BetaCarrotTeen
Mentorship

📌 NDTR Scope-of-Practice Cheat Sheet

A quick reference for what NDTRs can and cannot do across common practice settings.

🏥 ACUTE CARE / HOSPITAL

NDTRs CAN:

- Complete nutrition screening & risk flags
- Assist with calorie counts & intake monitoring
- Provide diet education using approved materials
- Implement nutrition interventions per RD-established plans
- Document in EMR per facility guidelines
- Communicate patient progress to RDs
- Assist with tube feeding checks (non-clinical; per policy)
- Participate in QI projects

NDTRs CANNOT:

- Perform full nutrition assessments
- Independently diagnose malnutrition
- Adjust enteral/parenteral prescriptions
- Develop care plans without RD oversight

🏡 LONG-TERM CARE (LTC/SNF)

NDTRs CAN:

- Lead menu reviews & meal rounds
- Update care plans under RD supervision
- Document weights, intake, hydration issues
- Monitor wounds, swallowing concerns, appetite changes
- Coordinate with nursing on diet consistency & preferences
- Train staff on basic nutrition topics & sanitation

NDTRs CANNOT:

- Sign assessments or MDS Section K
- Provide medical nutrition therapy independently

🏥 OUTPATIENT / AMBULATORY

NDTRs CAN:

- Deliver basic nutrition education
- Run wellness/weight-management programs
- Assist with nutrition data collection for RD sessions
- Provide follow-up check-ins
- Create educational materials

NDTRs CANNOT:

- Provide MNT for chronic conditions
- Bill for medical nutrition therapy

🌱 COMMUNITY / PUBLIC HEALTH

NDTRs CAN:

- Lead cooking demos, classes, or workshops
- Conduct needs assessments
- Manage nutrition outreach programs
- Provide WIC nutrition education (varies by state)
- Coordinate volunteers, interns, or program data
- Build community partnerships

NDTRs CANNOT:

- Provide individualized clinical recommendations
- Sign off on federal grant nutrition sections (varies by agency)

✅ **Tip:** Always check **state regulations** and **facility policies**, as scope may vary.