

RDN: Perspectives in Practice

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Healthcare

A Message Julie Branham, MS, RD, LDN

Welcome to the first issue of **RDN: Perspectives in Practice!**

As you will see, our new magazine has a fresh look and features dietitians who are achieving excellence in practice. This magazine is designed to connect our dietitians across the nation, areas of practice, and segments. Though you may work with other dietitians each day at your site, keep in mind there are approximately 5,000 dietitians who work for or with Sodexo North America. *We have an amazing community of dietitians!* Thank you to all who contributed to the new name. Our previous newsletter, The LINC – Leading Innovative Nutrition Care was initiated in 2005 however, we felt it was time for a change. Our aim is to stimulate your innovative thoughts, introduce you to remarkable dietitians, and inspire your team to achieve new heights. In this issue, we feature dietitians who demonstrate their passion for wellness, outpatient counseling, community and employee wellness, education, and clinical nutrition.

Debbie Petitpain, wellness dietitian at MUSC, is one of the most passionate dietitians I have ever met. Her dedication to the health and well-being of others is evident every day. She truly exuberates Sodexo’s commitment to improving the Quality of Life. Debbie’s most recent accomplishment – receiving the **Mary Abbott Hess Award** - is highlighted in this issue. Debbie was also featured during FNCE’s opening ceremony in October. Congratulations Debbie!!

We all know how challenging it can be to get clinical protocols changed within a hospital. Anderson Hospital dietitian’s, Amanda Reilson and Molly Baker share their success with volume-based feeding. This not only tells their story of commitment to improve patient outcomes, but also their persistence to achieve goals and clinical excellence.

Sodexo has recently partnered with a third party telehealth vendor to deliver telenutrition to our clients. MUSC’s telenutrition program is highlighted as a demonstration of success and the difference telenutrition can make in any community.

I encourage you to start your new year by ensuring **consistency in practice**. Regardless of the area of practice you work- clinical, operations, wellness, or even if you are a dietitian in a transversal function-one must build upon a solid foundation to achieve excellence. The Nutrition Leadership Team (NLT) updates the Nutrition Gold Check, along with other tools and resources annually to keep our teams abreast of changes in healthcare, CMS, and our profession. Access these tools on SodexoNet to evaluate your current practices. **Aim for Excellence in 2019!**

We hope you enjoy the new magazine. And as we end the calendar year and plan for 2019, consider how your practice can change to achieve new heights in delivering excellence. We welcome your feedback and look forward to future contributions that highlight your successes.

Happy New Year!

In this Issue:



INNOVATIONS



GRANT
WORK



HEALTH &
WELLNESS



ACROSS THE
SEGMENTS



BUSINESS
PARTNERSHIPS



Telenutrition Helps Dietitians Connect with Patients Across South Carolina

By: Molly Jones, RDN, LD - Registered Dietitian

The Medical University of South Carolina (MUSC) is one partner in the South Carolina Telehealth Alliance working to develop and expand telehealth across the state. Using their own MUSC internal telehealth application, telenutrition started as a pilot in 2012. Now, over 1700 telenutrition consults have been conducted at over 100 different primary care offices in South Carolina. Sodexo dietitian, Molly Jones, offers telenutrition to both pediatric and adult patients and finds that it has helped to increase patient satisfaction.

“Patients love the convenience of meeting with me in their local doctor’s office through a video visit,” says Molly. “Many patients live in rural areas and traveling 1-2 hours to meet with a dietitian often isn’t realistic. Telenutrition has helped to decrease costs associated with travel and time missed at school and work. Because of this, patients are more willing to schedule frequent follow-up visits, which research shows is essential for behavioral weight management.”

Watch the full video to learn more: <https://www.sctv.org/stories/telehealth/2018/family-learns-best-health-habits-telenutrition>



Telehealth has emerged as the next healthcare technology to reach the mainstream. **TeleNutrition** is using a HIPAA-compliant application to reach our patients at any location. TeleNutrition engages our patients with a convenient and personalized approach to MNT. Contact Susan.Ramsey@sodexo.com or Kimberly.Wolf@sodexo.com to learn more about Sodexo’s TeleNutrition application.



