Welcome to the Nutrition Care Process and Model Tutorial

Objectives

- Provide Overview of Nutrition Care Process & Model
- Identify factors driving the development and implementation of the NCP/SL
- Identify the two supporting systems for the Nutrition Care Process
- Identify each of the 4 steps in the Nutrition Care Process
- Introduce concept of Standardized Language

Why now??

- Need for outcomes research
- Electronic Health Records
- Commission on Dietetic Registration Examination
- Commission on Accreditation of Education Standards of Education
RD? or DTR?  
You need to be familiar with the Nutrition Care Process and Model

So What’s All The Fuss??
- Haven’t we always done these things?
  - We have always done Nutrition Assessment and documented ALL the parameters that were evaluated to show the comprehensiveness of our evaluation
  - We have always done some type of intervention
  - We have always tried to monitor our progress

But…. 
- We haven’t always used the same words to describe things (Standardized Language)
- We haven’t always “named” the nutrition problem that we were trying to fix (Nutrition Diagnoses)
- We haven’t structured our documentation to clearly link the assessment data (signs and symptoms) to a “problem” and an intervention to the etiology of the problem (PES Statement & Intervention Terms)
- We haven’t always been willing to identify what signs and symptoms we expected to change based on our intervention
- Our follow-up notes didn’t always articulate if the problem had improved or been resolved according to our plan (Monitoring and Evaluation – Terminology)

Standardized Language
- Is intended to be the agreed upon terms that will describe what is occurring in each step of the nutrition care process
  - Nutrition Assessment terms (Included in Second Edition available Sep 2008)
  - Nutrition Diagnostic Terminology
  - Nutrition Intervention Terms
  - Monitoring and Evaluation Terms
Materials Used During Modules

- Nutrition Care Process Part II: Using the International Dietetics and Nutrition Terminology to Document the Nutrition Care Process, J Am Diet Assoc, August 2008 (Pages 1287-1293)
  - Nutrition Assessment and Monitoring and Evaluating Terminology
  - Nutrition Diagnosis Terminology
  - Nutrition Intervention Terminology

ADA Publications

New Publications

$30 – Recommended one per facility

$20 – Recommended one per RD

The Nutrition Care Process & Model

Nutrition Assessment & Monitoring
Nutrition Diagnosis
Nutrition Intervention
Nutrition Care Process

has:
- four distinct, but interrelated and connected steps
- Two supporting systems

Medical Nutrition Therapy (MNT) is ONE application of the NCP
- MNT is a term implying individualized nutrition assessment and treatment that is part of an overall healthcare treatment process
- Requires an RD and medical record documentation
- Nutrition education activities may follow the NCP, but not raise to the level of “treatment”
- Not all activities through NCP are medical nutrition therapy

Nutrition Care Model

Supporting Systems
- Screening and referral systems
  - Sometimes done by RD or nutrition staff in inpatient, most time done by other healthcare staff in ambulatory/community

Outcomes Management systems
- Difference between this system and step four
  - This is aggregate of multiple patients versus looking at one patient’s progress as in Nutrition Monitoring and Evaluation in NCP
The Nutrition Care Process (NCP)

- Begins
  - When patient/client/group has been identified at nutritional risk and needs further assistance to achieve or maintain nutrition and health goals
  - May include several “cycles” of the 4 step process during a course of MNT
- Ends
  - When nutrition goals are met

Nutrition Care Process

Nutrition Assessment

- 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
- Domains of Nutrition Assessment Data
  - Food and nutrient-related history, Anthropometric measurements, Biochemical data, medical tests and procedures, Nutrition Focused Physical Findings, Client History, and Comparative Standards

Nutrition Diagnosis

- Identification and labeling of a nutrition problem
  - Three Domains of Nutrition Diagnoses
  - Over 60 individual Nutrition Diagnoses Terms
- Articulated as PES Statement
  - Problem
  - Etiology
  - Signs and Symptoms

Nutrition Intervention

- Specific set of activities and materials used to address the nutrition problem
- Plan the Intervention
  - Prioritize Nutrition Diagnoses
  - Consult evidence-based guides
  - Jointly determine patient-focused expected outcomes
  - Develop Nutrition Prescription
- Implement the Nutrition Intervention
  - Four Domains of interventions
    - Food and/or Nutrient Delivery, Nutrition Education, Nutrition Counseling, Coordination of Nutrition Care
  - Over 60 nutrition intervention terms
Nutrition Care Process

Nutrition Monitoring and Evaluation
- Determine degree to which progress is being made toward goals and/or desired patient-focused expected outcomes
  - Monitoring - Review and measurement of the status at scheduled intervals
  - Evaluation – systematic comparison of current findings with previous status, intervention goals, and/or a reference standard
- Domains of M&E terms
  - Food and nutrient-related history, Anthropometric measurements, Biochemical data, medical tests and procedures, and Nutrition Focused Physical Findings

Additional Materials
- Additional materials are on the ADA website
- Practice or Research Tabs
- Materials are organized for Educators or Practitioners
- Questions can be directed to: emyers@eatright.org and lornstein@eatright.org
- After completing the tutorial you may want to attend a workshop where you can practice with an experienced facilitator

Please proceed to the remaining modules on each step of the Nutrition Care Process