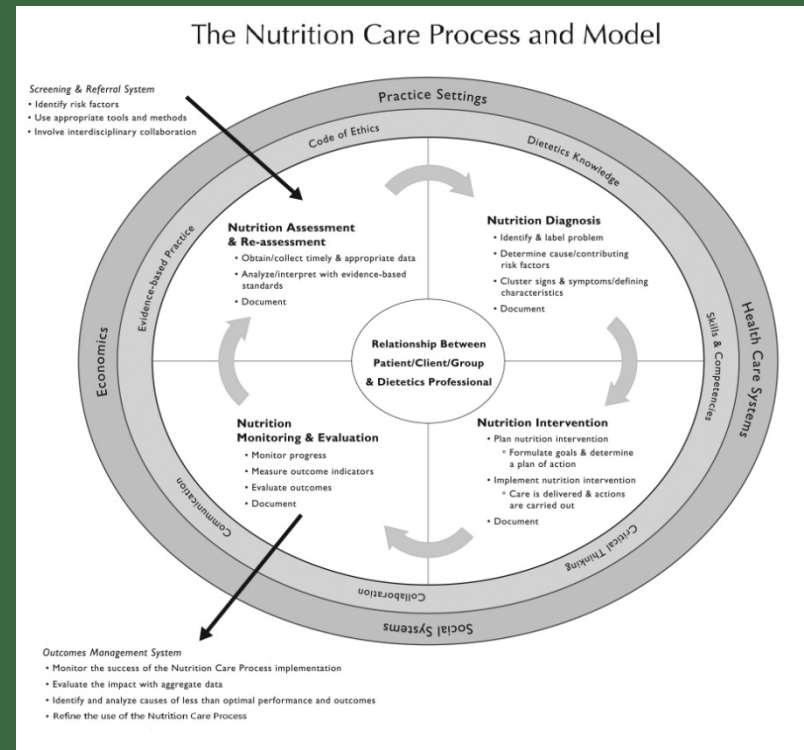
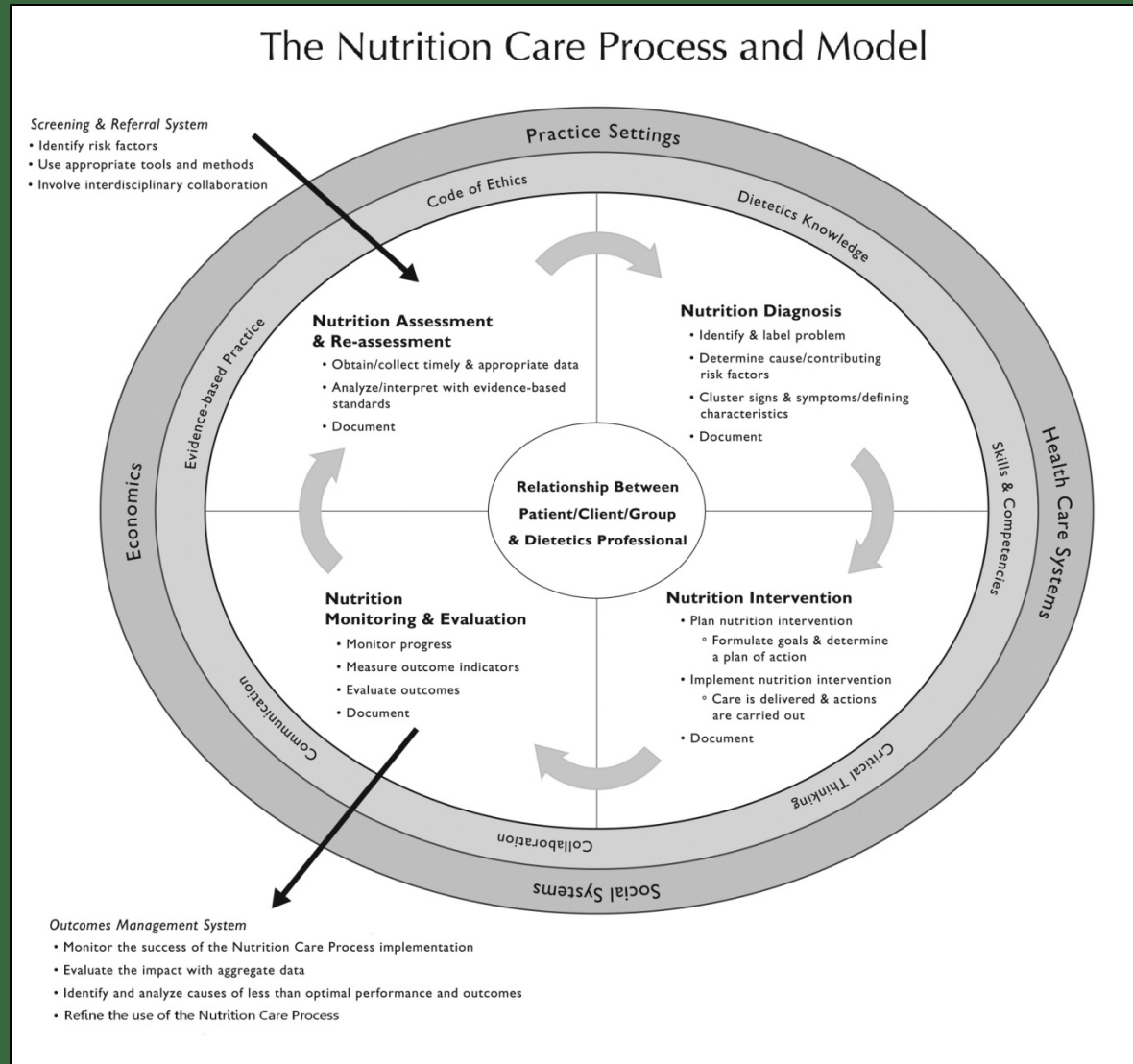


