

Nutrition Services



What Are Nutrition Services?

Nutrition services are provided by registered dietitians. A registered dietitian is a medical provider and trained nutrition expert that can provide individual nutrition recommendations. Our registered dietitians provide comprehensive medical nutrition therapy to infants, children, adolescents and adults with nutrition and feeding problems. Research has proven that nutrition is the foundation of growth and development, and we aim to help all patients thrive and grow. Our team of registered dietitians works closely with other medical teams to ensure that nutrition is optimized during hospital stays and in outpatient specialty clinics. Each patient at Gillette is special and unique and we strive to meet the individual needs of the patient.

Because our dietitians collaborate closely with the outpatient medical teams, including participation with the Complex Care Clinic, Feeding Clinic, Craniofacial Clinic, Neuromuscular Clinic, GI Clinic and Ketogenic Diet Clinic, they have extensive knowledge of medical and nutrition conditions that may be considered “rare” in other settings. We also see patients independently if they have been seen by a medical provider within the Gillette organization.

A registered dietitian is available on every inpatient care unit at Gillette Children's. We participate in interdisciplinary rounds with the inpatient care team each morning. If your child requires a nutrition assessment and evaluation during their inpatient stay, the dietitian will consult with you and the medical team to develop a nutrition care plan and provide nutrition education as needed. We work closely with Regions Food and Nutrition Services to help provide meals and tube feedings that meet your child's specific needs.



Conditions We Treat

We treat a variety of nutrition and feeding-related conditions, including but not limited to:

- Inadequate weight gain
- Excessive weight gain
- Enteral nutrition evaluations including micronutrient and fluid assessment
- Conditions related to bone health
- Weight disturbances related to neuromuscular conditions
- Swallowing, chewing and feeding disorders
- Nutrition therapies for epilepsy including ketogenic diet
- Craniofacial disorders including cleft lip and cleft palate
- Perioperative nutrition concerns for complex surgical procedures such as spinal fusions

- Non-healing wounds

▮ **Preparing For Your Nutrition Appointment**

Care providers can schedule a nutrition appointment with a dietitian for general nutrition concerns such as diet assessment and evaluation, tube feeding/enteral nutrition care plans or any special nutrition needs. Families may also access nutrition services through the specialty clinic that is already treating their child. Appointments can be in person at one of our Gillette Clinics, or virtual if appropriate. If your appointment is virtual, it is very important to have a recent weight and length measurement.

Before your nutrition appointment with a registered dietitian at Gillette, it would be helpful to record your child's food intake for 3 days and bring it along with you to your appointment. If your child is on a feeding tube, please be able to accurately report their daily intake and schedule. This is very important for determining an optimal nutrition care plan.

▮ **Your Care Team of Registered Dietitians**

- Stephanie Campbell RD, LD
- Ashley Clintsman MS, RD, LD
- Julia Lang MPH, RD, LD
- Karri Larson RD, LD
- Carol Skerbitz RD, LD

Appointment: 651-290-8707

Refer a Patient: 651-325-2200

Pediatric Expert Consult (<https://www.gillettechildrens.org/conditions-care/pediatric-expert-consult>)

More Ways to Contact Us (<https://www.gillettechildrens.org><https://www.gillettechildrens.org/contact-us>)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](tel:651-229-3890).