

**NorthEast Dietetic
Association
Newsletter**

**December
2005**

MESSAGE FROM THE PRESIDENT

Carol Kneier, MS, RD, CDE



Season Greetings! As the year comes to an end, our work and efforts of the NEDA board still continue. I have been active on the NEDA board for the last 8 years, and it truly has been a rewarding experience. Being President of NEDA has allowed me to meet some of the most talented and educated individuals right here in Pennsylvania. It has enabled me to grow in my personal and professional life. If you have every thought about volunteering or “getting more involved” now is the time. NEDA is currently seeking volunteers to serve on the board. We realize how busy life can be, therefore the NEDA board have recently changed the term of Presidency to only one year instead of two. Look inside to find the elected board positions available for the upcoming 2006-2007- membership year.

Our recent seminar, Nutrition Update 2005 was a great success, thanks to Marie Ratchford, Lindsay Leventhal, Clare Stachnik and all the wonderful presenters. Over 85 nutritional professional attended. Many individuals who attended the seminar brought items to be donated to fellow dietitians in the Gulf. Calculators, pens, paper, staplers, exchange booklets were among the many items donated. The package was sent to Jo Jo Dantone-DeBarbieris, MS, LDN, RD, CDE Chair-elect, Consultant Dietitians in Health Care Facilities (CDHCF) in Louisiana. She was so grateful to receive the items and have divided them into Starting Over Care Packages (SOCP) that were then distributed to dietitians who lost everything to Hurricane Katrina. I would like to say thank you to everyone who donated items, this effort was truly appreciate.

NEDA has also decided to donate items to the Women’s Resource Center in Wilkes-Barre. Some items were collected at our Holiday party on November 8th, but we are asking members for more items or monetary donations. NEDA board has agreed to match any monetary donations that are collected. If you would like to make a donation or for more information, contact Carol Folk at carolfolk@yahoo.com or 333-4363.

The NEDA board works hard to provide members with updates on legislative and licensure issues. I encourage members to get active and stay involved. As nutritional professionals we need to work together. Stay contacted by joining the PADA listserv, attend our district board meetings, contact us by visiting our website www.eatrightneda.org and send us your ideas and suggestions to make this a stronger association. NEDA is only as strong as the members that get and stay involved.

Stay healthy and happy and all the best for the New Year.

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NEDA Board of Directors 2005 - 2006

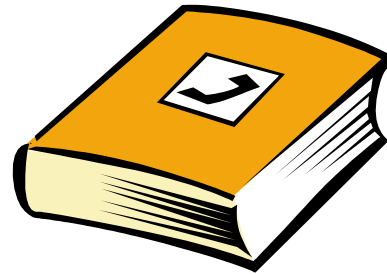
Carol Kneier	President
Maureen Dunne-Touhey	President-elect (Newsletter Editor)
Carol Folk	Past-President/Policy & Procedures
Carol Howell	Secretary
Carol Brennan	Treasurer
Clare Stachnik	Nominating-Chair
Mary Babcock	Nominating -Chair-elect
Marie Ratchford-Demkosky	Professional Education - Chair
Lindsay Leventhal	Professional Education - Co-Chair
Mary Ehret	Professional Education – Chair-elect
Jennifer Grab	Legislation / Licensure Chair
Open	Public Relations / NNM Chair
Katie Tullio	Membership Chair
Maureen Krisa-Kurey	R.D. Referral Network
Ann McKenna	Career Guidance/ Job Referral
Jennifer Baumann	Webmaster
Roberta Cammer	Historian

The Membership Directory for 2005 – 2006 **has been mailed!**

If you noted any errors please email Maureen at the below email address and the corrections will be noted in the next newsletter:

Dunnetouhey@marywood.edu

If you did not receive your copy of the membership book please contact Katie Tullio at: tullio@eatrightneda.org



Do not forget to access the NEDA website



At: <http://www.eatrightneda.org/>



ADA's Food & Nutrition Conference & Expo (FNCE) was held on October 22 – 25, 2005 in St. Louis.

A few local members of the ADA and members of the PADA and the NEDA were there.



