

## **Registered Dietitian – US Navy Recruit Training Command, Great Lakes, IL**

Perform Registered Dietitian (RD) service consultations, practitioner and dietitian program expert within their scope of practice to assist Future Sailors obtain weight standards.

### **Specific tasks include:**

- Determine optimal medical nutrition therapy utilizing a four-step nutrition care process: (1) nutrition assessment; (2) nutrition diagnosis; (3) nutrition intervention; and (4) nutrition monitoring and evaluation. The RD shall use Evidence-based nutrition practice guidelines to assist them and the Future Sailor in making decisions about nutrition care and the treatment plan.
- Assess Future Sailor health and nutrition history to include chief complaint, history of present concern, past medical and surgical history, laboratory values, medication and supplement use, activity level, typical eating patterns, cultural background, psychosocial issues that impact on nutritional status, and other conditions, (i.e., food preferences and meal preparation).
- Perform anthropometric measurements as needed to assess nutritional status such as waist circumference and body fat analysis.
- Perform nutrient analysis of dietary intake and estimate nutrition requirements specific for the clinical condition.
- Incorporates various patient-centered counseling and education techniques such as motivational interviewing and cognitive behavioral therapy to enhance understanding and compliance of diet modifications. Instruct Future Sailors on use of electronic or print food and activity diaries to improve compliance and monitoring of diet modification.
- Manages Future Sailor care through evidence-based treatment plans to include follow-up and routine monitoring of Future Sailor compliance through metric indicators such as waist circumference, lipid abnormalities and iron levels.
- Assist the RDCs and supervisors by providing weight reduction counseling to Future Sailors who are enrolled in the FSPC Body Composition Program. Provides RDCs with memoranda documenting nutrition counseling when appropriate.
- Conduct weight reduction counseling based on the Future Sailors individual nutrition care plan. Weight reduction counseling can be conducted individually, as a group, or a combination of individual and group sessions. Monitors weight reduction program effectiveness by conducting anthropometric measurements such as weight, waist circumference, iron levels, LDL and body fat.
- Work with RDCs to provide nutrition education programs to maximize human performance optimization and eventual combat performance. RD attends leadership meetings as special advisor
- Provide educational programs such as nutritional refueling, supplements, effective use of caffeine for performance, and sleep hygiene and foods naturally designed to help prevent injury.
- Provide support to the RTC Food Service Officer in marketing Navy nutrition and work with dining facilities to promote Go for Green (G4G), digital application of G4G and Fueling for Performance programs.
- Develop individualized wellness plans based on comprehensive risk-factors for weight, use, exercise rates, nutritional status and blood pressure. Conduct counseling or referrals appropriate to the individual's identified needs to include one or more of the following: Nutritional counseling, physical activity plan, alcohol and smoking cessation counseling and services, stress management and health approved dietary supplements.
- Provide patient-centered nutrition care through collaborating with interdisciplinary teams. Promotes and participates in team-based group therapy for treatment of conditions such as obesity and eating disorders. Personally delivers nutrition education to Future Sailors in the form of classroom lectures, small group discussions, and one-on-one counseling.
- Provide input to the performance improvement program. Identifies areas for improvement in Future Sailor care, establishes objectives for improvement and reports on the progress of attaining objectives. Completes and reports ongoing performance improvement indicators. Maintains and compiles data for potential future educational projects, studies, and research.
- Document patient records all assessments, nutrition therapy, treatments, and follow-up care rendered through the computerized programs: Armed Forces Health Longitudinal Technology Health Application (AHLTA), Composite Health Care System (CHCS), Medical Readiness Reporting System (MMRS) or other medical reporting system, on a daily basis. Treatment and follow-up records on each individual

diagnosis, and follow-up for use in research and analysis to improve treatment and program improvement. All documentation shall be per Academy of Nutrition and Dietetics ADIME format (assessment, diagnosis, intervention, monitoring and progress) method of documentation unless directed otherwise by the FHCC Medical Director.

- Assist with inventory and maintenance of RD supplies and equipment. This includes replenishing exhausted supplies, preventative maintenance, and recommending new reconditioning equipment to the NSTC Human Performance Programs officer for purchase consideration.

**Qualifications:**

- Must possess a Bachelors or Master's degree in Dietetics and Nutrition from an educational institute accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) or completion of a Didactic Program in Dietetics (DPD) accredited by the ACEND.
- Must have and maintain a current, active, valid and unrestricted license to practice in the State of Illinois.
- Maintain Healthcare Provider Basic Life Support (BLS) from American Heart Association or other agency recognized by the State of Illinois, FHCC and the Navy, and First Aid certifications.
- Must comply with the State of Illinois health, immunization and other medical screening requirements for healthcare providers.
- Must possess and demonstrate critical thinking skills to modify and adapt established methods of aforementioned disciplines.
- Must recognize the particular needs of Future Sailor's which are unique to their training cycle, as compared with, sports organizations, universities, academies, physical therapy clinics, or wellness centers.
- Must be able to adapt training or treatments based on the military training and established qualification standard requirements.
- Must be able to obtain working knowledge of Navy directives and policies related to Navy physical readiness, and entry level training. Knowledge must be of sufficient depth and breadth to enable immediate needs plus long-term programs and projects.
- Experience with computer programs designed to capture and information for research and analysis required, specifically able to gain proficiency with AHLTA, CHCS and MMRS and other government systems required in the execution of this contract, and Microsoft office products and other database software.
- Must be able to work independently, be capable of identifying problems/issues, and be able to design and develop appropriate treatment plans based on understanding of job requirements, broad guidance, and own initiative to achieve a comprehensive solution without regular direct supervision.
- Must demonstrate ability to create, develop, and enhance instructional presentations in a training session or classroom for both individual and group (small or large) instruction and be able to adapt these to a Future Sailors and staff populations.
- Must be able to obtain and maintain a Secret Clearance.

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