

BAFHT Registered Dietitian Explanation of Services

The role of the BAFHT Registered Dietitian is to empower people to improve their health and well-being through nutritional interventions, education, and self-management. BAFHT Dietitians offer medical nutrition therapy and nutrition counselling for a variety of health goals including chronic disease prevention and management, gastrointestinal disease or symptom management, nutrition through the life cycle, and nutrition related deficiencies. This handout provides a brief explanation of each.

Reason for Referral: Chronic Disease Prevention and Management (diabetes, heart disease, osteoporosis, fatty liver, PCOS, kidney disease).

The Registered Dietitian will complete a thorough dietary assessment, review any relevant test results and provide evidence-based recommendations to support you to achieve your nutrition goal(s).

Patients can expect a 45-60 minute in-office, video, or phone initial appointment, followed by up to four 30-minute appointments that generally occur over six-months.

Patients who would benefit from or are interested in more extensive nutrition education can consider participation in one of our group programs (i.e. the CHANGE program). Patients with a chronic disease such as diabetes or cardiovascular disease will continue with their regular appointments with their primary care providers in addition to their appointments with the dietitian.

Reason for Referral: Gastrointestinal Disease or Symptom Management (inflammatory bowel disease, irritable bowel syndrome, constipation, diarrhea, diverticular disease, gastroparesis, gastroesophageal reflux) **or Celiac Disease.**

The Registered Dietitian will complete a thorough dietary assessment, review any relevant test results and provide evidence-based recommendations to support you to achieve your nutrition goal(s).

Patients can expect a 45-60 minute in-office, video, or phone initial appointment, followed by up to four follow-up appointments that generally occur every 6-12 weeks until symptom management has occurred.

Reason for Referral: Nutrition through the Life Cycle (infancy, childhood, pre and post pregnancy, aging).

The Registered Dietitian will complete a thorough dietary assessment, review any relevant test results and provide evidence-based recommendations to support you to achieve your nutrition goal(s).

Patients can expect a 45-60 minute in-office, video, or phone initial appointment, with a 30-minute follow-up appointment if needed.

Reason for Referral: Nutrition related deficiency (micronutrient deficiencies, slow growth, unintentional weight loss).

The Registered Dietitian will complete a thorough dietary assessment, review any relevant test results and provide evidence-based recommendations to support you to achieve your nutrition goal(s).

Patients can expect a 45-60 minute in office, video, or phone initial appointment, followed by up to two 30-minute appointments (or more as indicated), until the deficiency has been corrected and nutrition has stabilized.

Preparing for your appointment with the Dietitian:

1. Patients referred for Dietitian services will be contacted by a BAFHT administrative staff member to schedule an initial appointment.
2. Consider your health goals prior to your appointment – what concerns do you have about your health, what concerns does your primary care provider have about your health.
3. Take note of concerns and any symptoms that may be related to nutrition that you would like to discuss at your appointment. Consider information about your nutrition history that you would like your Dietitian to know about you (this could include completing a food journal prior to the appointment, sharing information about your current food environment, what challenges you face with your diet, any changes you have made or tried to make in the past and what has worked / hasn't worked, and what nutrition supplements you are currently taking).
4. Be prepared to share what your expectations are from the Dietitian and what you hope to get out of the appointments.
5. Be prepared to work on dietary recommendations or changes between appointments.

Reason for Referral: Eating Disorder

The BAFHT Dietitian may see people at risk for or in the early stages of an eating disorder. The initial assessment may take several appointments to complete. The Dietitian will provide evidence-based recommendations to support your recovery and nutrition status. The Dietitian will work closely with your team, including your Primary care provider who will provide medical monitoring, and your therapist who will provide counselling and / or Family Based Therapy as indicated. If you do not have services in place, we will support you in finding counselling services to support you in your recovery. We also encourage your trusted family member or support person to participate in your appointments with you as part of the care team.

If you are referred to a specialized eating disorders team, the BAFHT Dietitian can support you with your nutrition while you wait for those services. If you have not been referred to a specialized eating disorder treatment team, your Dietitian may discuss the options available and

Chesley 519-363-3119

Durham 519-369-3007

Mildmay 519-507-2021

Paisley 226-909-3662

Walkerton 519-507-2021

can work with you and your Primary Care Provider to initiate a referral to a more specialized program as needed.

Patients can expect a 60-90 minute initial appointment, with 30-60 minute follow up appointments, initially scheduled as often as every three weeks. We will work with you to establish a follow up schedule that will support your recovery needs while also taking into consideration the frequency of your appointments with your primary care provider.

Preparing for your appointment with the Dietitian:

1. Patients referred for Dietitian services will be contacted by a BAFHT administrative staff member to schedule an initial appointment.
2. Consider your health goals prior to your appointment, including any symptoms you are experiencing that you would like to improve.
3. Sharing information with the dietitian about the course of your illness can help the dietitian understand your experience with food. This can include when you first started to become concerned about food and/or your body, symptoms and behaviours around food that you are experiencing, your current food intake and food environment, what foods and environments you find the most challenging, who your support people are and what you find the most helpful about their support. Considering some of these factors before your appointment will help you determine what you feel comfortable sharing with the dietitian.
4. Be prepared to work on dietary recommendations or changes between appointments, with your support person.