Nutrition Care Process Terminology

Overview & Resources



Nutrition Care Process Model



Nutrition Care Process: Steps

Step 1

- Nutrition Assessment

Step 2

- Nutrition Diagnosis

Step 3

- Nutrition Intervention

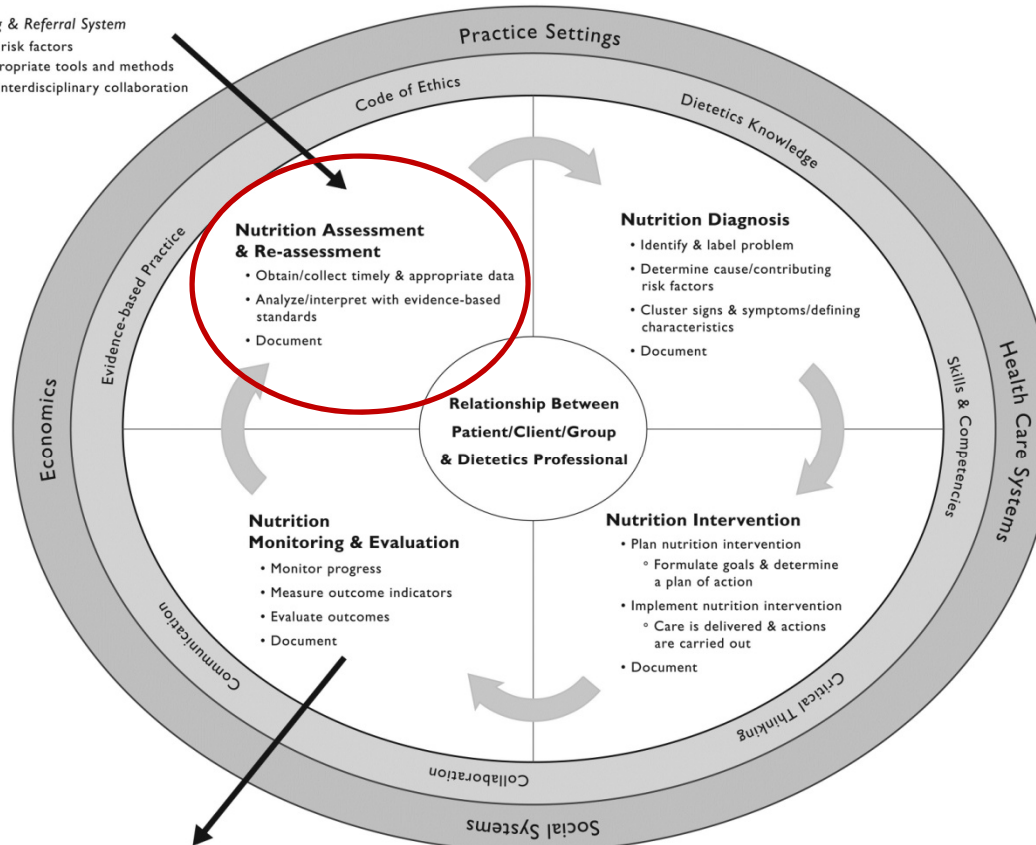
Step 4

- Nutrition Monitoring & Evaluation

Step 1: Nutrition Assessment

The Nutrition Care Process and Model

- Screening & Referral System**
- Identify risk factors
 - Use appropriate tools and methods
 - Involve interdisciplinary collaboration



- Outcomes Management System**
- Monitor the success of the Nutrition Care Process implementation
 - Evaluate the impact with aggregate data
 - Identify and analyze causes of less than optimal performance and outcomes
 - Refine the use of the Nutrition Care Process

Step 1: Nutrition Assessment

Nutrition Assessment (NA)

- Obtain adequate information in order to identify nutrition-related problems
- Systematic process of
 - Obtaining
 - Verifying and
 - Interpreting the data
- Make decisions about the nature and cause of nutrition related problems
- *Re-assessment at subsequent encounters addresses Monitoring and Evaluation parameters*

Step 1: Nutrition Assessment

Critical Thinking Skills

- Determining appropriate data to collect
- Determining the need for additional information
- Selecting appropriate assessment tools and procedures
- Applying the assessment tools in valid and reliable ways
- Distinguishing relevant from irrelevant data
- Distinguishing important from unimportant data
- Validating the data

Nutrition Assessment

Results of Nutrition Assessment

- Leads to appropriate initial determination that a nutrition diagnosis/problem exists
- If a nutrition diagnosis can be made, the RDN labels the problem and creates a PES* statement in Step 2 of the Nutrition Care Process

