

Increasing access to dietician consults: Planning Stages

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Background

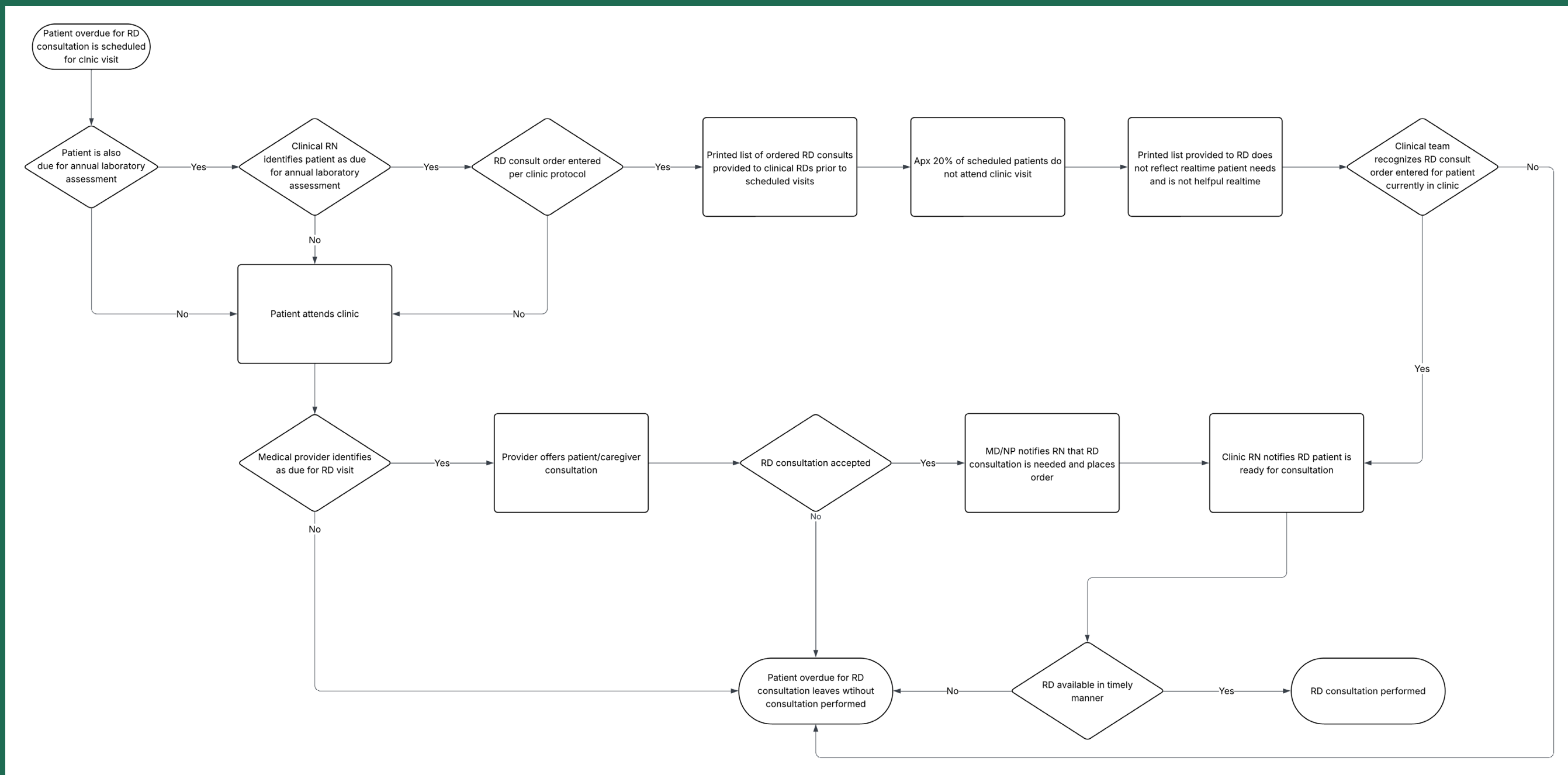
- Annual medical nutrition therapy (MNT) consultations by registered dietitians for youth with type 1 diabetes (T1D) are low
- In 2023 only 52% of patients age <19 with T1D for >1 year had received MNT from a registered dietitian
- The rate fell to 45% in 2024
- This low rate of adherence with recommended annual MNT visits remained despite adequate staffing with registered dietitians

Aim

- To ensure future tests of change are appropriate we aimed to obtain stakeholder feedback on the existing process

