Greetings and happy fall from BWH Dietitian Connect!

We hope everyone has a safe, happy, and slightly spooky Halloween!

DI Alumni and BWH Dietitian Achievements, News, and Updates

Please help us in welcoming the October class of 2015-2016 dietetic interns!

- **Jennifer Baum**: BS – UCSD, MS – Simmons
- **Caitlin Blakeley**: BS – Providence College, MS – Tufts, DPD – Simmons
- **Amanda Cortese**: BS – U Mass Amherst
- **Nicolette Maggiolo**: BS – Boston University
- **Alessia Nardocci**: BS – Cal State Fresno
- **Kathryn Weatherford**: BS – Michigan State

BWH Alumni & Staff Updates:

**Kris Mogensen, MS, RD, LDN, CNSC** – Check out her recent work with the A.S.P.E.N. malnutrition committee!

Current RD Team Leader at BWH, Kris Mogensen, testified to the State Joint Committee on Public Health Thursday, September 18th, on behalf of A.S.P.E.N. in support of bill S. 1147: An Act Establishing a Commission on Malnutrition Prevention in Massachusetts. Kris was also part of the A.S.P.E.N. malnutrition committee that authored the paper *Addressing Disease-Related Malnutrition in Hospitalized Patients: a Call for a National Goal*, discussed below in the “Research Brief” section.

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Marsi Shapiro, RD (2012 Alumna) – Please join us in congratulating her on her recent career transitions!

Marsi Shapiro, RD and BWH DI 2012 Alumna, recently transitioned to more outpatient/private practice roles. She has a new part-time position as an outpatient RD within the Ambulatory Care Network at NYP/Columbia where she works with a varied patient population of Adults, OB and pediatrics. She is also working part-time in a private practice on Long Island called Nutrition in Motion which specializes in sports nutrition as well as all areas of nutrition counseling. She is also planning on getting her CSSD certification.

National News:

FNCE 2015 Opening Remarks – Academy President Dr. Evelyn F. Crayton, RDN, LDN


FNCE 2015 Opening Session – Doug Rauch, master innovator and former president of Trader Joe’s

An Innovative Solution to the Hunger Problem. A topic near and dear to our hearts, Rauch discussed how higher purpose, stakeholder integration, conscious leadership and culture can together build stronger businesses and improve society as a whole. This was an invigorating and inspirational multimedia presentation filled with great stories and eye-opening case studies. In the end we learned how to create a culture of innovation, build a power brand in a competitive marketplace and lead with a purpose. Updates and discussion documents will be available here: http://fnce.eatright.org/FNCE/SessionDetails.aspx?SessionID=44861

FNCE 2016 – Call for Educational Sessions Now Open!

FNCE 2016 will be held in Boston, MA from October 15-18. Enter a proposal for an educational session. Proposals are due by November 15, 2015. To submit a proposal online or find out more information: http://www.eatrightfnce.org/fnce/sessionproposals/

Events & Lectures

A Toast to Innovation: Celebrating guest of honor Jacques Pepin at 80
• Date: Monday, November 2, 6–9 p.m.
• Location: 808 Commonwealth Avenue 1st Floor Gallery Boston, MA
• Cost: $150 (includes a signed copy of Jacques Pépin's new book)

Longwood Rounds: Adult Extracorporeal Membrane Oxygenation ECMO: Assessment and Nutrition Management
• Date: Tuesday November 3, 12:00 – 1:00 PM (Lunch served at 11:30 AM)

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• **Location:** Medical Education Center, Harvard Medical School, 260 Longwood Ave.
  Cannon Room (Building C1) Boston, MA
• **Speakers:** Melissa Coleman, MD and Kris Mogensen, MS, RD, LDN, CNSC

**Yes, You Can Eat Gourmet and Gluten-Free!**
• Foodicine Health, Inc.
• **Date:** Sunday, November 8, 2015 from 3:00 PM to 5:00 PM (EST)
• **Location:** Celiac Center, Beth Israel Deaconess Medical Center Boston, MA
• A very gluten-free Thanksgiving with Chef Jason Bond, chef-owner of Bondir restaurant, and Melinda Dennis, MS, RD, LDN.
• **Cost:** $45

**Fighting Cancer with Your Fork: Separating Fact From Fiction**
• **Date:** Tuesday, November 10, 2015 10:30 – 11:30 a.m.
• **Location:** Blum Resource Center, Yawkey 1 Boston, MA 02115
  Taught by Stephanie Meyers, MS, RD
  Open to patients, families, friends, staff. Please visit or call the Blum Resource Center to register 617-632-5570.