*PES: Problem, Etiology, Signs/Symptoms

Nutrition Assessment

Results of Nutrition Assessment

- If a nutrition problem is not identified, further information or testing may be necessary to make a determination
- If the assessment indicates that no nutrition problem currently exists that warrants a nutrition intervention, the term “No nutrition diagnosis at this time (NO-1.1)” may be documented

Results of Nutrition Assessment/Reassessment

The RDN will determine

- If a nutrition diagnosis/problem exists
- The plan for continuation of care, specifically:
 - Progression through the NCP
 - Need for additional information/testing
 - Discharge from nutrition care

Nutrition Assessment

Domains (Categories)

1. Food/Nutrition Related History
2. Anthropometric Measurements
3. Biochemical Data, Medical Tests, Procedures
4. Nutrition-Focused Physical Findings
5. Client History

Components of Nutrition Assessment Process

- **Review** data collected for **factors** that affect **nutritional** and health status
- **Cluster** individual data elements to **identify a nutrition diagnosis** as described in the nutrition diagnosis reference sheets
- **Identify** standards for **data comparison**

Nutrition Care Indicators

Clearly defined markers – measureable

- Food and nutrient intake
- Medication use
- Growth and body composition
- Food and nutrition related knowledge
- Attitudes and behaviors
- Food access
- Physical activity
- Anthropometric data
- Laboratory values
- Physical findings (observed or reported)
- Personal and family medical history, social factors

Nutrition Assessment

Assessment of Nutrition Care Indicators

Nutrition Care Criteria – what it is compared against

- Nutrition Prescription or Goal
 - Dietary Intervention
 - Behavior change
- Reference Standard: select what is appropriate for intervention or goal
 - National
 - Institutional
 - Regulatory standards

Reference Sheet Content for each Term

includes:

1. Definition
2. Indicators for
 - Assessment
 - Monitoring and Evaluation
3. Measurement methods or data sources
4. Nutrition interventions that are associated
5. Nutrition diagnoses with which data are used
6. Criteria for evaluation
7. Example for assessment and M&E
8. Literature references

Nutrition Assessment

Data Sources and Tools

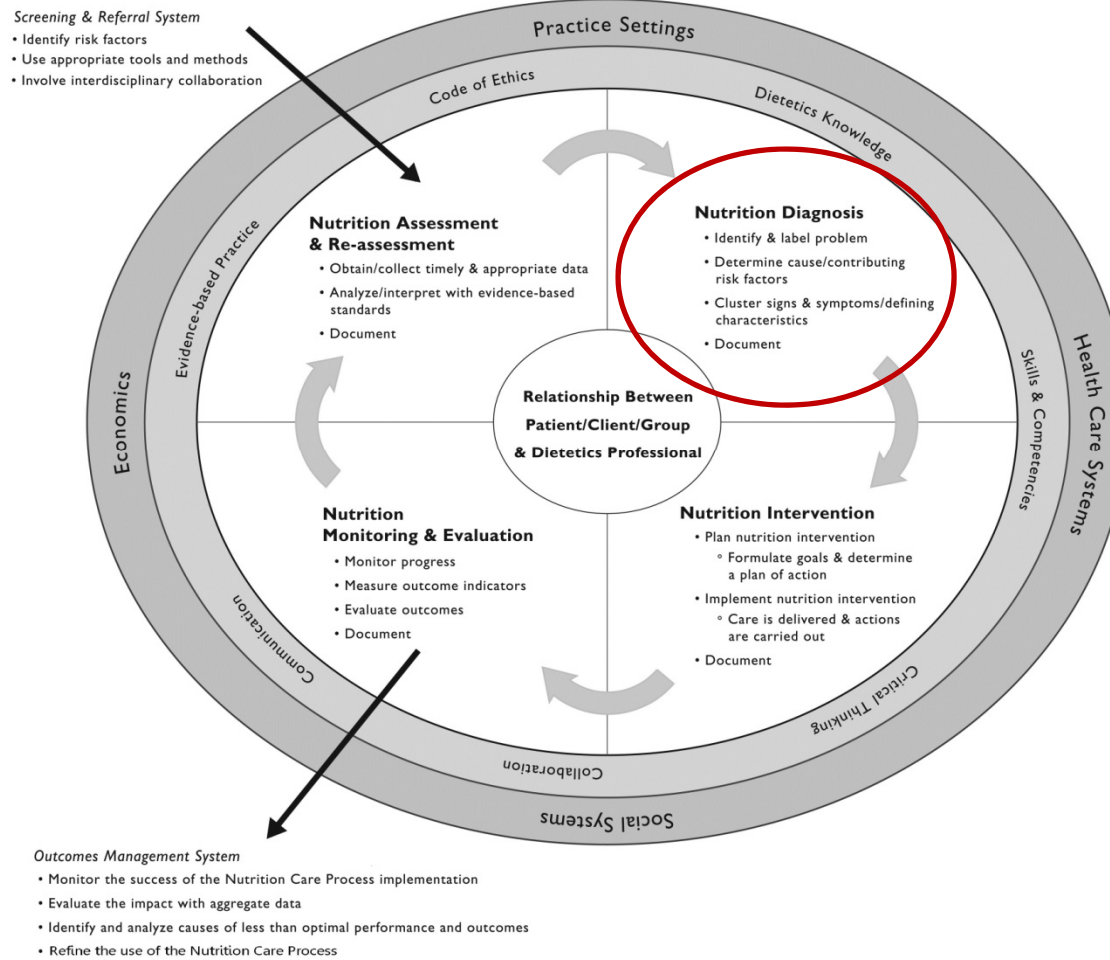
- Screening or referral form
- Patient interview
- Medical or health records
- Consultation with caregivers and family
- Community based surveys
- Statistical reports, administrative data, epidemiological studies

