Becoming an Integrative Dietitian Nutritionist:
Aligning Perspectives in Philosophy and Practice

DEBRA BOUTIN, MS, RDN, CD
ASSOCIATE PROFESSOR
BASTYR UNIVERSITY
The Integrative Dietitian Nutritionist:

Take the Next Step Towards Providing Personalized Nutrition Care

DEBRA BOUTIN, M.S., RDN, CD
ASSOCIATE PROFESSOR
BASTYR UNIVERSITY
I am offering this presentation from the perspective of an educator of nutrition professionals rather than as a practitioner.

I teach at Bastyr University where I serve as the Chair of the Department of Nutrition and Exercise Science and as the Dietetic Internship Director.

I believe knowing this information is essential for every RD.
Objectives:

1. Provide a scope of the current nutrition practice landscape that is calling RDNs to be “integrative”
2. Identify potential roles of an “integrative dietitian nutritionist”
3. Create a framework for assessing one’s own practice as a springboard for expanding towards a more integrative model
4. Offer resources that support professional development in the areas introduced
Let’s align perspectives on philosophies.
What does it mean?

collaborative

Integrative

little bit of “everything”
Defining the word “integrative”

bringing together separate elements into a harmonious and unified whole

to make into a whole by bringing all parts together; unified

to make available to all
Our leaders at DIFM say....

...that integrative nutrition practice centers around a holistic, “Food as Medicine” approach to wellness, using:
- whole foods therapies
- targeted supplements and
- mind/body modalities....

and is based firmly in the Integrative Medicine model.
“Integrative Medicine”

“an approach to care that puts the patient at the center and addresses the full range of physical, emotional, mental, social, spiritual, and environmental influences that affect a person’s health……..
“Integrative Medicine”

….. Employing a personalized strategy that considers the patient’s unique conditions, needs, and circumstances, it uses the most appropriate interventions from an array of scientific disciplines to heal illness and disease and help people regain and maintain optimum health.”

The Bravewell Collaborative’s “Integrative Medicine In America” Feb. 2012
Nutrition Care Within the Integrative Medicine Construct

Physical
Intellectual
Social
Emotional
Vocational
Spiritual
Ecological
An Integrative View of Wellness

- Food Choice for Wellness & Vitality
- Earth-Friendly Food Choice
- Food Contaminants
- Food and Mood
- Food for Balance
- Shared Meals
- Shared Meals
- Food Choice for Wellness & Vitality
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- Food Contaminants
- Food and Mood
- Food for Balance
- Shared Meals
Aligning Perspectives

Using a classroom activity as a case perspective.

Why do we eat?
The “Integrative” Dietitian

- Ecological
- Physical
- Emotional
- Intellectual
- Vocational
- Social
- Spiritual
Body – Mind – Spirit

Guides the Person-Centered Approach:

- The Provider-Client Relationship
- Intake/Assessment
- Nutrition Diagnosis
- Prioritization of Interventions
- Evaluation of Interventions and Next Steps
- Collaboration Considerations
A greater AWARENESS of the connection between Body – Mind – Spirit

Guides the Person-Centered Approach:

- The Provider-Client Relationship
- Intake/Assessment
- Nutrition Diagnosis
- Prioritization of Interventions
- Evaluation of Interventions and Next Steps
- Collaboration Considerations
The “Integrative” Dietitian

- Ecological
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- Social
- Spiritual
The “Integrative” Dietitian

- Emotional
- Intellectual
- Spiritual
- Physical
  - Social
  - Ecological
- Vocational
  - Intellectual
An Activity:
Compare and contrast
Nutrition and Nourishment

Write your Self-Nourishment Plan.
What does “integrative” mean.....

......to you?
What about Functional?

What is “functional nutrition?”
Starting with a Functional Medicine definition.....

Functional Medicine addresses the underlying causes of disease using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership.

Functional medicine involves understanding the origins, prevention, and treatment of complex, chronic disease.
...Functional Nutrition would mean.....

