

Commission on Dietetic Registration

eat right. the credentialing agency for the
Academy of Nutrition and Dietetics

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Dietetic Technicians, Registered in the Acute Care Setting

Dietetic Technicians, Registered (DTRs) are excellent candidates to serve on your interdisciplinary healthcare team and complement the work of a Registered Dietitian (RD).

DTRs provide quality clinical nutrition care, under the supervision of the RD, and are versatile employees who have been trained in food service and clinical aspects of nutrition management and care. As competent members of interdisciplinary healthcare teams, DTRs can assist in providing direct nutrition care to patients. They are also valued for their expertise in food service management and for providing nutrition education to patients and population groups. DTRs possess the clinical knowledge to work in a supportive role to that of registered dietitians.

Responsibilities of of DTRs in acute care settings include:

- Provide support in nutrition intervention, monitoring and evaluation, as directed by the RD
- Provide technical support to the RD in implementing plans for Medical Nutrition Therapy
- Manage or supervise food preparation and delivery
- Create and/or implement patient/client menus
- Assist in the development of patient/client education materials on medical nutrition therapy
- Promote healthy eating through counseling sessions to patients or population groups
- Manage a hospital formula room

DTRs are healthcare practitioners credentialed by the Commission on Dietetic Registration (CDR). All DTRs have a background in food science, nutrition, and food service management, have completed an education program accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics, and have successfully passed the CDR registration examination for dietetic technicians.

Not all individuals with the job title of “Dietetic Technician” are credentialed as Dietetic Technicians, Registered (DTR).

	Diet Tech	DTR
Has met specific educational requirements in nutrition and dietetics	Sometimes	Yes
Has passed a computerized, practice-based credentialing exam	No	Yes
Meets rigorous continuing professional education standards to maintain the credential	No	Yes
Works under the supervision of a Registered Dietitian	Yes	Yes
Upholds the Code of Ethics for the Profession of Dietetics	No	Yes
Has an educational background in clinical nutrition and food service systems/management	Sometimes	Yes
Certification program is accredited by the National Commission for Certifying Agencies	N/A	Yes

Employers value the DTRs in their facilities—here’s why:

“DTRs are efficient, they do all the legwork. They are your team, your go-to person.”

Renee Hinojosa, RD, Texas

“DTRs are essential to the nutrition care process. I could not imagine taking care of patients without them. They are like your right hand.”

Emily Lisciandro, RD, Ohio

“More employers should have DTRs on their staff as opposed to non-nutrition trained individuals in those positions. The DTR brings quite a few unique skills that you can’t get without specialized nutrition training. They are a perfect complement to the RD and provide another layer of care for our families.”

Caroline Steele, RD, California

For more information, visit www.cdrnet.org