Summary

- Nutrition Assessment is the first step of the NCP
- Dynamic process that develops throughout the NCP
- Data is used for all other steps of the NCP
- New information may provide reason for reassessment or change in approach and intervention

Step 2: Nutrition Diagnosis

The Nutrition Care Process and Model



Step 2: Nutrition Diagnosis

- New concept for dietetics profession
- Definition of Diagnose
 - The act of identifying a disease or condition from it's signs and symptoms
 - Investigation or analysis of the cause or nature of a condition, situation, or problem.
- This implies
 - Pre-defined list of potential conditions
 - Pre-defined criteria (signs and symptoms) to which the current situation can be compared

PES Statement

The nutrition diagnosis or nutrition problem is summarized into a **structured sentence** called

- Nutrition diagnosis statement

OR

- PES Statement

PES Statement

This statement has **3 distinct components**:

- P (Problem)
- E (Etiology)
- S (Signs and Symptoms)
 - This information is obtained during the nutrition assessment phase of the Nutrition Care Process

PES Statement

This statement has a distinct format:

Problem *related to* Etiology *as evidenced by*
Signs and Symptoms

Evaluating Your PES Statement

- P** (Problem): **Can the RDN resolve or improve the nutrition diagnosis?** Consider the “intake” nutrition diagnosis as the one more specific to the role of the RDN.
- E** (Etiology): Determine if this is **the “root cause”** for the problem. If addressing the etiology will not resolve the problem, can the RDN intervention lessen the signs and symptoms?
- S** (Signs and Symptoms): Will measuring the signs and symptoms indicate if the problem is resolved or improved? Are the signs and symptoms specific enough that the RDN can **monitor and document resolution or improvement** of the nutrition diagnosis?

Evaluating Your PES Statement

PES Overall:

Does the **nutrition assessment data support** the specific nutrition diagnosis, etiology, and signs and symptoms?

Example PES Statements

- Excessive Fat Intake *related to* limited access to healthful options – frequent consumption of high-fat, fast-food meals *as evidenced by* serum cholesterol level of 230 mg/dL and patient report of 10 meals per week of hamburgers and fries
- Excessive Energy Intake *related to* unchanged dietary intake and restricted mobility while fracture heals *as evidenced by* 5 lb weight gain during last 3 weeks due to patient report of consumption of 500 kcal/day more than estimated needs
- Swallowing Difficulty *related to* post stroke complications *as evidenced by* results of swallowing tests and reports of choking during mealtimes

Identifying the **etiology** leads to selection of the nutrition intervention aimed at resolving the underlying cause of the nutrition problem

If the intervention cannot be aimed at resolving the underlying cause, as is the case in Physiologic-Metabolic etiologies, then the nutrition intervention is targeted at minimizing the signs/symptoms of the nutrition problem

Etiologies are grouped by the type of cause or contributing risk factor. See Nutrition Diagnosis Etiology Matrix for definitions.

- Beliefs-Attitudes
- Cultural
- Knowledge
- Physical Function
- Physiologic
- Social-Personal
- Treatment

For the following, the category alone may be the cause or contributing risk factor of the Nutrition Dx