Jennifer Baumann



Ann McKenna

Marywood University

Faculty:

Left to right-
Maureen Dunne-Touhey, Ann
McKenna, Kathleen McGee,
Lee Harrison, Keith O'Neill
(alumni) and Marianne Borja



Marywood University Students enrolled in the CP program



An "old" NEDA Friend, Maria Andrews with Lee Harrison

Attending a FNCE is a great opportunity to improve and maintain your knowledge in the field of Food and Nutrition. Obtaining CPE's is important to all dietitians so they can maintain their registration and licensure and being able to participate in Level 3 sessions can sometimes be a challenge, so if you get the chance you should try to attend a FNCE - if not next year in Hawaii then 2007 when it is back in Philadelphia!

There were so many topics discussed and items addressed at this past FNCE. One major topic was the Nutrition Care Process (NCP). The NCP is being implemented in large teaching hospital across the nation and we need to familiarize ourselves with this new trend and be able to implement this process here in NE PA!

As an **ADA member** you can download a copy of the book or place an order for the book: "**Nutrition Diagnosis: A Critical Step in the Nutrition Care Process**" at: www.eatright.org Sign in as a member and on the left side bar, select *Research* – which will bring you to the "*Put Cutting Edge Research to work for you*" page and it is here where you can select "Nutrition Diagnosis Resources". The NEDA is working on a plan to bring a member of the ADA Task Force to our area to discuss this topic and get us started.

Attending FNCE is a great experience and the NEDA is aware that not all our members had resources to attend this meeting so the BOD purchased the CD set that will have a great number of the sessions recorded so that the content can be shared in your facility with your fellow RD's and CPE credits will be available!

Your President, Carol Kneier is working on a system so they these resources can be shared among NEDA members! Stay tuned.

The NEDA would like to offer our congratulations to past NEDA members for being recipients of the **2005 ADA Medallion Award**:

- Virginia M. Concoran, EdD, RD, LDN
- Anita L. Owen, MA, RD

Free Tool Kits

1. **Diabetes-Cardiovascular Disease**, developed to help your patients to reduce their risk of death

To order call 1-800-342-2383 or email them at: AskADA@diabetes.org

Let them know if you want the hard copy or CD-ROM. Be sure to include your mailing address.

2. American Academy of Family Physicians (AAFP) – **Americans in Motion (AIM)**. This AIM Tool Kit contains a variety of materials to help open a dialogue with patients about physical fitness.

To order (there is a \$3.95 shipping charge) call 1-800-944-0000 or go to: www.americansinmotion.org

Clare Stachnik
Chair of the Nominating Committee

In order to function according to the bylaws of NEDA, it is necessary to identify members who possess qualities of leadership and dependability who are willing to serve as officers of the Board of Directors.

It is that time of year when we are asking all of our members to consider the positions listed below. Consider your own characteristics; consider your future and the important role you will experience serving as an officer in the organization that exists solely for the benefit of dietetic professionals of northeastern Penna.

Nominations are open for the following board positions:

President Elect Serves as Pres. Elect from May 2006 through May 2007
Serves as President May 2007 through May 2008.

Secretary: Serves as Secretary May 2006 through May 2008

Nominating Chair Elect: Serves as Chair Elect from May 2006 through May 2007
Serves as Nominating Chair May 2007 through May 2008

Professional Education Chair Elect:
Serves as Chair Elect from May 2006 through May 2007
Serves as Chair from May 2007 through May 2008

To inquire regarding the responsibilities of any of the above positions or to nominate yourself or another member, please contact the current

Chair of Nominations: Clare Stachnik @ 570-842-2536 or
clarestach@aol.com

Information on the above positions can be review at the NEDA's web site:
<http://www.eatrightneda.org/> under "Members Only".

