



# The Dietetic Dream Team:

An Almost Heaven Solution in West  
Virginia



# Objectives

01

Review the NDTR  
SOP, SOPPs &  
Employment Opportunities

02

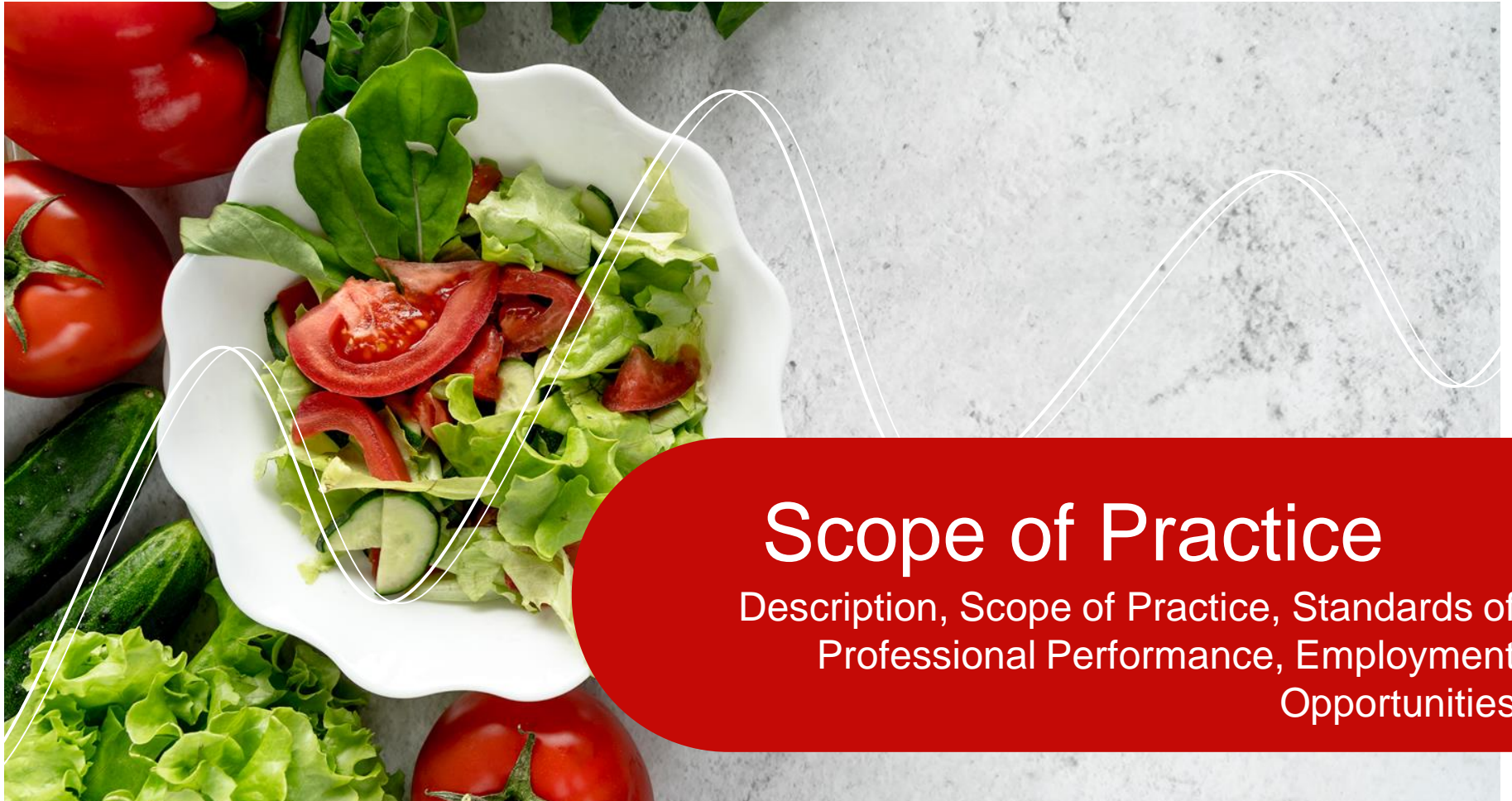
Share an example of a  
WV RDN/NDTR Team  
in Action

03

Provide 3 Major  
Benefits of the NDTR on  
Staff

04

Highlight Best Practice  
Examples of the  
“Dietetic Dream Team”



# Scope of Practice

Description, Scope of Practice, Standards of Professional Performance, Employment Opportunities

