



Julia Hopkins

Consultant Paediatric Dietitian

Types of Reports Undertaken: Quantum Dietetic Reports

Locations covered: England, Scotland, Wales.

Client Age categories: Neonatal, Children, Young People



Specialisms:

- Disordered eating in Autistic Spectrum Disorder, including ARFID
- Cerebral palsy
- Enteral feeding
- Faltering growth
- Feeding difficulties

Profile:

I qualified as a dietitian in 1986 and have been working in the NHS for 39 years, 37 years as a Paediatric Dietitian. I have worked in community, secondary and tertiary care settings covering a wide range of clinical specialisms. My clinical experience has included providing community based services for children and young people with special needs, including Cerebral Palsy, Autistic Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), enteral feeding, weight management. In hospital settings I have covered all aspects of general Paediatrics including Paediatric Intensive Care (PICU) and worked in multidisciplinary clinics covering complex feeding difficulties, Long Covid, gender incongruence, Human Immunodeficiency Virus (HIV). I currently work in Rare Diseases providing dietetic assessment and advice to children, young people and adults with nucleotide excision repair disorders. I also work in private practice.

I have held senior management positions within dietetic services and held general management positions across School Nursing, Health Visiting, Physiotherapy and Occupational Therapy. I have led change programmes in community services and worked collaboratively with local authorities and the voluntary sector to provide joined up services to children with disabilities.



Maggie Sargent & Associates

I lectured to post graduate Speech and Language Therapists on the nutritional problems in cerebral palsy for more than 25 years at University College London.

I have a masters degree in ethics and the law in healthcare practice and recently completed a second masters in forensic psychological studies.

My Specialist Skills include:

- Expert Witness since 1996
- Nutritional assessment and care planning using evidence-based practice
- Extensive clinical experience across a wide range of paediatric specialisms
- Chronic disease management
- Critical thinking and analysis
- Project management
- Excellent verbal and written communication skills
- Multidisciplinary Team working

Qualifications and Memberships:

- MSc Forensic Psychological Studies. Merit (2024) The Open University
- MA Ethics and the Law in Healthcare Practice. Merit (2008) Middlesex University
- Postgraduate Diploma in Dietetics. Pass. (1986) Kings College London (KQC)
- BSc (Hons) Nutrition. First Class Honours (1985) Queen Elizabeth College, (KQC) University of London
- Registered with the Health and Care Professions Council (HCPC)
- Member of the British Dietetic Association (BDA)
- Member of the Paediatric Group and ASD Specialist Group of BDA
- City and Guilds Further and Adult Education Certificate
- British Dietetic Association Paediatric Tier 1 and Tier 2
- Prince 2 Project Management Foundation level
- NHS London Accredited Performance Coach (University of Portsmouth)