- Access
- Behavior

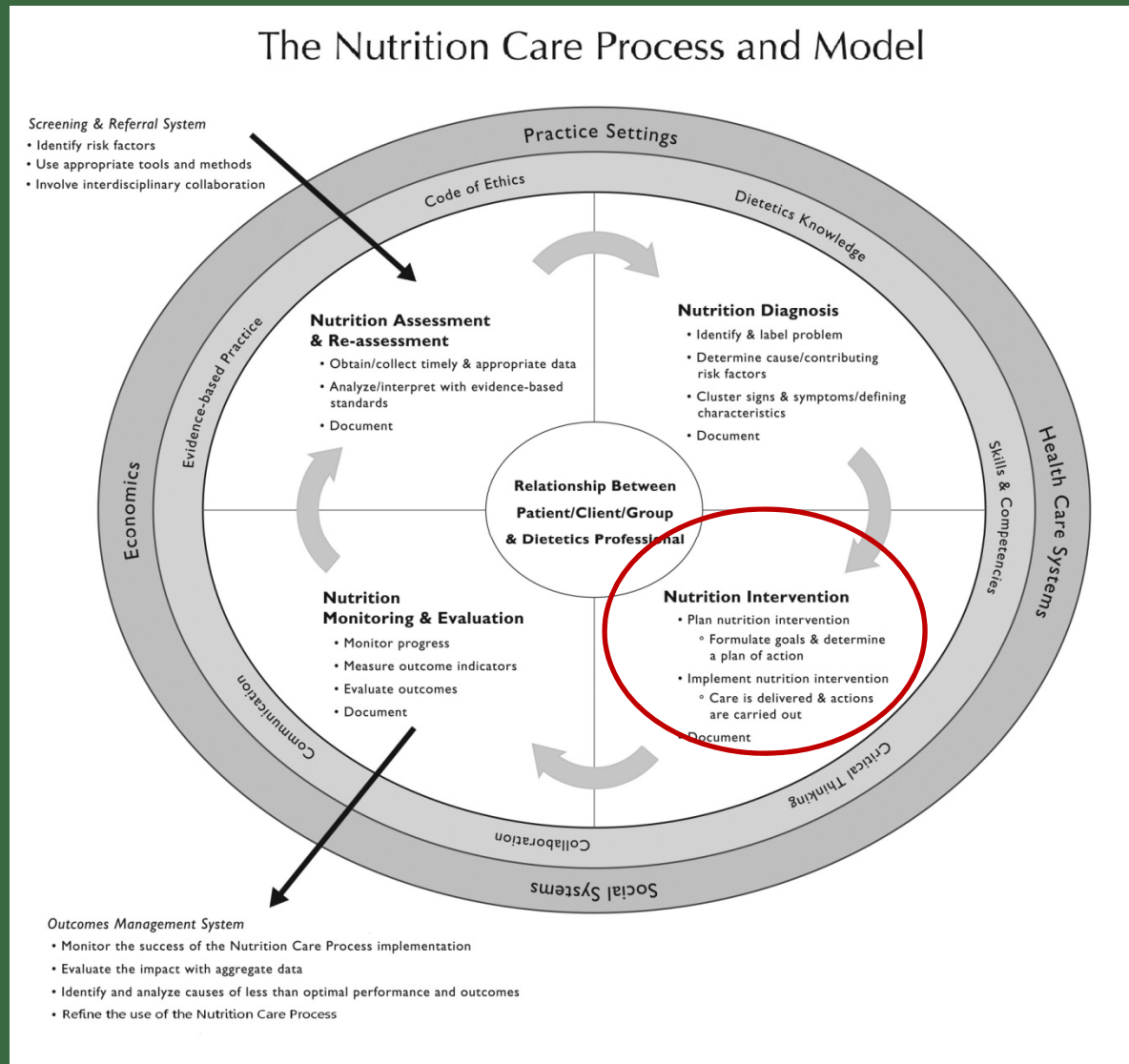
A reference sheet is available for each nutrition diagnosis. Each reference sheet contains **4 components**. See sample reference sheets.

- Problem or Nutrition Diagnosis Label
- Definition of the Nutrition Diagnosis Label
- Etiology (cause/contributing risk factors)
- Signs/Symptoms (defining characteristics)
 - Grouped by
 - nutrition assessment category, and
 - potential indicators of the specific nutrition diagnosis

Three general domains

- **Intake**
 - Excessive or Inadequate intake compared to requirements (actual or estimated)
- **Clinical**
 - Medical or physical conditions that are outside normal
- **Behavioral-Environmental**
 - Relate to knowledge, attitudes, beliefs, physical environment, access to food, or food safety

Step 3: Nutrition Intervention



Nutrition intervention is purposeful planned actions **intended to positively change** a nutrition related behavior, environmental condition, or aspect of health status

- Directed to the etiology or cause of the problem identified in the PES statement
- Sometimes the intervention must be directed toward the signs and symptoms if the RDN cannot impact the etiology

Nutrition Intervention

Two interrelated components

- Planning
- Implementation

- **Planning:**
 - Prioritize the nutrition diagnoses
 - Review practice guidelines (EAL) and policies
 - Confer with the patient (+ others)
 - Set goals and determine expected outcomes
 - Defining the specific nutrition intervention strategy
 - Define time and frequency of care

Implementation

- Communicate the plan of care
- Carry out the plan of care
- Continue data collection

Monitor and Evaluate

- Follow-up and verify the implementation
- Revise nutrition intervention strategy if needed

Nutrition Intervention

Four Domains

- Food and/or Nutrient Delivery
- Nutrition Education
- Nutrition Counseling
- Coordination of Nutrition Care

Nutrition Intervention

Use of Nutrition Interventions Based on Practice Setting

- **Food and/or Nutrient Delivery:**
 - institutional settings (hospitals, long-term care)
 - home care
- **Nutrition Education-Content:**
 - institutionalized settings
- **Nutrition Education-Application:**
 - outpatient/non institutionalized settings
 - private practice
 - community
- **Nutrition Counseling:**
 - outpatient/non institutionalized settings
 - private practice
 - community
- **Coordination of Nutrition Care:**
 - all practice settings

Nutrition Intervention

Reference Sheets include:

- Definition
- Details of Intervention
- Examples of typical use
- Other considerations
- References

Nutrition Intervention

Summary:

