



DIETITIANS BOARD

Te Mana Mātanga Mātai Kai

Golden Rules

for Dietitian Prescribers

1. The patient must be **your** patient/client under **your** care.
This means:
 - You went to see them as an inpatient, or
 - They came to see you as an outpatient and have another appointment to see you or other ongoing arrangements.
2. You must have the patient/clients:
 - Current diagnosis,
 - Full medical history,
 - Treatment plan,
 - Current medication list (including over the counter nutritional and herbal supplements), and
 - Blood test results.
3. Always practice within the limits of your expertise and Scope of Practice. If in doubt – **DO NOT** prescribe.
4. Follow the Food First Rule.
5. Do not prescribe for your family members/relatives, or the family members/relatives of your patient/client unless they are also under your care.
6. What you prescribe must be safe, effective, acceptable, available and economic.
7. The nutrients you are prescribing must be within the **recommended dose** for the age and condition of your patient/client (there may be some exceptions to this in the tertiary and quaternary care setting).
8. Do not prescribe specialist items (e.g. metabolic products, Heparon Junior, Kindergen, Ketocal) unless you are practising in tertiary and quaternary care speciality setting, or you are directly supervised by someone who is (e.g. the national metabolic service dietitian).
9. You must document what you have prescribed in:
 - Your records, and
 - The patient/client case notes or electronic record, and
 - Ensure that their General Practitioner is notified of any change in treatment.
10. There should also be a review date specified and clearly documented.