



Registered Dietitian's Role Evidence-Based Best Practices

RD Assessment

- RD assessment is completed following ADIME format
 - ▶ [ADIME Documentation Toolkit](#)
 - ▶ See the "Medical Nutrition Therapy ADIME Note" handout on the QMP's [Role of the Registered Dietitian](#) web page
- Timeframes:
 - ▶ Registered Dietitian completes a full assessment for everyone within 14 days of admission and annually
 - ▶ Reassessments are completed quarterly, within 14 days of significant change in nutritional status, and when consult is requested
- Documentation
 - ▶ The 5 domains of nutrition assessment are addressed
 - ◇ See the Five Domains of Nutrition Assessment handout on the QMP's [Role of the Registered Dietitian](#) web page
 - ▶ Documentation includes appropriate comparative standards
 - ◇ See the Comparative Standards handout on the QMP's [Role of the Registered Dietitian](#) web page
 - ▶ Nutrition diagnoses are identified based on evaluation of assessment data, prioritized, and documented in PES statement format
 - ◇ See the [NCPT reference manual](#) and [video overview of NCPT process](#)
 - ◇ See the Nutrition Diagnosis PES Statement handout on the QMP's [Role of the Registered Dietitian](#) web page
 - ◇ Priority should be based on severity, safety, individual needs and preferences, ethical considerations, likelihood that nutrition interventions will influence the problem, discharge/transitions of care needs, and the person's perception of importance

- ▶ Registered Dietitian identifies SMART goals to address nutrition diagnoses and other nutrition-related needs.
- ▶ Registered Dietitian identifies person-centered interventions to be implemented for achieving nutrition care goals.
- ▶ Nutrition diagnoses, goals, and interventions are reviewed and revised by Registered Dietitian according to the person's needs and with changes in assessment data.
- ▶ Documentation identifies indicators and outcomes data for monitoring and evaluating nutrition goals and the effectiveness of interventions.

Facility-wide Systems/Strategies

Evidence-based policies and procedures provide the foundation for the nursing facility's nutritional care services. Policies and procedures should be facility-specific and based on the needs of the population served. To ensure adherence with current guidelines, policies and procedures should be reviewed and revised at least annually with input from the Registered Dietitian.

- Policies and procedures include the role, expectations, and oversight the Registered Dietitian.
- Registered Dietitian collaborates with the IDT to ensure effective screening and referral services are implemented (e.g. referral for a swallow study).
- Registered Dietitian provides services using a systematic process with identified leadership, accountability, and dedicated resources.
- Registered Dietitian demonstrates competence in and accepts accountability and responsibility for ensuring safe, quality practice and services.
- Registered Dietitian provides safe, quality service based on the person's expectations and needs, and the mission, vision, principles, and values of the nursing facility.
- Registered Dietitian applies, participates in, and/or generates research to enhance practice.
- Registered Dietitian effectively applies knowledge and expertise in communications.
- Registered Dietitian uses resources effectively and efficiently.

For example:

- The Registered Dietitian plays a role in the facility QAPI system.
- The Registered Dietitian maintains current credentials.

- The Registered Dietitian reviews and approves standardized menus and alternatives offered by the facility.
- The Registered Dietitian reviews and approves changes and substitutions made to the standardized menu and alternatives.
- The Registered Dietitian performs monthly kitchen sanitation rounds to oversee the dietary department.
- The Registered Dietitian performs meal tray audits.