NEDA's RD Referral Network

The RD Referral Network offers members of the NorthEast Dietetic Association the opportunity to provide nutritional information to consumers residing in the northeast area of Pennsylvania. **There is no cost to enroll.** Consumers are able to contact the referral network via phone (570) 603-1007 or through the NEDA's web site at:
<http://www.eatrightneda.org/>

As an RD enrolled in the network, you would be contacted to provide nutritional counseling or answer questions. It is an excellent way to increase client base to a current practice or to start a new practice. Anyone interested should contact Maureen Krisa-Kurey at (570) 342-8389 or email her at: KrisaKurey@eatrightneda.org

Welcome new members!
(Insert this page into your 2005 – 2006 directory)

Lynn Bertsche RD, LDN
350 Ridge Street
Honesdale, PA 18431
H 228-6029

Kristy Cook RD
RR 1 Box 169C
Rome, PA 18837
H 247-2830
Kcook@dfnow.com
Tioga Nursing Facility
37 Chemung Street
Waverly, NY
W 607-565-6422

Deborah Field
2604 Olyphant Avenue
Scranton, PA 18509
H 343-1064
DfieldRD@aol.com

Marian Holehan RD, LDN
69 Franklin Avenue
Tunkhannock, PA 18657
H 836-4161
MH2315@hotmail.com

Allied Services
Clinical Dietitian
Morgan Highway
Scranton, PA
W 348-2224
Mholeh@allied_services.org

Barbara Lutz-Pritchard MS, RD
1370 Calkins Road
Milanville, PA 18443
H 729-8973
Catskill Regional Medical Center
Dietitian
Bushville Road
Harris, NY
845-794-3300 ext. 2006

Legislation Update

By Jennifer Grab, RD
Chair for Licensure & Legislation

You may be wondering how your continuing education credits may cover both the state licensure and ADA requirements. Or your question may be – what is accepted by the State Licensure board for continuing education?

The rules and guidelines of interpreting our continuing education requirements were published in the February 2005 issue of the Pennsylvania Bulletin. The first point is you must meet the standards of the state licensure board, by completing the hours during your licensure cycle, and maintaining certificates of completion. Thirty credit hours must be completed in a two-year cycle. The Commission on Dietetic Registration does not communicate with the licensure board they are two separate organizations. An acceptable continuing education program for Registration is not guaranteed for state licensure approval.

Examples of approved credits for state licensure include:

- ❖ Case presentations
- ❖ Patient case studies
- ❖ Certain certificate programs or individual study programs
- ❖ Interactive workshops
- ❖ Lectures & Seminars
- ❖ Post-baccalaureate Residency and fellowship programs
- ❖ With emphasis on the key words: “Substantive learning experiences relating to the field of nutrition and dietetics.”
- ❖

The Board did not approve these for continuing education:

- ❖ Courses on office management or computer skills
- ❖ Experiential skill development
- ❖ Journal clubs
- ❖ Poster presentations
- ❖ Professional leadership positions or courses
- ❖ Professional reading

The Journal of the American Dietetic Association does provide the required certificate of completion for articles read.

RDs are required to retain documentation evidencing their completion of Board-approved continuing education for at least 5 years and to submit this documentation to the Board upon request. Relating to license renewal, LDN licenses will expire September 30th of even numbered years.

- Excerpt from Act 99: One hour of CPE credit will be given for each 50-minute clock hour of CPE activity. **Each LDN shall complete 30 CPE credits during the 2 calendar years immediately preceding the application for license renewal.** If an activity overlaps two renewal periods, the date of completion of the activity determines the date in which the activity can be reported.

Public Policy & Legislative Key Points By Jennifer Grab, RD

The PADA's legislative agenda for 2005 has met with success. The first key point was to strengthen the ACT 99 from a Title Act to a Practice Act, and this was accomplished in February. The second point is to oversee the implementation of our Licensure law ACT 99, which has been accomplished through continued communication and education of dietitians. The state website eatrightpa.org has made the requirements of ACT 99 viewable for all dietitians, and the information was made available at local conferences. The third key point is keeping members aware of any changes regarding Medicare reimbursement for MNT.