# Scope of Practice

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# What is a NUTRITION & DIETETIC TECHNICIAN, REGISTERED *NDTR*



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## ***THE NDTR is:***

- ✓ ***Educated and trained at the technical level of nutrition and dietetics practice.***
- ✓ ***Works under the supervision of a RDN in direct patient or client nutrition care.***
- ✓ ***May work independently in providing general nutrition education to healthy populations.***
- ✓ ***Serves as an integral part of health care and foodservice management teams.***

<https://www.cdrnet.org/NDTR>

# Scope of Practice

## Nutrition and Dietetic Technician, Registered

### Education

Completed a ACEND accredited Dietetic Technician Program that includes 450 hours of supervised practice experience

Completed an ACEND accredited Didactic Program in Dietetics without supervised practice hours

### Credentialing

Eligible candidates must successfully pass the CDR administered exam for Nutrition and Dietetics Technicians, Registered

### Competence in Practice

Credentialed professionals maintain registration with 50 hours of continuing education every 5 years utilizing CDR's Professional Development Portfolio Process

# Dietetic Technician, Registered Test Specifications

Effective - January 1, 2022

**Domain I**  
41%

**Nutrition Science and Care  
for Individuals and Groups**

**Domain III**  
38%

**Management of  
Food and  
Nutrition Services**

**Domain II**  
21%

**Food Science and  
Food Service**



# COMMON CREDENTIALS HELD BY NDTRs

Credentialing Agency	Credential	Minimum Requirement
American Institute of Health Care Professionals (AIHCP)	Health Care Life Coach-Certified (HCLC-C)	Associate
Certifying Board for Dietary Managers (CBDM); Association of Nutrition & Foodservice Professionals (ANFP)	Certified Dietary Manager, Certified Food Protection Professional (CDM, CFPP)	Associate
National Academy of Certified Care Managers	Care Manager Certified (CMC)	Associate
National Board for Health and Wellness Coaching (NBHWC)	National Board-Certified Health & Wellness Coach (NBC-HWC) Associate	Associate
School Nutrition Association (SNA), Certificate and Credentialing Governing Council	School Nutrition Specialist (SNS)	Associate



# Nutrition Care Process and Workflow

Nutrition Care Process and Workflow Element	RDN Role	NDTR Role
<b>Nutrition Screening</b>	Perform or obtain and review nutrition screening data	Perform or obtain nutrition screening data
<b>Nutrition Assessment</b>	Perform via in-person, or facility/practitioner assessment application system, or HIPAA compliant video conferencing telehealth platform and document results of assessment	Assist with or initiate data collection as directed by the RDN or per standard operating procedures and begin documenting elements of the nutrition assessment for finalization by the RDN
<b>Nutrition Diagnosis</b>	Determine nutrition diagnosis(es)	Per RDN-assigned task, communicate and provide input to the RDN
<b>Nutrition Intervention/Plan of Care</b>	Determine or recommend nutrition prescription and initiate interventions. When applicable, adhere to established and approved disease or condition-specific protocol orders from the referring practitioner	Implement/oversee standard operating procedures; assist with implementation of individualized patient/client/customer interventions and education as assigned by the RDN
<b>Nutrition Monitoring and Evaluation</b>	Determine and document outcome of interventions reflecting input from all sources to recognize contribution of NDTR/nutrition care team members to patient/client experience and quality outcomes	Implement/oversee (duties performed by other nutrition, foodservice staff) standard operating procedures; complete, document, and report to the RDN and other team members the results and observations of patient/client-specific assigned monitoring activities
<b>Discharge Planning and Transitions of Care</b>	Coordinate and communicate nutrition plan of care for patient/client discharge and/or transitions of care	Assist with or provide information as assigned by the RDN

# Employment Settings and Opportunities

- Clinical Dietetic Technician – Hospital/Acute Care
- Clinical Dietetic Technician – Long-term Care
- Food Service Manager – Hospital/Acute Care
- Food and Dining Service Management – Long-term Care
- School Food Service Management
- School Nutrition and Wellness Coordinator
- Supermarket/Retail Dietetic Technician
- WIC Health Professional