Functional Nutritional practice addresses the underlying causes of disease using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership.

Functional Nutrition involves understanding the origins, prevention, and treatment of complex, chronic disease and the dynamic role that food and nutrients play in these processes.
A Functional Nutrition Care Construct......

Nutrition to Manage:
  Nutritional Deficiency

Disease Treatment

Disease Prevention

Optimal Wellness
And what about “Personalized Nutrition?”
Via Google?

......“Nutrition?”

About 392,000,000 results
On one end of the spectrum,

......information is available to support any one individual’s food beliefs.
On the other end of the spectrum....

....nutrition content abounds for those who have the skills to interpret it accurately and personally.
We know that Nutrition has never been a one size fits all therapy......
....but now the consumer knows that too.....

- Genetic profiles available
- Human biome research impacts all health dimensions
- Food allergies and sensitivities increase awareness
- Access to nutrition information abounds
- Media focus on nutrition issues constant
- “Functional” foods vs “super” foods available
- Everyone knows to eat more fruits and vegetables......the consumer wants more!
Who is Today’s Consumer vs Tomorrow’s Producer of Nutrition Information?

A classic case presentation
Everyone knows to eat more fruits and vegetables......
What do you need to do to competently offer functional, personalized nutrition therapy?
What do you need to do to help this client?

**Genomic Testing:**

- Genomic Methylation markers: ++COMT (catechol-O-methyltransferase Polymorphism), +/- MTHFR (Methylenetetrahydrofolate Reductase Polymorphism)
- Genomic Vitamin D Receptor +/- VDR
- Genomic Inflammatory markers: +/- IL-1B, +/- TNFa, +/- IL-4, +/- IL-6, +/- IL13
Let’s align perspectives on our practice.
Aligning Perspectives

The Academy of Nutrition and Dietetics published a “Workforce Demand Study” in March 2012 and identified major change drivers believed to impact the future for the nutrition profession.

Of these, four were considered to have a “high” change index, and can be considered relevant to this discussion.
Interdisciplinary teaming drives innovation

- The profession will have to be assertive and opportunistic to secure positions in a world where competencies and credentials are less important than teaming and problem-solving.

Academy of Nutrition and Dietetics
Aging population drives opportunities and challenges

- In private health and wellness programs as well as in institutionalized care.

Academy of Nutrition and Dietetics
Personalized nutrition evolves

- Anticipate a shift to a health care system that focuses on predicting and preventing disease.

Academy of Nutrition and Dietetics
Workforce Demand Study

Population risk factors and nutrition initiatives increase demand

- Public support and funding for population health initiatives and preventive strategies may demand intervention needs across the life cycle in areas related to chronic disease, obesity and socioeconomic challenges.

Academy of Nutrition and Dietetics
Supply vs Demand

Coupling these perceived demands with anticipated retirement levels of nutrition professionals and educational/training opportunities, there is an anticipated potential shortfall of **18,000 full-time dietetics-related workers** by 2020.

Academy of Nutrition and Dietetics
The Demand for Dietetic Internships

Openings
Applicants
The Demand for Dietetic Internships

- **Openings**
- **Applicants**

<table>
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<tr>
<th>Year</th>
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The Demand for Dietetic Internships

- **Openings**
- **Applicants**

Bar chart showing the demand for dietetic internships from 2009 to 2014.
A Call to Integration

- Personalized Nutrition
- Aging Population
- Public Health Initiatives
- Interdisciplinary Teaming

RD Supply?
Personalized Nutrition Care

- Physical Signs & Symptoms
- Metabolism
- Health History & Genes
- Lifestyle Factors

Adapted from the Integrative & Functional Medical Nutrition Therapy Radial created by Kathie Madonna Swift MS, RD, LDN; Diana Noland, MPH; Elizabeth Redmond, PhD, RD.
Does the Didactic Program in Dietetics (DPD)...