At the National level three news bulletins will be covered in this article. The first great point which requires our action and support deals with national hunger and food insecurity. The U.S. Department of Agriculture's data indicates that 38.2 million Americans live in households affected by hunger this figure is up by 7.2 million Americans since 1999. The House Committee on Agriculture voted to cut food stamps by \$844 million. The reconciliation bill to cut about \$50 billion from federal spending has been withdrawn by House leadership this week. Now is the key time to contact your Representative, voice your concern, and request them not to support this reconciliation bill. The American Dietetic Association is joining other national hunger organizations in opposing the House proposal.

The US Government Accountability Office has released a report titled, *Childhood Obesity: Most Experts Identified Physical Activity and the use of best practices as key to successful programs*. There are 3 reasons to read this report, you can learn and apply the key strategies identified in programs to prevent and reduce childhood obesity. Key strategies are identified and program challenges are revealed, which allows you to make leaps in your own program. The report publishes which program elements are most important to include for the improved health of children. The report is available at www.gao.gov/new.items/d06127r.pdf.

On October 31, 2005, it came to the attention of ADA that the Dietary Managers Association (DMA) is working with legislators to introduce legislation that would recognize the Certified Dietary Manager (CDM) in Medicare nursing facilities. The Code of Federal Regulations, under title 42 sets the conditions of Participation for Long Term Care Facilities, and acceptance of facilities to be covered by the Center for Medicare Services. The code specifies a registered dietitian must either be on staff or contracted to supervise services. The Association of Certified Dietary Managers is trying to have the Code of Federal Regulations revised so that CDMs may be added to the staff in addition to RDs. At this point there is not a bill number to oppose. You may address further questions to either Ron Smith at Rsmith@eatright.org, or Stephanie Patrick Spatrick@eatright.org.

The Public Policy Workshop will be March 14-16, 2006. The general registration fee is \$320. However, each year the ADA awards over 100 scholarships to members to attend the workshop. Each DPG and networking group is allowed to select one of their members to receive a scholarship. The PADA and the NEDA grants scholarships to attend the Public Policy Workshop (see below). Reasons to be excited about the Workshop include visiting with your Representative and Senators, being active in advocacy supporting aging, child nutrition, food and food safety, and Medical Nutrition Therapy and Medicare.

NEDA Public Policy Workshop Scholarships

Eligibility:

- NEDA Members including student members
- Active in the association
- Interested in legislation and willing to work as a Legislative Co-chair.

Submit your name for consideration along with a letter explaining why you would be a good candidate for the scholarship to Carol Kneier at: ckneier@eatrightneda.org

PADA Member benefits

Another benefit of being a member of the ADA is being a member of the PADA. As a PADA member you can join the PADA Listserv. This is a great way to remain current and stay informed. It is also a good place to look for new employment. The NEDA BOD encourages you to take advantage of this service.

The below information was retrieved from the PADA web site on November 23, 2005 from: <http://www.eatrightpa.org/memberservices/listserv.htm>

To subscribe to the listserv, send a message from your email address to:
LISTSERV@LISTS.PSU.EDU

In the body of the message write:

subscribe PADA-L yourfirstname yourlastname RD (or other identifier)

Please use a credential or other identification after your name when you request to subscribe because bogus requests to join the listserv come regularly. The use of a credential after the name of a prospective subscriber saves the listserv manager time trying to decide whether to follow up on a request that may or may not be legitimate. Requests that don't have "RD," "DTR," "recent grad," "intern" or similar info after the name are just deleted as they arrive.

This command prompts an automatic message to the listserv manager from LISTSERV@LISTS.PSU.EDU. **If your PADA status can be verified from the current PADA directory or from the PADA office, your subscription is activated.**

If your name is not in the current PADA directory or on the membership list in the PADA office, you will receive a request for ADA number, address, etc.

That information is then forwarded to the PADA office for verification of membership eligibility before the subscription can be activated. **It is important that you use the same form of your name as on your ADA membership.**

In July the PADA office verifies current membership status of the entire listserv in order to maintain assurance that all subscribers are current PADA members. If you change your name with ADA you might get dropped from the listserv. Just re-subscribe with your current ADA name.

