



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.

LBEDN NEWS

April 2021

Licensing Updates - Telenutrition

1. I am a Louisiana licensed dietitian/nutritionist. Can I provide telehealth services to clients who live in Louisiana?

Yes. A Louisiana license covers the delivery of dietetic/nutrition services, no matter what method of delivery is chosen.

2. I am a Louisiana licensed dietitian/nutritionist. What if my client who lives in Louisiana travels or moves to another state? Can I continue to provide services via telehealth?

In most cases, you need to be licensed in the state that you are in and in the state the client is in. This depends on the laws and rules that regulate dietitians/nutritionists in that state.

3. I am a Louisiana licensed dietitian/nutritionist. Can I provide telehealth services to clients who do not live in Louisiana?

A license is required to provide dietetic/nutrition services in most states. Prior to providing services outside of Louisiana, please check the laws and rules that regulate dietitians/nutritionists in the state where the client is located.

4. I am a Louisiana licensed dietitian/nutritionist. Am I required to have an in-person initial intake session before providing dietetic services by telehealth?

There is no provision of Louisiana law or rule that requires an in-person initial intake session. If the client is located in another state, you would need to contact the appropriate state licensing board or agency to find out if a telehealth license/registration is required as well.

5. Can a dietitian/nutritionist from another state provide telehealth services to a client who is located in Louisiana without holding a Louisiana license?

No. Individuals providing services in Louisiana, regardless of the chosen method of service delivery, must be licensed in Louisiana. Dietetic/Nutrition services are considered originated at the patient's location as defined in R.S. 40:1223.3. Louisiana law prohibits the practice of dietetics/nutrition in Louisiana without a license. Louisiana law also prohibits a dietitian/nutritionist who provides services to Louisiana clients from using the titles and terms "Licensed Dietitian/Nutritionist" or "LDN" "Registered Dietitian", "Registered Dietitian/Nutritionist", "RD", or "RDN", if the individual is not licensed in Louisiana, regardless if the individual is currently registered by the Commission on Dietetic Registration (CDR).

BOARD OPERATIONS

LBEDN continues to grow! We are continuing to see impressive numbers of new, reinstated, and upgraded licensees each fiscal year.

	07/01/2016 through 06/30/2017	07/01/2017 through 06/30/2018	07/01/2018 through 06/30/2019	07/01/2019 through 06/30/2020
New LDNs	55	77	86	94
Reinstated LDNs	19	9	11	18
New Provisional LDNs	29	22	30	26
Upgraded Licenses	19	15	26	22
FISCAL YEAR TOTALS	122	123	153	160

Helpful tip

The renewal period opens on April 15 annually, with all licenses lapsing on June 30. Renewals are offered online only and are secure. Licensees may request Inactive Status at the time of renewal. Inactive status may be granted to licensees who are no longer practicing in Louisiana, but who wish to maintain licensure.

Upcoming Events

Remaining 2021 Board Meeting Dates

April 16, 2021
August 13, 2021
November 12, 2021



Meet the Board

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

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

Stephenie Marshall, MS, RDN, LDN, CCHC
Secretary/Treasurer

Jennifer Hightower Jackson, EdD, RD, LDN
Board Member/Liaison

April Cintron, MS, RD, LDN
Board Member

Meghan Kavanaugh, APRN, FNP-C, RD, LDN, CDE, BC-ADM
Board Member, Nurses Association

Susan F. Julius, M.D.
Medical Advisor

Vacant
Public Member

A MESSAGE FROM THE BOARD

Greetings Colleagues!

We are finally seeing that there is a light at the end of the tunnel as it relates to the pandemic and associated restrictions. Among the many encouraging signs are lower infection rates, the rollout of the vaccine, and easing of travel orders and operating restrictions. The move to Phase 3 mitigations is encouraging for our Louisiana citizens, restaurants, food service establishments museums, attractions, and more.

I must say that the nutrition professional has played an integral role in the fight against COVID-19. I applaud you all for ensuring that Louisiana citizens were well nourished throughout this past year. So if you prepared meals, managed food service operations, managed food safety, taught virtual nutrition courses, issued WIC food benefits, or provided nutrition care and assessments for inpatients and outpatients, your contribution is of great value!

As we ramp up to a "new normal" and navigate through the necessary steps, the Board will continue to move toward optimal efficiency in licensing nutrition professionals and protecting Louisiana consumers against maleficence.

