



DHCC-NJ COMMUNIQUÉ



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CHAIRMAN'S CORNER SPRING 2010

By Kathleen Carr Mahmoud, MS RD

Hellooooo there fellow members of **Dietetics in Health Care Communities of New Jersey (DHCC-NJ)**! I am thrilled to announce that our members voted more than 3 to 1 in favor of adopting the American Dietetic Association practice group name change!

As I write this, it has been raining for several days, and the trees and grass grow greener each time I look out my window. As an organization, we are also becoming "greener" as the spring proceeds and we conduct more of our communications and business electronically. By now, you will have received your email (or paper) ballots with an invitation to vote electronically for the next Governing Board. You should have also received our brochure for the Spring meeting and seminar. Enhancements to our web site will include the ability to register and pay online for upcoming meetings, apply and pay for our yearly membership, conduct internet sales of our manuals, and improve the member login and retrieval process. Our "Green" movement was initiated by Past Chair Darlene Morrison last year, and continued to progress with the invaluable guidance and "let's get it done" commitment of Web Coordinator Maria Lewis.

Congratulations to our new Chair, Mary Piciocco, and Chair-Elect Cheryl Macellaro. Both Mary and Cheryl are energetic registered dietitians who are passionate about our organization and the residents they serve. The remainder of the incoming board is a mixture of fresh faces and experienced leaders who have graciously agreed to volunteer their time to our organization. (See announcement later in this newsletter). Please consider joining a committee in the upcoming year, and indicate your interest on our membership application, as our organization thrives on new ideas and enthusiasm.

(Continued on page 3)



LICENSURE UPDATE MARCH 2010

Submitted by Rosemary O'Dea, MA, RD

At the time of this writing bills S#809 and A#1987 – The Dietitian/Nutritionist Licensing Act have been reintroduced into the new legislature. The primary sponsors of the bills are Senators Vitale and Singer in the Senate and Assemblyman Conaway in the Assembly. State Senate President Sweeney is also a cosponsor of our bill as well. As you all know the primary focus of Governor Christie and the legislature is the budget at this time, however, NJDA's licensure committee continues to work with our lobbyist and continues to remain committed to achieve licensure during this legislative session. We will keep you updated on new developments as they occur. In the past the support of our members has been terrific and we have indeed made our voices HEARD throughout the state. We continue to have contact with our legislators but need the support of ALL members to continue to contact their legislators by email, calls and letters to support these bills. The legislature's web address is: <http://www.njleg.state.nj.us/> where you can search for our bills, the sponsors (THANK THEM!) and contact information. Emails only take a few minutes and each office records all contacts made. Don't forget to contact the governor as well. Any response received contact me at: Rosemaryodea@comcast.net



A CASE OF INTRACTABLE DIARRHEA

By Barbara S. D'Asaro, MNS, RD

A resident with a diagnosis of dementia was refusing all oral intake. She had a PEG inserted, was fed continuously with JEVITY 1.2 and developed severe diarrhea. The Registered Dietitian (RD) recommended a change to OSMOLITE 1.2, a product with lower osmolality. However, the diarrhea persisted, and the sacral skin started to erode. Rx Imodium made no difference; neither did trials with Lomotril and Donnatal. The attending physician had no more intervention ideas and depended on the RD's recommendation.

WHAT WOULD YOU RECOMMEND? (See page 4)



CHAIRMAN'S CORNER SPRING 2010 (Conti.)

By Kathleen Carr Mahmoud, MS RD

The Health Care Reform Act signed into law yesterday (as I write this) will provide new and exciting opportunities for dietitians, with expansion of Medical Nutrition Therapy benefits to Medicare participants and preventive care incentives for insurers. The American Dietetic Association continues to work hard to see that registered dietitians and dietetic technicians registered are the professionals designated to provide nutrition services. I encourage you to rejoin the ADA if you have let your membership lapse in the past few years, as the information and services they provide are *essential* tools you need to take charge of your career and continue to thrive in the future. Don't miss your chance to vote in the New Jersey Dietetic Association elections, where our Legislative Liaison, Rosemary O'Dea, will be on the ballot for President Elect this year. NJDA will continue to offer opportunities to meet locally throughout the state, and network with new and old friends and fellows in our profession.