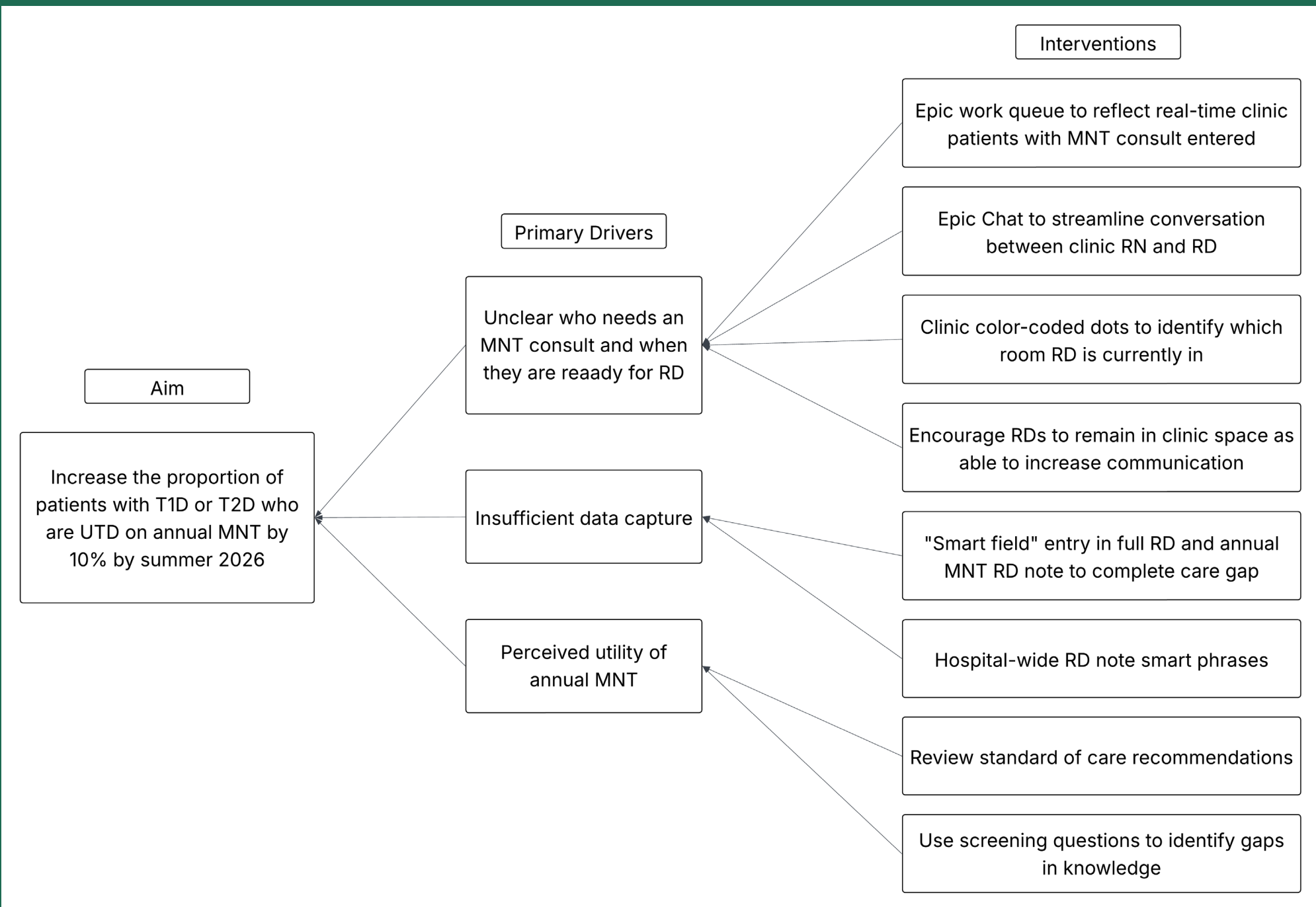
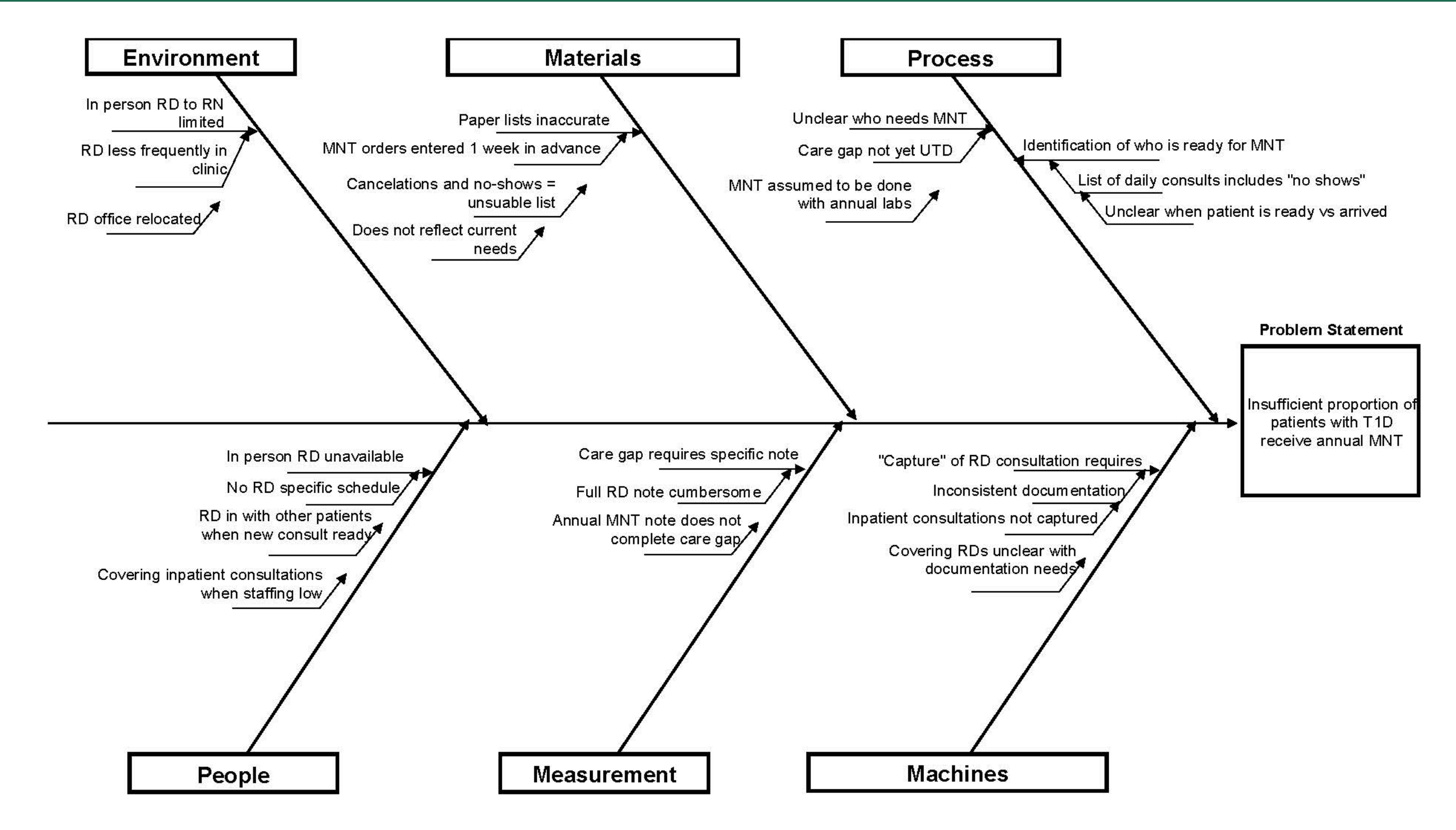
Methods

