

Nutrition Support Overview

Nutrition Support Services

Program Overview

Cosán offers Nutrition Support services to patients as part of our Care Management (Chronic Care Management or Principal Care Management) services. Working as part of a patient's multi-disciplinary care team, **Nutritional Support Coordinators (NSCs)** connect with patients in need of general or condition-specific nutrition education.

Nutritional Support Coordinators assist patients in meeting **SMART** goals (Specific, Measurable, Achievable, Relevant and Time-bound). These goals can include weight management, symptom management, or improved quality of life.

Nutrition Education

Nutrition Support is an education-focused program that centers conversations with patients regarding food selection, food availability, meal quality, and hydration.

Nutritional Support Coordinators do not assess patients, prescribe diets, supplements, or meal plans, nor do they make independent clinical decisions or recommend treatment protocols.

Communication & Collaboration

If a patient reports non-urgent needs or changes that fall outside of the NSC's scope, but within that of the patient's Care Management care team (such as medication refills, changes in symptoms, assistance scheduling appointments or specialist visits, etc.) these needs will be tasked to the patient's dedicated Care Coordinator.

If a patient reports urgent concerns or urgent needs are identified by the Nutritional Support Coordinator, the NSC will escalate these issues to the patient's provider and practice care team.

Nutrition Engagement

Below are examples of topics a Nutritional Support Coordinator may discuss with a patient:

- **What are your health goals?**
- **What do you typically eat at each meal?**
- **Do you have any dietary restrictions?**
- **Do you struggle with obtaining or preparing food?**
- **General healthy eating habits**
- **Disease-specific nutrition education**