

## Department of Family & Community Medicine

### Registered Dietitian/Nutrition Services



#### ROLE

Provide nutrition assessment and counseling services to clients of St. Michael's DFCM.

#### SERVICES AVAILABLE

Registered Dietitians provide comprehensive assessment, education and follow-up as needed. Services are provided to individuals, couples and families who are patients of DFCM and can be provided in an individual format.

#### WHO CAN ACCESS SERVICES

Any client with a nutrition-related issue can be referred and assessed, with the exception of clients who have a history of diabetes or are being referred for a diabetes-related issue. Referrals for patients with diabetes should be directed to the Diabetes Program (DEP).



Assessments are provided across the age and socio-economic spectrum. The most common referrals are for the following:

- Hyperlipidemia and patients at risk for cardio-vascular disease
- HTN
- Metabolic Syndrome
- GI Conditions- e.g. IBS,GERD,low FODMAP
- Weight management
- Prenatal
- HIV/AIDS
- Infant, child and adolescent nutrition e.g. picky eating, growth disturbances
- Vitamin and Mineral Deficiencies
- Healthy Eating on a Budget
- Malnutrition Screening and Assessment



#### HOW TO REFER

- Speak to your family physician or a member of your health care team on the family health team to request a referral. A Registered Dietician will contact you directly to book an appointment.
  - Appointments can be scheduled in **person or virtual** as preferred by the client. New appointments have a 1 hour time slot and follow up appointments have a 30 minute time slot.