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## [VIDEO SERIES] A Clinician's Perspective: Telehealth During the Pandemic

In this four-part video series, Dr Stephen Koesters, MD, MBA, and Jeanne Hendricks, RDN, help you navigating the telehealth environment during the COVID-19 pandemic.

- **[Defining Telehealth](#)**: In this video, Dr Koesters and Jeanne define telehealth and share ways they connect and engage with patients.
- **[Making Telehealth Work for Your Patients & Practice](#)**: In this video, Dr Koesters and Jeanne describe how they overcame obstacles and challenges in setting -up telehealth to connect with patients.
- **[Telehealth & Nutrition Consultation](#)**: In this video, Jeanne identifies ways to establish rapport with patients by making your time together relatable, relevant and memorable.
- **[Telehealth Success Stories](#)**: In this video, Dr Koesters and Jeanne share a few success stories where patients had to improve their diet and food intake while sheltering in place.

### LOOKING FOR TELEMEDICINE PODCASTS?

- In December 2020, we published this 21-minute podcast episode with Dr Koesters and Jeanne Hendricks, who discuss **[the clinician's perspective on nutrition and telemedicine during the Covid-19 pandemic](#)**.

- Also in December 2020, our ANHI affiliates in the United Kingdom published this 22-minute podcast episode featuring lone de Brito-Ashurst, RD, PhD, who discusses [telemedicine and nutrition screening](#).
- And in this 22-minute podcast episode from June 2020, Asif Ali, MD, discusses [the evolution of telemedicine before and during the Covid-19 pandemic](#).

**WANT TO EARN CONTINUING EDUCATION CREDITS?** Enroll in and complete our self-study course, “The New Normal: Navigating the Telemedicine World for Nutrition Counseling.”

[WATCH VIDEOS](#)



**[SELF-STUDY COURSE]**  
**Is There a Role for Nutrition  
in the Management of Maternal Mood Disorders?**

In this course, Annette Haban Bartz, MS, RD, LD, CLC, will discuss the three possible nutrients that have been reported to decrease subclinical depression or anxiety during pregnancy; highlight two possible dietary changes that may affect mood during pregnancy; and identify the main difference between food sources for alpha-linolenic acid and docosahexaenoic acid.

**FREE continuing education:** 1.0 RN CE; 1.0 RD CPEU

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[PODCAST]

## Optimizing Nutrition Care at Christian Hospital Wound Care & Hyperbarics Center

In this 25-minute podcast episode, Kaylan Goldstein, RD, Matt Flick, MBA, and Andria Bozardi, RD, share how their wound care team at Christian Hospital in St. Louis, Missouri, United States, established a stronger emphasis on nutrition and wound care through better care coordination to help their healthcare professionals and patients ensure nutrition therapy protocols outside the inpatient setting.

[HEAR PODCAST](#)



[SELF-STUDY COURSE]

## Crohn's Disease Exclusion Diet for Treatment of Inflammatory Bowel Disease

In this course, Lindsey Albenberg, DO, Jen Smith, MS, RD, CSP, LD, LMT and moderator Sandra Kim, MD, will review the evidence related to the pathophysiology of inflammatory bowel diseases and their current therapies; and discuss the Crohn's Disease Exclusion Diet (CDED). Originally presented as a live webinar on 11 November 2020.

**FREE continuing education:** 1.0 RN CE; 1.0 RD CPEU

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## [INFOGRAPHIC SERIES] Oncology & Nutrition for Patients

For patients who are newly diagnosed with cancer, it's sometimes hard to understand a diagnosis and what's ahead. We've created four new infographics you can download, print and share with your patients to help them stay informed and feel supported throughout their cancer journey.

This infographic series will help your patients:

- Understand what cancer is
- Identify if they are at risk for malnutrition before treatment
- Understand the importance of good nutrition
- Learn about nutritional strategies for managing side effects during treatment
- Hear positive ways to focus on good nutrition before and during treatment

Looking for more information on oncology nutrition? Visit our Oncology & Nutrition Knowledge Hub <<link>>, where you'll find the self-study courses, podcasts,

infographics and other resources to help you support your patients through their oncology journey.

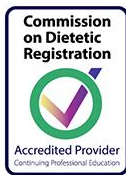
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