**Cancer Survivorship: Optimizing Care and Outcomes**
• **Date:** Thursday, November 12, 2015 – Friday, November 13, 2015
• **Location:** Dana Farber Institute, Jimmy Fund Auditorium Boston, Massachusetts
• Through lectures (with pre- and post-testing) and interactive panel discussions, this CME conference will educate providers who care for cancer survivors the latest research regarding prevention and management, and implementation strategies to enhance participants’ ability to provide high quality, collaborative care for cancer survivors.

**Renfrew Center Foundation Eating Disorders Conference for Professionals — Feminist Relational Perspectives and Beyond: Honoring the Past, Embracing the Future: 25 Years Later**
• **Date:** November 13-15, 2015
• **Location:** Philadelphia, PA
• Featuring Keynote Speaker Gloria Steinem, 18 CE credits available
• **More details and to register:** [www.renfrewconference.com](http://www.renfrewconference.com)

**Current Evidence on Non-caloric Sweeteners and their Health Implications**
• **Date:** November 16, 2015, 6:30-8:30pm
• **Location:** The New York Academy of Sciences, 250 Greenwich Street, 40th floor, New York, NY
• **Cost:** $20 nonmember
• **More Details:** [http://www.nyas.org/Events/Detail.aspx?cid=492eb4a1-d8f3-401d-8b72-b02de684c64c](http://www.nyas.org/Events/Detail.aspx?cid=492eb4a1-d8f3-401d-8b72-b02de684c64c)
World Congress on Insulin Resistance, Diabetes & Cardiovascular Disease
- **Date:** November 19-21, 2015
- **Location:** Hilton – Universal City, Los Angeles, CA
- **Cost:** $595 nonmember
- **More Details:** [http://wcir.org](http://wcir.org)

Longwood Rounds: Fecal Microbiota Transplantation for the Treatment of Recurrent Clostridium Difficile Infections and Beyond
- **Date:** Tuesday December 1, 12:00 – 1:00 PM (Lunch served at 11:30 AM)
- **Location:** Medical Education Center, Harvard Medical School, 260 Longwood Ave. Cannon Room (Building C1) Boston, MA
- **Speaker:** Jessica Ravikoff Allegretti, MD, BWH Department of Medicine/Gastroenterology

**Research Brief**


Kris Mogensen, MS, RD, LDN, CNSC, and RD Team Leader at BWH, along with colleagues from the A.S.P.E.N. malnutrition committee examined the current state of malnutrition in hospitalized patients and prevalence of malnutrition diagnosis. The article discussed the importance of addressing malnutrition as a national goal and as a patient safety concern. Actions that both health care organizations and clinicians can take to address prevention or treatment of acute or chronic disease-related malnutrition in hospitalized patients to improve the quality of patient care, improve clinical outcomes, and reduce costs were identified.

Full text available here: [http://www.ingentaconnect.com/content/jcaho/jcjqs/2015/00000041/00000010/art00006](http://www.ingentaconnect.com/content/jcaho/jcjqs/2015/00000041/00000010/art00006)


A recent pilot study conducted at Massachusetts General Hospital’s Department of Surgery, Division of Trauma, Emergency Surgery, and Surgical Critical Care examined the effects of continuing EN up to, and sometimes during, operative procedures (perioperative EN), and a temporary postoperative increase in the hourly EN rate to compensate for interrupted EN (compensatory nutrition) on surgical ICU patients undergoing elective tracheostomy. Results indicate this approach is feasible as patients in the fed group received significantly more nutrition on the day of surgery without complication and were not associated with increased morbidity.


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A literature review was conducted to examine the effects of glutamine supplementation on IBD, specifically if supplementation can optimize gut health, provide symptom relief, enhance quality of life, and decrease disease activity in IBD patients. Current research indicates moderate to high doses of glutamine (20-30g daily) seem to be beneficial to adults and animals, but too much can lead to tissue damage in the colon. Supplementing with minimal doses appears to be ineffective. While glutamine may have the potential to optimize gut health, reduce disease progression, enhance quality of life, and decrease symptoms for patients with IBD, it is still a topic that requires additional research before specific recommendations can be made. As such, glutamine supplementation should be used with caution as this area of interest warrants further investigation.

