



North Dakota Academy
of Nutrition & Dietetics

Dietetic Update

A publication for members of the North Dakota Academy of Nutrition and Dietetics

Mission:

The North Dakota Academy of Nutrition and Dietetics is the advocate of the dietetics profession, serving the public through the provision of optimal nutrition, health, and well-being.



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President's Message *by Deanna Askew*

I'm once again amazed at how quickly time is passing, even with a seemingly rough winter, and I'm optimistically feeling that spring is right around the corner. The NDAND board has been very busy working on a variety of items, a few of which I will highlight in this letter, along with a few other announcements.

Annual Conference: As previously noted, we are sharing our spring conference on April 23-24 in Fargo with the North Dakota Nutrition Council. "Creating Healthy Lives & Communities" is our theme and we're very excited about the sessions and activities planned. This is a wonderful opportunity to provide both groups with a fantastic conference, a chance to network with a variety of nutrition professionals, and a lot of fun! A draft agenda as well as registration information can be found on our website at www.eatrightnd.org.

Bylaws Revisions and Board Structure:

NDAND board members have recommended changes to the bylaws related to board structure. All members will all be receiving an email soon with the proposed changes to the bylaws. Please take a few moments to review the recommended changes and be prepared to vote on these during the member meeting

on April 24. See Becky King's description of the changes and rationale on page 8.

Member Survey:

By now, many of you will have submitted your responses to the 2014 member survey.

We thank you for completing that survey. The responses are important to the board as we continue to plan how to best serve our members. Results of the survey will be available soon.



National Nutrition Month® 2014:

Make plans now for celebrating National Nutrition Month® "Enjoy the Taste of Eating Right"! The 2014 NNM catalog featuring lots of new NNM and Registered Dietitian Nutritionist Day promotional items is available online at www.jimcolemanstore.com/nnm. The NNM toolkit at www.eatright.org/nnm features web banners for your websites, event ideas, press releases, print ads and sample proclamations, as well as free handouts, recipes and activity sheets to download.

President's Message continued on page 2



Find Us On Facebook

Log into your Facebook account and Search Facebook for North Dakota Academy of Nutrition and Dietetics.

President's Message continued from page 2

Convention Planning Chair: Please contact me if you are interested and I will be happy to visit with you about the position.

Board Elections: The nominating committee is looking for ND Academy members to run for Board positions that are open. Candidates are needed for:

- President-elect
- Secretary
- Chair, Council on Professional Issues
- Nominating Committee (2 yr.)
- Nominating Committee (1 yr.)

Please contact Desiree' Steinberger if you are interested in running for a position.

Desiree's email is:

Desiree.Steinberger@gmail.com

Respectfully submitted,

Deanna Askew,

MPA, RD, LRD

NDAND President



North Dakota Academy
of Nutrition & Dietetics

Did You Know?

NDAND has a **Find An RD** feature on our web site. This means as a member you can list your name, specialty and contact information.

To include your information go to www.eatrightnd.org and click on the **members** page. The members page is password protected so enter *eatrightnd.org* for the username and *diet* for the password. Click on **Add Your Name to Find an RD Directory**.

Highlights from NDAND Board of Directors Meeting on January 29

by Brenna Swanson, MS, RD, LRD



- ♦ Looking to get more involved with the ND Academy? The convention planning chair is open.
- ♦ The Bylaws subcommittee will be sending the membership proposed changes on board structure and voting process 30 days prior to the annual member meeting.
- ♦ Plan to attend the ND Academy Spring Conference April 23 and 24 in Fargo. The ND Academy is joining with North Dakota Nutrition Council and working with the Sanford Health Obesity Symposium and Dakota Medical Foundation School Health Summit to sponsor nationally acclaimed Dr. David Katz, as the keynote speaker on obesity. Several ND Academy members will also be presenting.
- ♦ Motion carried to approve the conference registration prices.
- ♦ We want your feedback! Participate in our upcoming membership survey.
- ♦ The media team is working on a campaign during National Nutrition Month®.

