

How should you screen ambulatory patients for nutritional risk?

In the outpatient setting, many practices have a “new patient questionnaire” that includes screening questions about nutritional concerns. Based on medical history, social history and a review of systems, providers might identify conditions that place a patient at risk for nutritional problems. These include unexplained weight loss, self-restricted diet, swallowing problems, gastrointestinal disorders, obesity, diabetes, lipid disorders and end stage liver or renal disease. Each outpatient practice has access to a reference called “Outpatient Nutrition Guidelines” that describe some conditions that may warrant a more thorough assessment or referral to Nutrition Services.

1. Guideline for Nutrition Assessment and Care

Conditions that may indicate nutrition risk are shown below with guidelines for action.

Condition	Action
Basic nutrition information is needed	Clinic staff provides written information from their “Outpatient Nutrition guidelines” manual or other sources.
Suspected inadequate diet » Poor food access » Prolonged poor appetite » Self Restricted diet » Dysphagia	» Refer to social services » Provide High Calorie, High Protein ideas handout or refer to Nutrition Counseling Clinic » Provide basic nutrition handout or refer to Nutrition Counseling Clinic » Speech/OT evaluation, then refer to Nutrition Counseling Clinic
Unexplained, significant weight gain/loss » Patient now eating and stabilizing/gaining weight » Sustained weight loss	» Monitor; provide High Calorie, High Protein ideas handout » Refer to Nutrition Counseling Clinic
“Nutrition Therapy: Medically prescribed diet or food restriction. » Patient understands diet principles » New Diet prescription or patient indicates lack of knowledge	» No action required unless patient requests as nutrition consultation » Refer to Nutrition Counseling Clinic
Medical conditions such as: » obesity, lipid disorders, diabetes, GI disorders, HTN, CHF, end stage liver or renal disease, cystic fibrosis, or high-risk pregnancy (gestational diabetes, hyper-emesis)	Many resources are available, some examples are listed below (See Outpatient Nutritional Guidelines): » Individual weight management plans » Consultation about issue specific diets » Evaluation of diet quality » Evaluation of current diet » Calculate and counsel on individualized diet needs » Individualized nutritional plans

UCSF Nutrition Counseling Clinic

The UCSF Nutrition Counseling Clinic at 400 Parnassus (A435) is staffed by Registered Dietitians to provide individual nutrition counseling appointments for adults, adolescents and children. Patients are seen by appointment only and a physician’s referral is required. The referral should include the patient’s diagnosis and goal (can be general – weight management, blood sugar control).

Please note that health insurance plans often do not include nutrition counseling as a covered service. Preauthorization is required when nutrition counseling is covered by insurance. Patients should be aware there is a fee for nutrition counseling if it is not covered by their insurance policy. If insurance preauthorization is needed, please wait for authorization before making the appointment. *For more information or to make an appointment:*

Message phone: 353-2291 A staff person will return the call to set up the appointment

Call Center: 353-4174 To schedule an appointment

2. Basic Nutrition Services Your Clinic Staff Can Provide

Your clinic staff can provide written information about general, basic nutrition topics. Examples are shown in the table below, along with titles of materials that are available in this binder. Some clinics have additional nutrition education materials on topics of interest to their specific patient population.

Patients who require only basic information would **not** need a referral to the Nutrition Counseling Clinic.

