

IU Medical Group - Primary Care & Wishard Health Services
Integration of Nutrition-related Health Care Delivery to Primary Care Patients
For Registered Dietitians and Lifestyle Wellness Coaches

In an effort to provide consistent and integrated health care delivery to primary care patients of IUMG Community Health Centers, professionals of the IUMG-PC Dietetics program and the WHS Take Charge Lite program will operate as a multidisciplinary team under the following plan.

Scope of Practice of Lifestyle Wellness Coaches

The following patient education and evaluation tasks, as they relate to general *non-medical* nutrition information, are found to be within the scope of practice of the Lifestyle Wellness Coaches (without RD). *No specific guidelines or education, as relates to the individual, should be given.*

General *non-medical* nutrition information

- Importance of nutrition to health
- Principles of good nutrition and food preparation*
- Foods included in a normal daily diet*
- Essential nutrients needed by the body, and food sources of essential nutrients*
- Weight, BMI, circumference, and body fat measures and goals within recommended guidelines

Examples of general *non-medical* nutrition information

- Nutrition information based on guidelines for healthy adults released by consensus opinion, including *The Dietary Guidelines for Americans 2005, Food Guide Pyramid, The NIH/NHLBI Guidelines for the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, and Partnership for Healthy Weight Management**
- Food Guide Pyramid basics, including importance, content, and portion sizes of food groups
- Healthy food choices for eating out*
- Healthy snack ideas*
- Cooking demonstrations*
- Nutrients contained in foods or supplements*, ie. food label reading
- Weight, BMI, circumference, and body fat guidelines (weight loss 0.5 – 2.0 lbs/wk; BMI 18.5-24.9; waist circumference men<102cm/~40", women<88cm/~35"; body fat men 10-22%, women 20-32%)*

* Excerpted from ACSM's Health and Fitness Journal, "Crossing the Line: Understanding the Scope of Practice between Registered Dietitians and Health/Fitness Professionals", C. Sass, JA Eickhoff-Shemek, M Manore, L. Kruskall)

**For Fitness Professionals with degree or nationally recognized and accepted certification.

Scope of Practice of Registered Dietitians

The following patient education and evaluation tasks, as they relate to *medical and non-medical* nutrition information, are additionally found to be within the scope of practice of Registered Dietitians, but *beyond that of the Lifestyle Wellness Coaches (without RD). These should trigger a referral to the Dietitian by the Lifestyle Wellness Coach.*

- Assess risk of current weight status to health and quality of life, and recommend specific nutrition information for individuals:
 - Requesting an individualized, healthy eating plan
 - With a history of multiple diet failures and/or weight cycling disorder
 - Suspected of eating disorders
 - With known co-morbidities, such as diabetes, CVD, hypercholesterolemia, hypertension, hyperlipidemia

- Assess eating behaviors and screen for presence of disordered eating
- Evaluate energy, macronutrient, and micronutrient needs
- Evaluate current food intake and meal/snack patterns
- Identify medications that may contribute to weight gain

Examples of *medical* nutrition information

- Individualized meal plans
- Recommended caloric intakes
- Special diets
- Carbohydrate counts
- Daily food group servings
- Supplement interactions
- Measurable weight loss goals outside guidelines

Multidisciplinary Teamwork Approach

The following is a guideline for clear communication and interaction between Lifestyle Wellness Coaches and Dietitians.

The Lifestyle Wellness Coach will:

- Review patient history for chronic diseases and/or nutritional goals set by RD prior to or during initial visit;
- Utilize standard nutrition information for chronic diseases (handouts created by RDs) when meeting with patients with chronic conditions (CVD, diabetes, hypercholesterolemia, hypertension);
- Refer all at-risk patients and patients with chronic conditions (see above) to dietitian within 1 week, and ensure that referral is subsequently filed in patient chart;
- Provide detailed documentation of initial visit on TCL web-track encounter form, including:
 - Subjective note, including quotes referring to medical history from the patient interview
 - Objective note, including height, weight, circumferences, and other biometric data taken
 - Educational handouts given to patient
 - Goals;
- Submit documentation to clinic staff to be filed in patient chart after visit;
- Schedule referred patients for RD visit, or contact patients referred by RD within a week;
- Acquire approval for all nutrition-related educational handouts by RD team and Dr. Zerr or Dr. Willis.

The Dietitian will:

- Review patient history for activity levels and/or physical activity goals set by TCL prior to or during initial visit;
- Refer all patients with weight loss and physical activity-related and goals to TCL within 1 week, and ensure that referral is subsequently filed in pt. chart;
- Schedule referred patients for TCL visit, or contact patients referred by TCL within a week;
- Acquire approval for all physical activity-related educational handouts by TCL Supervisor and Dr. Zerr or Dr. Willis.