



Clinical Nutrition

Professional Practice Leader (Charlton, King, West 5th):

Helen Van demark, RD

Number of Members of Discipline:

SITE	FTE	PTE	POSITION
Charlton	11.6		Dietitian
	2.8		Dietetic Assistant
King	2.8		Dietitian
West 5th	9.6		Dietitian
	0.2		Dietetic Assistant

Scope of Practice

The practice of dietetics is the assessment of nutrition and nutritional conditions and the treatment and prevention of nutrition related disorders by nutritional means.

Clinical Practice Achievements

Quality & Safety

- Collaboration with Food services on Your Voice Your Choice” meal choice program.
- Collaboration with Thoracic and Head & Neck ICC Programs; providing coordinated care with ICC team members and SJH Home Care Dietitians.
- Ongoing Dovetale enhancements related to documentation, templates, smart phrases and ambulatory program flow sheets.
- Collaboration with nursing in Eating Disorders program in screening patients for symptoms and risk.

Academic Pursuits

Internal Teaching/Education:

- In-services on nutrition and renal disease to nursing in the Hemodialysis program.
- In-services on nutrition support to medical learners in the Critical Care program.
- Education session to McMaster Nursing learners on Parenteral Nutrition.
- Provided interactive nutrition session at the SJHH Physiotherapy Retreat.
- Presentation given to SJHH staff on Wellness and Nutrition.

Academic Pursuits

Clinical Teaching/Education:

- Provided placements in the Diabetes and Bariatric program to achieve competencies towards registration with the College of Dietitians of Ontario.

Continuing Education:

Professional Practice Development:

- Two Dietitians completed Ontario Core Indigenous Cultural Safety (ICS) Health Training.
- PPL completed Practical Project Management Sessions.
- 1 Dietitian attended Advancing Clinical Nutrition Conference.
- 2 Dietitians attended State of the Art of Management of Type 1 Diabetes.
- 5 Dietitians attended Evidence Based Management of Diabetes Epidemic.
- 1 Dietitian attended Weekend Warrior Nutrition Support Conference.
- 2 Dietitians completed CPI Training.
- 2 Dietitians attended Dietitians of Canada National Conference.
- 1 Dietitian attended Family Health Team Dietitian Conference.

Scholarly Pursuits

Research:

- Research proposal underway on benefits of Intermittent Fasting.

Publications:

- Abstract of “Introducing High School Students to Critical Care” 2nd Annual Interactive Workshop submitted to 2019 Critical Care Canada Forum.

External Committees:

- Board of Directors of Canadian Association of Bariatric Physicians and Surgeons.
- Co-chair Communications Committee for Canadian Association of Bariatric Physicians and Surgeons.
- Member of Weight Regain Task Force for the Ontario Bariatric Network.

External Presentations:

- Presentation to Hamilton Family Health Team Dietitians on Chronic Kidney Disease and Eating Disorders treatment.
- Presentation at the National Dietitians of Canada conference on Vegetarian Diets and Chronic Kidney Disease.
- Presentation at the Canadian Association of Bariatric Physicians and Surgeons Conference on Preventing Nutritional Deficiencies After Duodenal Switch.

External Presentations Continued...

- Panel member at Introducing High School Students to Critical Care: 2nd Annual Interactive Workshop.
- Webinar presentation to the Ontario Community Outreach program for Eating Disorders on weight loss medications.
- Presentation at the Family Health Team Conference on Body Image and Eating Disorders.

Leadership:

- Development of proposal to Pharmacy and Therapeutics Committee to transition from soybean based to SMOF intravenous lipid emulsion in Total parenteral nutrition (TPN).
- Development of standardized smart text phrases for After Visit Summary that outlines nutrition guidelines for post ileostomy patients.
- Collaboration with Bariatric Program discharge planning committee to develop educational materials to support patients discharged from program.
- Part of interdisciplinary working group to develop clinical pathways for Duodenal Switch procedure.
- Presented lunch and learn session to Dietitian colleagues on Subjective Global Assessment (SGA) screening tool.
- Revision of Heart Health, Carbohydrate Counting and Gestational Diabetes education classes.
- In collaboration with Nursing, revision of Living Well with Diabetes class.
- Revision of Head & Neck enteral feeding protocol.
- Dietitian participated as a Strategy Ambassador for new Strategic Plan.





Discipline Goals 2020

Quality & Safety

- Support and participate in expansion of the ICC program
- Work with Food services to improve protein intake related to “Your Voice Your Choice” patient meals

Change

- Improve process for identification of high nutrition risk referrals

Research & Education

- Support continuing education opportunities that support practice areas.