



# Medical Nutrition Therapy Service Standard

Texas Department of State Health Services, HIV Care Services Group – [HIV/STD Program](#)

Subcategories	Service Units
Medical Nutrition Therapy	Per 15 minutes
Medical Nutrition Therapy—Counseling	Per 15 minutes
Medical Nutrition Therapy—Supplements	Per transaction

## Health Resources & Services Administration (HRSA)

### Description:

Medical Nutrition Therapy (MNT) includes:

- Nutrition assessment and screening
- Dietary and nutritional evaluation
- Food, nutritional supplements, or both, per a medical provider's recommendation
- Nutrition education, counseling, or both

These services can be provided in individual or group settings and outside of HIV Outpatient/Ambulatory Health Services (OAHS).

### Program Guidance:

In Texas, only licensed dietitians (LDs) may provide MNT services.

### Limitations:

A licensed dietitian must provide services under a medical provider's written referral. Agencies may use the [Psychosocial Support Services](#) service category for nutritional counseling provided by unlicensed staff. Agencies should fund the provision of food and nutritional supplements under [Food Bank/Home-Delivered Meals](#) if the service does not include a physician's order with a nutritional plan developed by an LD.

## **Services:**

MNT is individualized dietary instruction that incorporates dietary counseling for a nutrition-related problem. This level of specialized instruction is above basic nutrition counseling and includes an LD's individualized dietary assessment. Services also may include providing nutritional supplements and food provisions based on the medical care provider's recommendation(s).

## **Universal Standards:**

Services providers for Medical Nutrition Therapy must follow [HRSA and DSHS Universal Standards](#) 1-63 and 116-119.

## Services Standards:

The following standards and measures are guides to improving healthcare outcomes for people living with HIV throughout the State of Texas within the Ryan White Part B and State Services Program.

Standard	Measure
<b>Referral by Licensed Medical Provider:</b> A medical provider must provide a referral for clients receiving MNT services.	1. Percentage of clients with documentation of the medical provider's referral to MNT.
<b>Medical Nutrition Therapy Assessment:</b> An LD will conduct an initial comprehensive nutritional assessment for all clients. The comprehensive nutritional assessment must include the following components: <ul style="list-style-type: none"><li>• Clinical history</li><li>• Physical examination</li><li>• Anthropometric measurements</li><li>• Diagnostic tests</li><li>• Functional assessment</li><li>• Dietary assessment</li></ul>	2. Percentage of clients with documentation of a completed assessment conducted by an LD that includes the following components at a minimum: <ul style="list-style-type: none"><li>2a: Clinical history</li><li>2b: Physical examination</li><li>2c: Anthropometric measurements</li><li>2d: Diagnostic tests as applicable</li><li>2e: Functional assessment</li><li>2f: Dietary assessment</li></ul>

<p><b>Nutrition Plan:</b> Within 10 business days of the MNT assessment, the LD will develop a nutritional plan appropriate for the client's health status, financial status, and individual preferences.</p> <p>The nutrition plan must include documentation of the following:</p> <ul style="list-style-type: none"> <li>• The client's diagnosis</li> <li>• The recommended services and course of medical nutrition therapy, including types and amounts of nutritional supplements and food</li> <li>• The date of service initiation</li> <li>• The planned number and frequency of sessions</li> <li>• The signature of the LD who developed the plan</li> </ul> <p>The LD will update the nutrition plan as necessary, but no less than twice per year, and will share the plan with the client, the client's primary care provider (as applicable), and other authorized personnel involved in the client's care.</p>	<p>3. Percentage of clients with a documented nutrition plan within 10 business days of the MNT assessment that includes the following components at a minimum:</p> <p>3a: The client's diagnosis</p> <p>3b: The recommended services and course of medical nutrition therapy, including types and amounts of nutritional supplements and food.</p> <p>3c: The date of service initiation</p> <p>3d: The planned number and frequency of sessions</p> <p>3e: The signature of the LD who developed the plan</p> <p>4. Percentage of clients with documentation of a nutrition plan updated at least twice per year if the client has been receiving services for over 12 months.</p>
<p><b>Provision of Nutritional Supplements and Food Provisions:</b> Where the agency provides medically necessary nutritional supplements and food provisions, staff will maintain written orders from the referring provider in the client record.</p>	<p>5. Percentage of clients receiving nutritional supplements or food provisions with written orders from the referring provider.</p>

**Discharge:** When an agency discharges a client from services, staff must document a discharge summary in the client record that includes:

- The date of discharge
- The reason for discharge
- Recommendations for follow-up

Staff will provide this documentation to the prescribing provider and other multidisciplinary team members, as applicable.

6. Percentage of clients discharged from services during the measurement period with the following documentation components:

6a: Date of discharge

6b: Reason for discharge

6c: Recommendations for follow-up

6d: Prescribing provider notified of discharge

## References:

Academy of Nutrition and Dietetics, HIV/AIDS, Nutrition Tips to Keep the Immune System Strong for People with HIV/AIDS, December 2021. [Nutrition Tips to Keep the Immune System Strong for People with HIV/AIDS \(eatright.org\)](#)

Division of Metropolitan HIV/AIDS Programs, HIV/AIDS Bureau (HAB). [Ryan White HIV/AIDS Program \(RWHAP\) National Monitoring Standards for RWHAP Part A Recipients](#). Health Resources and Services Administration, March 2025.

Division of State HIV/AIDS Programs, HIV/AIDS Bureau (HAB). [Ryan White HIV/AIDS Program \(RWHAP\) National Monitoring Standards for RWHAP Part B Recipients](#). Health Resources and Services Administration, March 2025.

Licensed Dietitian Act. September 2015. [OCCUPATIONS CODE CHAPTER 701. DIETITIANS \(texas.gov\)](#)

National Institute of Health, HIVinfo.gov, HIV and Nutrition and Food Safety, August 2021. [HIV and Nutrition and Food Safety | NIH](#)

National Institute of Health, National Library of Medicine, National Center for Biotechnology Information, Nutritional Assessment, April 2022. [Nutritional Assessment - StatPearls - NCBI Bookshelf \(nih.gov\)](#)

Ryan White HIV/AIDS Program. [Policy Notice 16-02: Eligible Individuals & Allowable Uses of Funds](#). Health Resources & Services Administration, October 22, 2018.