

Dietetics · Toddler with iron deficiency and high milk intake

SPK-DIE-01 | Original simulated candidate card

Setting: Paediatric outpatient clinic

You are a dietitian. Ms Valentina Luna has brought her 20-month-old daughter, who has been referred by the GP after blood tests showed iron-deficiency anaemia. The referral letter says the child drinks more than a litre of cow's milk a day from a bottle and eats very few solid foods. The medical team is managing her iron treatment, and you have been asked to review her diet.

Interlocutor: PARENT

Your tasks

1. Find out about her daughter's usual daily milk intake, eating pattern and use of the bottle
2. Explain in simple terms how drinking a lot of milk can lead to low iron
3. Persuade Ms Luna to reduce milk gradually to about 500 mL a day and move from a bottle to a cup (address her concerns about her daughter going hungry)
4. Suggest iron-rich foods and practical ways to offer them
5. Agree a plan and arrange follow-up

Dietetics · Dietitian: first dietary advice after a type 2 diabetes diagnosis

SPK-DIE-02 | Original simulated candidate card

Setting: Community health centre (dietetics clinic)

You are a dietitian. Mr Oisin Sarkar, aged 72, is a retired bus driver who was diagnosed with type 2 diabetes by his GP last week. The GP has not started any medication yet and has referred him to you for first dietary advice. Mr Sarkar has heard that he must stop eating bread, potatoes and fruit altogether.

Interlocutor: PATIENT

Your tasks

1. Find out about Mr Sarkar's usual eating pattern and what he understands about diet and diabetes
2. Explain in simple terms that carbohydrate foods do not need to be cut out, and that the type and amount matter
3. Suggest practical changes to his meals (e.g. higher-fibre bread, portion sizes, whole fruit instead of juice, fewer sugary drinks)
4. Reassure him that he can still enjoy the foods he likes
5. Agree one or two realistic goals and arrange follow-up

Dietetics · Weight loss in an aged care resident

SPK-DIE-03 | Original simulated candidate card

Setting: Aged care facility

You are the dietitian at an aged care facility. Ms Bhavana Hegde's mother, aged 86, has mild dementia and has lost 5 kg over the last three months, and her nutrition screening now shows she is at high risk of malnutrition. The GP has been asked to assess her for other possible causes of the weight loss and will see her this week; alongside this, you plan to fortify her meals, add snacks between meals and start an oral nutritional supplement drink. Ms Hegde has asked to speak with you after visiting her mother at lunchtime today.

Interlocutor: RELATIVE

Your tasks

1. Acknowledge what Ms Hegde saw at lunchtime and reassure her that help from staff at mealtimes will be part of her mother's plan
2. Find out more about her mother's eating (appetite, eating habits, food preferences, what helps her eat)
3. Explain why older people with dementia may lose weight, why it matters, and that the GP is checking for other causes
4. Explain the nutrition plan (extra energy and protein in meals, snacks between meals, supplement drink in addition to help at meals)
5. Agree how staff and family can work together and arrange a review

Dietetics · Husband caring for wife with Parkinson's disease

SPK-DIE-04 | Original simulated candidate card

Setting: Home visit

You are a community dietitian visiting Mr Scott Coverdale, aged 78, at home. His wife, aged 75, has Parkinson's disease and has lost about 4 kg over the past three months. Her meals take a long time and she tires quickly, and Mr Coverdale does all the cooking. The GP has referred her for nutrition advice, and you are speaking with Mr Coverdale while his wife rests.

Interlocutor: CARER

Your tasks

1. Find out about his wife's current eating pattern and what happens at mealtimes
2. Explain why smaller, more frequent, energy-dense meals and snacks may help her (e.g. adding extra energy to everyday foods)
3. Suggest simple ways to make cooking and meal preparation easier for him
4. Reassure Mr Coverdale about his worries that he is failing his wife and cannot cope
5. Agree a plan and arrange follow-up

Dietetics · Renal dietitian: managing fluid and potassium between haemodialysis sessions

SPK-DIE-05 | Original simulated candidate card

Setting: Hospital renal dialysis unit

You are a renal dietitian. Mrs Njeri Meredith, aged 46, started haemodialysis three times a week four months ago. She has repeatedly arrived for her sessions with large fluid weight gains and potassium levels above the target range. The nursing team says she often has cramps while fluid is removed, and they have asked you to review her diet during today's session. You are seeing her while she is on the machine.

Interlocutor: PATIENT

Your tasks

1. Find out about her usual eating and drinking between sessions and how she is feeling physically (work days, home, any symptoms)
2. Explain in simple terms why extra fluid and high potassium are a risk for her
3. Respond to her frustration and her reluctance to make changes
4. Suggest practical ways to manage thirst and reduce high-potassium foods that fit her routine
5. Agree one or two realistic goals and arrange follow-up