The Nutrition Care Process

Chapter 3
Providing Nutrition Care

• Nutrition interventions
  ✓ Specific set of activities and associated materials used to address a problem
  ✓ Strategies and focus of care based on status of health - Table 3.1
Nutrition Care

• Evaluating nutritional status
  ✓ Adequacy of nutrient intake
  ✓ Biological
  ✓ Lifestyle
  ✓ Food & nutrient factors
  ✓ Environment
  ✓ Systems
  See Table 3.2
Nutrition Care

• Purpose
  ✓ to influence and change the factors that contribute to an imbalance and restore or improve nutritional health
  ✓ R.D.s are highly qualified to do this

Content of Care
- Best evidence
- Scientific principles
- Protocols

Process of Care
- Nutrition Care Process and Model

Outcome
- Improved quality of care and health status
ADA’s Standardized Model of Care

- Nutrition Care Process (NCP)
  - Systematic process to make decisions
  - Provides a common language for documentation and communication
  - Table 3.3 – Nutrition Diagnostic Terminology
  - 4 steps:
    1. Nutrition Assessment
    2. Nutrition Diagnosis
    3. Nutrition Intervention
    4. Nutrition Monitoring and Evaluation
NCP Model

- Figure 3.2
- Central Core
  ✓ Relationship between client and dietetics professional
    • Individualized and client-focused
- Outer rings
  ✓ Environmental factors impacting client’s ability to receive and benefit from nutrition care
  ✓ Professional strengths of the dietitian
- Supported by other systems
  ✓ Screening and referral systems
  ✓ Outcomes management systems

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Steps of the NCP

1. Nutrition Assessment
   Table 3.5
   • Obtain and verify appropriate data
   • Cluster and organize assessment data
   • Evaluate data using reliable standards
Steps of the NCP

2. Nutrition Diagnosis

✓ Describes a problem for which nutrition-related activities provide the primary intervention
  • Nutrition diagnosis vs. medical diagnosis

✓ PES format
  • Problem, etiology, signs and symptoms

✓ Requires critical thinking, stating problems clearly and singularly, and ruling in/ruling out
  • Table 3.4

✓ Sets the stage for steps 3 and 4
Steps of the NCP

2. Nutrition Diagnosis (cont.)
✓ Nutrition diagnostic terms
  • Domains:
    – Intake
      » Example - Box 3.1
    – Clinical
    – Behavioral-Environmental
  • Term number and standard definition
  • Reference sheets
Steps of the NCP

2. Nutrition Diagnosis (cont.)

✓ PES format

- (P) – diagnostic label; an alteration in the client’s nutritional status
- (E) – etiology; factors that contribute to the cause or existence of a problem
- (S) – signs & symptoms; defining characteristics obtained from subjective and objective data
Steps of the NCP

- PES format (cont.)
  ✓ Generally stated in the following way:
    The problem (p) related to the etiology (e) as evidenced by the signs and symptoms (s).

Example:
  “Involuntary weight loss (p) related to inadequate energy intake (e) as evidenced by eight pounds weight loss within four weeks (s).”
Steps of the NCP

- PES statements – how do I get there?
  - Evaluate nutrition assessment using critical thinking
  - Identify the problem(s)
    - State them each clearly and singularly
    - Focus on those that can be treated by nutritional intervention
  - Describe the signs and symptoms
  - Explore the etiology or cause
    - Again focus on a nutrition-related cause NOT medical diagnosis
Steps of the NCP

• PES statements – how do I evaluate?
  ✓ Ask yourself appropriate questions
    • ADA’s Standardized Language Task Force
    • See questions p. 56
    • Example - Box 3.2

• Relationship to other steps:
  ✓ Signs and symptoms become basis for setting ideal and measurable goals (step 3) and outcome measures (step 4)
Step 1 Nutrition Assessment
Signs and symptoms from the assessment are used to formulate the PES statement

Step 2 Nutrition Diagnosis
- Problem (P) Diagnostic Label
- Etiology (E) Root cause of problem
- Signs and Symptoms (S) Qualify and quantify the problem

- Etiology (E) Rationale for intervention
- Signs and Symptoms (S) Rationale for ideal goals and outcomes

Step 3 Nutrition Intervention

Step 4 Nutrition Monitoring and Evaluation

Reassessment
Steps of the NCP

3. Nutrition Intervention

- Planning and implementation to elicit a change
- Client-driven approach
  1. Prioritize nutrition diagnoses *with the client*
  2. Identify ideal goals and expected outcomes
  3. Plan the intervention
  4. Implement the intervention
Steps to the NCP

4. Nutrition Monitoring & Evaluation

✓ Measuring and recording changes in client’s condition

• **Monitor Progress**
  – Monitor, measure and evaluate on a planned schedule

• **Measure Outcomes**
  – Nutrition, clinical and health status, patient/client centered, and health care utilization

• **Evaluate Outcomes**
  – Create outcomes management system
  – Contribute to the body of evidence-based research
Documentation

- Ongoing process to support steps of NCP*
- Relevant, accurate, timely
- Variety of formats are acceptable:
  - SOAP notes
  - Focus notes
  - PIE
  - ADIM*  
    - Assessment, Diagnosis, Intervention, Monitoring
  - Electronic Medical Records