...curriculum requirements guarantee that our newest entry level RDNs can provide these integrative, functional and personalized approaches?

Do we have the rotation sites within internships for those entering the profession to gain practice as integrative, functional nutrition dietitian nutritionists?
A Call to Practice Integratively

“.......eager to partner and collaborate with other health-care providers to achieve a responsive, holistic health system...”?

Kathie Madonna Swift, MS, RD, LDN

The Changing Landscape of Nutrition and Dietetics: A Specialty Group for Integrative and Functional Medicine

Integrative Medicine, April/May 2012
Welcome to a healthier new you!

Thank you for your interest in Center for Functional Nutrition, formerly Nutrition Magician. We believe that health care is not drug care. Drugs are chemicals and are probably best reserved for critical, life-or-death situations.

We believe most health problems can be alleviated through good nutrition, and by removing stressors which impede the body’s normal functioning and ability to heal. These stressors include all the toxins with which we come into contact on a daily basis, and other unnatural substances such as medications, fake foods, metals in the mouth and body, etc.

Take Two Apples and Call Me in the Morning

Take Two Apples and Call Me in the Morning is a groundbreaking nutrition and diet book that shows readers how they can use the power of food to achieve optimum health. Written by Judy Stone, a psychotherapist, nutrition expert, and the owner of Center for Functional Nutrition, Take Two Apples and
Protect Nutrition in Michigan

Are you aware that you may soon lose the freedom to choose among nutrition-based health care providers in Michigan? That’s right: most nutritionists who are not Dietitians will soon face excessive regulation that will effectively bar most from practicing nutrition in Michigan.

Recently the MI legislature, at the urging of the Michigan Dietetics Association, passed a law requiring that anyone practicing almost any kind of nutrition counseling, be licensed. Since then, the MI Board of Dietetics and Nutrition has been meeting to set specific rules for who qualifies for a license. The Licensing Board is stacked with Dietitians, who have thus far written rules that create a de facto monopoly for Dietitians.

http://www.centerforfunctionalnutrition.com/index.html

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Take Two Apples and Call Me in the Morning

Take Two Apples and Call Me in the Morning is a groundbreaking nutrition and diet book that shows readers how they can use the power of food to achieve optimum health. Written by Judy Stone, a psychotherapist, nutrition expert, and the owner of Center for Functional Nutrition, Take Two Apples and Call Me in the Morning offers startling insights not only into the chemistry created within our bodies by our food choices, but also the role our emotions play in making those choices.

Through the holistic approach presented in her book, Stone has helped thousands of clients not just lose weight, but lower blood pressure and cholesterol counts, regulate blood sugar, reduce reliance on prescription drugs, and much more. Stone coaches readers on making small but long-lasting changes they can live with as they build a more healthful and satisfying lifestyle.

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Medicare Ruling Levels Playing Field Among Nutrition Professionals and Registered Dietitians in Hospitals
June 11, 2014

CHICAGO, IL—A landmark federal ruling that all qualified nutrition professionals—not just Registered Dietitians—may order therapeutic diets in hospitals, has leveled the playing field between nutrition professionals and Registered Dietitians.
For these reasons, those currently in the field must be inspired to answer the call to gain skills in approaching nutrition from an integrated, functional, and personalized approach.
Let’s be integrative!
Let’s start talking the talk......
The Standards of Practice (SOP) and Standards of Professional Performance (SOPP) for Registered Dietitians provide the framework for practice as an integrative dietitian.

Journal of the American Dietetic Association, June 2011
Proposed Application
Examples

**Standard 1: Nutrition Assessment**

1.2 Evaluates health and disease condition(s) for nutrition-related consequences

Suggested:

1.2 Assesses health and disease condition(s), biochemical and physiological functions for nutrition-related consequences.
Proposed Application
Examples

Standard 3: Nutrition Intervention
3.8 Utilizes standardized language for describing interventions.