The board meeting minutes can be found at www.eatrightnd.org under the Members page.

The username to access the members page is *eatrightnd.org* and the password is *diet*.



Code of Ethics Education

The Academy and its credentialing agency, the Commission on Dietetic Registration, believe it is in the best interest of the profession and the public it serves to have a Code of Ethics in place that provides guidance to dietetics practitioners in their professional practice and conduct.

The Code of Ethics Task Force reviewed and revised the 1999 Code of Ethics in March 2009. The Academy Board of Directors, Commission on Dietetic Registration and House of Delegates approved the revised Code in May 2009. The 2009 Code of Ethics was published in the August 2009 Journal of the American Dietetic Association, now Journal of the Academy of Nutrition and Dietetics, (pages 1461-1467). The 2009 Code is in effect as of January 1, 2010 and the 1999 version of the code is no longer valid.

Responding to a recommendation from the Academy of Nutrition and Dietetics Board of Directors, on May 9, 2011, the Commission on Dietetic Registration voted to require that RDs or RDNs and DTRs complete a minimum of 1 CPEU of Continuing Professional in Ethics (Learning Need Code 1050) during each 5-year recertification cycle

in order to recertify. This requirement will be effective starting with the 5-year recertification cycle which ends on May 31, 2017 and will be phased in over a 5-year period for each recertification cycle. The Academy has resources available on the web site. A variety of educational resources have been created to assist practitioners in understanding the practical application of the Code of Ethics.

- Ethics Committee
- Ethics Education Toolkit
- Ethics Continuing Education Resources
- Ethics Opinions
- Ethics in Action Columns
- Guidelines Regarding the Recommendation and Sale of Dietary Supplements
- Ethics Complaints and Violations
- Videos and Case Studies
- Promotional Pieces for Newsletters
- International Code of Ethics and Code of Good Practice

Available articles have a free CPE quiz which can be completed online and provides 1 CPE. Reading an article meets Learning Need Codes 1000, 1050, 1090, and 1140. To take the Continuing Professional Education quiz for this article, log in to www.eatright.org, click the "MyAcademy" link under your name at the top of the homepage, select "Journal Quiz" from the menu on your myAcademy page, click "Journal Article Quiz" on the next page, and then click the "Additional Journal CPE Articles" button to view a list of available quizzes, from which you may select the quiz for this article.

How to Contact NDBODP Board Members

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Bismarck ND 58501**

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Web site: www.ndbodp.com

News from NDBODP continued from page 3

In addition to the Ethics in Action Columns, members can read one of the columns offered over the past five years and submit for a CPEU under Professional Reading (Code 200). Please refer to your CDR Professional Development Portfolio for more information.

Ethics in Action Columns

Articles have a free CPE quiz which can be completed online and provides 1 CPE. Reading an article meets Learning Need Codes 1000, 1050, 1090, and 1140. To take the Continuing Professional Education quiz for this article, log in to www.eatright.org, click the "MyAcademy" link under your name at the top of the homepage, select "Journal Quiz" from the menu on your myAcademy page, click "Journal Article Quiz" on the next page, and then click the "Additional Journal CPE Articles" button to view a list of available quizzes, from which you may select the quiz for this article.



Ethics Education Toolkit

The Academy of Nutrition and Dietetics and Commission on Dietetic Registration (CDR) joint Ethics Committee has developed this "Facilitators' Guide" to assist dietetics educators and practitioners in providing information to current and future members and credentialed practitioners about the Academy/CDR Code of Ethics for the Profession of Dietetics. This Guide offers an overview of the Academy/CDR Code of Ethics along with guided discussion and is not intended to be an in depth study of professional ethics. Although facilitators are welcome to adapt time frames to their individual schedules, the script, activities and handouts in this Guide have been designed for a one hour and thirty minute presentation. Eleven different handouts are provided for use in a session, including case studies for discussion. 1.5 CPE are offered for an individual attending a session that uses the toolkit; 2.5 CPE are offered for the presenter of this session.

