



LOUISIANA BOARD OF EXAMINERS IN DIETETICS AND NUTRITION

LBEDN Mission Statement:

Our mission is to assure the consumer of qualified licensed professionals. In pursuing our goal, we provide a process by which consumers may file complaints against our licensees or persons practicing dietetics/nutrition without a license.

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How are our Fees Used?

Do you ever wonder what the fees that you pay to the Board are used for? From time to time, we receive questions about this. The Board is a state agency, but is 100% self-funded, meaning that we receive no money from the state budget. The Board operates solely based on monies that it generates, which in this case is from its licensees. The Board performs no advocacy work but legislates to protect the public interest.

The Board uses the monies received to pay the board staff and associated employment benefits, shared office rent and expenses with the Louisiana Board of Examiners for Speech-Language Pathology and Audiology to cut down on costs and keep the renewal fees low, an electronic computer database system, and the Board's website. The Board also receives complaints about unlicensed practice and can receive complaints about incompetent practice of its licensees, which the Board consults with legal counsel on these matters. Another expense that the Board incurs that adds value to our licensed professionals is it's an annual contract for the Practitioner Health Program created to offer assistance to dietitians/nutritionists who may be suffering illness that could potentially affect their practice. This could be mental illness, substance abuse, or even a physical condition.

Regulatory licensing boards are legislatively mandated to protect consumers by providing for licensure and regulation of the profession.

Professional association membership dues/fees are used to represent and advocate for the profession in order to effect changes to service delivery and to increase public awareness of professional services. They also legislate to advance the profession of dietetics and nutrition.

Delinquent renewals continue until August 31 annually

Licensees are encouraged to log into their Licensee Dashboard to check the status of their license. If your status looks inaccurate, please do not submit a second renewal application. You should contact Tracy at tjeanmarie@lbedn.org or 225-313-6590.

Identification cards may be accessed and printed from your Licensee Dashboard upon review and approval of your renewal, within 3-5 business days. Please check your dashboard for an updated card. Fee receipts may also be accessed and printed from your Licensee Dashboard under the "Fees" tab.

If your renewal application is not approved, you will receive an email from the board requesting additional information. Please keep your contact information current.

Licensed Dietitian/Nutritionists must submit a **current CDR card** as proof of completion of continuing education requirements. The **card must be in pdf format.** Receipts or invoices from CDR are not accepted, AND membership cards are not accepted, and LDN licensure identification cards are not needed, as LBEDN issues and administers your licensure.

Provisional Licensed Dietitian/Nutritionists must submit Supervision Forms if working in the field of dietetics/nutrition. Continuing education certificates reflecting completion of 15 hours are also required.

If you have additional information to submit with your renewal, you may email the requested information directly to tjeanmarie@lbedn.org.



Meet the Board

Monica Pierson-McDaniels, MS, RDN, LDN
Board Chairperson

Martina Musmeci Salles, MPH, RDN, LDN, FAND
Board Vice Chairperson

Anita Ferdinand, MS, RD, LDN
Secretary/Treasurer

April Cintron, MS, RD, LDN
Board Liaison

Jennifer Duhon, MS, RD, LDN
Board Member

Marie Simpson, BSN, RN, CDE
Board Member

Susan Julius, M.D.
Medical Advisor

Consumer Member
Vacant

Board Member Spotlights



Meghan T. Kavanaugh, APRN, FNP-C, RD, LDN, CDE, BC-ADM

Meghan is a Family Nurse Practitioner, and a Licensed and Registered Dietitian. She has over 10 years of experience in diabetes education and management.

Meghan has been a Certified Diabetes Educator since 2010 and has held the advanced certification of Board Certification in Advanced Diabetes Management since 2013.

Meghan has worked at Diabetes Care Center in Ruston, Louisiana since their opening in 2013.

Mrs. Kavanaugh has served the Board since 2016.

Stephenie Marshall, MS, RDN, LDN, CCHC



Stephenie is currently serving as the Executive Director with Daughters of Charity, overseeing the operation of seventeen Community Health Center Programs and seven school based health services. She has an extensive background in the areas of public health and community nutrition; specializing in supplemental foods programs of the United States Department of Agriculture, Project Head Start Nutrition Area Specialization and emergency preparedness.