Dining with the Dietitian



Holly Zabin, MA, RDN, LDN
& Kait Eisenberg, RDN, LDN

By: Kate Eisenberg, RDN, LDN

In an effort to promote health and wellness, the dietitians at St. Bernard Hospital created a program entitled, “Dining with the Dietitian”. This program originated after discussions with our client, to bring more nutrition and health education to the community and employees who serve the patients of St. Bernard Hospital every day. “Dining with the Dietitian” has

several components including a monthly newsletter, *Mindful Thymes*, a submission box for employees to submit nutrition related questions, and monthly tabling events where Mindful recipes are sampled and promoted. This program teaches employees how to choose healthier options offered within our cafeteria. *Mindful Thymes*, serves as a positive nutrition education resource and highlights Sodexo programs as well as community events. It is fulfilling for both the dietitians and the employees who work at the hospital to have nutrition education and healthier options at their fingertips.

Volume Based Feeding Implemented at Anderson Hospital

By: Amanda Reilson, RD, LDN & Molly Baker, RD, LDN

Volume Based Feeding (VBF) process was implemented at Anderson Hospital’s ICU in Maryville, IL. An extensive in-service was presented to the nursing staff and the Intensivist of the ICU unit in May 2018. We started the process due to a previous Performance Improvement (PI) project that measured if ones tube feeding regimen was meeting the patients estimated nutritional needs. The results showed that only 63% of patients estimated needs were getting delivered due to interruptions with feedings. Using the data gathered, we were able to implement the VBF process, add a Safe Start



Tube feeding to the Mechanical Vent order set and advance patients to enteral nutrition goal quicker. The implementation of the VBF process will allow our RD's to get a

physician order for our Volume Base Enteral Feeding protocol. The protocol shows nursing staff how much volume the patient will receive within a 24 hour period. We are currently 3 months post implementation and already show a 16% increase in a patients estimated needs via tube feeding delivery. We plan to continue to drive improvement and utilizing this process hospital wide.



Culinary Health Cooking Course

By: Debbie Petitpain, MS, RDN

Debbie Petitpain, MS, RDN, Sodexo Wellness Dietitian at the Medical University of South Carolina (MUSC) received the **Mary Abbott Hess Award for recognition of an innovative food/culinary effort from the Academy of Nutrition and Dietetics Foundation**. Debbie developed the *Culinary Health* cooking course offered to health professionals enrolled in one of their six colleges. Petitpain teaches this class along with Chef Ward Morgan.



Culinary Health is a unique program as it explores how the art of cooking plus the science of food merge to promote health and wellbeing. The course teaches students to become familiar with culinary techniques while simultaneously learning relevant nutrition lessons. The goal is to improve the student’s health and knowledge so they can share it with their patients and express functional ways to improve one’s condition through a healthy diet.

The program is interdisciplinary as students in the class are future physicians, nurses, dentists, pharmacists, and others. This encourages collaborative activity in the classroom which will likely translate into a team approach when making care plans for a patient.

Malnutrition Matters

By: Katrina Hartog, MPH, RD, CDN, CHES

The Clinical Nutrition Team at Lenox Hill Hospital planned multiple events during Malnutrition Awareness Week from September 24-28, 2018. On September 24th, along with Abbott, we hosted the ASPEN webinar “Diagnosing Malnutrition in the Obese Patient: A General Approach” for the clinical nutrition staff as well as Nurse Managers, Medical Residents, and Interns. We provided further education for the entire Lenox Hill community through a tabling event



Samantha Gitlin, Meghan Reed & Ashley Baumohl

in the cafeteria on September 25th. Participants answered malnutrition-related questions and received samples of freshly baked high-protein chocolate chip cookies. We had over 100 visitors to the table. Lastly, on September 27th, we in-serviced the medical residents and interns on importance of identifying malnutrition and working with dietitians to implement care plans. Overall, we exceeded our goal to increase knowledge around malnutrition and the importance of identifying at risk patients to enhance outcomes!



