

PRACTICE TIPS: The RDN - NDTR Team

Take the following STEPS to create and optimize the RDN - NDTR team in your organization and practice setting!

Step 1: Educate yourself and gather information.

- Read federal and state rules and regulations including state licensure, registration, or certification laws.
- Review the RDN and NDTR job descriptions for the organization.
- Examine facility policies as they pertain to the RDN/NDTR team. Assemble all documentation pertaining to how the NDTR is empowered to do the job they are doing in your facility.
- Analyze guidelines and requirements for the organization(s) that accredit the facility. (The Joint Commission, Healthcare Facilities Accreditation Program of American Osteopathic Association, DNV Healthcare, Public Health Accreditation Program, Commission on Cancer)
- Review the [Revised 2024 Scope and Standards of Practice for the NDTR](#), [Revised 2024 Scope and Standards of Practice for the RDN](#).
- Use the Scope of Practice Decision Algorithm: <https://www.cdrnet.org/scope>.

Step 2: Write your policies, procedures, or protocols governing the RDN - NDTR team from what you learned.

- Match first to state and federal regulations.
- Second, include requirements from your accrediting organization(s).
- Third, use CDR/Academy and industry evidenced-based practice guidelines and standards to develop procedures or protocols.

Step 3: Assess the competence of each NDTR and the RDN – NDTR Team.

- Determine the competence level of each individual supervised. Ensure they are competent to do the job the RDN is asking them to do.
 - Acquire competence through education, experience, and specialized training appropriate to the task(s) assigned. Document and keep record(s) of competence.
 - Use facility-specific tools to demonstrate competence.
- Existing procedures or protocols should be periodically reviewed and adjusted for the RDN - NDTR team to appropriately match current competencies to the work required.
- Use [Revised 2024 Scope and Standards of Practice for the NDTR](#), [Revised 2024 Scope and Standards of Practice for the RDN](#) and applicable CDR Essential Practice Competencies to assist with competency evaluations located at <https://www.cdrnet.org/UniversalPDPGuide>.

Step 4: Continually monitor competence to meet federal or state regulations and accreditation organization standards.

- Ensure technical personnel have the appropriate credentials as required by state regulations and/or organization policy/job description.
- Make certain the RDN is qualified based on education, experience, specialized training, or required certifications (e.g., CDR Certified Specialist in Pediatrics [CSP] or Renal [CSR]), and if required by state law, is licensed, certified, or registered by applicable state(s).
- Regularly review [Centers for Medicare and Medicaid Services](#) regulations and [accreditation standards](#) applicable to setting considering RDN and NDTR roles and responsibilities.
- NDTRs work under the clinical supervision of the RDN when engaged in direct client/patient/customer nutrition care activities involving the prevention or treatment of acute or chronic diseases or conditions in any setting. The RDN is ultimately accountable and responsible for application of the Nutrition Care Process (NCP) and the nutrition care services for the client/patient/customer.

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- The RDN can assign tasks to the NDTR within the Nutrition Care Process and workflow elements, based on competence level, but the RDN is ultimately accountable and responsible to the client/patient/customer, attending physician, employer/organization, and regulator for actions assigned to NDTRs and other technical and support staff.

What is meant by “Under the Supervision of a Registered Dietitian Nutritionist”?

The definition of supervision is contextual. It varies by setting, by profession, and by intent. For example, supervision may be categorized as to whether it is managerial, clinical, personal, or professional. Further, an individual’s experience in a work setting with supervision may affect their understanding of who a supervisor is and what supervision entails. In formulating a clear and precise definition of the term supervision as it applies to the [Revised 2024 Scope and Standards of Practice for the Nutrition and Dietetics Technician, Registered \(NDTR\)](#) both legal definitions and definitions used in similar practice circumstances were identified and analyzed.

Supervision is described in the [Revised 2024 Scope and Standards of Practice for the NDTR](#) as follows:
The NDTR and other professional, technical, and support staff work under the clinical supervision of the RDN when engaged in direct patient/client nutrition care activities in any setting:

- **The RDN is responsible for nutrition care:** work delegated to and completed by NDTRs and other staff, the RDN is accountable to the patient/client, employer/organization, and regulator.
- **Federal and state rules and regulations for health care facilities:** the qualified dietitian must supervise the nutritional aspects of patient care and provide nutrition assessments and dietary counseling.
- **State dietitian/nutritionist practice acts and regulations:** may define supervision, and if applicable, statutory scope of practice specifications for technical and other assistive staff.
- **NDTRs working in skilled or long-term care facilities:** work in collaboration with the staff or consultant RDN to address a resident's diet- or nutrition-related orders, including when the physician has delegated diet order writing to the RDN.

**Make sure to hire the right Tech –
Hire the Nutrition and Dietetics Technician, Registered - the NDTR!**

In this Practice Tips, the CDR has chosen to use the term RDN to refer to both registered dietitians (RD) and registered dietitian nutritionists (RDN) and to use the term NDTR to refer to both dietetic technician, registered (DTR) and nutrition and dietetics technician, registered (NDTR).

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