

What is a Registered Dietitian?

A Registered Dietitian (RD) is a licensed, qualified healthcare professional, having undertaken extensive education and clinical training. RDs must meet national registration requirements and maintain high levels of expertise through continuing education.

Dietitians are experts in Medical Nutrition. They use the most up-to-date public health and scientific research on food, health and disease which they translate into practical guidance. Registered Dietitians help people manage their medical conditions, symptoms and weight by educating them to be able to make appropriate food and lifestyle choices.

We are the only registered health professionals able to be directly reimbursed by insurance as a provider of Medical Nutrition Therapy including assessment, diagnosis and treatment of dietary and nutritional problems.

A Nutritionist is not a Dietitian or healthcare professional. They are not qualified to provide Medical Nutrition advice. Whilst some nutritionists hold a nutrition degree this is not a mandatory requirement.

If you are interested in finding out more about becoming a Dietitian please do not hesitate to contact us at Island Nutrition.



ISLAND NUTRITION

*Improving access to High Quality
Nutritional Care*

ISLAND NUTRITION LIMITED

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About Island Nutrition

Island Nutrition employs only qualified, experienced, Registered Dietitians (RDs) who are experts in Medical Nutrition. Our Dietitians counsel clients on behavioural and lifestyle changes required to impact long-term eating habits and prevent or manage disease.

Following a community-based model of care, we bring Medical Nutrition Therapy to the community to provide better access to care and improved outcomes. We aim to help reduce long-term healthcare costs by reducing prescription drug use, hospital admissions and preventing and managing chronic disease.

Island Nutrition strives to keep waiting times to a minimum and clients can be seen at a time which is most convenient for them. We are centrally located and close to ample car parking at City Hall or Bulls Head parking lots.

Our Aims at Island Nutrition

- 📍 Reducing malnutrition and reducing hospital admissions
- 📍 Creating Wellness and preventing long term disease
- 📍 Family centred
- 📍 Ongoing support

Location

Our main clinic base is 4th Floor, Dallas building, 7 Victoria Street. (Access from Victoria Street near City Hall or from Park Road)

Alternatively clients can be seen in a location that is suitable and convenient for them e.g. home visits, Nursing and Care homes, LD schools and workplaces.

What happens in an appointment?

The Dietitian will perform a comprehensive nutrition assessment of the client and the nutritional problem. Jointly with the client they will plan and create a practical, realistic, nutrition intervention using up-to-date clinical evidence. Monitoring and evaluation of an individual's progress will occur over subsequent visits with the Dietitian.

Initial appointments are 45-60 minutes

Follow-up appointments are typically 15 minutes

**Ask your physician for a referral to Island Nutrition
Fax 295-5245 or email info@islandnutrition.bm**



Registered Dietitians at Island Nutrition provide Medical Nutrition Therapy and other nutrition services for a variety of diseases and conditions including:

- 📍 **Cardiovascular Diseases:** hypertension, dyslipidaemia, heart disease/heart failure, Diabetes, Stroke
- 📍 **Gastrointestinal Disorders:** Coeliac disease, cirrhosis, IBS, Crohn's disease, constipation, food intolerance, inflammation
- 📍 **Nutritional Support:** oral, enteral, parenteral e.g. Cancer, learning disabilities, weight loss, COPD, wound healing, swallowing problems, tube feeding
- 📍 **Paediatrics:** infant/child feeding, failure-to-thrive, weaning/complementary feeding, chronic constipation, obesity, behavioural problems e.g. ADHD
- 📍 **Kidney Disease:** insufficiency, CKD, chronic failure, transplantation, dialysis
- 📍 **Weight Management:** overweight/obesity, bariatric surgery, disordered eating
- 📍 **Women's Health:** pregnancy, osteoporosis, anaemia
- 📍 **Inflammatory disease:** Arthritis, gout
- 📍 **Disease Prevention:** general wellness, healthy eating, workplace education
- 📍 **Sports and performance nutrition**