 <p><b>Acute, Outpatient &amp; Extended Health Care</b> Participate in nutrition programs by providing direct patient/client care under RD supervision. Conduct nutrition screening and contribute to nutrition assessment, intervention and monitoring.</p>	 <p><b>Business &amp; Communications</b> Participate in news &amp; communications, consumer affairs, public relations, food &amp; culinary nutrition, and human resources. DTRs are authors of print publications and electronic media.</p>	 <p><b>Community &amp; Public Health</b> Under RD supervision, educate, monitor and advise special populations and public participating in federally funded nutrition programs. Promote well-being through food security, food safety, healthful eating and lifestyle behaviors.</p>
 <p><b>Private Practice</b> DTRs in private practice are entrepreneurs and innovators providing programs and services consistent with appropriate skills, qualifications, and demonstrated and documented competence.</p>	 <p><b>Foodservice Systems</b> Supervise, manage, and direct foodservice operations serving patients/clients, employees, and visitors in retail venues and catered events in institutional settings or as contracted by foodservice management companies.</p>	 <p><b>Nutrition Informatics</b> Retrieve, organize, store and optimize food/nutrition information, data and knowledge for use in problem solving and decision making to improve patient/client satisfaction and nutrition outcomes. Conduct nutritional analyses for regulation compliance and analyze restaurant menu nutrients.</p>
 <p><b>Wellness</b> Provide general nutrition guidance and physical activity guidance at national weight-management companies, local retail franchises, or in health clubs, fitness centers or online health-coaching services.</p>	 <p><b>Research</b> Work as technical research staff collecting data, overseeing foodservices for clinical research centers, designing menus that meet study protocols, and conducting nutritional analyses of recipes, menus and food intake records of study participants.</p>	 <p><b>School Nutrition</b> Contribute to a healthy school environment at the local, state, or national level. Work in sales &amp; distribution supplying products/services or as a nutrition consultant.</p>
 <p><b>Sports Nutrition</b> Work in health clubs, community wellness/fitness centers, and weight management programs to discuss normal nutrition. Educate and counsel apparently healthy clients of all ages and abilities.</p>	 <p><b>Sustainable, Resilient, Healthy Food &amp; Water Systems</b> Promote appreciation for and understanding of food security and resiliency, food production, and environmental nutrition issues. Work in community-based organizations, non-government organizations, government,</p>	 <p><b>Universities</b> DTRs with masters and doctorate degrees are faculty in Dietetic Technician Programs and other programs in community colleges, culinary programs and academic medical centers.</p>



The West Virginia  
RDN/NDTR Team  
in Action

# A Dream Team in Action

***Anna Davis, RD, LD***

Food & Nutrition Service Director  
Encompass Health and  
Rehabilitation  
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***Karen Shultz, DTR***

Encompass Health and  
Rehabilitation  
Morgantown, WV



# NDTR Nutrition Care Process Duties

- Clarification of all diet orders on all patients
- Print out diet education for RD for all patients
- Rounding of new admission patients prior to breakfast
- RD screens patients that are triggered for nutritional assessment using the MNT screening tool completed by nursing.
- Assessments completed by RD and hand-over completed with DTR
- DTR completes follow-ups and updates Interdisciplinary Plan of Care for conferences
- DTR attends all team conferences on all patients
- Group and individual education done by DTR

# NDTR Management Duties Assigned

- **Reviews purchase orders and updates cost reports for budget for food service dept.**
- **Completes staffing schedules and edits payroll**
- **Safety and Sanitation Rounding**
- **Attendance in Interdisciplinary Team meetings by DTR:**
  - **Wound Team**
  - **Clinical Team**
  - **Infection Control Team**
  - **Environmental Care Team**
  - **Operations Daily Team Meeting**
  - **Manager Meeting**
  - **Diversity Team**



