

# Using eConsults to Support Nutrition Guidance and Dietitian Gaps

eConsults can be used to:



Obtain non-pharmaceutical recommendations for weight management



Understand vitamin and mineral deficiencies



Collaborate in management of obesity or other weight issues



Receive general guidance for patients' nutritional needs

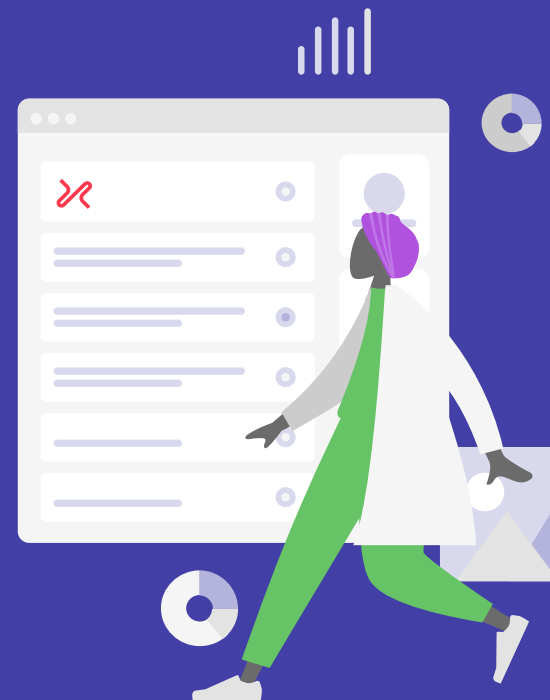


Gain insight on a patient's condition to better improve their care plan and next steps, and improve the quality of their referral

\*For more other clinical scenarios, like complex inpatient requests (i.e.; tube feeding titration questions) and detailed meal plan requests, consider a nutrition referral.

## What to include in your nutrition eConsult:

- 1 Weight trends over time (at least 2 different sets of height and weight recommended)
- 2 Average daily intake (i.e.; 24 hr diet recalls)
- 3 General lifestyle of patient
- 4 Past medical history (PMH) and medications
- 5 Financial limitations, food insecurity, and other social determinants of health





## See how our Primary Care Partners have used RubiconMD to navigate nutritional needs.

### Patient History

Healthy 25 y/o female patient with c/o fatigue. Labs were performed and a covering doctor sent lab results to patient on my behalf behalf. Patient's vitamin B12 level was 295 (normal: 200-1100) and patient was advised to take a vitamin B supplement.

**Question:** Is it necessary for her to take vitamin B supplement? If a supplement is recommended, what dose of vitamin B do you recommend?

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### Patient History

60 y/o male patient (new to our practice) on multiple medications for the treatment of heart failure including furosemide, spironolactone, carvedilol and Farxiga. He is struggling financially and often eats frozen entrees like the Marie Callender's frozen dinner he ate for breakfast this morning. Today in center his BP was, successively, 200/106, 181/99 and 175/88.

**Question:** Given his limited financial resources, what options for low/no sodium diet would you recommend? Can you provide us with a meal plan and some simple recipes to help get him started?

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### Patient History

20 y/o female with autism, epilepsy, NPO, dependent on Compleat liquid nutrition. 1250mL/day via g-tube for all nutrition. She has gained weight over the last year, prompting decrease in volume of feeding. She is ambulatory, although limited activity. Recent labs reveal severely elevated triglycerides, elevated transaminases. Follow-up labs and ultrasound are attached. (Attached Liver Panel, Abd US, & Meds).

**Question:** Are there nutritional changes that may help resolve hypertriglyceridemia and elevated transaminases? It has been recommended to change to Nestle Compleat Organic Blends, plant-based formula. She is currently taking 4 bolus feedings/day. Weighs 116.8 lbs; 64in. What is an appropriate caloric intake for this patient?