

MEDICAL NUTRITION THERAPY REFERRAL GUIDELINES FOR ADULTS

Nutrition Criteria/ ICD-10 Codes	Definition of Adult Criteria	Recommended Number of Visits
Cardiovascular disease/or risk of E78.0 – E78.3, E78.5 I70.0 – I70.249 I70.261 – I70.299 I70.401 – I70.419 I70.501 – I70.519 I70.8 – I70.92, I10 – I11.9	Hypertension, hyperlipidemia and/or coronary artery disease	3 visits over 3 months
Decubitus ulcer L89.90 – L89.95 L89.000 – L89.029 L89.110 – L89.149 L89.200 – L89.329 L89.500 – L89.819	Increased nutritional need due to wound	1 visit
Pre-diabetes (impaired glucose tolerance) R73.01 – R73.09	Impaired fasting glucose of ≥ 100 mg/dl, but <125 mg/dl. and/or impaired glucose tolerance (IGT), defined as oral glucose tolerance test value of ≥ 140 mg/dl, but less than 200 mg/dl	2 visits over 6 months
Diabetes E10.10 – E11.9	Type 1 & Type 2	4 visits over 6 months
Eating disorder F50.00 – F50.02 F50.2, F50.8 – F50.9	Anorexia nervosa, bulimia or other feeding or eating disorder	4 visits over 2 months
Gastrointestinal disease: Crohn's Disease K50.00, K50.10, K50.80, K50.90 -Ulcerative colitis K51.00, , K51.20, K51.30, K51.40, K51.50, K51.80, K51.90 K52.9 - Irritable bowel syndrome K58.9 -Malabsorption, s/p GI surgery K90.0 – K90.3 K90.81 – K90.9	Need for dietary manipulation due to gastrointestinal condition	2 visits over 2 months
HIV/AIDS B20	Nutritional problems related to HIV/AIDS	4 visits over 3 months

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Liver disease K70.0 – K70.31 K72.91, K73.0, K73.2, K73.9, K74.5 – K75.1, K75.4, K75.9, K76.3, K76.6 – K77	Need for dietary manipulation due to declining liver function	2 visits over 2 months
Obesity E66.9, E66.2	BMI ≥ 30 Kg/m ² and at medical risk with concurrent medical problem(s) or BMI ≥ 27 Kg/m ² with CVD complications	2 individual appointments and group weight management program over 6 months
Overweight E66.3	BMI between 25 and 29.9 Kg/m ² , and Waist to Hip Ratio $\geq .95$ in men and $\geq .85$ in women	Group weight management program over 6 months
Pre-End Stage Renal and/or Chronic Kidney Disease N01.0, N03.1 – N03.2, N03.5, N03.8 – N03.9, N04.0 – N04.2, N04.5, N04.8 - N04.9, N05.1 – N05.2, N05.5, N05.8 – N05.9, N08, N17.0 – N17.2, N17.8 – N17.9, N18.1 – N19	Need for dietary manipulation due to declining renal function (pre-dialysis)	2 visits over 2 months
Pregnancy Related Conditions O09, O10-O16, O21, O24, O26.0 - O26.2, O26.8, O26.9, O30, O36.5, O36.6, O36.8, O36.9, O40, O48, Z34	All pregnant individuals with these diagnoses are eligible for MNT	see Perinatal Services visit recommendations OR 1-2 visits per month up to 12 months after delivery
Substance abuse Z79, F10.10, F11.10, F11.20 – F11.21, F12.10, F12.20 – F12.21, F13.10, F13.20 – F13.21, F14.10, F14.20 – F14.21, F15.10, F15.20 – F15.21, F16.10, F16.20 – F16.21, F17.200, F18.20 – F18.21, F19.10, F19.20 – F19.21	Nutritional problems related to substance abuse	4 visits over 4 months

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Undernutrition or risk of related to dietary deficiency: E40 – E41, E43 – E51.12, E51.8, E52 – E56.1, E56.9, E58, E63.8 – E63.9, E64.3 Poor dentition, poor appetite, unexplained weight loss R63.0, R63.3 - R63.6 Cachexia R64	Poor nutritional status related to a variety of medical problems, including cancer, cancer treatment, frail elder, etc.	2 visits over 2 months