Suggested.....
3.8A Utilizes integrative and functional terms (e.g., methylation, organic acids, genomics, biotransformation) and IDNT standardized language (e.g., vitamins/mineral supplements, bioactive substance management, herbal/complementary products) to describe interventions.
Proposed Application Example

Standard 3: Nutrition Intervention
3.9 Identifies resources and/or referrals needed.

Suggested:
3.9A Understands the role of various disciplines in integrative and functional medicine (eg, herbalist, massage therapist, etc.) in order to make appropriate referrals as needed.
A Call to Integration

Personalized Nutrition

Aging Population

RD Supply?

Public Health Initiatives

Interdisciplinary Teaming
Our leaders at DIFM say…. 

…that integrative nutrition practice centers around a holistic, “Food as Medicine” approach to wellness, using whole foods therapies, targeted supplements and mind/body modalities….and is based firmly in the Integrative Medicine model.
The Workforce Demand Study

Required Skills to Meet Demands:
1. Interpersonal
2. Leadership
3. Interdisciplinary Teaming
4. Communication

Academy of Nutrition and Dietetics
Let’s use our professional portfolio to plan.
Professional Self-Reflection

- What are my current practice areas and how can I enhance my ability to practice more integratively?

- Within my areas of practice and professional interests, what roles and responsibilities do I perform now that would lend themselves to practicing more integratively?

- What are my current leadership responsibilities, and how can I accept responsibility for leading myself and others towards a more integrative model?
Professional Self-Reflection

- What external factors and trends are occurring in my areas of practice that will require me to practice integratively?
- What do I want my future practice area to be and how will it include integrative practice?
- What are my professional goals?
  - Make at least one “integrative!”
Continuing Professional Education

Learning Needs Assessment:

**Interpersonal Skills**

- 1040 Cultural Sensitivity
- 1120 Time and stress management, life balance
- 6070 Interviewing and listening skills
- 7020 Conflict management
- 7050 Customer focus
Continuing Professional Education

Learning Needs Assessment:

**Leadership Skills**

1070 Leadership, critical and strategic thinking

**Interdisciplinary Teaming Skills**

7200 Team building
Continuing Professional Education

Learning Needs Assessment

**Communication Skills**

1090 Media skills, television studio skills
1130 Verbal communication skills, presentations
1140 Written communication skills, publishing
Continuing Professional Education

Science of Food and Nutrition
2010 Botanicals, phytochemicals
2050 Genetics
2060 Immunology
2070 Macronutrients
2090 Micronutrients
Continuing Professional Education

2100 Nutritional Biochemistry

“The Effects of Persistent Organic Pollutants (POP) in Weight Loss and How Their Effects May Be Mitigated.”

Cover Article, The Integrative RD Newsletter, Winter 2013
Continuing Professional Education

2100  Nutritional Biochemistry

Science-major level biochemistry

University of New England Online Medical Biochemistry (Chem 1005)
Nutrition Assessment and Diagnosis

3010 Assessment methodology
3030 Anthropometrics, body composition
3060 Laboratory tests
3070 Pharmacological, drug/nutrient/herb
3080 Physical assessment
3100 Supplemental nutrients, botanicals
Continuing Professional Education

**Food Service Systems and Culinary Arts**
- 8060 Culinary skills and techniques
- 8090 Menu planning and development
- 8100 Food and recipe development
- 8130 Sensory perception and evaluation of foods and ingredients
Our leaders at DIFM say....

...that integrative nutrition practice centers around a holistic, “Food as Medicine” approach to wellness, using:
- whole foods therapies
- targeted supplements
- mind/body modalities....
Let’s immerse ourselves in whole foods.
2013 Lenna Frances Cooper Memorial Lecture:
Bringing Cooking Back: Food and Culinary Expertise as a Key to Dietitians’ Future Success

Ellie Krieger, MS, RDN

Editor’s Note: This lecture was first presented on Sunday, October 20, 2013, at the Food & Nutrition Conference & Expo in Houston, TX. This lecture has been edited from its original version to fit within a print format.

