

## CEL - Celiac Disease

### CEL-C      COMPLICATONS

**OUTCOME:** The patient/family/caregiver will understand common complications and management of celiac disease.

**STANDARDS:**

1. Review the common complications associated with celiac disease e.g., anemia, short stature, osteoporosis, lymphoma, Type 1 diabetes, and a variety of neurological disorders and other auto immune diseases.
2. Explain that complications are worsened by not strictly following gluten-free diet.
3. Explain that untreated Celiac Disease may result in infertility or miscarriages.

### CEL-CM      CASE MANAGEMENT

**OUTCOME:** The patient/family/caregiver will understand the importance of integrated case management in achieving optimal physical and behavioral health.

**STANDARDS:**

1. Discuss roles and responsibilities of each member of the care team including the patient, family/caregiver, and providers in the case management plan.
  - a. Patient responsibilities include self management of gluten-free lifestyle and self monitoring of foods, cosmetics, medications etc.
  - b. Family/caregiver responsibilities include support of the gluten-free lifestyle.
  - c. Explain that registered dietitian is essential in planning and implementing a patient's gluten-free lifestyle.
2. Explain the need to obtain the appropriate releases of information necessary to support integrated case management and to maintain patient privacy and confidentiality. **Refer to AF-CON.**

### CEL-DP      DISEASE PROCESS

**OUTCOME:** The patient/family will understand the pathophysiology of celiac disease.

**STANDARDS:**

1. Explain that celiac disease is a genetic, chronic, malabsorption disease.
2. Discuss some common symptoms of celiac disease, e.g., chronic or intermittent diarrhea, dumping syndrome, abdominal pain, weight loss, failure to thrive

(children), loss of appetite. Symptoms can be corrected with strict adherence to a gluten-free lifestyle.

3. Review the disease process of celiac disease. Emphasize that the destructive process can be halted and healing will take place with strict adherence to gluten-free lifestyle. Indicate that complications caused by long term malabsorption may require medication and/or supplements.
4. Explain that the onset of celiac disease may occur at any age after introduction of grains (WBRO). After onset, celiac disease lasts a lifetime, making long-term management of diet and symptoms of the disease very important.

## **CEL-FU FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of follow-up in the treatment of celiac disease.

### **STANDARDS:**

1. Discuss the patient's responsibility in managing celiac disease.
2. Review treatment plan with the patient/family, emphasizing the need for keeping appointments and adhering to gluten-free diet.
3. Explain that periodic tests will be required for onset of related diseases. These may include bone density, growth monitoring in children, and periodic blood screening.

## **CEL-IR INFORMATION AND REFERRAL**

**OUTCOME:** The patient/family will understand some sources of information and support in living with celiac disease.

### **STANDARDS:**

1. Refer to a registered dietitian and national support groups and local support groups, as well as providing information about gluten-free manufacturers and producers, websites of celiac information, and references. National support groups include:

Celiac Sprue Association  
PO Box 31700  
Omaha, NE 68131-0700

[www.csaceliacs.org](http://www.csaceliacs.org)

toll free phone: 877-272-4272

This is the largest patient based non-profit with chapters and contacts throughout the United States

Gluten Intolerance Group  
31214 124<sup>th</sup> Ave SE  
Auburn, WA 98092-3667  
Phone: 253-833-6655

[www.gluten.net](http://www.gluten.net)

Celiac Disease Foundation  
13251 Ventura Blvd #1  
Studio City, CA 91604  
Phone 818-990-2354

[www.celiac.org](http://www.celiac.org)

American Celiac Society  
PO Box 23455  
New Orleans, LA 70183-0455  
Phone: 504-737-3293

[www.americanceliciasociety.org](http://www.americanceliciasociety.org)

## **CEL-L LITERATURE**

**OUTCOME:** The patient/family will receive literature about celiac disease.

### **STANDARDS:**

1. Provide the patient/family with literature on celiac disease.
2. Discuss the content of the literature.
3. Discuss creditable resources that include:

<http://www.celiac.nih.gov>

Libonati, Cleo J., Recognizing Celiac Disease: Signs, Symptoms, Associated Disorders and Complications. Fort Washington, PA: Gluten Free Works Publishing, 2006.

## **CEL-LA LIFESTYLE ADAPTATIONS**

**OUTCOME:** The patient will understand the lifestyle changes necessary to optimize performance of everyday activities.

### **STANDARDS:**

1. Discuss that the mandatory treatment for celiac disease is always a gluten-free diet.

2. Explain how exercise and social involvement may decrease the depression and anger that may be associated with celiac disease.
3. Discuss that , in some cases, patients may need to be on long-term nutrition support, which may include TPN or enteral feedings.

## **CEL-M      MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

### **STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.
5. Explain the importance of consulting with a healthcare provider prior to using OTC medications, or other non-prescribed or illicit drugs, due to:
  - a. Some medications may contain Wheat, Bran, Rye, Oats (WBRO) and milk products. WBRO in the medications of a newly diagnosed celiac patient may reduce effectiveness of the medication and delay response to diet and return to health.
  - b. Medication containing iodine may be an irritant for those with the dermatitis herpetiformis manifestation of celiac disease.

## **CEL-MNT      MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient/family will understand the specific nutritional intervention(s) needed for treatment or management of celiac disease.

### **STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.

- d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
  3. Discuss the benefits of nutrition and exercise to health and well-being.
  4. Assist the patient/family in developing an appropriate nutrition care plan.
  5. Refer to other providers or community resources as needed.
  6. Referral to a support group for people with celiac disease.

## **CEL-N      NUTRITION**

**OUTCOME:** The patient/family will understand that maintaining a healthy weight and a gluten-free lifestyle is essential.

### **STANDARDS:**

1. Explain that eating a variety of gluten-free foods is important to maintaining a healthy weight and providing essential nutrients.
2. Explain that even though gluten rarely appears on a food label or in the ingredients listing, the product may include gluten. Avoid foods that contain wheat, bran, rye, or oats. Refer to CEL-L.
3. Discuss the importance of adequate intake of water to maintain hydration.
4. Discuss avoidance alcoholic beverages made from wheat, bran, rye, or oats.
5. Refer to a Registered Dietitian.

## **CEL-TE      TESTS**

**OUTCOME:** The patient/family will understand the test(s) to be performed, the potential risks, the expected benefits, and the risks of non-testing.

### **STANDARDS:**

1. Explain test(s) that have been ordered (explain as appropriate):
  - a. method of testing
  - b. necessity, benefits, and risks of test(s) to be performed
  - c. any potential risk of refusal of recommended test(s)
  - d. any advance preparation and instructions required for the test(s)
  - e. how the results will be used for future medical decision-making
  - f. how to obtain the results of the test
2. Explain test results:
  - a. meaning of the test results

- b. follow-up tests may be ordered based on the results
- c. how results will impact or effect the treatment plan
- d. recommendations based on the test results