# Calculating the Cost/Benefit for Patients and Facilities

# Three Benefits of the NDTR

## Perspectives from an NDT Program Preceptor

***Sonya Phares-Weiford, RDN***

Clinical Dietitian

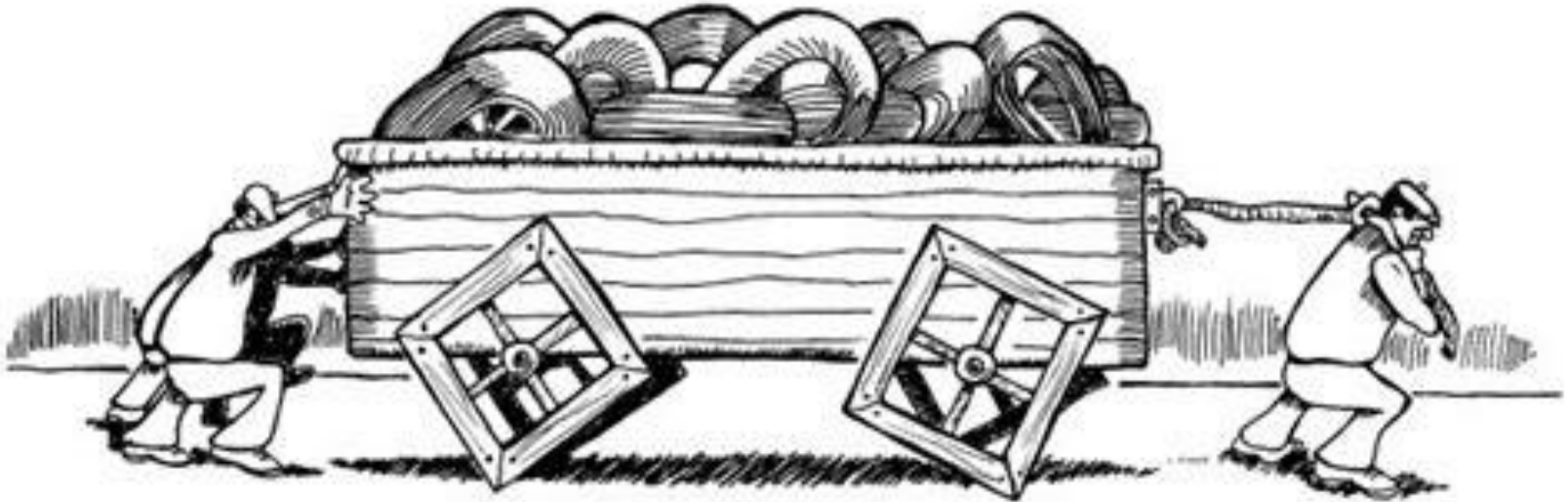
Davis Medical Center

Elkins, WV





# Calculating the Cost/Benefit



# The Patient-Care Benefit

- **Malnutrition affects about 20-50% of hospitalized patients; the Dietitian's job is more extensive!**
- **Rural hospitals continue to face tremendous pressure due to financial constraints and staffing shortages.**
- **Dietitians often work in underpowered environments with doubling of duties.**
- **RD and DTR relationships can streamline tasks to enhance precision, efficiency and effectiveness of patient care.**

# The Hospital Revenue Benefit

- **Value-Based Healthcare replacing Fee-for-Service; reimbursement now tied to patient-outcomes and prevention.**
- **Hospitals penalized for unnecessary readmissions, encouraged to improve care coordination for specific conditions.**
- **Malnutrition affects patient outcomes, tied to same specific conditions.**
- **Malnutrition treatment is billable, qualifies for increased reimbursement.**
- **Dietitians are now impacting the bottom line for hospitals, becoming a more valuable asset to the medical team.**
- **RD and DTR relationships can streamline tasks to enhance precision, efficiency and effectiveness of patient care.**

# The RDN Benefit

## Career Satisfaction & Advancement

- **RDN will gain leadership and supervisory role in directing DTRs, commanding higher salary.**
- **The assistance provided by DTR's will free up RDN to pursue higher levels of influence, roles & responsibilities.**
- **RDN's can become more involved with hospital process-improvements, drive policy change, integrate more with medical staff.**
- **RDN's can spend more time on higher-level patient care, increasing knowledge and specialties.**



# Best Practices – The NDTR Practitioner in Ohio

# Best Practices The DTR Practitioner in Ohio

***David Clark, MS, RDN, LD***

Program Director, Nutrition and Dietetics  
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# Nutrition and Dietetics Technician, Registered

NDTR

## West Virginia NDTR: A Neighboring Ohio Perspective



# How we use NDTRs in Ohio

- Work under the licensure of a RDN
  - NDTRs must be listed on a RDN annual licensure application/renewal form. (*Ohio Medical Board*)
  - RDNs monitor this, assure NDTR names are listed.
- Nutrition Education
  - Heart Healthy, Carbohydrate Counting, Obesity, Food/Drug Interactions
- Low Acuity Patients and Residents
- Management
  - Nutrition/Foodservice Supervisors



# Where we use NDTRs in Ohio

- **Hospitals**
  - Clinical
  - Foodservice Management
- **Nursing Homes**
  - Clinical
  - Foodservice Management
- **WIC**
  - Clinical/Education
- **School Systems**
  - Individual Schools
  - District-Wide Nutrition
- **Correctional Facilities**
  - Foodservice Management
- **Community**
  - Meals on Wheels
  - Wellness Clinics
- **Grocery Stores**
  - Nutrition Education
    - Label Reading
    - Grocery Tours
    - Recipe Modification
    - Food Samples with Education

