



# Navigating Telemedicine: Tips and Tricks



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## Helpful Tips for Telehealth Visits

By Vanessa Aldaz, MPH, RD, CDE



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## Disclosures



- Consultant – Nutricia North America as a KetoAmbassador

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## First impressions and beyond- Practical tips for a successful video appointment



Dress accordingly - professional to your organization's standards.



Good lighting helps.



Sound check.



Smile, you're on camera! Be aware of candid shots.



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Keep track of your time.



Have education material ready.

## Practical tips



Anthropometrics from home scales.



Make sure you visually see the patient.

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## Ketogenic Diet Admission via ZOOM or Telemedicine

Zahava Turner, MS, RD, CSP, LD

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## Pick up of keto stuff pre-diet start



- Scale
- Book
- DVD
- Vitamins
- KetoStix®



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# Pre-Keto Shopping list

## Essentials – choose 1-2 from each category

### Fats:

- Heavy Whipping Cream
- Butter
- Mayonnaise
- Oil (any kind of oil – vegetable, canola, olive, coconut, ghee)

### Protein

- Eggs
- Bacon
- Tuna fish
- Chicken, beef, pork, fish, shellfish (any of these products)



## Non essential but helpful to have

### Snack Foods:

- Babybel® cheese
- Guacamole snack packs
- Pork rind
- Beef jerky
- Cheese crisps

### Nuts

- Raw whole nuts
- Nut Flours
- Nut Butters
- Shelf-stable nut-based milk alternatives



### Fruits and Vegetables

- Fresh, frozen or canned

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Bacon and egg image from Image by [OpenClipart-Vectors](#) from [Pixabay](#)

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# Schedule



## DAY 1

### Day one of keto

9 am

#### Zoom lecture 1 – Introduction to Keto

- Led by attending, dietitian present
- Child does not fast. Regular breakfast.

11 am

#### Zoom lecture 2 - Diet basics and how to weigh/measure foods

- Led by dietitian
- Family will make 2:1 ketogenic lunch with Zahava supervising. Full calories.

1 pm

#### Zoom Lecture 3 – Handling sickness on the ketogenic diet, checking ketones.

- Led by Attending or RN

5 pm

Family uses recipe for 2:1 ketogenic diet dinner. Dietitian assistance as needed

## DAY 2

Family makes 2:1 ketogenic breakfast. Checks urine ketones on their own.

#### Zoom televisit – no lecture

- Led by attending (also prescribes CytraK)

#### Zoom lecture 4 – Parent support

- Led by dietitian
- Family makes 4:1 set recipe lunch

#### Zoom Lecture 5 - Using KetoDietCalculator and other computer recipe sites

- Led by dietitian

Family can either use computer program or the set 4:1 ketogenic dinner recipe to make dinner. Quick call from attending or RN to check in.

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The screenshot shows a Zoom meeting window. On the left, a Microsoft Word document is open, displaying a recipe for '11-Tuna Salad with Mayonnaise & Vegetable 400 4:1'. The recipe includes a list of ingredients in grams and specific instructions. On the right, a video grid shows four participants: Zahava Turner, J.K. Koppert, Jessica Sato, and Erika Katz.

**11-Tuna Salad with Mayonnaise & Vegetable 400 4:1**

Calorie Level: 1500  
Ratio: 4:1  
Meals Per Day: 3

Johns Hopkins Children's Center

**Grams**

- 68 Cream, 36%
- 11 Group B Vegetable
- 29 Fish, Tuna, Chunk Light - StarKist/water - drained
- 19 Mayonnaise, Hellmann's/Best Foods

**Instructions:**

Mash tuna with the mayonnaise  
Blend Cream  
Add vegetables to tuna

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## Schedule (continued)



### DAY 3

9 am

#### Zoom Televisit – no lecture

- Led by attending and dietitian
- Exam and ketones.
- Family makes breakfast using KetoDietCalculator (preferred) or 4:1 breakfast from recipe.