Full text available here:
http://web.a.ebscohost.com/ehost/pdfviewer/pdfviewer?sid=7382477d-a54b-4ec-9eed-48289c1be553%40sessionmgr4004&vid=0&hid=4114

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**Continuing Professional Education (CPE) Opportunities**

**Adult NFPE Hands-On Training Workshop**
- **What:** Please join us for an interactive, hands-on NFPE training workshop to provide registered dietitian nutritionists (RDNs) with the skills and knowledge necessary to perform NFPEs at their clinic, hospital, or patient center to aid in the diagnosis of malnutrition.
- **When:** November 12, 2015, 7:30am – 4:30pm, Methodist Health System, Omaha, NE
- **Cost:** $450 (includes cost of text)
- **Credits:** 10 CPEUs

**FNCE On-Demand: Session Recordings**
- **What:** Session recordings from FNCE 2012-2015
- **When:** Anytime
- **Cost:** $35/session or members pay $489 for entire FNCE 2015 weekend
- **Credits:** Over 100 CPEUs available
- **More Details:** [http://www.starlibraries.com/fnce](http://www.starlibraries.com/fnce)

**Dietitian Central.com | 7 Secrets of Success at Trade Shows, Health Fairs and Poster Sessions**
- **What:** Learn how to apply business skills and techniques to your dietetics career.
- **When:** Anytime
- **Cost:** $18

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• Credits: 1 CPEU
• More Details: www.dietitiancentral.com

Commission on Dietetic Registration | Managing Type 2 Diabetes Using the NCP Assess and Learn
• What: Online webinar describing the assessment and management of Type 2 diabetes using the nutrition care process. Complete a PowerPoint and online exam to earn CPEs.
• When: Anytime
• Cost: $45.99
• Credits: 5 CPEUs
• More Details: https://www.cdrnet.org

Commission on Dietetic Registration | Celiac Disease Assess and Learn
• What: Online webinar describing the assessment and management of celiac disease disorders. Complete a PowerPoint and online exam to earn CPEs.
• When: Anytime
• Cost: $45.99
• Credits: 5 CPEUs
• More Details: https://www.cdrnet.org

Commission on Dietetic Registration | Sports Dietetics: Nutrition for Athletic Performance
• What: Online webinar describing the utilization of nutrition to maximize athletic performance. Complete a PowerPoint and online exam to earn CPEs.
• When: Anytime
• Cost: $45.99
• Credits: 5 CPEUs
• More Details: https://www.cdrnet.org

Abbott Nutrition Health Institute Online Learning Center | An Overview of Cultural Competency: Focusing on Cultural Awareness
• What: Online webinar discussing the relevance of cultural competence in practice.
  When: Anytime
• Cost: Free
• Credits: 1 CPEU
• More Details: http://anhi.org/courses

Job Postings

Sr. Nutritionist – Brigham & Women’s Hospital, Boston, MA
• Part time – 20 hours/week
• Requirements: 2-3 years experience in oncology, advanced knowledge of nutritional management of forced fed patients (EN, TPN), CSO preferred
• **Responsibilities:** Responsible for nutritional assessments and implementing a plan of nutritional care for specialized oncology ambulatory populations, based on identification and assessment of a patient's nutritional needs, correlated with other health plans. Requires strong interpersonal and interviewing skills for competence in both clinical and managerial areas. Requires leadership in a variety of settings and formal and informal teaching to medical students, house staff, nurses, dietetic interns, and allied health personnel. Serves as a resource person in area of specialization for the hospital and community. Evaluates enteral products, collaborates with inpatient dietitians, acts as a preceptor for dietetic interns for the DFCI ambulatory rotation.

• **More information and to apply:**
  [https://partners.taleo.net/careersection/bwh/jobdetail.ftl?job=3005279](https://partners.taleo.net/careersection/bwh/jobdetail.ftl?job=3005279)

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**Sr. Dietitian – Brigham & Women’s Hospital, Boston, MA**

- Full time – 40 hours/week
- **Requirements:** 2-3 years experience preferred, CNSC preferred, must be CNSC within 1 year of employment
- **Responsibilities:** Responsible for designing and implementing a plan of nutritional care for specialized populations, based on identification and assessment of a patient's nutritional needs, correlated with other health plans. Requires strong interpersonal and interviewing skills for competence in both clinical and managerial areas. Requires leadership in a variety of settings and formal and informal teaching to medical students, house staff, nurses and allied health personnel. Serves as resource person in area of specialization for the hospital and community.

• **More information and to apply:**

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**Clinical Dietitian I Ambulatory – Beth Israel Deaconess Medical Center, Boston, MA**

- Full time – 40 hours/week
- **Responsibilities:** Lead group sessions for a behavioral weight loss program; briefly evaluate session participants on weekly visits (i.e. weight, BP, if appropriate). Develop/expand curriculum for weight loss program; recommend additional therapy to refractory patients. See patients one on one in an obesity clinic to develop personalized weight loss programs which may include meal replacements and pharmacotherapy in addition to lifestyle changes. Develop/maintain web site for weight loss program with up to date literature on nutrition and metabolism.

