# Northwestern Medicine<sup>®</sup>

# Extra! Extra! Read All About Starting Your Own **Nutrition Newsletter!**

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# **Process Owner** Shelby Hernandez **RD LDN CLC**

# Background

The purpose of this project was to develop a nutrition focused newsletter that would be distributed among a variety of disciplines for the regional hospital. The newsletter would educate on nutrition related topics, spark interdisciplinary communication and conversation, and shine a light on the Clinical Nutrition department.

After brainstorming what the product may look like, the final goal was a quarterly newsletter that provided a healthy recipe, an introduction to an Inpatient Dietitian working in the region, a relevant nutrition topic discussed on a higher level (at times using verbiage that may not be understood by the general population and better suited for the medical field), an overview of projects/activities that the Clinical nutrition team was working on at each site in the region, and how to contact the Clinical Nutrition team.

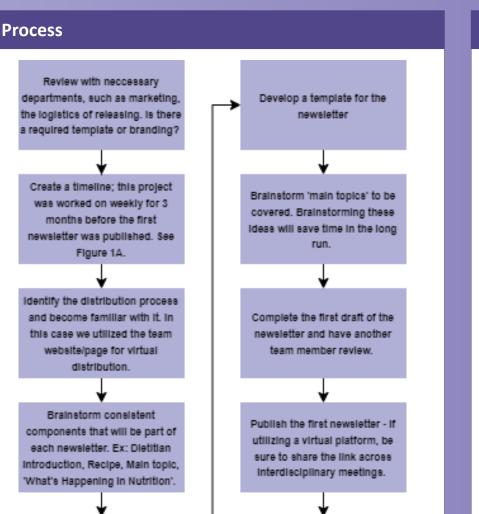
What started as a passion project/idea, has progressed to several years of successful releases and now moving into the final stages of the control plan.

# **Example Timeline: Figure 1A**

March	April	May	June
3/4: Discuss logistics with other departments as needed (marketing, explore branding) 3/9: Develop timeline 3/16: Brainstorm consistent components 3/23: Decide layout, begin template development	4/1: Continue to develop template 4/6: Brainstorm main topics 4/13: training on website management/use 4/20: Decide primary topic for first newsletter, literature review 4/26: Continue writing of main topic	5/4: Start on additional sections of first newsletter 5/11: Continue development/writing of other sections 5/18: Rough draft complete, first round of edits 5/25: Have another person review the 2nd draft, complete recommended edits.	6/1: Release first newsletter. Share link virtually to other disciplines and other sites within your region.

Decide on the layout and flow of

the determined components.



Continue quarterly development and management to maintain newsletter, budget 8-16 hours of time per newsletter.

# **Final Product & Outcomes**

- Improved interdisciplinary recognition and collaboration
  - Promotes relationships between dietitians and other disciplines and helps clinical team members recognize the dietitian on their unit.
  - Highlights the work Dietitians are doing to improve patient care outside of their normal duties
- Decreases false nutrition information, helps to address hot topics and shines a light on Dietitian expertise.
- Promotes creative work and increased job satisfaction for a clinical dietitian.

News in Nutrition Northwestern Medicine Northwest Region			Sea 2021 Edecos  What is Malnutrition?  Nutrition Imbainne  undernutrition idefined as the lack of calories, protein, and other nutrients needed for tisse maintenance and repair.	
What do RD's use to				
Recipe of the Month: Granola Crust		Meet the Dietitian	Criteria Definition	
Fruit Pizza		Shelby Hernandez RD LDN CLC	Energy Intake	Amount of intake outria
A healthier take on the traditional summertime fruit pizza, this can be served as a breakfast treat, appetizer, or a dessert!				pre-defined time
instredients: Crust Instredients: Toppine			Interpretation of weight loss	Unintentional weight loss over a pre-defined time
ooking Spray cues old fashioned oats	4 ounces plain, non-fat Greek voeurt		Body Fat loss	Loss of subcutaneous fat
cup oat flour	8 ounces Greek cream cheese,	100 N	Muscle Mass loss	Muscle loss
teaspoon ground cinnamon teaspoon vanilla extract /8 teaspoon salt	room temperature 2 Tablespoons honey 1 teaspoon vanilla extract		Fluid accumulation	A mainsurished patient may have fluid accumulation
	% cup blackberries 1/3 cup blueberries	Shelby has been a Clinical Dietitian		which masks weight loss
1	% cup sliced strawberries % cup raspberries 1 kiwi, peeled and sliced.	with Northwestern and Legacy Centegra since 2018. She primarily	Reduced Grip Strength	Dynamometers used to assess patient grip strength vs norms for age/gender
Directions: Directions: The state of the s		eners 50(0, CO), Landon T, Color, Color, Landon T, Land	What is not used to identify o rule out mainutrition? • BMI: While BMI is a risk factor (BMI <38.5), is not an indicator for mainutrition. ABMI 31 also does not rule out mainutrition. Mainutrition is mobiles to BMI.	
Combine yogurt, cream cheese, honey and vanilla in a medium bowl. Beat on medium speed using a hand mixer until smooth.			Administrate evidence analysis shows the array proteins for ico darge in response to nutries instals. There is a direct constation between information and annual submit levels, installing and annual submit levels, and annual submit levels, and an annual submit or correspondences. The submit levels and the submit levels and annual submit levels, the submit level and annual submit levels. Nutrition real matrixs supportenents (transm Mage Couplesse), and human submit levels supportenent should be encouraged fort at mediments contained and annual submit levels.	
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### **Control Plan:**

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- Outsourcing inviting other clinical dietitians to be 'guest writers' for the newsletter main topic.
- Scheduled project time to ensure newsletter is developed on time for each guarterly release.
- Continuing to share each release between disciplines both by word of mouth and virtually to sustain interest/participation
- Maintain archive of past newsletters for access at later dates

# Conclusions

By dedicating time to the development and maintenance of the nutrition newsletter, Dietitians have been increasingly recognized for their role, expertise, and achievements by other departments. This project has helped to broaden job satisfaction for Dietitians with a creative niche. In addition to positive outcomes that the Dietitians have personally seen, other disciplines have benefitted as well. 4x per year a new healthy recipe is provided which may promote diversity in readers' diets as well as encourage better nutrition choices. Patients have also benefitted as other disciplines are now more aware of how to contact the Clinical nutrition team when needed and the interdisciplinary team is better educated on hot topics in nutrition. When developing your newsletter, recognize that the first release will be the most time demanding. Don't be afraid to get creative with distribution as well look for innovative and tech-savvy ways to share about the newsletter and Dietetics department.

• Identifies how to contact the clinical nutrition team (ex. For patient consults)