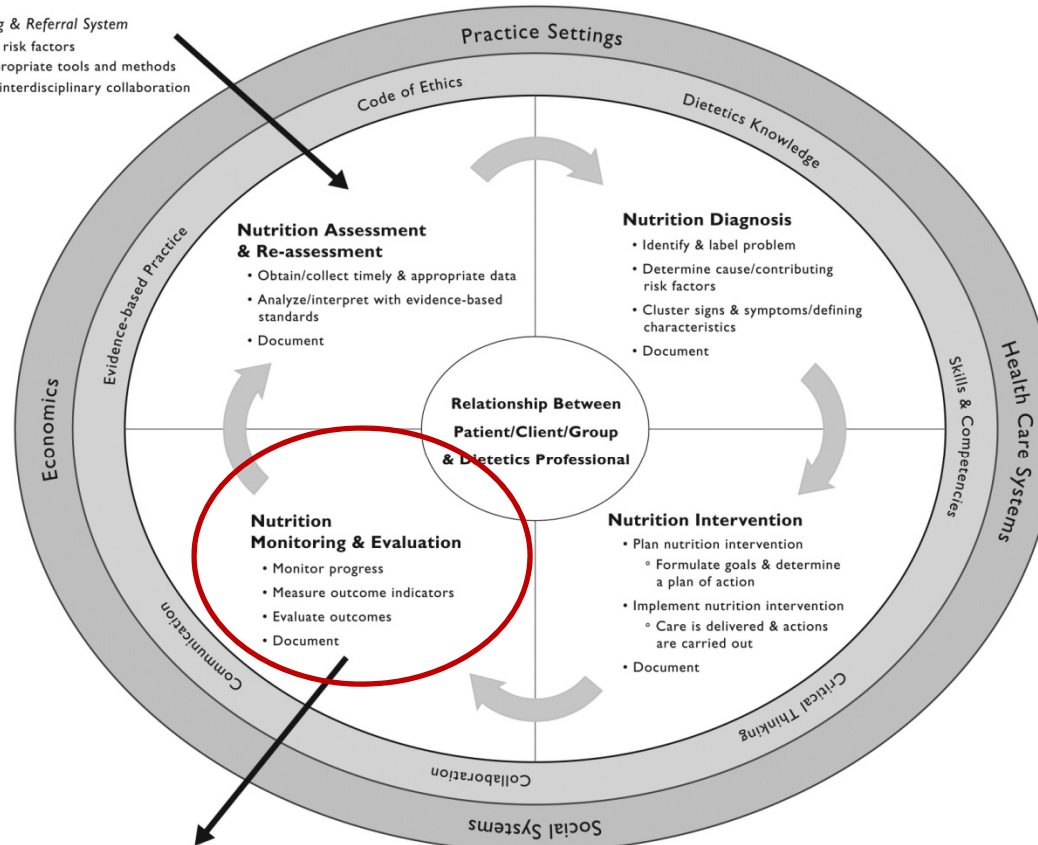
Defined nutrition intervention terminology-

- Assists in communication within the dietetics profession and among other health care providers.
- Allows documentation of the impact of the profession on specific diagnoses and etiologies in all patient/client populations.

Step 4: Nutrition Monitoring & Evaluation Academy of Nutrition and Dietetics

The Nutrition Care Process and Model

- Screening & Referral System**
- Identify risk factors
 - Use appropriate tools and methods
 - Involve interdisciplinary collaboration



- Outcomes Management System**
- Monitor the success of the Nutrition Care Process implementation
 - Evaluate the impact with aggregate data
 - Identify and analyze causes of less than optimal performance and outcomes
 - Refine the use of the Nutrition Care Process

Critical thinking skills for Nutrition Monitoring & Evaluation:

- Selecting appropriate indicators/measures
- Using appropriate criteria (previous status, nutrition intervention goals, or reference standards) for comparison
- Defining where patient/client is now in terms of expected outcome
- Explaining variance from expected outcomes
- Identifying factors that help/hinder progress
- Deciding between discharge or continuation of nutrition care

Determines whether the patient is **meeting the nutrition intervention goals** or desired outcomes

A nutrition reassessment is needed to identify whether the nutrition-related problem still exists and evaluate the progress made toward resolving the problem.

Is the nutrition intervention strategy working to resolve the nutrition diagnosis, its etiology, and/or signs and symptoms?

Assesses the patient's progress by comparing specific markers or nutrition care indicators against recognized, science-based standards or baselines.

Nutrition Monitoring & Evaluation

Definitions

Nutrition Monitoring: preplanned review and measurement of selected nutrition care indicators of patient/client's status relevant to the defined needs, nutrition diagnosis, nutrition intervention, and outcomes.

Nutrition Evaluation: the systematic comparison of current findings with the previous status, nutrition intervention goals, effectiveness of overall nutrition care, or a reference standard

Nutrition Care Outcomes: the results of nutrition care that are directly related to the nutrition diagnosis and the goals of the intervention plan

Nutrition Care Indicators: markers that can be measured and evaluated to determine effectiveness of nutrition care

Nutrition Care Outcomes: intermediate outcomes to other broader health care outcomes

- Acute or chronic disease: occurrence, duration, severity
- Infections
- Wound healing
- Health care cost
- Patient functional ability

Nutrition Care Outcome Characteristics:

- Represent results the RDN can impact
- Can be linked to nutrition intervention goals
- Are measurable with tools and resources available to the RDN
- Occur in a reasonable time period

Nutrition Monitoring & Evaluation Components

- **Monitor** progress toward the nutrition intervention or goal
- **Measure** the appropriate nutrition care indicators
- **Evaluate** the nutrition care indicators against appropriate standards selected during the nutrition care planning

Nutrition Care Indicators:

- Factors that food and nutrition professionals can impact directly, such as food and nutrient intake; growth and body composition; food and nutrition-related knowledge, attitudes, and behaviors; and food access
- Laboratory values, such as HgbA1c, hematocrit, or serum cholesterol
- Functional capabilities, such as physical activity
- Patient perception of nutrition care and results of nutrition care, such as nutrition quality of life

