gpTRAC



## *Virtual/Digital Nutritional Services –*

**What can be done?**

- Initial and on-going patient education sessions
- Individualized nutritional counseling or coaching
- Review of RPM data/daily activity devices
- Children needing healthy growth support
- Nutritional goal setting
- Medical nutrition therapy
- Interactive cooking classes
- Virtual shopping trips
- Home kitchen tours
- Support group participation
- Exercise guidance
- More...

# *Tele-Nutrition Info Sheet*

Also known as Virtual or Digital Nutrition services, tele-nutrition can take many different approaches and look very different, depending on your own needs and provider.

Understanding the important role nutrition plays in supporting overall health and well-being is important. Tele-nutrition can help with improving overall daily health, supporting the management of chronic care issues, assistance with using available monitoring devices, interpretting data results, and more. The use of interactive technologies makes access to these services possible for many clients and patients located at a distance from their nutritional services provider.

Participating providers can include:

- Dietitians
- Nutritionists
- Primary Care Providers
- Diabetic Educators
- Others

888-239-7092 www.gptrac.org

# Tele-Nutrition Overview

# Important Considerations



For rural-located patients, accessing nutrition specialists can be highly challenging. Some of the barriers include:

- lack of specialists (dietitians or nutritionists) within their local community or easy reach-point
- accessing these specialists requires time and expenses to travel to
- access to the necessary quality food resources may be limited

While the use of video can support the building of trust between provider and client, "tele-nutrition" services involve more than just setting up a video call. It can also include making considerations for data collection or sharing from various monitoring devices; creating plans for attaining nutritional goals in areas with limited grocery options; awareness of environmental and cultural challenges; understanding of exercise opportunities and creative life-style adjustments for those who reside in rural areas; planning for appropriate communications with providers (when necessary); and other considerations.

*"Tele-nutrition has some of the same needs and requirements as in-person services...the patient or client still needs to take the "work" home with them to accomplish the changes they are seeking. That part doesn't change!"*

**– Zach Zenner, CNS, AFDNP | St. Paul, Minnesota**



**NOTE**: Having a plan in place to compensate for low or unstable bandwidth challenges that can occur during visits with rural-based clients is critical to success and reducing frustrations.

**Additional Resources:**

- telehealth.hhs.gov
- gptrac.org
- telehealthresourcecenters.org

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