

IQVIA Remote Registered Dietitians

Protocol-driven nutrition and lifestyle support for clinical trial participants — designed to enhance participant experience, drive retention and reduce site burden

IQVIA's Remote Registered Dietitian service delivers expert dietary and healthy living counseling to participants wherever they are, ensuring consistent, high-quality support that enhances trial outcomes.

Our licensed and credentialed dietitians provide individualized support tailored to the participants' lifestyle and preferences. With stringent education and licensing requirements, they deliver evidence-based nutrition education, behavioral counseling, meal planning, and physical activity guidance — all aligned with study protocols. This personalized approach meets patient expectations and drives sustainable behavior change — supporting retention and protocol compliance, two essential pillars of successful clinical research.



Our service is a scalable and cost-effective remote offering, enabling rapid deployment across regions and allowing otherwise eligible sites without access to specialized resources to participate in trials. All interactions are securely documented via IQVIA's Study Hub platform, supporting regulatory compliance and seamless oversight.

Why and when to consider Registered Dietitians in clinical trials?

IQVIA's team of Registered Dietitians enables sites to offer individualized nutrition education, either in a home setting or through secure tele-visits and phone calls, regardless of geographic location. Dietitians are trained in each study's specific requirements, ensuring consistent delivery of protocol-driven counseling and documentation.

The patient benefit

Registered Dietitians provide not only tools and strategies for success, but also emotional and motivational support — enhancing the overall study experience for the patient while mitigating dropout risk.

IQVIA's global network of Registered Dietitians ensures culturally appropriate support, adapted to the diverse backgrounds of your trial participants.



Therapeutic areas where dietitians may be utilized include

Obesity, endocrinology, cardiovascular, hepatology, nephrology, and oncology

*Additional areas may apply.



Protocol requirements

Lifestyle counseling, diet and exercise guidance, and health education delivered at scheduled assessment points

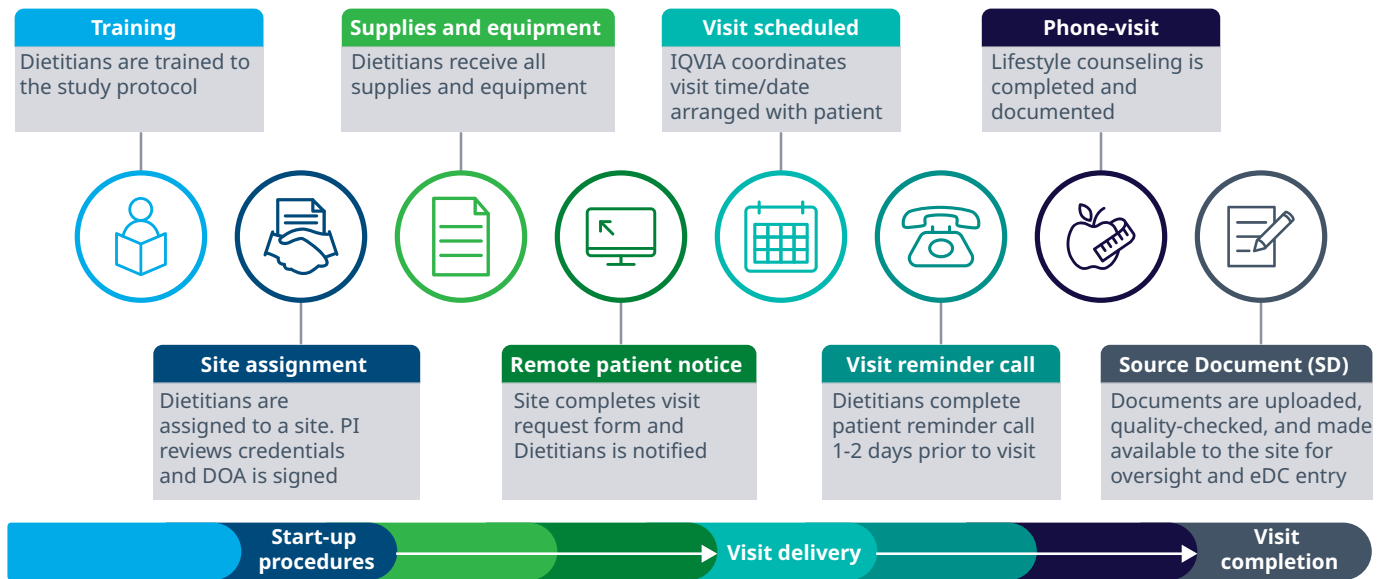


Specific goals

Protocols may include calorie deficits, physical activity targets, and other behavior-based outcomes

Operationalizing Remote Registered Dietitian support is straightforward

Sites are opted-in to the service and assigned Registered Dietitians based on location and licensure. Visits can then be requested for enrolled participants according to protocol requirements. The service is designed to be flexible, scalable, and cost-effective — leveraging centralized resources to eliminate travel and streamline delivery. While start-up timelines may vary by region, IQVIA's infrastructure enables rapid deployment across most geographies.



Remote Registered Dietitians are a vital resource for sites seeking to provide high-quality, patient-centered care in clinical research. By integrating expert nutrition counseling into clinical trials, sponsors and sites can drive engagement, improve retention, and deliver meaningful outcomes for participants.

To learn more or request remote Registered Dietitian support, visit [iqvia.com](https://www.iqvia.com)