Fresh and Local Prescription Program: An Innovation in Bringing Fresh Foods to Low-Income Families

By: Katie Giudice, MS, RD, LDN

The Fresh and Local Rx pilot program is a collaboration between Kane County and Rush Copley Medical Center in Aurora, IL. Through this grant-funded program, 50 low-income families with comorbidities, recruited by their physician, are able to receive bi-weekly produce bags along with nutrition education sessions led by Sodexo dietitian, Katie Giudice, MS, RD, LDN from June through late October 2018. In addition, local community farmers participating in the program are provided training on crop planning and post-harvest practices specific to community supported agriculture programs. This program is enhancing the knowledge and availability of fresh, local produce to community members who experience financial difficulty obtaining healthy food. The Fresh and Local Rx program is anticipated to not only increase consumption of nutritious foods, but to also have



beneficial health outcomes for the participants. The Fresh and Local Rx program offers nutrition lessons by a Licensed Registered Dietitian complete with cooking demonstrations & produce bags provided free of charge for the participants and their families. The produce bags also include recipe cards, as well as information on the

nutritional benefits, storage, and ideas for using the items offered. This project was funded in part by the Telligen Community Initiative to initiate and support, through research and programs, innovative and farsighted health-related projects aimed at improving the health, social well-being and educational attainment of society, where such needs are expressed.

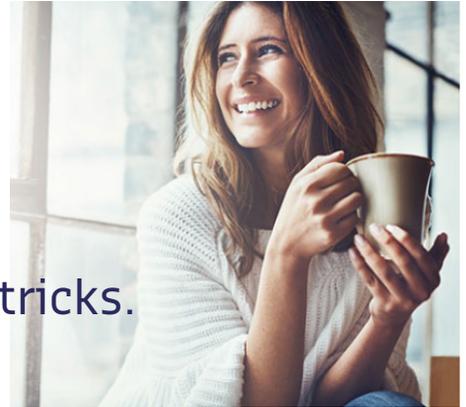
Through this program, 50 low-income families with comorbidities, recruited by their physicians, are able to receive bi-weekly produce bags along with nutrition education





5 Sunday Habits that Guarantee a Better Week

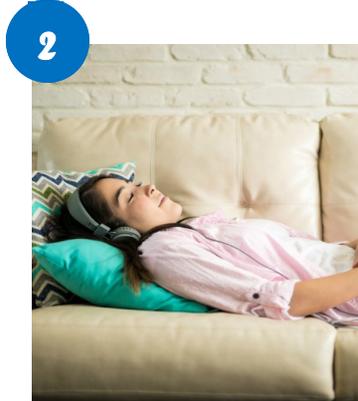
Set yourself up for a productive and inspiring week with a few of these simple tricks.



1

Get Moving

Staying under the covers on Sunday morning may be tempting, but low energy feeds upon itself. Exercise, on the other hand, is a proven mood lifter. Head outside for some fresh air or stay in your PJs and go through a quick series of stretches.



2

Rewire your thoughts

Spend a few moments coming up with one or two positive slogans to repeat throughout the week. If you've been in a rut, try "I can do anything I set my mind to."



3

Get Organized in 10 Minutes

Grab your schedule for the week ahead and prioritize your to-do list. Making clear what you'd like to accomplish this week is a great way to quiet an overactive mind.



4

Work in some greens

Counteract your Friday night pizza or Sunday brunch with an extra serving of high-fiber vegetables and fruits. Not only does eating healthy do wonders for your waistline, but it can also increase feelings of well-being.



5

Stay Busy

Adding fun activities to the latter part of your day can give you a feeling of accomplishment and nip Sunday-night blues. Plus, ending the weekend on a happy note helps lead you into Monday feeling inspired.



Spotlight - Employee Health

By: Cassandra Golden, MS, RD, LDN

Cassandra Golden has joined the partnership between Sodexo and Johns Hopkins All Children's Hospital to serve as their Employee Wellness Dietitian. Reducing the risk of disease, increasing employee engagement, and improving the quality of life for all employees are the ultimate goals.

Cassandra recently interviewed Maria Wells, an employee at Johns Hopkins All Children's Hospital, who was awarded Wellness Champion after losing 100lbs with Sodexo's Employee Wellness Programs.

Which Wellness Programs contributed to this success? I've expanded my nutrition knowledge by meeting with our Employee Wellness Dietitian as well as attending the monthly Lifestyle Seminars open to employees. Additionally, I take advantage of the free fitness classes on campus.

Have any health markers improved? Yes, I went to 3 shots of insulin a day to NONE. My blood sugar levels are now normal, as are my bloodwork numbers.

What would you recommend to others looking to lose weight? Take advantage of the free and convenient Sodexo wellness programs offered to employees!



