

SNAPSHOT

NCP Step 4. Nutrition Monitoring and Evaluation

What is the purpose of Nutrition Monitoring and Evaluation? The purpose is to determine the amount of progress made and if goals are being met. Nutrition monitoring and evaluation tracks patient/client outcomes relevant to the nutrition diagnosis and intervention plans and goals. Nutrition care outcomes—the desired results of nutrition care—have been defined, and specific indicators that can be measured and compared to reference standards or norms have been identified. The aim is to promote more uniformity within our profession in assessing the effectiveness of nutrition intervention.

How does a nutrition professional determine what to measure (i.e., which nutrition care indicators) for Nutrition Monitoring and Evaluation? Selecting the appropriate nutrition care indicators is determined by the nutrition diagnosis and its etiology and signs or symptoms and the nutrition intervention used. The medical diagnosis and health care outcome goals, and quality management goals for nutrition also influence which nutrition care outcome indicators are chosen. Other factors, such as practice setting, patient/client population, and disease state and/or severity also impact the indicator selection.

How are outcomes used in Nutrition Monitoring and Evaluation organized? In four categories.

| Nutrition-Related Behavioral and Environmental Outcomes | Food and Nutrient Intake Outcomes | Nutrition-Related Physical Sign and Symptom Outcomes | Nutrition-Related Patient/Client-Centered Outcomes |
|---|--|---|--|
| <i>Nutrition-related knowledge, behavior, access, and ability that impact food and nutrient intake.</i> | <i>Food and/or nutrient intake from all sources.</i> | <i>Anthropometric, biochemical, and physical exam parameters.</i> | <i>Perception of patient/client's nutrition intervention and its impact.</i> |

What does Nutrition Monitoring and Evaluation involve? Practitioners do three things as part of nutrition monitoring and evaluation—monitor, measure, and evaluate. They *monitor* the patient/client progress by determining whether the nutrition intervention is being implemented and by providing evidence that the nutrition intervention is or is not changing the patient/client behavior or status. They *measure* the outcomes by select the appropriate nutrition care outcome indicator(s). Finally, nutrition professionals compare the current findings with previous status, nutrition intervention goals, and/or reference standards (i.e., criteria), to evaluate the degree to which the indicator meets the criteria. Findings can be documented in usual units of measure and/or using scales indicating the amount of change. The use of standardized indicators and criteria increases the validity and reliability outcome data are collected. All these procedures facilitate electronic charting, coding and outcomes measurement.

Critical thinking during this step....

- Selecting appropriate indicators/measures
- Using appropriate reference standards for comparison
- Defining where patient/client is in terms of expected outcomes
- Explaining a variance from expected outcomes
- Determining factors that help or hinder progress
- Deciding between discharge and continuation of nutrition care

Are nutrition professionals limited to the Nutrition Monitoring and Evaluation outcomes terms? A cascade of outcomes of nutrition care has been identified; each outcome has several possible indicators that can be measured depending on the patient/client population and practice setting. Professionals can propose additions or revisions using the Procedure for Nutrition Controlled Vocabulary/Terminology Maintenance/Review available from ADA.

Detailed information about this step can be found in the Publication Name, 2008 Edition, American Dietetic Association.

Patient/client refers to individuals, groups, family members, and/or caregivers.
Edition: 2008

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NCP Step 3. Nutrition Intervention

What is the purpose of a nutrition intervention? The purpose is to resolve or improve the identified nutrition problem by planning and implementing appropriate nutrition interventions that are tailored to the patient/client's needs.

How does a nutrition professional determine a nutrition intervention? The selection of nutrition interventions is driven by the nutrition diagnosis and its etiology. Nutrition intervention strategies are purposefully selected to change nutritional intake, nutrition-related knowledge or behavior, risk factor, environmental condition, or access to supportive care and services. Nutrition intervention goals provide the basis for monitoring progress and measuring outcomes.

How are the Nutrition Intervention strategies organized? In four categories:

Food and/or Nutrient Delivery

An individualized approach for food/nutrient provision, including meals and snacks, enteral and parenteral feeding, and supplements.

