Nutrition Care Process

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Nutrition Care Process (NCP)

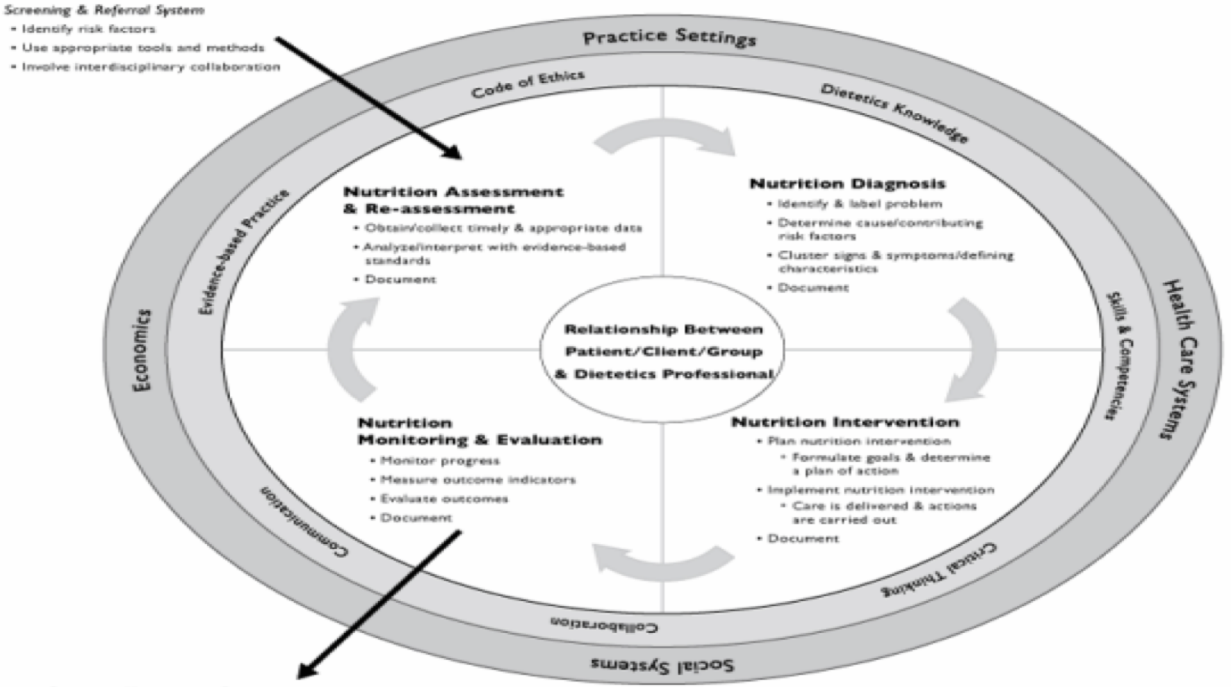
- NCP is a systematic problem-solving method that food and nutrition professionals use to think critically and make decisions that address practice-related problems.
- Provides a consistent structure and framework for food and nutrition professional to use when delivering nutrition care
- Designed to incorporate a scientific base that moves food and nutrition professionals beyond experience based practice to evidence-based practice

Nutrition Care Process

- Contains 4 distinct but interrelated and connected steps
    1. Nutrition Assessment
    2. Nutrition Diagnosis
    3. Nutrition Intervention
    4. Nutrition Monitoring & Evaluation

- ADIME note is used to document NCP

The Nutrition Care Process and Model



SOAP vs ADIME

SOAP	ADIME
Subjective: Information provided by patient or family of signs and symptoms, lifestyle pattern, etc.	**Assessment:** Anthropometrics, Biochemical, Clinical, Diet History, and Environment
Objective: Weight, height, medical diagnoses, labs, anthropometric data, nutrient intake data	
Action or Assessment: Summary of factors affecting nutrition diagnosis and intervention, PES Statements, Need of Nutrition Education, Nutrition Risk, Nutritional Requirements	**Nutrition Diagnosis:** PES Statement(s)
Plan: Nutrition Intervention, Monitoring and Evaluation	**Intervention:** SMART Goals, plan and implement intervention **Monitor and Evaluate:** Focus on measurable outcomes, evaluate the outcomes and length of follow up

A.D.I.M.E.

Assessment

Diagnosis

Intervention

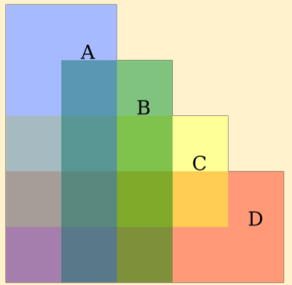
Monitoring & **E**valuation

Nutrition Assessment

Obtain adequate information in order to identify nutrition-related problems

A systematic approach to collect, record, and interpret relevant data

- The RDN will determine if a nutrition problem exists
- RDN will plan for continuation of care



Data collection includes:

- Food & Nutrition related history (intake, beliefs, availability)
- Anthropometric Measurements
- Biochemical Data, Medical tests, Procedures (labs)
- Nutrition Focused Physical Findings (fat wasting, muscles, appetite)
- Client History (medical and family)

Assessment ABCD's

Anthropometrics

- Refers to physical measurements of individuals that can be compared to standards in order to reveal the nutritional status, growth, and health of an individual.
- **Examples: Ht., Wt., weight history, age, and gender** are commonly used.
- This data provides the means to establish energy, protein, and fluid needs. It is also used to measure BMI, etc.