- IRB exempted
- Anonymous surveys were distributed to providers regarding their opinions of annual MNT
- Clinic nurses, diabetes educators, and registered dietitians described the existing process. They also gave feedback on drafts of the key driver diagram, process map, and fishbone diagram



Full process was appreciated by no one stakeholder

Barriers included people, environment, process, and technology



Using standard planning QI tools streamlined stakeholder conversations and identified immediate targets for change

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Results

- Provider survey:
Top priority for MNT

| Priority | Response count | Percentage |
|--|----------------|------------|
| Identify knowledge gaps | 10 | 41.7% |
| Review carb counting/math skills | 5 | 62.5% |
| Discuss new/updated resources | 4 | 78.2% |
| Provide new/updated information | 2 | 85.8% |
| Provide a structured forum box for questions | 2 | 93.8% |
| To check the carb counting/math skills for USNWR | 1 | 100% |
- Process mapping:
 - Manual labor with minimal effect (lists)
 - Communication barriers
- Fishbone diagram:
 - Documentation needs
 - Staffing concerns
 - Physical location of team members affecting collaboration
- Key driver diagram:
 - Primary drivers: identifying those in need of MNT and when they are ready for RD, data capture, and perceived utility of the annual MNT consultation

Conclusions

- Process mapping is essential as no stakeholder was aware of all steps in the existing process
- Engaging all stakeholders in planning stages results in better understanding of existing process and identified targets for change