 kg weight loss in a few weeks. I've also set up a review appointment in two weeks' time. When they're discharged, they can continue to access the service for further weight management support.

17:00 I get home and load up the laptop. I get my dinner in just before I have to Skype one of my private clients. A lot of younger athletes enjoy the comfort of having a consultation online, as it takes the pressure off driving to a location. I see bodybuilders, triathletes and boxers in this way. I meticulously plan their training diet down to the gram of carbohydrates, protein and fat.



Gabrielle discusses with patients interesting ways to include nutritious foods, such as fruit and vegetables.



18:00 My dogs are going crazy and want some attention, so I spend 30 minutes chasing them around the front yard whilst playing with the ball. I get the feeling that I need to go back inside to do more work; my PhD won't write itself. I sit on the couch with the fireplace on and my laptop, with my dogs either side, and start typing away. It sounds like a lot of work, but I enjoy learning. Only a few hours to bedtime. My favourite part of the day!



A Day in the Life is a regular column opening the door into the life of a person working in their field of healthcare. If you would like to share a day in your working life, please write to: ahhb@wfmedia.com.au.