It is my opinion that we, Licensed Dietitian/Nutritionists, shine brighter together when we stay connected and collaborate. With that thought in mind, do not hesitate to reach out to our office with any questions, thoughts, or concerns.

All the best,

Monica Pierson-McDaniels, MS, RDN, LDN
LBEDN Chairwoman

Help for Louisiana Licensees during the Pandemic

The COVID-19 pandemic has had a major effect on everyone. Isolation, fear, and loss of income can trigger an emotional response, or worsen pre-existing conditions such as anxiety, depression, and alcohol or substance abuse. Licensees may contact HPFL directly to gain help for substance abuse issues, depression, anxiety, mental illness, or addiction. Assistance offered by HPFL is confidential.

You may visit the Board's website, www.lbedn.org for more information. There is a "Healthcare Professionals' Foundation of Louisiana" tab located under "Licensee Info". You may also visit HPFL's website www.hpfla.org. If you or someone you know needs help, please contact HPFL directly at (888) 743-5747 for assistance.

COVID-19 and the Licensed Dietitian/Nutritionist

By: Martina Musmeci Salles, MPH, RDN, LDN, FAND

COVID-19 is a disease caused by SARS-CoV-2 that can trigger a respiratory tract infection. It can affect the upper respiratory tract (sinuses, nose, and throat) or lower respiratory tract (windpipe and lungs). Several studies have shown that micronutrients such as vitamin C, vitamin D, zinc and melatonin have been known to boost the immune system and reduce the risk of respiratory infection. Since SARS-CoV-2 is a respiratory infection, these micronutrients have been prescribed since the beginning of the COVID-19 pandemic.

Because a Licensed Dietitian/Nutritionist is an expert at nutritional assessments on an individualized basis, LDNs are at the forefront of treating medical conditions and their symptoms by using natural foods, vitamins, and supplements. COVID-19 is no exception. By evaluating and assessing a patient or client, you, the LDN, can educate that individual about which foods contain the nutrients and micronutrients needed for optimal health. By creating an individualized plan of care, the LDN can assist in prevention, and maintenance of vitamins to help with COVID-19.

Zinc

- Known to promote immune function
- Has a role in antibody and white blood cell production
- Zinc deficiency increases inflammation, and decreases the production of antibodies
- Zinc supplementation may reduce the duration of cold symptoms, even if taken once symptoms have begun

How to Increase Zinc

Meat (Beef, Poultry, Lean Pork, Lamb)
Shell Fish (Oysters, Shrimp, Scallops)
Legumes (Chickpeas, Lentils, Beans)
Seeds (Sesame, Pumpkin, Sunflower, Hemp)
Nuts (Cashews, Pine)
Green Vegetables (Spinach, Kale, Broccoli)
Shiitake Mushrooms
Garlic
Oatmeal
Low Fat Yogurt
Dark Chocolate

Vitamin D

- Boosts the function of immune cells
- Vitamin D deficiency is common (lack of sun exposure, corticosteroid use, age, and darker skin is associated with lower concentrations of 25-hydroxyvitamin D)
- Vitamin D deficiency is associated with higher incidence of acute respiratory infections; supplementation has been shown to decrease the incidence of these infections

How to Increase Vitamin D

Sun Exposure is also an important source of vitamin D.
Fatty Fish (Wild Salmon, Atlantic Herring, Sardines, Cod)
Egg Yolks
Milk, Juices, Oatmeal, and Breakfast Cereals fortified with Vitamin D and Calcium (Calcium helps the body absorb Vitamin D)

Vitamin C

- Known as an antioxidant that boosts the immune system
- Helps prevent inflammation
- Helps protect against some viral and bacterial infections
- Has been shown to reduce the duration and severity of upper respiratory tract infections
- Vitamin C supplementation should not be above 2,000 milligrams/day

How to Increase Vitamin C

Citrus Fruit (Oranges, Orange Juice)
Fruit (Strawberries, Kiwifruit, Guavas, Papaya)
Vegetables (Broccoli, Brussels Sprouts, Bell Peppers, Tomatoes, Kale)

Melatonin

- Supports a healthy immune system
- Recommended dose of 0.5 to three milligrams should be sufficient; or no more than 5 milligrams (too much can cause daytime sleepiness)

How to Increase Melatonin Production

Nuts (Almonds, Pistachios, Walnuts) are a good source of melatonin.
Turkey contains amino acid tryptophan, which increases the production of melatonin.
Tart Cherry Juice, naturally rich in melatonin, may improve your quality of sleep when consumed before bed.