A "For Further Reading List" can be used by educators to direct reading and learning objectives for students in the area of ethics and ethical behaviors as a professional in dietetics. Practitioners can use the list to keep current on ethics and the impact on practice. This list was prepared by the Academy Ethics Committee and will be updated once per year, in August.

- Academy/CDR Code of Ethics can be found 2009 - Code of Ethics for the Profession of Dietetics. J Am Diet Assoc. 2009;109:1461-1467.
- Ethics resources are available on Academy Website: www.eatright.org/codeofethics
- Key Words for Searching for Ethics Articles Related to the Profession of Dietetics
(Ethical issues; legal issues; conflict of interest; ethical decision making; ethical theory; patient refusal; patient rights; confidentiality; end of life issues; business practices; ethical considerations; patient privacy; liability issues; morals; justice)

Source: Academy of Nutrition and Dietetics

National Honors and Awards—Due by March 1, 2014

The Academy is shining the spotlight on outstanding food and nutrition practitioners and supporters of the profession through its National Honors and Awards program. You may now submit your nominations entirely online! ***The submission deadline is midnight Central Standard Time on March 1, 2014.*** Award recipients will be announced in May 2014 and recognized at the Academy's 2014 Food & Nutrition Conference & Expo in Atlanta, GA. Visit <http://www.eatright.org/nationalawards/> to learn more and submit your nominations.



National Nutrition
Month® 2014

eat
right. Academy of Nutrition
and Dietetics

National Nutrition Month® is a nutrition education and information campaign created annually by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Registered Dietitian Day, also celebrated in March, increases awareness of registered dietitians as the indispensable providers of food and nutrition services and recognizes RDs for their commitment to helping people enjoy healthy lives.

Visit <http://www.eatright.org/nnm/>

Reimbursement Updates

By Amy Davis, RD, LRD and Kayla Cole, RD, LRD

Members Succeed With Requesting Additional MNT Coverage

Requesting additional MNT coverage for your patients may sometimes seem very daunting, “but the squeaky wheel gets the grease!” I watched a webinar recently that talked about the success of dietitians requesting additional MNT coverage. One statement that really stuck with me was just that, “the squeaky wheel gets the grease.” The presenters of the webinar proceeded to explain how dietitians are often successful with requesting coverage even after being denied the first time. After being denied, the dietitian would send their form and letter again urging the insurance company to reconsider their request and often, it was approved. This statistic honestly kind of shocked me but also encouraged me.



Recently I have had some success requesting additional MNT visits from Medicaid for a child with Prader Willi Syndrome. As it often goes along with this disease, this child is very overweight and it was discussed at an interdisciplinary team meeting through the Child Disability Clinic at MSU in Minot, ND that this patient would benefit from more regular visits with the dietitian. We decided that monthly visits with the dietitian would be our goal. To request monthly visits, I filled out the “Medical Procedure/Device Prior Authorization Request” Form (SFN 511) and wrote a letter to Medicaid using the sample MNT letters posted on the NDAND website. I faxed the form and letter to Medicaid and to my surprise, Medicaid approved monthly visits for this patient. When the family found out, they were very excited!

Kelly Fisher, RD, LRD, CDE has also had success with Blue Cross Blue Shield in receiving coverage for additional MNT visits for her patients with eating disorders. Letters are written justifying the need for additional visits. Case management may request documentation from past visits before approving additional visits and more often than not, Kelly receives approval for the number of visits she requested. Kelly and Kayla are making a difference, one letter at a time and so can you!

We encourage you to be an advocate for your patients and services you offer. There are sample MNT letters posted on the NDAND website under member benefits to help you get started. You will never know if you don’t try. If your first request is denied, don’t give up. Try again and hope for the best! Please contact us if you have a success story to share or with questions about reimbursement issues. Thank you and good luck!

Click [here](#) for Form SFN511

Reimbursement questions? Contact Us: Amy Davis or Kayla Cole
 amy.davis@sanfordhealth.org and kayla.cole@trinityhealth.org

Save The Dates!