Measurement and Evaluation of Nutrition Indicators: Nutrition Care Criteria – what it is compared against

- Nutrition Prescription or Goal
 - Dietary Intervention
 - Behavior change
- Reference Standard: select what is appropriate for intervention or goal
 - National
 - Institutional
 - Regulatory standards

Selection and Interpretation of Nutrition Care Indicators:

Primary factors that influence the selection, measurement, and interpretation of individual nutrition care outcomes:

- Practice setting
- Age of patient
- Disease state and severity

Reference Sheets

These reference sheets are combined with the nutrition assessment reference sheets and contain these eight components:

- **Definition** of the nutrition assessment and nutrition monitoring and evaluation term
- The nutrition assessment and nutrition monitoring and evaluation **indicators**
- **Measurement method or data sources** recommended
- The **nutrition interventions** with which the nutrition assessment and nutrition monitoring and evaluation data are used
- The **nutrition diagnoses** with which the nutrition assessment and nutrition monitoring and evaluation data are used
- The **criteria** for evaluation
- The patient/client nutrition assessment and nutrition monitoring and evaluation **documentation example**
- **References**

Documentation

Quality documentation for nutrition monitoring and evaluation includes the following:

- Date and time
- Indicators measured, results, and the method for obtaining the measurement
- Criteria to which the indicator is compared (nutrition prescription/goal or a reference standard)
- Factors facilitating or hampering progress
- Other positive or negative outcomes
- Future plans for nutrition care, nutrition monitoring, and follow-up or discharge

Data Sources and Tools

To monitor and evaluate a patient/client's progress, the following tools may be used:

- Patient/client questionnaires
- Surveys
- Pretests and posttests
- Patient/client/family member interviews
- Anthropometric measurements
- Biochemical and medical test results
- Food and nutrition intake tools

Nutrition Care Outcome Management System

Potential benefits of aggregate nutrition care indicator data include the following:

- Provide for process improvement and foster understanding of what works and what does not
- Can be used for outcomes measurement studies and quality improvement initiatives
- Link care processes and resource utilization
- Give an opportunity to identify and analyze causes of less than optimal performance and outcomes
- Define information for inclusion in centralized data systems relevant to nutrition care
- Can be used to quantify the food and nutrition professional's contribution to health care

Nutrition Care Outcome Management System

Factors that can impact aggregate nutrition care indicator data interpretation include:

- Method for collecting the outcome (diet record, recall)
- Data source (patient, family/caregiver, chart)
- Intervention components (type, duration, and intensity)
- Education and skill level of RDN
- Nutrition program attributes

Summary

Nutrition Monitoring and Evaluation describes the patient's progress through consistent terms that are evaluated based on carefully selected indicators and criteria.

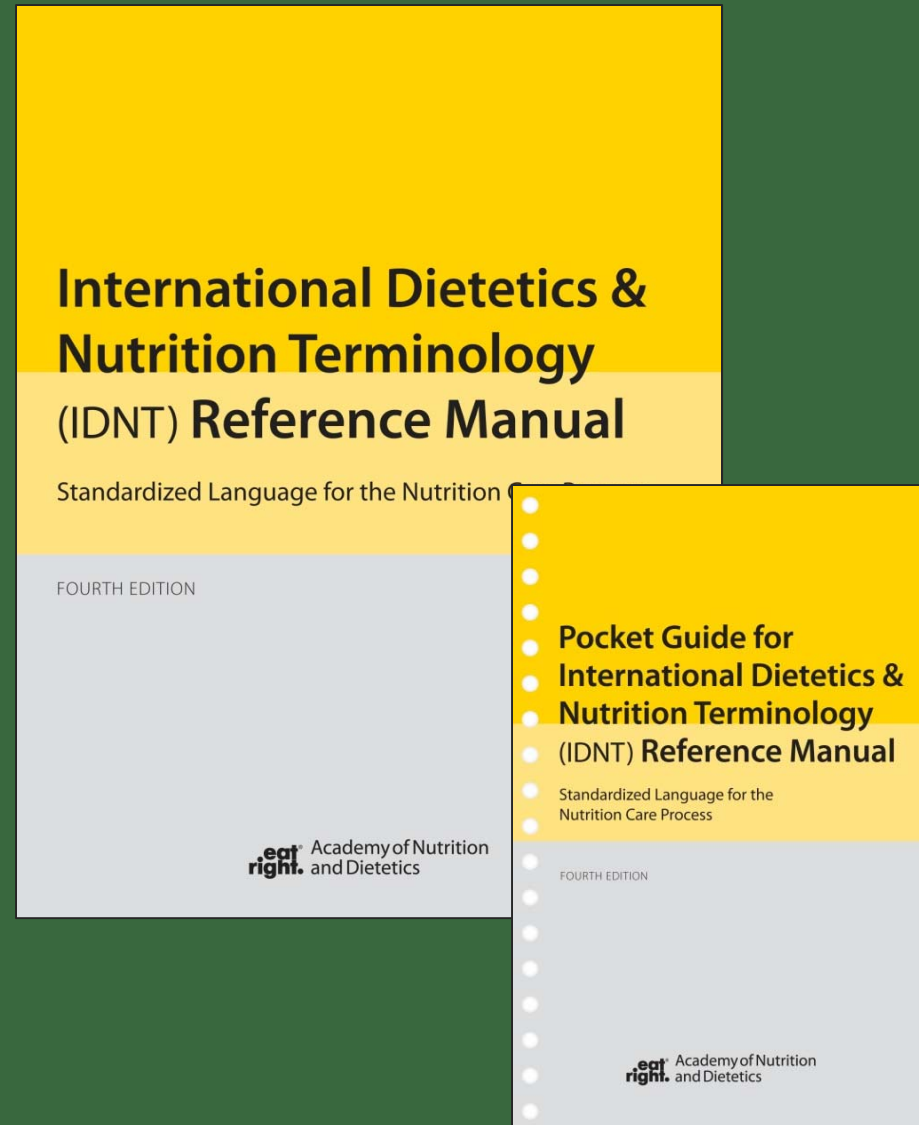
Documentation of patient progress and outcomes with consistent terminology that can be collected using research methodology will result in documenting the value of the work of the RDN