Dietetics/Nutrition

Practice In Louisiana

- ✓ **Must be Licensed in the State of Louisiana to practice or work as a Dietitian/Nutritionist**
- ✓ **Must be a Licensed Dietitian/Nutritionist (LDN) to use the Credentials RD or RDN in the State of Louisiana**

Applying for LDN License

- Successfully passing the Entry-Level Registration Examination for Dietitians and provide proof which would be a letter from CDR or CDR Card
- Accreditation Council for Education in Nutrition and Dietetics (ACEND) Verification Statement
- College Transcripts showing degree awarded

Applying for PL-LDN License

- Accreditation Council for Education in Nutrition and Dietetics (ACEND) Verification Statement
- College Transcripts
- After successfully passing the Entry-Level Registration Examination for Dietitians provide LBEDN with a letter from CDR or CDR Card in order to upgrade to LDN
 - Must apply for upgrade to LDN License - not automatically upgraded
 - ❖ Upgrade must be submitted online through Licensee Dashboard
 - ❖ Supervision must continue until upgrade is official

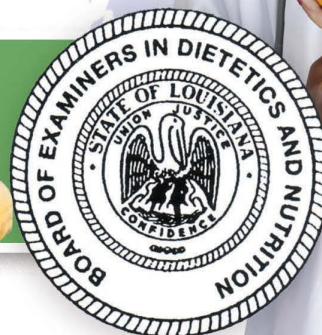
Louisiana Board of Examiners in Dietetics and Nutrition (LBEDN)

LBEDN regulates the profession of Dietetics and Nutrition in Louisiana. Our mission is to assure the consumer of qualified licensed professionals. The Board has the authority to accept complaints against licensed practitioners and even unlicensed practitioners who are practicing in the scope of a dietitian and/or nutritionist, or an individual who uses such titles. The Board is a regulatory body; not a dietetic and/or nutrition advocacy group. The Board grants Licenses to Dietitians/Nutritionists to practice in the State of Louisiana.

Types of Licensure in Louisiana regulated by LBEDN

- * Provisional Licensed Dietitian/Nutritionist (Provisional LDN)
- * Licensed Dietitian/Nutritionist (LDN)

Licensure is mandated by Louisiana law to practice dietetics and/or nutrition in the state of Louisiana. Licensure was put in place by the legislature in an effort to protect the consumer, by insuring that qualified professionals practice in Louisiana.



225.313.6590 • www.lbedn.org



Role of Professional Associations

Associations advocate for the profession legislatively and promote the profession. These require membership. Our professional associations are:

- Academy of Nutrition and Dietetics (AND)
- Louisiana Academy of Nutrition and Dietetics (LAND)
- District Dietetic Associations

Board Members:

Monica Pierson-McDaniels

MS, RDN, LDN
Board Chairperson
LAND Appointee
Zachary, LA

Martina Musmeci Salles

MPH, RDN, LDN, FAND
Board Vice Chairperson
Dept of Agriculture Appointee
Destrehan, LA

Stephenie Marshall

MS, RDN, LDN, CCHC
Secretary/Treasurer
LAND Appointee
New Orleans, LA

Jennifer Jackson

EdD, RD, LDN
Board Liaison
LAND Appointee
Lafayette, LA

April Cintron

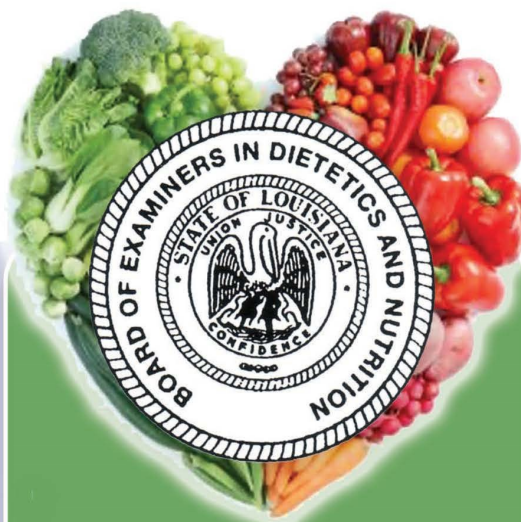
MS, RD, LDN
Board Member
LAND Appointee
Pineville, LA

Meghan Kavanaugh

APRN, FNP-C, RD, LDN, CDE, BC-ADM
Board Member
LA State Nurses Association
Ruston, LA

Susan F. Julius

M.D.
Medical Advisor
LA State Medical Society
New Orleans, LA



New Rule for Entry-Level Degree Dietitians

Entry-level degree requirement for dietetics/nutrition will be increasing to a minimum of a graduate degree at the national level as of January 1, 2024. According to CDR, a graduate degree includes a master's degree, practice doctorate, doctoral degree (e.g. M.S., M.P.H., Ph.D., Ed.D., and Sc.D.).

