

Date: July 25, 2024

From: Assistant Under Secretary for Health for Clinical Services/Chief Medical Officer (11)

Subj: Informational: Registered Dietitian Nutritionists Competency with Continuous Glucose Monitoring Patient Formal Education (VIEWS 11939684)

To: Veterans Integrated Service Network (VISN) Directors (10N1-23)

1. **PURPOSE:** The purpose of this memorandum is to support Veterans Health Administration's (VHA) commitment to reducing patient harm and increase timely access to care by expanding the scope of practice for Registered Dietitian Nutritionists (RDN) to include the integration of basic, formal and reinforcement of medical device training, as well as education pertaining to the subcutaneous placement of sensors to Veterans issued continuous glucose monitors (CGM).

2. **BACKGROUND:** Currently, there are approximately 1.7 million Veterans with diabetes of which 35% require insulin daily. Veterans with diabetes may be prescribed CGM devices that will alert and prompt users of an imminent hypoglycemic event and the need to take appropriate action (typically nutrition treatment). As part of the interdisciplinary team, RDNs may assist in basic, formal and reinforcement CGM education, provide diabetes medical nutrition therapy with emphasis on impact of food choices and glycemic excursions, and review hypoglycemia risk and nutrition intervention.

On July 7, 2023, informational memorandum, [Updated Guidance on Patient Selection Criteria for Continuous Glucose Monitors \(CGM\)](#) was issued, expanding eligibility of CGM device availability to over 386,000 Veterans using insulin. To ensure timely access to care and regulatory compliance of device education training and sustainability, Nutrition and Food Services (NFS), National Endocrinology and Diabetes Program and the Primary Care Program Office collaborated to identify opportunities where VHA can positively impact expanded CGM usage.

3. **DECISION:** VISN Networks and Veteran Affairs Medical Centers leadership are encouraged to support the Chief of NFS requests for expanding the scope of practice for RDNs to support the collaboration of patient education and utilization of CGMs. Local workflows should be utilized to address advanced device education and interpretation through collaboration and referrals to specialists with advanced CGM training and competency (Patient Aligned Care Team Pharmacy, Endocrinology, Certified Diabetes Care and Education Specialists).

It is recommended the facility Chiefs of NFS and Clinical Nutrition Manager review current RDN scopes of practice to determine if an expansion is appropriate. The Nutrition Field Advisory Board's Clinical Nutrition Committee will be offering RDN learning opportunities to increase and assess competency, assist with questions and answers on inclusion in local scope of practice, and reinforce basic nutrition therapy practice.

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4. Should you have any questions concerning this memorandum, please contact NFS Clinical Nutrition Committee at [VHANFSCNC@va.gov](mailto:VHANFSCNC@va.gov).

A handwritten signature in black ink, appearing to read 'Erica Scavella', with a stylized, cursive script.

Erica Scavella, M.D., FACP, FACHE