

Clinical Nutrition

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

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.

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

Major Achievements

CARING

Clinical Practice:

- Received approval, educated and implemented the new Medical Directive titled : Medical Directive for Adult Inpatient Oral Diets, Food Allergies and/or Enteral Tube Feeding by a Registered Dietitian
- Continued collaboration with Special Care Nursery to ensure timely and accurate delivery of specialized infant formula powder
- Added Registered Dietitian services to the outpatient Gastrointestinal Clinic
- Collaborated with nursing and medicine on development of a Chyle Leak order set
- Developed/updated educational materials: Top 10 Keys to Success After Bariatric Surgery and Pre-Surgery Low Fat Diet Instructions.
- Collaborated with nursing on Dovetale enhancement for the Tube Feeding and Feeding Tube Lines, Devices and Airways (Flowsheets) to reduce free text documentation
- Implemented Dovetale enhancement to integrate protein powder orders into the nursing task list to improve compliance

CARING

Clinical Practice Continued...

- Participated in the Thoracic Surgery Retreat and collaborated with several disciplines in the development and implementation of the Esophagectomy Enhanced Recovery After Surgery protocol
- Developed and received approval of the submission to Pharmacy & Therapeutics for the addition of SMOF Kabiven High Nitrogen parental nutrition solution as a option in dialysis patients receiving Interdialytic Parenteral Nutrition (IDPN)
- Developed and implemented an IDPN order set

LEARNING

Education:

Internal Education

- Monthly nutrition education to ICU medical residents
- Presentation titled Patient Education and Preparation for DS/SADI at the Laparoscopic Duodenal Switch Course for Bariatric Surgeons/Fellows
- Presentation at rounds on Entuzity and Pregnancy Planning
- Presentation to endocrinology fellows re: carb counting, nutrition and case studies to endocrinology fellows at Diabetes Boot Camp
- Member of Kidney Urinary Conference Planning Committee

Research

- Supporting the BRAVE Study (Bariatric Surgery for the Reduction of cArديوVascular Events Feasibility Trial) by completing nutrition assessments and dietary intervention as part of the study care plan



BUILDING

Staff:

- 1 Dietitian achieved Certified Dietitians Educator (CDE) designation and 1 Dietitian achieved CDE renewal
- 1 Dietitian achieved Certificate of completion for course titled 4 Seasons of Reconciliation from First Nations University of Canada
- Presentation on renal nutrition to new nursing staff on inpatient nephrology program

BUILDING Continued...

Internal Education:

- Presentation on enteral and parenteral nutrition in Critical Care for new training nurses in the CCORE Education training for critical care nursing

Professional Practice Development:

- Presentation to colleagues on polycystic kidney disease
- 1 Dietitian enrolled in the 2023-2024 cohort of Emerging Leaders Program
- 1 Dietitian completed Crucial Conversation course for informal leaders

LEADING

External Activities:

Presentations

- Presentation on Nutrition Support at the McMaster Critical Care Day
- Presentation on Healthy Eating/ Canada's food guide to New Voice Club, a support group for previous laryngectomy patients

Committees

- Professional Practice Lead member of provincial Clinical Nutrition Action Group (CNLAG)
- 2 Dietitians are members of the Canadian Association of Nephrology Dietitians



Major Initiatives for 2024/25:

CARING

- Finalize approval, develop communication plan and implement a Medical Directive for the Initiation, Modification, Discontinuation of Adult Total Parenteral Nutrition by Registered Dietitians

LEARNING

- Finalize and submit a research proposal to assess the effects of intermittent fasting in the inpatient mental health population

BUILDING

- Develop infant formula ordering process within Dovetale to improve timeliness and accuracy of formula preparation in the Special Care Nursery
- Establish role of Dietitian in the Pediatric Clinic