

# Shared Learnings

## Dietician Integration into Primary Care

### Program Overview

Our Lady of Lourdes Hospital placed a registered Dietician at each of their primary care sites. They provide one-on-one nutrition assessment, counseling, and education. They provide group classes and information and enrollment into the Fruit and Vegetable Prescription program.

**Target Population:** Individuals who have a Lourdes Primary Care Provider

### Program Goals



Decrease hospital admission rates



Show positive behavior change by increasing food and nutrition knowledge and increasing fruit and vegetable consumption



Decrease A1C and Lipid Levels

### Learnings



Lack of reimbursement for continued services following the grant proved challenging for some individuals. Not all insurances cover Medical Nutrition Therapy, therefore our Dieticians continue to lobby for increased reimbursement for services.



Additional clerical support would be helpful to assist with scheduling, billing, data collection, and other office duties.



Direct collaboration with other programs allows patients to directly connect with these programs.



Having Dieticians to specifically target those who are food insecure can improve access to healthy foods through program recommendations and knowledge of nutrition.

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### Results

#### Patient Outcomes at Follow-up Appointments

	Year-to-Date	Yes (%)	No (%)	Avg % Weight Loss (range)
Weight Loss	193	114 (59%)	79 (41%)	1.46 (<1.0-9.9)
Improved Nutrition Knowledge	193	173 (90%)	20 (10%)	N/A
Improved Fruit/ Veg Intake	193	150 (78%)	43 (22%)	N/A
Positive Behavior Change	193	178 (92%)	15 (8%)	N/A
Improved Hemoglobin A1C	20*	15 (75%)	5 (25%)	N/A
Improved Lipid Panel**	11*	8 (73%)	3 (27%)	N/A

#### Initial Visits for Patients Seen with Obesity and Diet-related Chronic Disease

	Year-to-Date
Total # of Patients Seen	426
# of Medicaid Patients Seen	142 (33%)
Patients with BMI > 30	364 (85%)
Patients with Elevated HgbA1C	176 (41%)
Patients with Hyperlipidemia	269 (63%)

### Organizational Profile

**Organization:** Our Lady of Lourdes Hospital

**Website:** <https://healthcare.ascension.org/Locations/New-York/NYBIN/Binghamton-Our-Lady-of-Lourdes-Memorial-Hospital>

### Contact Information

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