Biochemical

- Includes medical tests, labs and procedures
- May include blood test to measure Na, K, BUN, Creat, Gluc, LDL-chol, Alb, Prealb, or others.

Assessment ABCD's

Clinical

Physical exam conducted on the patient. The exam is used to assess everything from eyesight and reflexes to movement on the body and medical history.

Dietary

Dietary report assesses what the patient has consumed. This assessment may include 24-hour recalls, questionnaires, surveys, worksheets and more in order to obtain an accurate amount of food related history from the patient.

Nutrition Diagnosis

RDNs evaluate all of the information collected from the nutrition assessment to determine a nutrition diagnosis.

The purpose of identifying the presence of a nutrition diagnosis is to "identify and describe a specific nutrition problem that can be improved or resolved through nutrition treatment/ nutrition intervention"

Nutrition Diagnosis

Terminology for nutrition diagnosis is organized in 3 domains (categories):

1) **Intake**: Too much or too little of a food or nutrient compared to actual or estimated needs
2) **Clinical**: Nutrition problems that relate to medical or physical conditions
3) **Behavioral-environmental:** Knowledge, attitudes, beliefs, physical environment, access to food, or food safety

Documenting a nutrition diagnosis: Food and 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 diagnosis term (**problem**)] related to [**Etiology**] as evidenced by [**Signs/Symptoms**]."

Nutrition Diagnosis

- **(P) Problem** or Nutrition Diagnosis term describes alterations in the patient/client's nutritional status.
- **(E) Etiology** cause/contributing risk factors linked to the nutrition diagnosis term by the words "related to."
- **(S) Signs/symptoms** data or indicators used to determine the patient/client's nutrition diagnosis. Linked to the etiology by the words "as evidenced by."

Guidelines for selecting the nutrition diagnosis and writing a PES statement:
Select the most important and urgent nutrition problem to be addressed.

- **Example**: Inadequate energy intake related to inability to cook as evidence by weight loss of 20lbs in two months.

Tips to help you clarify the nutrition diagnosis:

P- Can the nutrition professional resolve or improve the nutrition diagnosis of the patient? Consider the Intake nutrition diagnosis as the one more specific to the role of the RDN.

E- Can the RDN intervention at least lessen the signs and symptoms?

S- Are the signs and symptoms specific enough that the RDN can monitor (measure/evaluate changes) and document resolution or improvement of the nutrition diagnosis?

Nutrition Intervention

Intervention

- The intervention is the purposeful action to resolve or improve the nutrition diagnosis or nutrition problem by provision of advice, education, or delivery of the food component of a specific diet or meal plan tailored to the patient needs.

Stage of change

- The nutrition diagnosis and its etiology drives the selection of a nutrition intervention. Nutrition intervention strategies are selected to change nutrition intake, environmental conditions, nutrition related knowledge or behavior.

Two interrelated components:

Planning

- Set goals and determine expected outcome.
- Defining the specific nutrition intervention strategy.
- Define time and frequency of care.

Implementation

- Communicate and carry out the plan of care.

Creating Goals. Plan of Action

Goals - tailored to fit the individual; must consider patient's dietary habits, lifestyle, beliefs, cultural limitations.

Goals must be:

- **Measurable/Realistically**
- **Attainable/Personalized**

Four Domains

- Food and nutrient delivery
- Nutrition Education
- Nutrition counseling
- Coordination of nutrition care

http://www.nutritioneducationstore.com/images/catalog/category127.png

Nutrition Education

- To help the patient acquire the knowledge and skills needed to make changes. It can result in control of the disease or symptoms, improved health status, enhanced quality of life, and decreased health care costs.
- Provide the patient with materials to improve knowledge.

Nutrition Monitoring & Evaluation

4 Domains:
-Based on the data collected from the nutrition assessment → Outcomes
Purpose

- To determine and measure the amount of progress made for the nutrition intervention
- To determine whether the nutrition related goals and the expected outcomes are being met

If goal(s) are not met

- Determine the reasons for not achieving the goal(s) and develop new strategies
- Revise care plan

Nutritional Care Record

- A legal document that allows the entire healthcare team to understand the rationale for nutrition care, how it will be provided and the role of each team member
- Communication tool
- Important for accreditation and peer review

Documentation must be clear, concise, objective, legible and accurate.


THANK
YOU
FOR
YOUR
TIME