NCP Resources

Books

➤ IDNT Reference Manual, ed. 4

➤ IDNT Pocket Guide, ed. 4

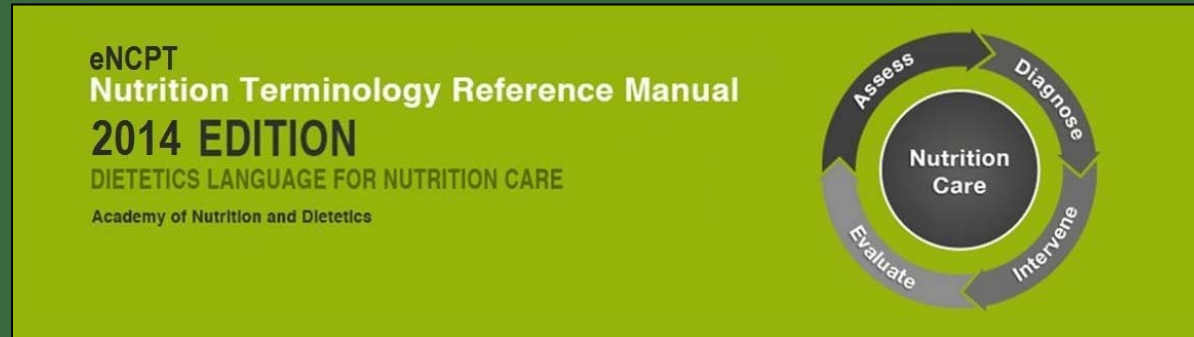


eNCPT
Nutrition Terminology Reference Manual
2014 EDITION
DIETETICS LANGUAGE FOR NUTRITION CARE
Academy of Nutrition and Dietetics



Coming August 2014

The **eNCPT (formerly IDNT Online)** is about to be launched on a new website platform! The new **eNCPT** will continue to offer all the peer-reviewed content of the previous version, but with new features to improve the user's experience.



- Language translations
 - Translations will be the collaborative work between the Academy and interested national dietetic associations
- Unique URL
 - Organizations can purchase a unique link for a specified number of simultaneous users and to provide access to their members
- No Terminology License
 - Organizations will be granted permission to use the NCPT in their Electronic Health Record by purchasing a multi-seat subscription to eNCPT

NCPT Toolkits

Learn the steps for creating an **Electronic Health Record** using interactive tools as part of an online subscription to the **E H R Toolkit**.



Utilize a specialty area toolkit designed to help you in your specific practice setting. **NCP toolkits** are available for use in the **Public Health, Neonatal, and Long Term Care** settings, and also independently with the **Sponsored Independent Learning Toolkit**.

To learn more about the NCP and other available resources, visit www.eatright.org/NCP
Please direct any further questions to **Kay Howarter**, Director of EAL/NCP Business Development (khowarter@eatright.org) or **Katie Gustafson**, Research Assistant (kgustafson@eatright.org)

Academy International Nutrition Care Process

A resource for international dietetics professionals and organizations

Academy International Nutrition Care Process is a new website that provides news and support to dietetic professionals outside the United States who are interested in the Nutrition Care Process and terminology.



Website Features:

NCP Overview and Resources provide an introduction to each step in the NCP for those unfamiliar with the process. Additionally, there are also links to tutorials, the EHR White Paper, and a list of Frequently Asked Questions.

The **News** feature informs users of important meetings and deadlines relating to both the NCP International Work Group and the international efforts of the NCP Committee. Users can also view archived news to get a broad idea of the past work of each group.

The **International Documents** section gives international members and colleagues of the Academy of Nutrition and Dietetics the opportunity to submit articles that focus on using the Nutrition Care Process and terminology in different countries. There is a section with articles detailing the implementation process, case studies, education and training, and translations.

To view the Academy International Nutrition Care Process, please visit www.aincp.webauthor.com
If you have any questions, please contact **Kay Howarter**, Director of EAL/NCP Business Development (khowarter@eatright.org) or **Robert Voss**, Web-Technical Assistant (rvoss@eatright.org)

NCP – Important Links

NCP Website

www.eatright.org/ncp

Academy International Nutrition Care Process

www.aincp.webauthor.com

NCP Snapshots

<http://www.eatright.org/HealthProfessionals/content.aspx?id=5902>

NCP Publications and Toolkits

www.eatright.org/shop

NCP Tutorial Modules

<http://adaeal.com/ncp/>