



# NUTRITION & WELLNESS

Military Families Learning Network

## OPTIMIZING TELEHEALTH DELIVERY OF NUTRITION THERAPY

Wed October 27th: 11:00 am-12:00 pm EDT

### Resources

- AND Telehealth page: <https://www.eatrightpro.org/practice/practice-resources/telehealth>
- AND COVID-19 updates page: <https://www.eatrightpro.org/news-center/member-updates/coronavirus-updates>
- AND Telehealth Discussion Board: <https://www.eatrightpro.org/practice/practice-resources/telehealth/telehealth-discussion-board>
- Ongoing resource: 'Insurance Credentialing and Billing for Dietitian Nutritionists' Facebook group <https://www.facebook.com/groups/InsuranceForDietitians/>

### Articles

**Commission on Dietetic Registration Telehealth Overview** <https://www.cdrnet.org/telehealth>

"RDNs looking to move, practice telehealth, or otherwise practice dietetics and nutrition or provide medical nutrition therapy (MNT) to individuals in another state should be aware of certain legal implications. Forty-seven states, Puerto Rico, and the District of Columbia currently have statutory provisions regulating the dietetics profession or associated titles such as dietitian and nutritionist. "

**Health.mil Telehealth Program**-This website supports the growth of telehealth within the DoD. <https://www.health.mil/Military-Health-Topics/Technology/Connected-Health/Telehealth-Program>

Brunton, C., Arensberg, M. B., Drawert, S., Badaracco, C., Everett, W., & McCauley, S. M. (2021). **Perspectives of Registered Dietitian Nutritionists on Adoption of Telehealth for Nutrition Care during the COVID-19 Pandemic.** *Healthcare (Basel, Switzerland)*, 9(2), 235. <https://doi.org/10.3390/healthcare9020235> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7926532/>

Nutrition care by telehealth technology has the potential to improve care provided by practicing RDNs, such as by reducing no-show rates and increasing retention as well as improving health outcomes for patients.



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Mauldin K, Gieng J, Saarony D, Hu C. **Performing nutrition assessment remotely via telehealth.** *Nutr Clin Pract.* 2021 Aug;36(4):751-768. doi: 10.1002/ncp.10682. Epub 2021 Jun 8. PMID: 34101249. <https://aspenjournals.onlinelibrary.wiley.com/doi/10.1002/ncp.10682>

The aim of this publication is to provide interdisciplinary clinicians a set of guidelines and best practices for performing nutrition assessments in the era of telehealth.

Mehta, P., Stahl, M. G., Germone, M. M., Nagle, S., Guigli, R., Thomas, J., Shull, M., & Liu, E. (2020). *Nutrition and Dietetics*, 120(12), 1953–1957. <https://doi.org/10.1016/j.jand.2020.07.013>

This article outlines the urgency of telehealth, its current use by registered dietitian nutritionists (RDNs) during the COVID-19 pandemic, barriers to implementation, and future implications. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7359781/>

Mundi MS, Mohamed Elfadil O, Bonnes SL, Salonen BR, Hurt RT. **Use of telehealth in home nutrition support: Challenges and advantages.** *Nutr Clin Pract.* 2021 Aug;36(4):775-784. doi: 10.1002/ncp.10736. Epub 2021 Jul 10. PMID: 34245465. <https://pubmed.ncbi.nlm.nih.gov/34245465/>

The current manuscript provides details regarding successful implementation of telehealth visits such as change management, selection of telehealth platform, scheduling and logistics, as well as carrying out the virtual visit including history and physical exam.

Tewksbury, C., Deleener, M. E., Dumon, K. R., & Williams, N. N. (2021). **Practical considerations of developing and conducting a successful telehealth practice in response to COVID-19.** *Nutrition in clinical practice: official publication of the American Society for Parenteral and Enteral Nutrition*, 36(4), 769–774. <https://doi.org/10.1002/ncp.10742> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8441739/>

This review summarizes the applied recommendations on telehealth in interprofessional patient care, provides practical insights for successfully transitioning care from an academic medical center bariatric surgery program, and highlights future opportunities for research.