

## **Examples of Cases of Harm**

Please report any practitioner who is practicing Medical Nutrition Therapy (MNT) in the state of Indiana without Registered Dietitian Nutritionist (RDN) credentials or state licensure. Also, report practitioners and licensees who violate the code of ethics of the Academy of Nutrition and Dietetics and/or the standards of practice of the Indiana Medical Licensing Board.

These are examples of potential cases of harm that can affect clients who are counseled by individuals who do not meet the RDN licensure criteria in Indiana. Each of these scenarios place the client at risk for hospitalization and additional health concerns.

### 1. Direct patient harm

- a. Client with congestive heart failure advised to use sea salt instead of regular salt.
- b. Client is counseled to change diet, medication, and begin supplements without review of previous medical records and laboratory values.
- c. Client with diabetes advised to discontinue insulin and fast to reduce blood glucose levels.

### 2. Financial harm

- a. Recommendation for unproven supplements or weight loss treatments.
- b. Client having to pay for additional healthcare to correct the physical and emotional harm caused by a dangerous treatment recommendation.

### 3. Recommendations in direct conflict with evidence-based MNT:

- a. Cancer patient, under treatment, who is advised to eat only raw fruits and vegetables resulting in weight loss and protein deficiency.
- b. Practitioner who is not certified sells high protein supplements to a patient with advancing kidney disease.
- c. Potential food drug interaction is ignored when an uneducated practitioner recommends grapefruit for weight loss to a client who takes Zocor.

### 4. Failure to refer to a licensed professional or higher level of care when clinically appropriate.

Note: These are examples of harm that have occurred in other states and are shared from other state affiliates of the Academy of Nutrition and Dietetics.