Articles of interest

1. Pre-pyloric versus post-pyloric feeding

Abdul Jabbar and Stephen A. McClave

Department of Medicine, Division of Gastroenterology/Hepatology, University of Louisville School of Medicine, 550 S. Jackson St., Louisville, KY 40202, USA

Summary

Optimal management of the critically ill patient involves the initiation and rapid advancement of early enteral nutrition (EN). Compared to parenteral nutrition or no nutritional support, early enteral feeding favorably impacts patient outcome by reducing infectious morbidity and shortening hospital length of stay. Controversy exists over the true risks and benefits of pre-pyloric versus post-pyloric feeding. Placement of nasogastric tubes is easier than nasojejunal tubes, initiation of EN is more expedient, and intragastric feeds may provide greater physiologic benefits. Post-pyloric feeding, on the other hand, is associated with fewer interruptions once EN has been started, may reach goal calorie provision sooner, and may reduce risk for gastroesophageal reflux and aspiration. Overall differences in outcome between the two methods of feeding, however, are minimal. Thus, the final choice for the practicing clinician on the level of infusion of enteral feeding is based on institutional factors (related to protocols and available expertise) and the degree of risk and potential tolerance of the individual patient.

Date of access: November 1, 2005 via Pub Med at:

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=16143431&dopt=Citation

2. Influence of Glycemic Index/Load on Glycemic Response, Appetite, and Food Intake in Healthy Humans

Diabetes Care 28:2123-2129, 2005

Rita C.G. Alfnas, PHD and Richard D. Mattes, PHD

OBJECTIVE—High glycemic index (GI)/load (GL) diets reportedly enhance appetite and promote positive energy balance. Support for this hypothesis stems largely from acute feeding trials and longer-term studies lacking control over the macronutrient composition and palatability of test foods. This study evaluated the effects of consuming high- and low-GI/GL meals, matched on macronutrient composition and palatability, plasma glucose and insulin, appetite, and food intake.

RESEARCH DESIGN AND METHODS—Thirty-nine healthy adults consumed only low- or only high-GI foods ad libitum in the laboratory for 8 days in either high (three foods per meal)- or low (one food per meal)-variety conditions. Glucose and insulin

concentrations as well as appetitive sensations were determined before and for 2 h following breakfast and lunch on days 1 and 8. Energy intake was monitored daily.

RESULTS—There were no significant differences in plasma glucose or insulin responses, appetitive ratings, or food intake between treatments.

CONCLUSIONS—These data indicate that the differential glycemic response of foods tested in isolation under fixed time are not preserved under conditions of chronic ad libitum consumption of mixed meals.

Date of access: December 5, 2005 at: <http://care.diabetesjournals.org/>

CEU's

Online programs and teleseminars by Becky Dorner & Associates at:

www.beckydorner.com/ceu-homepage.php

Courses on various topics with cost ranging from \$24.95 and over

OR

Log On and Learn: Free Self-Study Opportunities

ADA members may earn **free CPE credits** with new self-study opportunities:

To learn more about these self-studies, go to:

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/education_3876_ENU_HTML.htm

We would like to thank our speakers at the NEDA *Nutrition Update 2005* Seminar, (left to right): Eric Pusey, R.Ph, CDE; Mary Ehret, MS,RD, LDN; Patricia Montalbano, BS,RN,BC and Michele Gresko, MS, RD, LDN. [Not pictured Mary Klem, MSD, RD, LDN]



Attention all NEDA members

NEDA Board Meetings are usually held the second Tuesday of the month at Allied Services - Rehabilitation Center at 6:30 PM. The next meeting is scheduled for January 10, 2006.

All members are welcomed to attend!

Of course you should always check with a board member to ensure that there were no changes on the date or time before you come! And if you come and have a specific concern or comment you may want to contact Carol Kneier to have your item placed on the meetings agenda.

- You are receiving the NEDA newsletter as a benefit of being a member of the NEDA. If you have any comments on this Newsletter and / or you would like to submit an article or PSA for your facility / agency, please do so by contacting Maureen Dunne-Touhey at: DunneTouhey@marywood.edu

North East Dietetic Association
C/o Maureen Dunne-Touhey
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Wyoming, PA 18644

