

## **MEDICAL NUTRITION THERAPY STANDARDS OF CARE**

### **DEFINITION**

Medical Nutrition Therapy (MNT) services include nutritional supplements provided outside of a primary care visit by a licensed Registered Dietitian; may include food provided pursuant to a physician's recommendation and based on a nutritional plan developed by a licensed Registered Dietitian.

### **GOAL**

The overall goal of Medical Nutrition Therapy is to provide nutritional education, assessment, and counseling to persons living with HIV/AIDS in order to:

- i) assist clients in maintaining treatment regimens;
- ii) assist clients in remaining in primary medical care; and, improve overall client wellness and quality of life.

This service is to help clients use food products in the best way possible to maintain or improve health and to maximize the health benefits.

### **STANDARD OF CARE**

#### Hiring Standards

- Medical Nutrition Therapists should be licensed registered dietitians.
- All dietitians must be licensed by the Texas State Board of Examiners of Dietitians.

#### Training Standards

- All Medical Nutrition Therapists should abide by the Texas Department of State Health Services (DSHS) Standards of Care requirements for training.

#### Job Performance Standards

- All Medical Nutrition Therapists should abide by the DSHS Standards of Care requirements for job performance.
- Medical Nutrition Therapists must develop individualized nutrition plans for each client that are measurable and applicable to the underlying client needs, in accordance with DSHS Standards of Care.
- Program will use evidence-based guides, protocols, best practices, and research in the field of HIV/AIDS, including the *Academy of Nutrition and Dietetics' HIV-related protocols in Medical Nutrition Therapy Across the Continuum of Care*.

#### Reporting

- All Medical Nutrition Therapists should abide by the Texas Department of State Health Services Standards of Care requirements for reporting.