• **More information and to apply:**

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**Clinical Nutrition Specialist – Boston Children’s Hospital, Boston, MA**

- Per Diem

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- **Responsibilities:** Providing basic nutritional care to patients on assigned patient units and/or in outpatient clinics. Evaluating the medical, biochemical, and nutritional information and assesses patient needs in order to develop and implement the most appropriate nutrition care plans. Assisting in the supervision of the daily work of the dietetic technician.

- **More information and to apply:** [http://www.childrenshospital.org/career-opportunities/JobDetail?jobId=1994058](http://www.childrenshospital.org/career-opportunities/JobDetail?jobId=1994058)

**Clinical Nutrition Specialist Home Parenteral Nutrition – Boston Children’s Hospital, Boston, MA**

- Part time – 20 hours/week
- **Responsibilities:** Providing basic nutritional care to patients on assigned patient units and/or in outpatient clinics. Evaluating the medical, biochemical, and nutritional information and assesses patient needs in order to develop and implement the most appropriate nutrition care plans. Assisting in the supervision of the daily work of the dietetic technician.

- **More information and to apply:** [http://www.childrenshospital.org/career-opportunities/JobDetail?jobId=2144098](http://www.childrenshospital.org/career-opportunities/JobDetail?jobId=2144098)

**Clinical Nutrition Specialist IBD Satellites – Boston Children’s Hospital, Boston, MA**

- Part time – 30 hours/week
- **Responsibilities:** Providing basic nutritional care to patients on assigned patient units and/or in outpatient clinics. Evaluating the medical, biochemical, and nutritional information and assesses patient needs in order to develop and implement the most appropriate nutrition care plans. Assisting in the supervision of the daily work of the dietetic technician.

- **More information and to apply:** [http://www.childrenshospital.org/career-opportunities/JobDetail?jobId=2122522](http://www.childrenshospital.org/career-opportunities/JobDetail?jobId=2122522)

**Pediatric Nutritionist – South End Community Health Center, Boston, MA**

- Part time – 10-12 hours/week
- **Requirements:** Spanish speaking, RD or RD eligible
- **Responsibilities:** The Pediatric Nutritionist is responsible for nutritional counseling, assessing nutritional risk, and implementing individualized dietary plans with patients as appropriate. Patient care may include collaboration with the WIC program, as well as local, state and federal agencies for educational materials and other resources.

- **To Apply:** Please send your resume, cover letter, and salary requirements through any of the following channels.
  - Email: hrdept@sechc.org
  - Fax: 617-425-2081
  - Mail: Human Resources, 1601 Washington Street, Boston, MA 02118
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• More information: http://www.sechc.org/employment-information/

Registered Dietitian – Kindred Hospital, Peabody, MA

• Per Diem
• **Responsibilities:** Responsible for the assessment and planning of the nutritional care of the patients in accordance with applicable federal, state, and local standards, guidelines and regulations, policies and procedures, and in coordination with the Nutrition Services Supervisor/Manager to ensure that qualify food service and nutritional care is provided to the patients.

• **More information and to apply:**
**Featured Recipe**

**Spicy Lentil Wrap**

Serves: 6 (1 wrap each)

**Ingredients:**

**Filling**
- ½ cup red lentils (dry)
- ⅛ cup bulgur (dry)
- 1 cup diced white onion (about 1 onion)
- 2 tsp ground cumin
- 1 scallion, chopped
- 2 cups shredded green cabbage
- 2⅛ cups water
- 2 tbsp olive oil
- ½ tsp crushed red pepper flakes
- 2 tbsp chopped flat-leaf parsley

**Red pepper paste**
- 2 lb red bell peppers, roughly chopped (about 4)
- ½ tsp cayenne pepper
- ¼ tsp salt

**Directions:**

**Filling**

Combine lentils and water in a pot over medium heat. Bring to a boil, cover, and simmer until lentils are soft, about 20 minutes.

Turn off heat and stir in bulgur. Let stand until water is absorbed and bulgur is soft, about 30 minutes.

Heat olive oil in a pan over medium heat. Add onions and cook, stirring frequently, until soft.

Stir in cumin and crushed red pepper flakes. Continue cooking for one minute.

Add onions, scallions, and parsley to lentil and bulgur mixture. Stir to combine.

Allow mixture to cool before assembling wraps.

**Red pepper paste**

Add all ingredients to a food processor and puree. Add water to thin if necessary for blending. Pour the puree into a skillet.

Heat over medium-high heat and simmer, stirring occasionally, until reduced to a paste, about 15-20 minutes. Let cool before using.

**To assemble wraps**

Spread 2 tbsp red pepper paste on wrap. Spread ⅛ cup of lentil and bulgur mixture on top of red pepper paste. Top with 1/3 cup shredded cabbage. Roll from the bottom up.

*Recipe served in BWH cafeteria by BWH DI Stephanie Keim, adapted from thekitchn.com*

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