Nutrition Discipline Meeting

Chair: Judith Hinderliter

Thanks to those of you who attended the Nutrition Discipline Meeting.  We really appreciate Anne Till meeting with our nutrition group.  She had a fantastic presentation on – “A Whole Food Dietary Pattern Approach To Nutrition  Advice” for the conference.

Basically, we went around the room and folks talked about where they were from and how they offered the nutrition component of Cardiac Rehab.  Some of the groups bill for individual sessions and others don’t.  Many of the pts seen are Medicare so using one of the group sessions (1/36)  is easier for reimbursement than MNT.

I talked a little about the new dietary assessment tool – DRA-CR   ( Dietary Risk Assessment- CR).  This is an updated version of the New Leaf.  Ellen Aberegg, MS, RDN (who spoke at conference last year) was asked by AACVPR to update the tool.   She has worked with Karen Collins, Sharon Smalling and myself to update it and then validate it.  I did the validation studies with our CR program at UNC.  The data is now being analyzed and papers are starting to be written.

The hope is to have information ready so that it can be presented at AACVPR in the fall.  Preliminary results find a very high correlation between the Harvard tool and the DRA-CR.  (It will be added to the approved list for AACVPR.)

I also encourage all of you to join SCAN.  The Sports, Cardiovascular and Wellness dpg of the Academy.  Most of us are out there on our own.  The information available on the SCAN website is so helpful.  Another plus is the EML (electronic mailing list) of SCAN.  It is a chance to have RDNs all across the country provide ideas, help, guidance, etc.

I encourage you to attend NCCRA next year.  It is helpful to put our heads to come up with ways to improve the nutrition component for CRs across the state.

Warmly,

Judy