

Nutrition Services at Madison Clinic
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Initial Visits:

Should be done on the patient's second visit to the clinic. A comprehensive nutrition assessment is done, looking at many aspects of the issues that affect nutrition status. (See attached assessment form).

Once the assessment is completed, recommendations are made for specific nutrients that may be needed by the patient, based on their risk for having or developing nutrient related deficiencies.

A BIA is done on all new patients, and then repeated every 6 months or so to follow changes in specific body compartments. The BIA test assesses lean muscle mass, fat mass, and fluid status (both intracellular and extracellular). When the results are read by an experienced dietitian, this ultra quick test can speak volumes on the patients health status.

HAART assessments:

Every patient going through the HAART protocol must meet with the dietitian to be instructed on the appropriate diet for the recommended regime. Some regimes require certain amounts of Kcal and fat for optimal efficacy. The dietitian translates that info into diet recommendations. A BIA is part of the HAART process.

BIAs:

As mentioned above, this test can speak volumes about someones health status. It is an integral part of the MNT (Medical Nutrition Therapy) guidelines for HIV care. The test should be done a minimum of every six months, ideally, every 3 months. One simply cannot tell how well a patient is doing by weight alone. Often a patient can be at their "ideal" weight, but the muscle mass will be considerably less than ideal, while the fat and/or fluid mass will be significantly greater than ideal indicating some disease process.

Diet Consults:

Clinic protocols state that patients diagnosed with hyperlipidemia need to see the dietitian **first** for diet and exercise recommendations, before just prescribing a pill. Other diagnoses that should generate immediate nutrition referrals should be:

- Hypertension
- Diabetes
- Wound care
- Abnormal weight gains or losses (defined as a 5 lb. change either way in a month).
- Hepatitis C, especially genotype 1a and 1b
- Renal Issues
- Obesity, defined as a BMI > 30. (I am certified in weight management).
- Problems with diarrhea, nausea, vomiting, anemia
- Alternative diets, ie Atkins, vegan, Pritikin, cabbage soup, etc, etc.