Stephenie has actively served in her local, state, and national dietetic/nutrition associations, as President of the New Orleans Dietetic Association for several terms, and as Past President of the Louisiana Dietetic Association.

Mrs. Marshall served the Board from 2018-2021.

Jennifer Jackson, EdD, RD, LDN



Dr. Jennifer Jackson is President and CEO of the nutrition consulting business she founded in 2014. Her clients include the Louisiana Department of Corrections, Louisiana Office of Juvenile Justice, several parish correctional centers and juvenile detention home, along with LARC – a program for people with developmental disabilities, and WIC – a nutrition program for low income women, infants, and children.

Dr. Jackson is assisting future dietitians by serving as guest lecturer at LSU and proctor for dietetic interns at McNeese University, Tulane University, North Oaks Health System, and Nicholls University.

Dr. Jackson served the Board from 2019 to 2022.

Meghan, Stephenie, and Jennifer's terms concluded this year. Thank you all for volunteering your time and talent to LBEDN over the past several years! We appreciate their service, dedication, and contributions to the Board. All three have truly added value to the Board during their tenure.

Board Member Spotlights continued

Susan Julius, MD, ABAM, ABFM, AAMRO

Susan is board certified in Family and Addiction Medicine as well as Physical Therapy, and holds a special degree in urine drug testing analysis.

Her background in family practice, addiction medicine, and general surgery helped her to better understand the biology of addiction. She used her professional experience along with her personal journey in recovery to treat patients and families with this disease for over ten years. Currently, she is the Medical Director at Townsend Recovery Center in New Orleans.

Susan has been an expert consultant and keynote speaker for American Addiction Centers. She worked with the New Orleans Re-entry Program, is active in AA, and served on the Local Action Committee for International Doctors in Alcoholics Anonymous. She is a member of the American Society of Addiction Medicine, American Academy of Family Physicians, the American Medical Association, and the American Association of Medical Review Officers.

Dr. Julius served the Board from 2019 to 2022.



Dr. Julius' term concluded this year. She plans to continue serving until a new appointment is made for her position, or as long as her busy schedule allows. Her dedication over the past three years is appreciated by LBEDN! Her insight and experience have added great value to the Board.

April Cintron, MS, RD, LDN

April has been a Licensed, Registered Dietitian for over 18 years.

April has several years of experience in Clinical Nutrition and Food Service Management, as well as academia. She currently holds the position of Corporate Director of Nutrition Services for Oceans Behavioral.

Mrs. Cintron has served the Board since 2016.



April was reappointed to her board position for a second term, which expires on October 26, 2023. LBEDN is happy to continue benefiting from her experience and perspective, and thanks her for her continued service.

Did you know?

The terms “Registered Dietitian”, “RD” or “RDN” and “Licensed Dietitian/Nutritionist”, “LDN” are not the same and are not interchangeable. A Registered Dietitian is someone who has completed certain criteria and has voluntarily gained a certification. A Licensed Dietitian/Nutritionist or Provisional Licensed Dietitian/Nutritionist has completed the licensing requirements and obtained the proper licensure in the state they are in to legally provide services. The license is mandatory, where the certification is voluntary. Some jobs may require certification, but a certification is not required by law to practice.

Are You Operating Within Your Scope of Practice?

by: **Monica Pierson-McDaniels, MS, RDN, LDN**

Scope of practice for licensed dietitians/nutritionists includes a variety of roles and activities with which nutrition and dietetics practitioners perform. Scope of practice is established within the [Louisiana Practice Act \(RS 37:3081 CHAPTER 41. DIETITIANS AND NUTRITIONISTS\)](#) and regulated and enforced by the [Louisiana Board of Examiners in Dietetics and Nutrition](#). In today's dynamic and diverse health care environment, there is an increasing demand for qualified food and nutrition service practitioners and managers to perform in varied settings.

How do you determine if you are working within the scope of a licensed dietitian/nutritionist in Louisiana?