# Why we use NDTRs in Ohio

- **Reduce workload of our already overloaded RDNs!**
- Provide adequate and appropriate clinical nutrition education
  - Hospitals
  - Nursing
  - WIC
- Places nutrition professionals in positions where untrained personnel were previously utilized:
  - Grocery Stores
  - Community
- Identifies malnutrition risk factors for RDN referrals
  - Trained in NFPE
  - Visual Assessment
  - Track weight loss
  - Interview Assessment

# Myths we have dispelled in Ohio

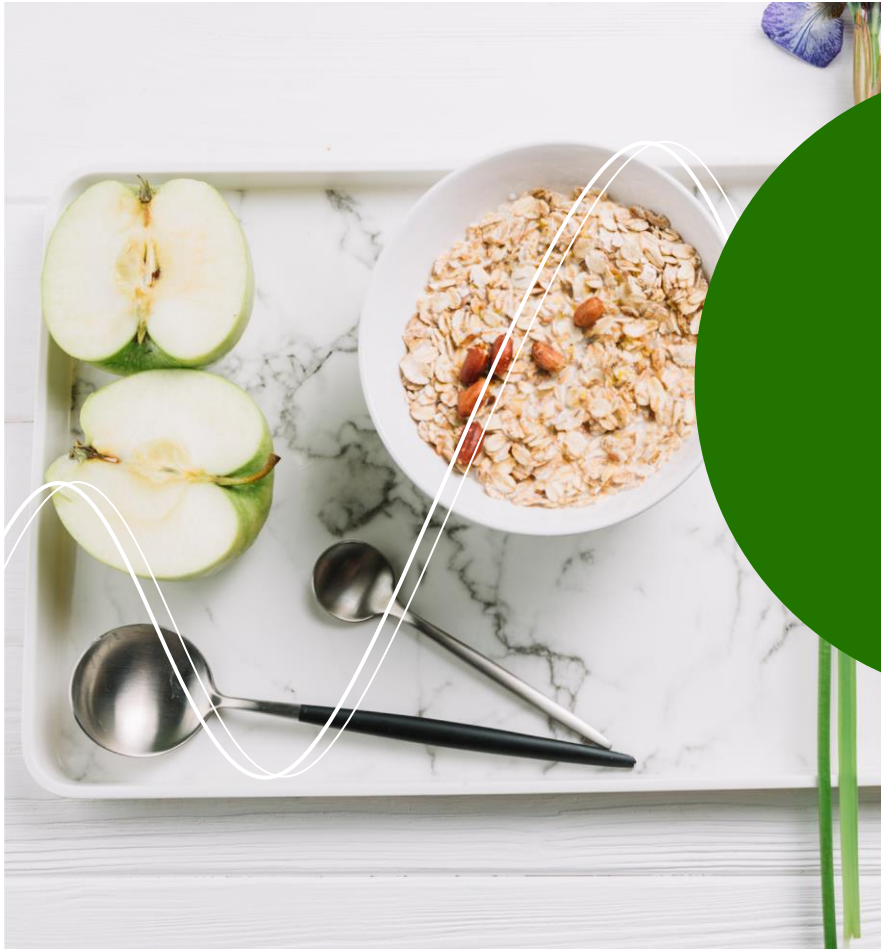
## *NDTRs will take jobs away from RDNs*

- NDTRs have consistently been shown to assist RDNs without eliminating RDN positions:
  - Ohio continues to have open RDN positions that are going unfilled – creating an overload of high acuity patients and residents to be seen by RDNs – leaving low acuity not seen!
  - Ohio continues to have NDTR positions (mainly foodservice management in hospitals and nursing homes) that are going unfilled creating overloaded Dietary Managers.

# Myths we have dispelled in Ohio

## *NDTRs are not qualified to assess and provide nutrition information*

- ACEND Standards include competency and knowledge requirements that must be successfully completed for students in **ALL** NDTR accredited programs in the U.S.
- NDTRs are strategically educated against these standards to assess and identify nutrition needs of all populations throughout the lifecycle.
- NDTRs under the direction of the RDN are specifically educated to provide nutrition education to all disease states with an emphasis on low-acuity populations that include heart disease, HTN, obesity, and diabetes.



# Thanks!

Do you have questions for our panel?



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