Lastly, as my term for Chair nears a close, I would like to thank you all for the chance to lead our group. I hope that you are pleased with progress the board and I have made in moving forward to improve communications, provide relevant continuing education opportunities, and represent you at state and national meetings. I hope to see you all at our on April 21st with an exciting program planned by our Chair-Elect Mary Piciocco. Meet you there ☺

Kathleen

New Jersey Dietetic Association's 78th Annual Meeting on May 14th at the Hyatt Regency,
New Brunswick New Jersey

Navigating New Directions for Dietetics Professionals

The program include many topics which may be of interest to our members:

- Overweight and Undernourished-
- Working Together on Childhood Nutrition Issues
- Identification and Management of Mal absorption
- Practice Regulations: Order Writing and facility Privileges
- Diabetes and Inflammation
- Nutrition Management of Food Allergies

For more information, go to www.eatrightnj.org



Nominations Wanted!

Nominations wanted for two awards available from DHCC

1. Distinguished Member Award- Must be a member for 5 years and held an office
2. Leadership Award-Must be a DHCC member for two years, work in long term care and has demonstrated leadership

Please sent recommendations to Paula Hopkins, RD Awards/Recognition committee



A CASE OF INTRACTABLE DIARRHEA (Conti)

By Barbara S. D'Asaro, MNS, RD

The RD recommended the Rx Questran (cholestyramine), an antihyperlipidemic and bile sequestrant medication. The side effect is severe constipation and the Questran is used off-label to treat diarrhea. She also suggested a probiotic supplement to introduce "friendly bacteria" into the gut.

The above interventions were well tolerated and the diarrhea gradually (several weeks) declined to the point that the Questran dosage had to be decreased and a laxative was needed occasionally. The resident gained some weight and her overall health and mood improved.

Comment: Vitamin and mineral supplements and many medications have to be administered away from Questran since the drug interferes with absorption (see the Physicians' Desk Reference or Food Medication Interactions, 15th Edition).

Registered Dietitians know the effects of medications on gastrointestinal functions. We must share our expertise with the other members of the health care team including physicians.



**Congratulations to Our Newly
Elected Board Members!**

Chairman-Elect

Cheryl Ann Macellaro, RD

Secretary

Sheryl Saretsky, MA RD CDN

Treasurer-elect

Natalie Zetter, MS RD

Liaison Committee

Julieta Songco, MS Ed RD

Legislative Committee

Patricia Utke, MA RD

Diet Manual

Vanita Manchanda, MS RD

Marketing

Elsie Nucum-Allen, MS RD

Public Relations Newsletter

Nimi Bhagawan, MS RD, LD

Quality Assurance

Liz Dunnell, MS Ed RD

Membership

Harriet Kahn, MA RD

Awards/Recognition

Paula Hopkins, RD

In-service Materials

Mary Chambers, RD

Credentials

Christine Colvin, RD LD

Historian

Josephine Velez, MS RD DHCFA

By-Laws

Laurie Kiefer, MA RD



Congratulations to Our Newly Elected Board Members! (Cont.)

Nominating Committee

Linda Courey-Degnan, MS RD

Linda Bartlett, RD

Vidya Dandekar, RD

Web Coordinator

Maria Lewis, RD

Mark Your Calendar!

Wednesday, April 21, 2010

NJDHCF Spring

SEMINAR

PRINCETON, NJ

Please plan to attend and
support the NJDA
activities.

Deadline for the **August** News-
letter is **August 1, 2010**

Please send all articles or
announcements to:

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C.D.N.

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