

Inpatient Services

If you are admitted to Arnot Ogden Medical Center, your physician may prescribe a special diet for you.

The registered dietitian and/or the diet technician work with the Nutritional Services Department to provide you with a choice of food selections and specify a menu that is appropriate for your special diet requirements.

In addition, inpatients can receive:

- Personalized menu development
- Individual nutritional assessments, including identifying overall nutritional status and needs, and developing a plan of care
- Calorie counts
- Dialysis nutritional intervention
- Diet instructions, including education on food-drug interactions
- Enteral (tube feeding and nutritional supplements) and parenteral (IV nutrition) nutritional assessments
- Nutritional consultations
- Weight control menus

Outpatient Services

The same dietitian services that are available to inpatients are also available on an outpatient basis.

After you or a family member is discharged, or if a special nutritional need develops in your family, or if you wish a professional consultation before beginning a weight reduction diet, you may schedule an appointment with an Arnot Ogden registered dietitian.

For More Information...
Please call Arnot Ogden's
Nutritional Services Department
607-737-4295.
Weekdays, 8 a.m. - 8 p.m.

Ask your physician to refer you to these services.

ArnotHealth

Nutritional Services
600 Roe Avenue
Elmira, NY 14905
607-737-4356

www.arnothealth.org

Nutrition Assessment & Diet Education



Nutritional Services

The connection between diet and health has been well established, leading many of us to seek advice about what we can do to balance our diets for better health.

For some of us, old habits, insufficient information or confusion about nutritional guidelines may make it difficult to devise a sound nutritional plan on our own. Fortunately, there are physicians and nutrition professionals who can provide guidance.

Arnot Ogden Medical Center employs a team of registered dietitians and diet technicians who offer a variety of nutritional services to the physicians and people in our community.

Educational Services Available

Registered dietitians and diet technicians are qualified to educate individuals or groups about specific aspects of diet and nutrition and its important relation to health.

Imagine you've just learned a family member is diabetic, or is HIV positive, or has cancer. What are his or her special nutritional needs?

A registered dietitian or diet technician can help you understand special nutritional requirements and help you formulate meal plans to maximize or restore health.

Nutrition education may take place on either an inpatient or outpatient basis, during an individual consultation (with a family member present, if you wish) or in a group education program. Some programs are offered on the Arnot Ogden campus, and others may be specially arranged offsite for groups. Some educational presentations are free to the public as a community health and wellness information service, and for others a nominal fee is charged.

Group Education Programs

- **MOMS** (Medicaid Obstetrical and Maternal Services) Program —Teaches prenatal nutrition to mothers-to-be who are on Medicaid
- Special Nutritional Needs for —
 - People with HIV/AIDS
 - People receiving dialysis

If your group or organization would like a registered dietitian to give a presentation on a specific nutrition topic, please call

Health On Demand 607-737-4499,
weekdays, 8 a.m. - 8 p.m.

The Nutrition Experts

Registered dietitians are healthcare professionals who have earned the initials "RD" after their name by—

- Earning a Bachelor's degree from an accredited university in the study of diet in health and disease;
- Completing a clinical training program;
- Passing a national examination; and
- Maintaining this RD status by completing 75 hours of continuing education in this field every five years.

Diet technicians (known as "diet techs") have earned a minimum of an Associates in Applied Science degree in a two-year program approved by the American Dietetics Association. Registered diet technicians carry the initials "DTR" after their names. Arnot Ogden's registered dietitians and diet technicians provide a variety of dietary services for both inpatients and outpatients.