I WOULD LIKE TO EXPRESS MY deep gratitude to the leadership of the Food and Culinary Professionals dietetics practice group who nominated me for this honor and to the Academy of Nutrition and Dietetics at large. I am continually inspired by the passion and energy of those who dedicate so much to our organization, forwarding our profession, and continually shaping and advancing the field of dietetics. Lenna

Ellie Krieger, MS, RDN, the 51st Lenna Frances Cooper Memorial Lecturer.

after all, a nationally renowned cook. Although, apparently, she often wore silk dresses during her cooking demonstrations to show people how neat and clean cooking could be.1

Sarah Rorer established a cooking school in Philadelphia, PA, in 1878 and was a prolific and popular cookbook author who produced 54 books in total. A great culinary influencer, she is said to have been the Julia Child of her time. She also taught doctors, nurses, and medical students about proper diet, especially for the sick. It is noteworthy that she reportedly said she had wanted to be a pharmacist like her father, but she abandoned the idea because of prejudice against women in science.1 Sarah Rorer’s wisdom about food and health rings true to this day. She said, “If I could only...
Culinary Opportunities

- Food and Culinary Professionals Practice Group
  http://www.foodculinaryprofs.org

- Culinary Institute of America
Let’s learn about functional nutrition.
Continuing Professional Education

Dietitians in Integrative and Functional Medicine

A Dietetic Practice Group of the Academy of Nutrition and Dietetics

DIFM DPG

http://www.IntegrativeRD.org
Key Initiative Priorities

- Nutritional Genomics and Related Technologies
- Collaborative Partnerships
- Standard of Practice
- Specialist Credential
DIFM DPG

Welcomes non-RD members
Fully supports collaborative interdisciplinary teaming and sharing of information and best practices.

“The current health-care climate is ripe for this collective undertaking.”

Kathie Madonna Swift, MS, RD, LDN

The Changing Landscape of Nutrition and Dietetics: A Specialty Group for Integrative and Functional Medicine

Integrative Medicine, April/May 2012
Train ers/Authors/ Experts

- Kathie Madonna Swift, MS, RD, LDN
- Mary Beth Augustine, CN, RD
- Diana Noland, MPH, RD, CCN
- Elizabeth Redmond, PhD, MMSc, RD
- Deborah Ford, MS, RD
- Sudha Raj, PhD, RD, CDN
- Rita Kashi Batheja, MS, RD, CDN
- Ruth Debusk, PhD, RD, LDN
- Dave Grotto, RD, LDN
- Colleen Fogarty Draper, MS, RD, LDN
- Ann Marie Kis, MS, RD, LDN

This list is not exhaustive, but offers a snapshot of some of the RD leaders/educators in the field.
Members Only

DIFM Members, please login to access this section. If you have not set up your DIFM password yet, click here. Not a member, but would like to be? Click here for membership information.

Natural Medicines/Natural Standard Database
Get Involved
DIFM EML
Member Search
Find an Integrative Nutrition RDN (add sal)
Nominate for Excellence
Volunteer with DIFM
Educational Stipends
Learn
Upcoming Webinars
Archived Webinars
Slides for purchased webinars
Archived Newsletters
Complimentary Integrative Health Journals
Nutritional Genomics
ISSN Networking Relationship
Journals/Reference List
Genetic Testing
Books, NYC
Academy Visioning Report
September 2012

Recommendation #6: Continue to support development of board certified specialist credentials in focus areas where there is a reasonable pool of practitioners to justify the cost of development and maintenance of the credential, and develop a system to recognize RDs practicing in focus areas where numbers are too small to justify the financial investment.
Academy Visioning Report
September 2012

Recommendation #7: Support continuing development of advanced practice credentials for the nutrition and dietetics profession, based on objective evidence. Continue to encourage and develop advanced practice educational experiences and opportunities.
Was seeking board certification in integrative and functional nutrition (RD-CSIFN).