The Louisiana Practice Act defines “dietetic/nutrition practice” as the integration and application of principles derived from the sciences of nutrition, biochemistry, food, physiology, management, behavioral, and social sciences to achieve and maintain client health through the provision of nutrition care services, which shall include:

- (a) Assessing the nutritional needs of individuals and groups based upon appropriate biochemical, anthropometric, physical, and dietary data to determine nutrient needs and recommend to the primary health care provider appropriate nutritional intake including enteral and parenteral nutrition.
- (b) Establishing priorities, goals, and objectives that meet nutritional needs and are consistent with available resources.
- (c) Providing nutrition counseling by advising and assisting individuals or groups on appropriate nutritional intake by integrating information from the nutritional assessment with information on food and other sources of nutrients and meal preparation consistent with cultural background and socioeconomic status.
- (d) Developing, implementing, and managing nutrition care systems.
- (e) Evaluating, making changes in, and maintaining standards of quality in food and nutrition care services.
- (f) Within a healthcare facility licensed by the Louisiana Department of Health, ordering appropriate nutritional intake, including enteral and parenteral nutrition, and ordering appropriate laboratory tests to monitor the effectiveness of the dietary plan, subject to the approval of and authorization by the licensed healthcare facility's medical staff or bylaws.

A big misnomer that the Board sees related to practice, is regarding the use of dietitian and/or nutritionist titles. Many states do not have title protection, but we are fortunate that Louisiana does offer title protection for the terms “dietitian”, “dietician” and “nutritionist” or any abbreviation or facsimile thereof. This protects the consumer and causes less confusion on who is qualified to provide dietetics/nutrition services.

Another helpful tool is from the Academy of Nutrition and Dietetics (AND), which provides a Scope of Practice Decision Algorithm to assist with a self-evaluation to determine if a desired activity (i.e., role, service, or intervention) is within the dietetic/nutrition scope of practice.

The 411 on CEU's for Louisiana License Renewal

By: April Cintron, MS, RD, LDN

Continuing education is not only an important part of staying current with practice, but it is also a requirement to renew both a provisional LDN license and the LDN license with the Louisiana Board of Examiners in Dietetics and Nutrition. Continuing education requires the dietetic/nutrition practitioner to engage in life-long development to maintain and improve knowledge and skills for competent practice.

The Board accepts a copy of a current Commission on Dietetic Registration (CDR) card provided by the licensee to the board at the time of renewal, as proof of continuing education for fully licensed dietitians/nutritionists.

For renewal of a provisional license (Provisional LDN), licensees must submit proof of at least 15 hours of continuing education per license year. Continuing education will be pro-rated based upon the time of year that an individual is licensed.

Jan, Feb, March	6 hours
April, May, June	0 hours
July, Aug, Sept	15 hours
Oct, Nov, Dec	9 hours

Workshops in the area of dietetics and nutrition sponsored by professional organizations such as the Academy of Nutrition and Dietetics (AND) and the Louisiana Academy of Nutrition and Dietetics (LAND) are acceptable by LBEDN.

Continuing education hours may be approved for viewing trade and educational exhibits. A listing of exhibitors/poster sessions is required. LBEDN will grant 1 hour for review of exhibits/poster sessions, up to a maximum of 3 continuing education hours per year.

Academic courses in the area of dietetics/nutrition may be completed after licensure is approved. Academic courses taken for credit or audit, including those taken by correspondence, must be successfully completed at a U.S. regionally accredited college/university. A syllabus and official transcript indicating a passing grade or a letter from the course instructor on the institution's letterhead verifying audited coursework must be submitted with the request for continuing education hour approval.

	Credit	Audit
1 hour semester credit	15 hours	8 hours
1 hour trimester credit	14 hours	7 hours
1 hour quarter credit	10 hours	5 hours

Online education approved by CDR will be accepted and will be granted for the actual contact hours.

Contact Us

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BOARD PRESENTATIONS:

Is your group interested in having a Board member present information regarding licensure law, board activities or related topics? The Board is interested in addressing your needs. We especially welcome the opportunity to speak with student groups, interns, and district associations. To request a presentation, please call or email Tracy at the Board office. We ask that you make your request three months in advance if possible. We want to meet with you to share about our law and rules, and to answer your questions.

This process makes that possible!