

# Nutrition Intervention Terminology

## Nutrition Prescription

The patient's/client's individualized recommended dietary intake of energy and/or selected foods or nutrients based on current reference standards and dietary guidelines and the patient's/client's health condition and nutrition diagnosis (*specify*).

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## FOOD AND/OR NUTRIENT DELIVERY

ND

### Meal and Snacks (1)

*Regular eating event (meal); food served between regular meals (snack).*

- General/healthful diet ND-1.1
- Modify distribution, type, or amount of food and nutrients within meals or at specified time ND-1.2
- Specific foods/beverages or groups ND-1.3
- Other ND-1.4  
(specify) \_\_\_\_\_

### Enteral and Parenteral Nutrition (2)

*Nutrition provided through the GI tract via tube, catheter, or stoma (enteral) or intravenously (centrally or peripherally) (parenteral).*

#### Enteral Nutrition (2.1)

*Nutrition provided through the GI tract.*

- Formula/solution ND-2.1.1
- Insert enteral feeding tube ND-2.1.2
- Site care ND-2.1.3
- Feeding tube flush ND-2.1.4

#### Parenteral Nutrition/IV Fluids (2.2)

*Nutrition and fluids provided intravenously.*

- Formula/solution ND-2.2.1
- Site care ND-2.2.2
- IV fluids ND-2.2.3

### Supplements (3)

#### Medical Food Supplements (3.1)

*Commercial or prepared foods or beverages that supplement energy, protein, carbohydrate, fiber, fat intake.*

- Type
- Commercial beverage ND-3.1.1
  - Commercial food ND-3.1.2
  - Modified beverage ND-3.1.3
  - Modified food ND-3.1.4
  - Purpose ND-3.1.5  
(specify) \_\_\_\_\_

#### Vitamin and Mineral Supplements (3.2)

*Supplemental vitamins or minerals.*

- Multivitamin/mineral ND-3.2.1
- Multi-trace elements ND-3.2.2
- Vitamin ND-3.2.3
  - A (1)
  - C (2)
  - D (3)
  - E (4)
  - K (5)
  - Thiamin (6)
  - Other (specify) \_\_\_\_\_ (12)
- Mineral ND-3.2.4
  - Calcium (1)
  - Chloride (2)
  - Iron (3)
  - Magnesium (4)
  - Other (specify) \_\_\_\_\_ (9)
  - Riboflavin (7)
  - Niacin (8)
  - Folate (9)
  - B6 (10)
  - B12 (11)
  - Potassium (5)
  - Phosphorus (6)
  - Sodium (7)
  - Zinc (8)

## Bioactive Substance Management (3.3)

*Addition or change in provision of bioactive substances.*

- Plant sterol and stanol esters ND-3.3.1
- Soy protein ND-3.3.2
- Psyllium and  $\beta$ -glucan ND-3.3.3
- Food additives ND-3.3.4
- Other ND-3.3.5  
(specify) \_\_\_\_\_

## Feeding Assistance (4)

*Accommodation or assistance in eating.*

- Adaptive equipment ND-4.1
- Feeding position ND-4.2
- Meal set-up ND-4.3
- Mouth care ND-4.4
- Other ND-4.5  
(specify) \_\_\_\_\_

## Feeding Environment (5)

*Adjustment of the factors where food is served that impact food consumption.*

- Lighting ND-5.1
- Odors ND-5.2
- Distractions ND-5.3
- Table height ND-5.4
- Table service/set up ND-5.5
- Room temperature ND-5.6
- Other ND-5.7  
(specify) \_\_\_\_\_

## Nutrition-Related Medication Management (6)

*Modification of a medication or herbal to optimize patient/client nutritional or health status.*

- Medications ND-6.1  
(specify prescription or OTC) \_\_\_\_\_
- Herbal/complementary products ND-6.2  
(specify) \_\_\_\_\_

## NUTRITION EDUCATION

E

### Nutrition Education—Content (1)

*Instruction or training intended to lead to nutrition-related knowledge.*

- Purpose of the nutrition education E-1.1
- Priority modifications E-1.2
- Survival information E-1.3
- Nutrition relationship to health/disease E-1.4
- Recommended modifications E-1.5
- Other or related topics E-1.6
- Other E-1.7  
(specify) \_\_\_\_\_

### Nutrition Education Application (2)

*Instruction or training leading to nutrition-related result interpretation or skills.*

- Result interpretation E-2.1
- Skill development E-2.2
- Other E-2.3  
(specify) \_\_\_\_\_

## NUTRITION COUNSELING

C

### Theoretical Basis/Approach (1)

*The theories or models used to design and implement an intervention.*

- Cognitive-Behavioral Theory C-1.1
- Health Belief Model C-1.2
- Social Learning Theory C-1.3
- Transtheoretical Model/ Stages of Change C-1.4
- Other C-1.5  
(specify) \_\_\_\_\_

### Strategies (2)

*Selectively applied evidence-based methods or plans of action designed to achieve a particular goal.*

- Motivational interviewing C-2.1
- Goal setting C-2.2
- Self-monitoring C-2.3
- Problem solving C-2.4
- Social support C-2.5
- Stress management C-2.6
- Stimulus control C-2.7
- Cognitive restructuring C-2.8
- Relapse prevention C-2.9
- Rewards/contingency management C-2.10
- Other C-2.11  
(specify) \_\_\_\_\_

## COORDINATION OF NUTRITION CARE

RC

### Coordination of Other Care During Nutrition Care (1)

*Facilitating services with other professionals, institutions, or agencies during nutrition care.*

- Team meeting RC-1.1
- Referral to RD with different expertise RC-1.2
- Collaboration/referral to other providers RC-1.3
- Referral to community agencies/ programs (specify) \_\_\_\_\_ RC-1.4

### Discharge and Transfer of Nutrition Care to New Setting or Provider (2)

*Discharge planning and transfer of nutrition care from one level or location of care to another.*

- Collaboration/referral to other providers RC-2.1
- Referral to community agencies/ programs (specify) \_\_\_\_\_ RC-2.2