Topic	Resources
Basic, normal nutrition	<ul style="list-style-type: none"> ◆ Food Guide Pyramid for Adults, Children, Elders ◆ Guide to Reading the Food Label: Reading for good eating ◆ Vitamin and Mineral Table
Weight management	<ul style="list-style-type: none"> ◆ Guidelines for Weight Reduction (English & Spanish) ◆ Weight Control Online
Cardiac risk factor reduction	<ul style="list-style-type: none"> ◆ How to Reduce Fats in Your Diet (English & Spanish) ◆ Recipe Modification Techniques ◆ Guidelines for Following a Low Cholesterol, Low Saturated Fat Diet (English & Spanish) ◆ Weight management materials (above)
Low Sodium Diet	<ul style="list-style-type: none"> ◆ Low Sodium Diet (English & Spanish)
Constipation	<ul style="list-style-type: none"> ◆ High Fiber Diet (English & Spanish) ◆ Dietary Fiber in Foods ◆ Constipation Information Sheet
Diarrhea	<ul style="list-style-type: none"> ◆ Nutritional Tips for Controlling Diarrhea
Nausea and Vomiting	<ul style="list-style-type: none"> ◆ Diet Modifications for Nausea and Vomiting
Vitamin and Minerals	<ul style="list-style-type: none"> ◆ Folate (Folic Acid) ◆ Vitamin C ◆ Iron ◆ Calcium Supplements
Vegetarian	<ul style="list-style-type: none"> ◆ Vegetarian Food Guide Pyramid ◆ Vegetarian Diets
Increasing Calorie Intake	<ul style="list-style-type: none"> ◆ High Calorie High Protein Ideas (English and Spanish)
Food Safety	<ul style="list-style-type: none"> ◆ Food Safety Tips for Healthy Eating
Other	<ul style="list-style-type: none"> ◆ Materials from outside sources that address topics of interest to your clinic population.

Written materials on other topics are available from the Nutrition Services Department. Selected materials are available in Spanish, Russian and Chinese. Please contact the Nutrition Counseling Clinic at 353-2291 for more information.

3. Other Nutrition Resources at UCSF

- » Weight Management Program.
- » Diabetes Teaching Center.
- » Nutrition Counseling Clinic
- » Ida and Joseph Friend Cancer Resource Center at Mount Zion
- » Breast Care Center at Mount Zion (for patients with Breast Cancer)

- Call 353-2105 for information
- Call 665-1010 for information
- Call 353-4174 to schedule an appoint.
- Call 885-3693.
- Call 885-3700.

4. Where are Nutrition services provided?***Ambulatory practices with Scheduled Coverage by a Registered Dietitian***

Registered Dietitians have established hours in selected practices with a high proportion of patients likely to be at nutritional risk or practices with patients who are treated with medical nutrition therapy. Patients may also be referred to the Nutrition Counseling Clinic. *Practices with a Registered Dietitian on site include:*

Adult

ALS
Cystic Fibrosis
Diabetes Practices
Diabetes Teaching Center
Insulin Pump Clinic
Lipids
Obstetrics
Radiation Oncology
Weight Management Program
Positive Health
MZ Campus
Breast Care Center
Ida and Joseph Friend Cancer Resource Center
Chronic Dialysis Unit

Pediatrics

Children's Renal Center
Diabetes Clinic
Genetics Clinic
GI Clinic
Pulmonary Clinic
Spinal Defects Clinic
Teen Clinic
HIV/Immunology

Off Site Nutrition Services for Some Patients

Certain patients receive care at other sites where services of a Registered Dietitian would be available. In general, these patients would not require a referral to the Nutrition Counseling Clinic.

- » Women, Infants, and Children's Supplemental Food Program (WIC)
 - Low income, pregnant or lactating women
 - Children 5 years or younger with medical or nutritional risk
- » Chronic Dialysis
 - Patients with end stage renal disease who undergo dialysis treatment
- » Adult Day Health Centers
 - General nutrition screening and nutrition education are provided
- » UCSF Home Health and other home care providers.
 - Services of a Registered Dietitian are provided when medically indicated
- » Skilled Nursing Facilities-patients are screened, assessed and monitored, particularly with medically prescribed diets.

Does insurance cover appointments in the Nutrition Counseling Clinic?

Nutrition counseling is often not covered as an insurance benefit. The patient should be informed that he/she may be required to self-pay if their insurance does not authorize nutrition counseling.

If the patient has Brown & Toland coverage, the referring clinic or the Nutrition Counseling Clinic should submit a request for authorization to B & T. Brown & Toland often covers nutrition counseling for weight management, cholesterol lowering diets, and sometimes diabetes management. If the patient has other insurance, the patient is primarily responsible for obtaining authorization from the insurance company. Authorization should be confirmed in writing before an appointment is scheduled in the Nutrition Counseling Clinic.