"I went from 3 shots of insulin a day to NONE"

Maria Wells,
Wellness Champion
Johns Hopkins All Children's
Hospital Employee



Christina's Corner: Incorporating a SOL Event, Hispanic Heritage Month, Mindful and Wellness Promotion for Corporate Retail

By: Christina Wang, MS, RD, LDN

Christina Wang, MS RD, Regional Wellness Director for Corporate Services, developed Christina's Corner to provide a personalized nutrition information station for her corporate client cafes. The station includes monthly healthy eating tips, take home recipes, and nutrition information based on a monthly theme.

In September, Christina's Corner combined the celebrations of Hispanic Heritage Month and National Whole Grain Month by featuring quinoa healthy tips, recipes, and menu ideas. These materials were presented in Sodexo's HQ café at the Mindful and SOL event! The dual event featured Mindful quinoa entrée options and

samples distributed by Christina in a festive cart. A SOL table was also set up in the café where guests signed up for SOL membership, spun the SOL wheel for prizes, and picked up quinoa recipes.



The Christina's Corner program will now be in future Federal Heritage Month toolkits for the Office of Diversity!





Dietitian to the Rescue

By: Devra Shiba, RD, CSG, LDN, CDP



How many times have you heard a resident tell you they don't want supplements because they taste "too sweet". Jen Rose, MS, RD, at Warm Hearth Village in Blacksburg, Virginia heard this one too many times. So, Jen put her clinical and culinary skills to work to create "home-made"

shakes that are eagerly accepted by residents.

Jen's Super Shake

- (tastes like a cheesecake)
- 1 cup premium ice cream
- ½ cup 2% cottage cheese
- ½ cup whole milk
- 1 Tbsp chocolate syrup

Put all ingredients in a blender, mix until a creamy consistency. Chill.

Jen's Power Packed Shake

- (Full of Flavanols, low in carbs. Like a brownie!)
- ½ cup Almond Milk
- 1 scoop of plant protein powder
- ½ cup cottage cheese
- 2 Tbsp. dark cocoa powder
- 2 pkts. Stevia

Put ingredients in blender, mix until creamy consistency. Chill.

Sodexo Dietetic Internships New Regional Model

By: Alison Reyes, MS, RDN



Sodexo Dietetic Internships
Innovative • Inclusive • Individualized



Sodexo Dietetic Internships is pleased to announce the transformation from our current campus model to a regional model beginning, September 2019. The new Regional model will consist of 12 Regions throughout the United States where interns will be placed in Sodexo-managed Clinical and Food Service accounts. This will allow us to graduate interns who live in areas where Sodexo frequently recruits dietitians.

Sodexo Dietetic Internships receives over 700 applications and accepts 106 top notch interns each year! Approximately 30-40% of our interns are employed by Sodexo within 1 year of graduation and we are committed to growing this number.

If you are interested in precepting or hiring a Sodexo Intern, please contact our National Director of Sodexo Internships, Erica Charles. Erica.Charles@sodexo.com.





Preceptor Contract Signed with Local College

By: Kimberly Procaccino, RD, LDN, MBA

A local dietetic internship program needed help and Sodexo Nutrition Services at Lehigh Valley Hospital and Network (LVHN) stepped up! Sodexo entered into a Preceptor Contract Service with Cedar Crest College (CCC) in Allentown, PA this past August. This contract is the first of its kind within Sodexo. The contract includes a consulting fee for 240 hours of Sodexo precepting for 6 dietetic interns. LVHN is already a valued provider of the Sodexo Dietetic Internship Program so this new service was an easy fit. Susan Gargano RDN, LDN an 11-year Sodexo employee at LVHN has filled the role. She developed the intern schedule and orchestrated their supervised practice rotations. Susan's hours are being billed to CCC and there is no pull from the inpatient RD team. Susan devotes her time solely to training the interns and LVHN staff RD's can focus on their patients without distraction. LVHN believes this is an excellent model to prepare dietetic interns for acute

care roles while maintaining high quality nutrition care for their patients. The first cohort of students have reported superior quality of their experiences thus far.



Alexandra Kummerer, Intern, Leah Tillinghast, Intern, Cynthianna Mastropietro, Intern & Sue Gargano, Sodexo RD

Some direct quotes:

“The flow of the rotation was well organized and thorough in content depth.”

“I feel like we received great exposure to NPFA, medical procedures and complex medical nutrition therapy cases.”



Your future
so sodexo

CONTACT:

Do you have an article for
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Please send to:
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QUALITY OF LIFE SERVICES