



Nursing and Exercise Physiologist Guidelines for Cardiovascular Rehabilitation (CR) #8

<u>Title:</u>	Medical Nutrition Therapy (MNT)
<u>Responsibility:</u>	Cardiovascular Rehabilitation Personnel
<u>Purpose of Guidelines:</u>	To assist patients in developing healthy eating habits to achieve the recommended goals for fasting blood glucose and HbA1c, fasting serum lipid profile, body weight, body mass index (BMI), abdominal girth, and resting blood pressure.

Procedure:

I. Abdominal Girth Measurement

- A. During the patient's initial visit, a CR staff member will measure the patient's abdominal girth measurement to the nearest 1/4".
- B. Weight, abdominal girth measurement, and BMI are recorded in the patient's initial individual treatment plan (ITP).
- C. Weight, abdominal girth measurement, and BMI are also obtained at the completion of the program and recorded in the patient's discharge ITP.

II. Completion and Scoring of Food Screeners

- A. During the patient's initial visit, they will complete dietary food screeners to identify daily servings of fruits and vegetables, grams of fiber, and grams of fat.
- B. Food screeners will be reviewed, scored, and recorded in the patient's initial ITP by the CR staff.
- C. Initial food screener information and a signed order for MNT will be faxed to the Outpatient Dietary Department for evaluation by the Registered Dietician (R.D.).
- D. Scheduling for MNT will be handled by Outpatient Dietary Department.

- E. The patient will complete dietary food screeners at the completion of the program to identify areas of improvement and will be reviewed, scored, and recorded by the CR staff in the patient's discharge ITP.

III. Evaluation and Treatment of Lipids and HbA1c

- A. A patient's most recent fasting serum lipid profile (SLP) and HbA1c will be obtained upon entry into the CR program per hospital discharge or from referring physician's office.
- B. If there is not a recent fasting SLP and HbA1c available, and the patient is on lipid lowering medication and/or diabetic, the CR staff will contact the referring physician's office to inquire about obtaining a fasting SLP and HbA1c on the patient.

IV. Counseling and Educating Patients About Diet, Lipids, Weight Management, and Diabetes

- A. Patients will be referred to the Outpatient Dietary Department for one-on-one counseling regarding nutrition, lipid management, weight management, and blood sugar control.
 - 1. The results of the dietary food screeners, SLP, HbA1c, weight, BMI, abdominal girth, and any other applicable information will be reviewed during the counseling session.
 - 2. A plan for therapeutic lifestyle changes will be documented in the patient's electronic medical record.
- B. If available, the R.D. also educates patients during group education sessions on diet and nutrition.

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