### DAY 4

#### Zoom Televisit – no lecture

- Led by attending MD and dietitian

\*\* If family is completely formula-fed, they can skip lectures 4 and 6

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## MAD in the Time of COVID-19

Stacey Bessone, RDN, LDN



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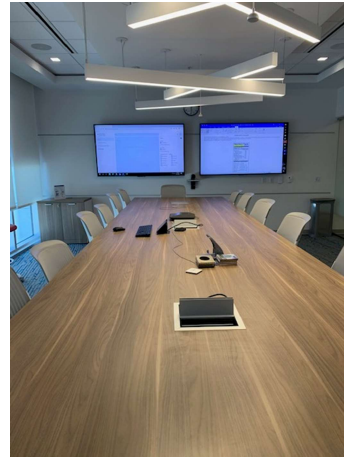
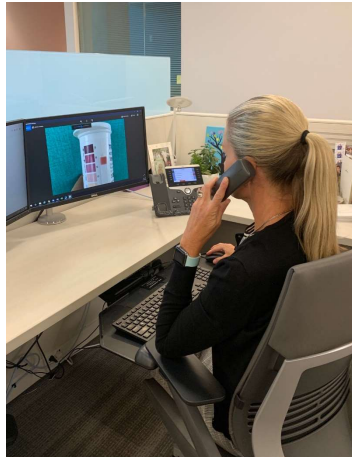


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# JHACH Telehealth



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# Telehealth Initial Visit



Viewing the patient – surroundings, family interactions



Email handouts- review with patient



Label reading- Find food item to review

Use the food label in Figure 9 to calculate the ketogenic ratio of the product. Show your work below.

**Figure 9**

| Nutritional Facts   |      |
|---|------|
| Serving Size: 1/2 cup (125g)                                |      |
| Amount Per Serving  |      |
| Total Fat   | 14g  |
| Total Carb  | 14g  |
| Fiber   | 2g   |
| Protein   | 14g  |
| Total Fat (g)   | 14g  |
| Total Carb (g)  | 14g  |
| Fiber (g)   | 2g   |
| Protein (g)   | 14g  |
| Percent Daily Values are based on a diet of Ketogenic Food. |      |
| % Daily Value   |      |
| Total Fat   | 100% |
| Total Carb  | 100% |
| Fiber   | 100% |
| Protein   | 100% |

Use the following formulas to calculate the ketogenic ratio:

First, calculate the net CHO value. To do this, you will subtract the fiber from the total CHO.

$$\text{Net CHO (g)} = \text{Total CHO (g)} - \text{Fiber (g)} = \text{net CHO (g)}$$

Second, add the net CHO and net CHO values together.

$$\text{Total Fat (g)} + \text{net CHO (g)} = \text{combined (g)}$$

Lastly, calculate the final ketogenic ratio of the product by dividing the net CHO by the combined CHO + FIBER.

$$\text{Net Fat (g)} \div \text{combined (g)} = \text{K:O Ratio}$$

Engage with tech savvy patients



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## Telehealth Follow-Up Visit



1

Obtain pictures of weight and urine ketone testing strips

2

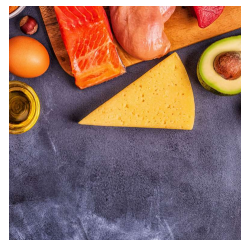
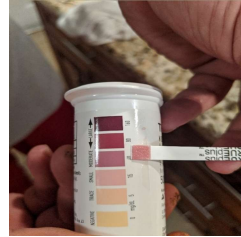
Review diet understanding

3

Assess compliance

4

Review tips/discuss obstacles



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## Setting Boundaries and Expectations

Robyn Blackford, RDN, LDN



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## Moving Forward post-peak Pandemic



Changes for  
your staff

- Adjusted staffing, furloughs
- Feeling like you're not there for your team
- Insecurity → anxiety



Changes for  
your patients

- Leaning on your team
- Giving access to KetoDietCalculator



Play offense,  
Not defense

- Communication through all of your channels
- Stick to your plan

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## Virtual Diet Initiations Using Microsoft Teams®

Lindsey Thompson, PhD, RD, CSP, LD



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## Virtual Diet Initiations Using Microsoft Teams®



- **Step 1: Primary provider refers their patient to Keto Screening Clinic**
  - Primary provider orders all necessary keto screening labs prior to referral
- **Step 2: Keto Screening Visit - for new diet referrals**
  - TEAMS appointment with Patient, APRN, Nutrition, SW
- **Step 3: Pre-Diet Visit - for those moving forward with ketogenic diet**
  - TEAMS appointment with Patient, APRN, Nutrition
- **Step 4: Titration Appointments - for patients actively initiating**
  - TEAMS appointments weekly with Patient, APRN and Keto Nutrition
- **Step 5: Follow Up**
  - Once the patient has reached goal ratio patient is referred back to his or her primary epilepsy provider for follow up appointments (currently via TEAMS)