April 23-24, 2014

2014 Annual NDAND Convention Fargo



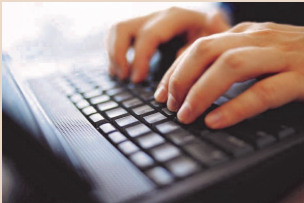
North Dakota Academy
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Visit www.eatrightnd.org and click on
Calendar page for conference information
and registration.

Register by **March 21** to obtain
early bird rates!

Have An Important Message to Send? Try the NDAND- Listserv!

NDAND members can subscribe to the
NDAND Listserv that NDSU manages for
NDAND (thank you to Julie Garden-
Robinson!).



To subscribe to the NDAND listserv,
send an e-mail to:

- Listserv@listserv.nodak.edu
- Leave the subject line blank in the e-mail.
- In the body of the e-mail enter the following:

SUB Ndsu-ndand@listserv.nodak.edu
yourfirstname yourlastname

Example:

SUB Ndsu-ndand@listserv.nodak.edu
Jane Doe

You will be asked to confirm the
request in a follow-up email.

Questions?

Contact:

julie.garden-robinson@ndsu.edu



Celebrate National Registered Dietitian Nutritionist Day! Wednesday, March 12, 2014

[Click Here for RDN Day Event Ideas](#)

- ♦ RDN Day Fact Sheet
- ♦ RDN Event Ideas
- ♦ Using Newsletters and Flyers to Promote the Expertise of RDNs
- ♦ How to Request a Proclamation from the Governor or Mayor



Awards Update

*by Naomi Hass, MS, RD, LRD
Awards Chair*

Congratulations to Georgianna Walker!

Georgianna has been selected for the 2014 Outstanding Dietetic Educator for Area 2 and will be honored in Chicago, IL on March 27!

Award Nominations

This year's NDAND Awards Nominations are due March 15th, 2014.

- Outstanding Dietitian of the Year
- Recognized Young Dietitian of the Year
- Emerging Dietetics Leader Award
- Golden Grains Award
- Pyramid Power Award

Nomination forms for these awards can be downloaded from the NDAND website www.eatrightnd.org. Click on "awards" and print off the nomination forms. If you have any trouble finding what you need please e-mail me (Naomi) and I can forward the forms to you. You can submit your nominations to me by mail or email:

Naomi Hass, MS RD LRD, Awards Chair
Sanford Health
1720 South University Drive
Fargo, ND 58103
naomi.hass@sanfordhealth.org

If you have previously nominated a candidate and they were not selected, you are strongly encouraged to submit the nomination again.

Bylaws Update

*by Rebecca King, MS, RD,
LRD, Past President*

The North Dakota Academy of Nutrition and Dietetics (NDAND) Board of Directors has recommended changes to the bylaws related to board structure. There are three primary areas of change being proposed:

1. Voting privileges will be added to a number of board positions that have not previously been voting members of the board.
2. All voting board members will be elected by the membership, rather than appointed by the president or president elect.
3. Bylaws will be able to be amended by the elected board, rather than requiring a vote of the entire membership.

The primary rationale behind these recommendations is that many board members who attend board meetings do not currently have the right to vote. With these changes, all elected board members would be allowed to vote and have more of a "voice" in making board decisions. NDAND members still continue to have a voice by deciding who will be elected to the board. These proposed revisions have been reviewed and approved by the Academy. See meeting minutes of the last three board meetings posted at www.eatrightnd.org for additional information.

You will be receiving an email soon with the proposed bylaws changes. Please review the recommended changes and send your comments to me at rking@primecare.org. The members will be asked to approve these bylaws changes at the April membership meeting in Fargo. Thank you for your consideration of these bylaws revisions.

North Dakota Academy of Nutrition and Dietetics Board of Directors (June 1, 2013—May 31, 2014)

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Unfilled

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North Dakota Academy
of Nutrition & Dietetics

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Visit our Web page at www.eatrightnd.org
Members Page (eatrightnd.org is the username
and *diet* is the password)