Dietetic/Nutrition Telehealth Practice in Louisiana

The provision of telenutrition in Louisiana is covered under the Louisiana Dietetic/Nutrition license. When telenutrition is used and the Dietetic/Nutrition practitioner and the patient or client are located in different states, the Dietetic/Nutrition practitioner providing the patient care services must be licensed in the state where the patient is located.

Commission on Dietetic Registration (CDR)

CDR is the credentialing agency and organization unit for the Academy of Nutrition and Dietetics. CDR serves the public by establishing and enforcing standards for certification, recertification and the Code of Ethics, and by issuing credentials to individuals who meet these standards. CDR administers the Board's approved examination, which is the Entry-Level Registration Examination for Dietitians.

Registered Dietitians have the option to use either the "Registered Dietitian (RD)" or "Registered Dietitian Nutritionist (RDN)" credentials along with their licensure designation.

In the state of Louisiana you cannot use the credentials RD or RDN until you are licensed.

As RD's and RDN's progress beyond entry level practice they may choose to concentrate on a specific area of dietetics. The Commission on Dietetic Registration offers board certified specialist certification in Pediatrics (CSP), Renal (CSR), Gerontological (CSG), Oncology Nutrition (CSO), Sports Dietetics (CSSD), Obesity in Weight Management

Contact Us:

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Annual Licensure Renewal Process

Licensees must log into their Licensee Dashboard at www.lbedn.org using the email address and password on file. Once submitted, the renewal application will be reviewed. Licensees will be contacted by email if further information is required. Licensees must check their dashboard to confirm that the renewal has been approved and to access identification cards, as no notice of approval will be sent. Receipts may be printed from the "Fees" section on the Licensee Dashboard.

Renewal Fees have remained the same and are as follows:

License Renewal Fee (April 15—June 30)	\$80
Delinquent Renewal Fee (July 1—August 31)	\$160
Inactive Renewal Fee (April 15—June 30)	\$45
Delinquent Renewal Fee (July 1—August 31)	\$90

Before beginning the renewal process, licensees must:

- Review all information on Licensee Dashboard and update as needed.
- Add/edit current Employment Information.

While Completing Online Renewal:

- **LDNs**
 - Must upload a copy of current CDR card (LDN ID card, CDR letter or receipt, or expired CDR card will not be accepted).
 - When entering CDR information, please be sure to enter the CDR number as it appears on the card, without any letters or symbols. CDR numbers should be between 5 and 8 digits.
 - When entering the issue date, you may use the issue date on your most current card.
- **Provisional LDNs**
 - Must attest to completion of 15 continuing education hours and upload supporting documentation into renewal application. All certificates must be in one file, as only one CE upload is allowed.
 - A Supervision Form must also be uploaded into the application if employed in dietetics/nutrition. All pages of form must be uploaded into the renewal application as one file, as only one Supervision upload is allowed.

Unraveling the Complaint Process

The Board is authorized to accept complaints for licensed and unlicensed practice. Complaints can be accepted from anyone, including other dietitians, patients, or consumers. Complaints can be filed online at [www.lbedn.org/Enforcement Action/File A Complaint](http://www.lbedn.org/EnforcementAction/FileAComplaint). Once received, the Board considers all complaints at their next board meeting. The process is different for licensed vs unlicensed complaints. Typically for unlicensed individuals the Board will send a letter informing the individual that there is a license law in place in Louisiana. Many times, people are simply unaware of the laws and their violation of the law and change their online information and stop the offending behavior. Other times, the Board must get the Attorney General's office involved.

For licensed practitioners, the Board can handle complaints a variety of ways. After investigation, the Board may dismiss the matter or offer a Consent Agreement and Order, if warranted. Stipulations can range from a fine, open book examinations, reporting of the complaint to CDR/ADA, or other stipulations as the Board sees fit.

Unlicensed and licensed complaints are handled differently because the Practice Act grants the Board the authority to file for injunctive relief (through the Attorney General's office) for unlicensed practice, but the Board has full jurisdiction/disciplinary authority over individuals licensed by the Board. While it was once considered taboo to file a complaint, it is a necessary process to ensure competent and scrupulous practice in Louisiana.

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!