Nutrition Education

A formal process to instruct or train a patient/client in a skill or to impart knowledge to help patients/clients voluntarily manage or modify food choices and eating behavior to maintain or improve health.

Nutrition Counseling

A supportive process, characterized by a collaborative counselor-patient relationship, to set priorities, establish goals and create individualized action plans that acknowledge and foster responsibility for self-care to treat an existing condition and promote health.

Coordination of Nutrition Care

Consultation with, referral to, or coordination of nutrition care with other health care providers, institutions, or agencies that can assist in treating or managing nutrition-related problems.

What does Nutrition Intervention involve? Nutrition intervention entails two distinct and interrelated processes -- planning and implementing. Planning the nutrition intervention involves: a) prioritizing nutrition diagnoses, b) consulting ADA's MNT Evidence-Based Guides for Practice and other practice guides, c) determining patient-focused expected outcomes for each nutrition diagnosis, d) conferring with patient/client/care givers, e) defining a nutrition intervention plan and strategies, f) defining time and frequency of care, and g) identifying resources needed. Implementation is the action phase and involves: a) communication of the nutrition care plan, b) carrying out the plan and c) continued data collection, documentation and plan modification, based upon progress toward goal accomplishment.

Critical thinking skills required during this step:

- Setting goals and prioritizing
- Defining the nutrition prescription or basic plan
- Making interdisciplinary connections
- Initiating behavioral and other nutrition interventions
- Matching nutrition intervention strategies with client needs, nutrition diagnosis and values
- Choosing from among alternatives to determine a course of action
- Specifying the time and frequency of care

Are nutrition professionals limited to the Nutrition Interventions listed in this reference?

Nutrition intervention terminology include commonly used strategies and emphasize the application of evidence-based strategies matched to appropriate circumstances. Evaluation of the nutrition intervention terminology is ongoing and will guide future modifications. Nutrition professionals can propose additions or revisions using the Procedure for Nutrition Controlled Vocabulary/Terminology Maintenance/Review available from ADA.

Detailed information about this step can be found in the Publication Name, 2008 Edition, American Dietetic Association.

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NCP Step 2. Nutrition Diagnosis

What is the purpose of a Nutrition Diagnosis? The purpose is to identify and describe a specific nutrition problem that can be resolved or improved through treatment/nutrition intervention by a nutrition professional. A nutrition diagnosis (e.g., inconsistent carbohydrate intake) is different from a medical diagnosis (e.g., diabetes).

How does a nutrition professional determine a Nutrition Diagnosis? Nutrition professionals use the data collected in the nutrition assessment to identify and label the patient/client's nutrition diagnosis using standard nutrition diagnostic terminology. Each nutrition diagnosis has a reference sheet that includes its definition, possible etiology/causes and common signs or symptoms identified in the nutrition assessment step.

How are the Nutrition Diagnoses organized? In three categories.

| Intake | Clinical | Behavioral-Environmental |
|--|--|---|
| <i>Too much or too little of a food or nutrient compared to actual or estimated needs.</i> | <i>Nutrition problems that relate to medical or physical conditions.</i> | <i>Knowledge, attitudes, beliefs, physical environment, access to food, or food safety.</i> |

How is the Nutrition Diagnosis documented? Nutrition professionals write a PES statement to describe the problem, its root cause, and the assessment data that provide evidence for the nutrition diagnosis. The format for the PES statement is "Nutrition problem label related to ____ as evidenced by ____".

| (P) Problem or Nutrition Diagnosis Label | (E) Etiology | (S) Signs/Symptoms |
|---|---|---|
| Describes alterations in the patient/client's nutrition status. | Cause/Contributing Risk Factors Linked to the nutrition diagnosis label by the words "related to." | Data used to determine that the patient/client has the nutrition diagnosis specified. Linked to the etiology by the words "as evidenced by." |

What are the guidelines for selecting the diagnoses and writing a clear PES statement?

The most important and urgent problem to be addressed is selected. When specifying the nutrition diagnosis and writing the PES statement nutrition professionals ask themselves a series of questions that help clarify the nutrition diagnosis. (See the critical thinking box).