- Current development underway of an Academy-accredited online Integrative and Functional Nutrition Certificate of Training Program –
  - Contact your Council on Future Practice at futurepractice@eatright.org

Seeking integrative nutrition content additions to the Academy’s Evidence Analysis Library (EAL)
Google......
Sylvia Escott-Stump
and MTHFR
Let’s learn about functional medicine.
Continuing Professional Education

Institute of Functional Medicine

www.functionalmedicine.org
Clinical Nutrition -
A Functional Approach Textbook

Many of today’s most challenging, costly, and debilitating conditions, including a variety of age-related disease, are now recognized as being closely tied to the mismatch between dietary and lifestyle habits and genetic predisposition. This highly acclaimed textbook provides the critical foundation for integrating nutrition into your clinical practice.
Chapter 8
Patient-centered Care:
Antecedents, Triggers, and Mediators
Leo Galland, MD

IFM’s Functional Medicine Tree

http://www.functionalmedicine.org/getstarted/resources/
Continuing Professional Education

The University of Arizona

The University of Kansas/KUMC Integrative Medicine

Syracuse University
MS INTEGRATIVE & FUNCTIONAL NUTRITION

INTEGRATIVE AND FUNCTIONAL NUTRITION – WHERE SCIENCE AND SELF MEET

First Class Starts January 2016

The next generation of nutrition professionals is poised to combine the established science of nutrition with the emerging fields of integrative and functional medicine. This combination offers perspectives and clinical approaches to more effectively address the underlying root causes and
Mind-Body Medicine

06/11/2014

Welcome to the New Nutrition MS Degree Program Director: Mary Beth Augustine, RDN, CDN

The School of Mind-Body Medicine welcomes Mary Beth Augustine as the Director for the new MS Degree in Integrative and Functional Nutrition. Ms. Augustine is Senior Integrative Nutritionist at the Mount Sinai Beth Israel Center for Health & Healing, New York, where she has maintained a faculty practice and directed the Integrative Nutrition Intern and Observership Program since 2000. Previously she served as Integrative Medicine Nutritionist at Memorial Sloan Kettering Cancer Center, and conducted cardiovascular risk reduction research at the American Health Foundation.

Director of MS Degree in Integrative and Functional Nutrition, Mary Beth Augustine.

Ms. Augustine is recipient of the 2012 Excellence in Practice Award from the Academy of Nutrition and Dietetics (the ‘Academy’) Dietitians in Integrative and Functional Medicine Dietetics Practice Group (DIFM DPG), serves as Chair 2014-2015 for the DIFM DPG, and is a content developer for the Academy Center for Professional Development online Certificate of Training Program in Integrative and Functional Medicine (expected launch Spring 2015).

Author publications include The Paleo Prescription (Rodale, 2013), contributing author to Integrative Medicine Principles for Practice.
The Call to Create Experts

...must start with creating professionals who are competent to begin practice in a way that incorporates an integrative skillset.
Preceptors Wanted!

- Supervised practice opportunities are needed in dietetic internships.
- Contact your local internship and offer your services to teach those new to the field.
The Call to Create Experts

- Expert
- Proficient
- Competent
- Integrative Nutrition Knowledge and Skills
Integrative Nutrition

- Optimal Wellness
- Disease Prevention
- Disease Treatment
- No deficiency
Integrative Nutrition

Evidence-based  Collaborative

Holistic  Personalized

Compassionate
“Each practitioner has an individual responsibility to seek, create, and seize opportunities to advance his or her career, demonstrate value, and deliver excellent service.”

Nora Nyland, PhD, RD, CD
Linda Lafferty, PhD, RD, FADA, LDN
Implications of the Dietetics Workforce Demand Study, March 2012 Supplement
Journal of the Academy of Nutrition and Dietetics
References


References


Questions?
Comments?

Thank you!
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