

Outpatient Nutrition Services



Nutrition is a priority

The goal for a registered dietitian nutritionist (RDN) is to deliver high-quality care in order to prevent disease and maximize a person's health. RDNs strive to provide guidance and support to patients/clients to achieve their nutrition goals and better manage their overall health.

RDNs provide the highest level of nutrition counseling

In addition to a bachelor's degree RDNs must fulfill a specially designed, accredited nutrition curriculum, pass a rigorous registration exam, and complete an extensive supervised program of practice at a healthcare facility, food service organization and community agency.

RDNs are preferred providers of Medical Nutrition Therapy (MNT) by the American Diabetes Association

"Achieving nutrition-related goals requires a coordinated team effort that includes the active involvement of the person with pre-diabetes or diabetes. Because of the complexity of nutrition issues, it is recommended that a registered dietitian who is knowledgeable and skilled in implementing nutrition therapy into diabetes management and education be the team member who provides MNT".

- Standards of Medical Care in Diabetes, 2008

Find Gaylord's referral form at www.gaylord.org on the Health Professionals tab.

Accessing Services at Gaylord:
(203) 284-2888, Option 1
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Gaylord
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More Over

Why Adding an RDN to Your Team Is Good Medicine

Effectiveness

Improved health outcomes using medical nutrition therapy (MNT) by RDNs have been published in the area of diabetes.

- MNT provided over three to six months reported reductions in A1C, ranging from 0.25% to 2.9%. Multiple studies showed sustained improvements in A1C at twelve months and longer. Improvements in other outcomes were also observed, such as improved lipid profiles, weight management, decreased need for medications and reduced risk for onset and progression of comorbidities.

In addition, RDNs have demonstrated improved outcomes related to weight management:

- Studies show MNT provided by an RDN to overweight and obese adults for less than 6 months yields significant weight losses of approximately 1 to 2 pounds per week.
- MNT provided from 6 to 12 months yielded significant mean weight losses of up to 10% of body weight with maintenance of this weight loss beyond 1 year.

Cost-efficient Providers

- RDNs have experience and training in behavior counseling and weight management. MNT by the RD for diabetes and chronic kidney disease is a covered, billable benefit by Medicare Part B and many other private health insurance companies.

Positive Outcomes

- MNT is linked to improved clinical outcomes and reduced costs related to physician time, medication use, and hospital admissions for people with obesity, diabetes and other chronic diseases.
- An RDN-delivered lifestyle approach to diabetes and obesity improved diverse indicators of health, including weight, HbA1c, health-related quality of life, use of prescription medications, productivity, and total health care costs.

Integral to a Patients' Care Team

RDNs work hand-in-hand with referring providers and multidisciplinary healthcare team members to deliver coordinated and cost-effective care. In addition to MNT, RDNs address areas such as glucose monitoring and chronic disease self-management

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