

Clinical Nutrition

Professional Practice Leader (Charlton, King, West 5th, Offsite):
HELEN VANDEMARK, RD

Number of Members of Discipline:

SITE	FTE	PTE	POSITION
Charlton	10	7	7 FTE Registered Dietitians 7 PTE Registered Dietitians 3 FTE Dietetic Assistants 1 PTE Dietetic Assistant
King	1	2	Registered Dietitians
West 5th	6	8	Registered Dietitians
Offsite		2	1 PTE Registered Dietitian 1 PTE 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.

Major Achievements

Caring Learning Building Leading

- Implemented a Subjective Global Assessment (SGA) flowsheet in Dovetale to support improved and standardized documentation. SGA is the gold standard assessment tool for diagnosing malnutrition.
- Collaborated on the transition from NIS (dialysis EMR) to Dovetale.
- Implemented Interdialytic Parenteral Nutrition (IDPN) Order Set in Dovetale.
- Increased collaboration with Special Care nursery on infant formula preparation.



CARING

Clinical Practice:

- Implemented Bariatric Nutrition group education for patients at 2-4 years post op.
- Recipient of a \$5,000 Patient Comfort Fund Grant to support patients unable to afford meal replacements needed as part of the Medical Bariatric Program.
- Integrated best practices for safe preparation of infant formula and fortified human milk at home into recipes and educational materials to support discharge for family/caregivers.
- Reviewed and implemented evidence-based practice to update the Special Care Nursery Total Parental Nutrition (TPN) guidelines.

LEARNING

Education:

Clinical Education

- Monthly nutrition orientation and education to 1-2 medical learners in the Special Care Nursery.
- Renal nutrition education session to 5-7 Mohawk nursing students 4-6 times/year.
- Renal nutrition education sessions for 5-7 Medical residents 6 times/year.
- Renal nutrition education sessions to 4-6 Nephrology Fellows annually.
- Participated in annual 2-day Kidney Fair – attended by approximately 200 1st and 2nd year McMaster medical learners; presented on role of Registered Dietitian, renal diet and prevalence of malnutrition.

Internal Education

- Monthly education session provided to 5-10 new hemodialysis dialysis nurses on importance of nutrition, prevalence of malnutrition in the hemodialysis population, role of Registered Dietitian.
- Presented at pediatric teaching rounds on TPN in the NICU and Highlights for Enteral Feeding in the NICU.
- 1 Registered Dietitian is a member of Kidney/Urinary annual conference planning committee.

Research

Respiratory Therapists are critical participants in;

- “Lung Open Ventilation Study” Meade et al in Critical Care setting.
- “Evaluation of Practice Guidelines for NIPPV in ARF” Sinuff et al.
- “Ventilator Associated Pneumonia Study” Cook et al.
- “Hamilton Audit of High Frequency Oscillation in the ICU” Meade et al.

Respiratory Therapists are Clinical Trial Coordinators in 14 current research studies.

- 1 Registered Dietitian has ongoing involvement in the BRAVE Study (Bariatric Surgery for the Reduction of cArdioVascular Events Feasibility Trial).

BUILDING

Staff:

- 2 Registered Dietitians renewed their Certified Diabetes Educator (CDE) designation.
- 1 Registered Dietitian achieved Tandem insulin pump Control IQ certification.
- Clinical Nutrition team building and recognition event in March to celebrate National Nutrition Month.

BUILDING continued...

Professional Practice Development:

- 1 Registered Dietitian attended 2022 Canada NICU Dietitian virtual conference.
- 4 Registered Dietitians attended Subjective Global Assessment (SGA) Training session.
- 1 Registered Dietitian attended 4 Seasons of Reconciliation Education course by the First Nations University of Canada.

LEADING

- Dovetailed enhancement to create an active TPN patient list resulting in easier identification of TPN ordered on weekends/after hours.
- 1 Registered Dietitian is a member of the Schwartz Rounds working group and co-facilitated two of the Schwartz Rounds.

External Activities:

Presentations

- Two Registered Dietitians developed and co-led an education session on nutrition basics and label reading for the GI Wellness/Retreat Day attended by physicians, nurses, medical learners.

Committees

- Clinical Nutrition Leaders Action Group.
- Education Committee for ECHO Ontario Bariatric Network project.
- Hub-team and facilitator for SJHH ECHO Ontario Bariatric Network.

Major Initiatives for 2023:

CARING

- Complete development of Gestational Diabetes educational materials.
- Develop tools for Dietitians and patients to support carb counting while in hospital.

LEARNING

- Support Registered Dietitians with learning opportunities to facilitate renewal of their Certified Diabetes Educator certification.

LEADING

- Continue to develop role of Dietitian in the GI Clinic.
- Continue to develop role of Dietetic Assistant in the Special Care Nursery.
- Finalize Medical Directive for ordering and adjusting TPN.

