



# Know When to Refer Your Patients to a Registered Dietitian

## AUTOIMMUNE DISORDERS

- Multiple Sclerosis
- Celiac Disease
- Rheumatoid Arthritis
- Crohn's Disease
- Ulcerative Colitis

## BEHAVIORAL ISSUES

- Alzheimer's
- Dementia
- Eating Disorders: Anorexia Nervosa, Bulimia Nervosa Binge Eating Disorder

## CARDIOVASCULAR HEALTH

- Coronary Artery Disease
- Heart Attack or Stroke
- Disorders of Lipid Metabolism Hypertension

## DEVELOPMENTAL DISABILITIES

- Autism Spectrum Disorders
- Down's Syndrome
- Prader-Willi

## DIABETES

- Refer to **Certified Diabetes Educator/ Diabetes Self-Management Program:**
  - Newly diagnosed **Type 1, Type 2, Gestational**
  - Patient switching from oral medications to insulin
- Referral to a **Registered Dietitian** for:
  - Diabetes diet education
  - Carbohydrate counting
  - Weight loss counseling

## PRE-DIABETES

- Refer for Lifestyle Modifications
  - **Registered Dietitian** and/or
  - **Diabetes Prevention Program**

## DYSPHAGIA

Speech pathology may also be warranted

## FOOD ALLERGIES, SENSITIVITIES & INTOLERANCES

## GASTROINTESTINAL DISORDERS

- Upper & Lower GI
  - Gastroparesis
  - GERD
  - Persistent nausea, vomiting, diarrhea
  - Peptic ulcers
  - Esophageal surgery
  - Gastric surgery
  - Irritable Bowel Disease
  - Irritable Bowel Syndrome
  - Malabsorption
  - Constipation
  - Bowel resection
  - Colostomy ileostomy
  - Diverticular conditions
- Liver
  - Cirrhosis
  - Hepatitis
- Gallbladder
- Pancreatitis

## HIV/AIDS

- HIV Cachexia/wasting
- Weight gain secondary to medications
- Diet modifications for food/drug interactions

## INBORN ERRORS OF METABOLISM

- Galactosemia
- PKU

## MALNUTRITION

- Kwashiorkor
- Nutritional Marasmus;
- Severe protein-energy malnutrition
- Malnutrition NOS
- Nutrient deficiency

## MUSCULOSKELETAL CONDITIONS

- Arthritis
- Gout Osteoarthritis
- Rheumatoid Arthritis
- Osteoporosis

## NEUROLOGICAL CONDITIONS

- Epilepsy
- Huntington's disease
- Parkinson's disease

## NUTRIENT DEFICIENCIES

- Anemia
- Suboptimal Vitamin/Mineral levels

## OBSTETRICS

- Prenatal Nutrition
- Healthy Weight Gain
- Breastfeeding

## ONCOLOGY

- Optimal nutrition for recovery
- Side effect management

## PEDIATRICS

- Overweight/Obesity
- Underweight
- Selective Eating Issues

## PULMONARY

- COPD
- Cystic Fibrosis

## RENAL

- Kidney stones
- Kidney Disease
- Dialysis

## THYROID DISORDERS

## TRANSPLANT

- Bowel, heart, kidney, liver, lung, pancreas

## UNINTENTIONAL WEIGHT LOSS

- Failure to thrive in adults
- Underweight; BMI < 18.5

## WEIGHT MANAGEMENT

- Overweight/Obesity
- Bariatric surgery

## WELLNESS/DISEASE PREVENTION

- Lifestyle approaches for healthy living across the lifespan

## WOUND CARE

- Pressure ulcers