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## Step 2: Keto Screening Visit via TEAMS



### For new diet referrals Multidisciplinary (APRN, Nutrition, SW)

- Education on diet initiation and side effects provided
- For complete nutrition assessment, obtain height and weight prior to the visit
- If moving forward with keto, provide some basic education materials and next steps (basics of the diet, kitchen supplies needed, food list)
- Formula fed considerations



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## Step 3: Pre-Diet Visit via TEAMS



### For patients those moving forward with ketogenic diet

- Ensure patient has adequate supplies to be ready for Titration appointment #1
- Order urine ketone sticks (APRN)
- All medications have been changed (APRN)
- Gram scale, food
- Formula and supplies
- Discuss obtaining home weights and at what frequency they will be recommended



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## Step 4: Titration Appointments via TEAMS



### Scheduled weekly but timing can be adjusted on an individual basis

- Check on diet tolerance and seizure activity at current ratio
- Increase ratio 0.5-1 each week until desired level of ketosis and/or seizure control is achieved
- Monitoring: urine ketones only (unless symptomatic then will get labs)

2:1

3:1

4:1

### Diet Education

- Provide 4-5 recipes at ratio
- Review gram scale use and food preparation



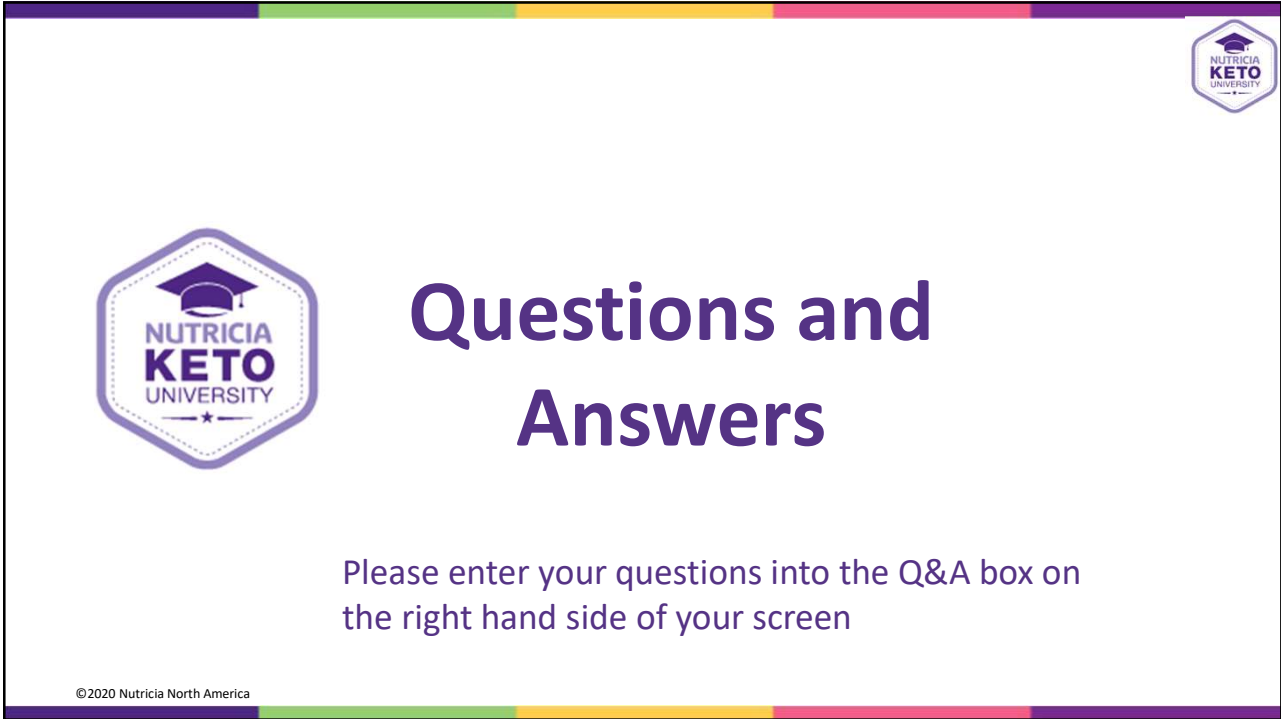


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# Thank you

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# Questions and Answers

Please enter your questions into the Q&A box on the right hand side of your screen

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