

NUTRITION RESOURCES



1. SCREEN FOR FOOD INSECURITY

Screen for food insecurity and refer patients to the Therapeutic Food Pantry

- **Start the conversation:** "Have you heard about the Boston Medical Center Therapeutic Food Pantry? The Therapeutic Food Pantry is located in the Yawkey building at BMC and provides free, healthy food to our families. Is this something you would be interested in?"
- **Consider THRIVE SDOH Screening and Referral Program**
- **Consider making a referral to the food pantry:** Create a letter referral to the Therapeutic Food Pantry in EPIC. For more questions please email it to Latchman Hiralall at latchman.hiralall@bmc.org

2. MAKE A REFERRAL TO A DIETITIAN

- **Referral for RD only Ref 885**
Endocrinology: "Nutrition (RD) for Medical Nutrition Therapy" with checkbox options:
 - Tube feed
 - Malnutrition
 - Eating Disorder
 - Overweight/Obesity
 - Diabetes
 - Dyslipidemia
 - Hypertension
 - Heart Failure
 - Renal
 - Pregnancy (please specify if any pregnancy complications)
 - Gastrointestinal (ie. IBD, IBS, Celiac, GERD)
 - Other (please specify)
- **Referral for Malnutrition RD+MD Ref: 886**
Ambulatory Referral to MedSpec: Endocrinology: Nutrition: Malnutrition (RD + MD)
- **Referral for oncology nutrition Ref: 993A**

If you do not see your specific clinic or disease specialty on this list please contact Jessica Peters, the outpatient dietitian manager at jessica.peters@bmc.org to talk about adding nutrition services to your clinical practice.

3. CONSIDER CLASSES OR A GROUP VISIT

The Teaching Kitchen offers patients and staff FREE cooking classes

- Below is a list of some example classes:
 - **Healthy Habits** is offered the first Tuesday and third Wednesday of every month. Sign up through the link provided below.
 - **Diabetes Self-Management** is a 4-part class offered in partnership with a diabetes educator every other month.
 - **Bariatric Weight Loss Surgery Prep** is offered the second Wednesday and third Tuesday of every month.
 - **BMC HealthNet / Well Sense** is a fun, healthy cooking class offered the last Thursday of every month.

If you would like to start a Teaching Kitchen class or would like to offer a Shared Medical Appointment (SMA) please contact the Teaching Kitchen Manager, Olivia Weinstein, at olivia.weinstein@bmc.org to talk about adding nutrition classes to your clinical practice.

GO TO THE TEACHING KITCHEN WEBSITE

Click **HERE** to go to the website or use the QR code below



How to Scan a QR Code

1. Open the QR Code reader / camera on your phone
2. Hold your device over a QR Code so that it's clearly visible within your smartphone's screen.
3. Your phone automatically scans the code

4. EMPOWER PATIENTS TO MAKE CHANGE AND FOLLOW THROUGH WITH REFERRALS

Help patients feel empowered to make dietary changes and to follow through with related referrals.

- **Discuss** the relationship between diet and the diseases or condition of concern with the patient.
- **Collaborate** with patients to identify one or two SMART goal(s) they can start immediately (specific, measurable, attainable, relevant, time-based)
 - For example: I hear that you feel motivated to change your breakfast meal and that you like yogurt. What if you choose low-fat yogurt with berries three times a week for breakfast until you check in with your registered dietitian?
- **Use "open ended questions"** to allow patients to identify their preferred or available foods rather than providing your suggestions.
 - For example: "What are some examples of your favorite lean proteins?" or "What are your favorite starchy vegetables? Remember, they are foods made from corn, peas, potatoes, plantain, and winter squash."

Eat to Treat Miniseries

This series takes place every quarter and features a different culture's foods each time. Consider referring colleagues to the class to help integrate nutrition assessment into standard practice.