Critical thinking during this step....

Evaluate your PES statement by using the following

P - Can the nutrition professional resolve or improve the nutrition diagnosis for this individual, group or population? When all things are equal and there is a choice between stating the PES statement using two nutrition diagnoses from different domains, consider the Intake nutrition diagnosis as the one more specific to the role of the RD.

E - Evaluate what you have used as your etiology to determine if it is the "root cause or the most specific root cause that the RD can address with a nutrition intervention. If as an RD you can not resolve the problem by addressing the etiology, can the RD intervention at least lessen the signs and symptoms

S - Will measuring the signs and symptoms indicate if the problem is resolved or improved? Are the signs and symptoms specific enough that you can monitor (measure/evaluate changes) and document resolution or improvement of the nutrition diagnosis?

PES Overall - Does the nutrition assessment data support a particular nutrition diagnosis with a typical etiology and signs and symptoms?

Are food and nutrition professionals limited to the Nutrition Diagnoses terms? Nutrition diagnosis terms and definitions were developed with extensive input and should fit most situations; however, food and nutrition professionals can submit proposals for additions or revisions using the Procedure for Nutrition Controlled Vocabulary/Terminology Maintenance/Review available from ADA.

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NCP Step 1. Nutrition Assessment

What is the purpose of Nutrition Assessment? The purpose is to collect and interpret relevant patient/client information to identify nutrition-related problems and their causes. \

How does a Professional determine where to obtain Nutrition Assessment data? It depends on the practice setting. For individuals, data can come directly from the patient/client through interview, observation and measurements, in addition to information from the referring health care provider or agency, medical record and laboratory tests. For population groups, data from surveys, administrative data sets, and epidemiological or research studies are used. The reference manual includes a Nutrition Assessment Matrix that links nutrition assessment parameters with nutrition diagnoses.

How are Nutrition Assessment data organized? In five categories.

| Food/Nutrition History | Biochemical Data, Medical Tests, and Procedures | Anthropometric Measurements | Physical Examination Findings | Client History |
|---|--|---|---|--|
| <i>Food and nutrient intake, nutrition related knowledge and practices, physical activity, and food availability.</i> | <i>Laboratory data (e.g., electrolytes, glucose, lipid panel) and tests (e.g., gastric emptying time, resting metabolic rate).</i> | <i>Height, weight, body mass index, growth rate, and rate of weight change.</i> | <i>Oral health, physical appearance, muscle and subcutaneous fat, wasting, and mental status.</i> | <i>Medication and supplement use, medical/health history, and social, personal/family history.</i> |

What is done with the Nutrition Assessment data? Nutrition assessment data are compared to relevant norms and standards for interpretation and decisions making. These may be national, institutional, regulatory norms and standards. Nutrition assessment findings are documented and are used in nutrition diagnosis statements, nutrition intervention goal setting and monitoring of progress.

Critical thinking during this step....

- Determining appropriate data to collect and selecting valid and reliable tools.
- Distinguishing relevant from irrelevant data.
- Selecting appropriate norms and standards for comparing the data.
- Organizing and categorizing the data in a meaningful way that relates to nutrition problems.

Is there a standardized language or taxonomy for Nutrition Assessment? Not at this time.

Nutrition assessment has been well described in the nutrition textbooks and literature. Use of standardized nutrition assessment procedures for patient/clients with similar disorders allows for effective comparison of nutrition assessment findings and outcome measurements resulting from nutrition intervention; therefore, the Standardized Language Task Force will articulate a nutrition assessment taxonomy to be published in a future edition.

Are nutrition professionals limited to the Nutrition Assessment data included in the Nutrition Assessment Matrix and used in the Nutrition Diagnoses? Nutrition assessment data listed in the nutrition diagnoses reference sheets are undergoing study and research to confirm (validate) which data are most relevant to specific nutrition diagnoses. However, based on their patient/client population, practice setting and purpose, Nutrition professionals may utilize additional nutrition assessment parameters.

*Detailed information about this step can be found in the **Publication Name**, 2008 Edition, American Dietetic Association.*

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