

# Clinical Dietetics: *Out of the Office*

*Michelle Hoppman, RD, LRD, CDE*

*Executive Success Coach*

*DM&A, Inc.*

*May 16, 2012*



# Agenda

- Understand the importance of completing a “LIVE” patient assessment.
- Learn the importance of the relationship between Clinical Dietitians & Food Service.
- Identify ways to enhance the relationship between Clinical Dietitians & Food Service.
- Learn ways to enhance and improve the dietitian’s role on the interdisciplinary team.



# *Our Role as Dietitians...*



*Ever changing and expanding!*



# *It's a New Day!*

Diverse Roles

Empowerment

Be Seen

Active Team Member



*You are an IMPORTANT member of  
the Interdisciplinary Team!*



# *The Interdisciplinary Team*

- What is your current role on the team?
- What are your goals?
- What are your struggles?

# *The Interdisciplinary Team*

- What is your relationship with your physicians and other team members?
- How do you communicate with the team?
  - Sticky notes, Emails, Text Messages, Verbal, Rounds?



# *The Complete Assessment*



# *The Assessment*

- Nutrition Screening & Nutrition Assessment
- Patient History
- Nutrition Focused Physical Assessment
- Laboratory Assessment
- Anthropometric Assessment
- The Nutrition Care Process

Source: ADA Pocket Guide to Nutrition Assessment 2<sup>nd</sup> Ed.



# *Physical Assessment*

- ✓ Body Fat
- ✓ Muscle Mass
- ✓ Fluid Accumulation
- ✓ Reduced Grip Strength

Source: 2011 AND & ASPEN Clinical Characteristics that the RD can obtain to support a diagnosis of Malnutrition

# *The Patient Assessment & Visit*

- Completing the Assessment
  - In or out of the Office?
- Visiting the Patient
  - The interview
  - The education



*Clinical Dietitians & Food  
Service reunited again!*

# *Reuniting Clinical Dietitians & Food Service*

*Why did we separate in the first place?*

- Change in leadership
  - Report to a different department
    - Ex: Director of Nursing
    - Benefits
    - Problems

# *Reuniting Clinical Dietitians & Food Service*

*Why did we separate in the first place?*

- Hospital Budgets
- Focus on Medical Nutrition Therapy
- Program Goals



# *An Important Relationship – Clinical Dietitians & Foods Service*

*It's more than Protein, Carbs, Fat ,  
and Calories...*



# *An Important Relationship – Clinical Dietitians & Foods Service*

- Knowledge of the Menu
- Diet Therapy Education
- Recipe Development
- Product Recommendations
- Increase in Patient Satisfaction
  - Insurance Rates

# *Clinical Dietitian's in Food Service – What is the Role?*

- Liaison
- Representative
- Patient Education
- Patient Satisfaction



# *Clinical Dietitian's in Food Service – What is the Role?*

- Meal Rounding
- Working in Partnership
  - Food Production
  - Chef
  - Call Center

# *How to get more involved...*

- Communication
- Planning
- Review of Needs and Goals
- How to balance your time...

*"Everyday you have the chance to make a difference in someone's life, make it a positive one!"*

**QUESTIONS?**



# *Thank you!*

*For more information visit us DM&A at [www.chefdon.com](http://www.chefdon.com) and follow us on...*

- Facebook*
- LinkedIn*
- Twitter*



Annual  
**GOOD *to* BEST**

Conference

March 2013

Paradise Point Resort & Spa  
San Diego, California

Approximately 15 CEU's

Limited Scholarships available

Sign up at:

**[www.chefdon.com](http://www.chefdon.com)**