Dietitians Australia

Digital health role statement

This role statement was created by members of the Digital Health Interest Group.

It lists the knowledge and skills of an Accredited Practising Dietitian (APD) working in digital health.

What all APDs in digital health can do

Dietitians working with digital health have specific skills to:

- explain the strengths and limitations (including risks) of different digital tools and be able to select the appropriate tool for the practice area
- describe the use of digital tools in an ethical and responsible way that respects the privacy of individuals
- assess and monitor individuals' nutritional status by analysing the health data (e.g. dietary intake, physical activity, and health parameters) collected through digital tools
- make appropriate adjustments based on clinical and digital health data to optimise health outcomes and promote sustainable behaviour change
- educate patients, the public and other healthcare professionals about how to use digital health tools
- harness the reach and accessibility of social media to disseminate accurate nutrition information, engage with the public, and promote healthier lifestyles
- ensure that individuals make informed, healthy choices when using food delivery apps
- critically evaluate the advice and recommendations provided through digital platforms, apps and wearables against scientific research and evidence-based principles
- combine digital tools with motivational interviewing techniques and behaviour change strategies, to provide personalised nutrition guidance, support and accountability to individuals using digital health platforms

- deliver safe and effective telehealth or virtual models of dietetic care
- ensure the quality, integrity and security of nutrition data, enabling accurate analysis and interpretation
- design databases, develop data collection tools and implement standardised terminology systems for consistent data entry.

What APDs with greater experience in digital health can do

As APDs gain experience and expertise in their area of practice, they can take on more complex tasks. Dietitians experienced in digital health may:

- design and conduct safe and effective digital health diet and nutrition interventions
- evaluate the quality and usability of digital health platforms and apps to determine the best fit-for-purpose tools for use in particular practice settings
- critically evaluate the content presented on social media and the food environment within food delivery apps
- develop evidence-based frameworks for applying digital tools in the nutrition care process or in telehealth
- train dietitians and other health professionals in applying digital tools into nutrition and healthcare
- develop and optimise design and functionality of apps, electronic health record systems, virtual care platforms, remote monitoring or artificial intelligence-based technologies for nutrition care in collaboration with other healthcare professionals and IT specialists
- engage with external stakeholders and organisations on policies, programs and strategies to improve population health with digital tools
- lead advocacy to raise the profile of digital health technologies and virtual care models of dietetics service delivery to ensure it is an organisational and government priority.

For more, download the full role statement. The full statement includes a list of document references.