



Guam Board of Allied Health Examiners

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Pursuant to P.L. 36-138

- Section 7. Subsection (v) of §12101, Article 1, Chapter 12, Title 10, Guam Code Annotated.
- Section 11. Subsection (a)(13) of §12801, Article 8, Chapter 12, Title 10, Guam Code Annotated.
- Section 41. §122104, Article 21, Chapter 12, Title 10, Guam Code Annotated:

Practice of Dietetics and Nutrition means the integration and application of scientific principles derived from the study of food, nutrition, biochemistry, metabolism, nutrigenomics, physiology, food management, and from behavioral and social sciences in achieving and maintaining health throughout the life span and in providing nutrition care services, including medical nutrition therapy; assessing and evaluating the nutritional needs of individuals and groups, and determining resources and constraints in the practice setting, including **ordering nutrition-related laboratory tests** to check and track nutrition status and monitor effectiveness of dietary plans and orders; establishing priorities, goals and objectives that meet nutritional needs and are consistent with available resources and constraints; providing nutrition counseling in health and disease; developing, implementing, and managing nutrition care systems; evaluating, making changes in, and maintaining appropriate standards of quality in food and nutrition services; and ordering therapeutic diets, for the prevention, management, and treatment of disease. This term includes, but is not limited to, nutrition assessment; nutrition diagnosis; nutrition intervention, including the ordering of patient diets, nutritional supplements; monitoring and evaluation of nutrition care plans; nutrition support, including the ordering of enteral and parental nutrition, medical food; dietary and nutritional counseling and education regarding food, nutrient and prescription drug interactions; and the development and administration of nutrition care standards and systems. The practice of dietetics and nutrition does not include the medical differential diagnosis of the health status of an individual.

Licensed Dietitians and Licensed Nutritionists can order the following nutrition-related laboratory tests (biochemical data, medical tests):

PANELS/PROFILES:

- CMP-15 with eGFR (Comprehensive Metabolic Panel with estimated Glomerular Filtration Rate)
- Basic Metabolic Profile
- Hepatic Function Profile

- Thyroglobulin Panel
- Thyroid Panel
- Complete Blood Cell Count (CBC)
- Lipid Profile/Panel (Cholesterol, HDL, LDL, VLDL, Triglycerides)
- Omega 3 Panel
- Iron Panel

INSULIN RESISTANCE, DIABETES RELATED TESTS:

- Glucose, fasting or random.
- Fasting Insulin
- 2- or 3-hour Glucose Tolerance Test (GTT) w/ Fasting Insulin and 2 hr Insulin
- Glycated Hemoglobin (Hemoglobin A1C, HbA1c)
- C-peptide
- Uric acid

THYROID RELATED TESTS:

- T3, Free
- T4, Free
- T3, Total
- T3, Reverse
- Anti-thyroglobulin Ab, serum
- Anti-TPO Microsomal
- TSH (Thyroid Stimulating Hormone)
- PTH (Parathyroid Hormone)

INFLAMMATION RELATED TESTS:

- HS CRP
- Plasma Ferritin
- Fibrinogen

VITAMIN/MINERAL DEFICIENCY/EXCESS TESTS:

- Aluminum
- Lead
- Mercury
- Cadmium
- Arsenic
- Complete Blood Cell Count (CBC) w/ differential- for Iron, Folate, Vitamin B12
- Serum concentration of Vitamin A
- Vitamin E (alpha, gamma tocopherol)

- Vitamin D (25-hydroxyvitamin D)
- Vitamin C
- Vitamin B1 – Thiamine
- Vitamin B2 – Riboflavin
- Vitamin B3 – Niacin
- Vitamin B6 – Pyridoxine
- Prothrombin time (vitamin K deficiency)
- Serum Ferritin
- Serum Iron
- Total Iron-Binding Capacity
- Serum Folate
- RBC Folate
- Schilling test (measures absorption of B12)
- Serum B12
- Vitamin B12 or methylcobalamin
- Fluoride
- Magnesium
- Potassium
- Zinc
- Selenium
- Calcium
- Homocysteine

ASSESSING PROTEIN STATUS:

- Serum Albumin
- Serum Transferrin
- Prealbumin (also called transthyretin)
- Retinol-binding protein

ASSESSING READINESS FOR PARENTAL NUTRITION:

- Electrolytes
- Glucose
- Blood Urea Nitrogen (BUN)
- Creatinine

CARDIOVASCULAR DISEASE SPECIFIC:

- Total Cholesterol
- Lipoproteins
- Triglycerides

IMMUNE COMPETENCE:

- Total Lymphocyte Count

OTHERS:

- Ammonia
- Sodium
- Phosphorus
- % Iron Saturation
- Thyroxine-binding prealbumin
- Creatinine Height Index (CHI)
- ABO & RH Type
- Anti-Nuclear Ab, serum
- MTHFR Mutation
- PT/INR
- SGOT (AST)
- SGPT (ALT)
- GGT
- GFR (Glomerular Filtration Rate)
- Urine albumin-to-creatinine ratio
- Uric Acid

ENDOCRINE RELATED TESTS:

- Cortisol, AM or PM
- DHEA sulfate
- Estradiol
- Pregnenolone sulfate
- Progesterone
- Testosterone, Total and Free

Compiled by Catherine C. San Nicolas, MPH, RDN, LDN-
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