

What To Expect.....

Dietitian/Nutrition Counselling:

As you begin your care with our Nutrition Counselling Program, an important first step is to ask yourself the following questions:

- What is my goal for treatment?
- What changes am I willing to make in my daily routine?



Nutrition Counselling:

Nutrition counselling is delivered by a Registered Dietitian using best practice to achieve results based on your individual needs.

Counselling is time-limited with the number of sessions you will receive determined after your initial appointment based on the clinical judgement of the Dietitian and up to a maximum of 5 sessions. If additional support is required at a later date, your Primary Care Provider can submit a new referral on your behalf.

Treatment is voluntary and you may end services at any time.

We require at least 24 hours notice to cancel or reschedule an appointment.

If you miss an appointment you will be contacted by phone to confirm your interest in continuing with the program. If we do not hear from you after two attempts to contact you, your file will be closed and a new referral will need to be made by your Primary Care Provider to begin services again.

You will be required to attend regularly scheduled appointments to effectively address your wellness. Two (2) consecutive no show or missed appointments impacting your ability to achieve your care plan may result in your discharge from the program.

Program Principles:

Education: Nutrition counselling provides you with a new way of understanding and thinking about how to use diet to prevent chronic diseases and manage symptoms.

Treatment Plans: An in-depth assessment will be completed to create a nutrition plan that is unique to you. Initial nutrition assessments are 60 minutes in length with follow-up sessions being 15-30 minutes in length. Treatment plans may also include exercise recommendations.

Goal-Oriented: Nutrition counselling using objective measures helps you set as well as achieve your goals using SMART (Specific, Measurable, Attainable, Realistic, and Time-Oriented) method.

Accountability: During each session you will discuss how you have implemented healthy lifestyle changes into your everyday life.

Consistency: Regardless of your goals, working towards them requires consistency. The focus of your treatment plan will keep consistency in mind and be modified to allow you to keep up with the program, using nutrition principles taught during your sessions.

Your Primary Care Provider will Always be Updated: The Dietitian will send updates on your care to the Primary Care Provider that referred you to this program so they are aware of your progress.