

# Snapshot

## NCP Step 3: Nutrition Intervention

### Purpose:

The purpose of a nutrition intervention is 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/client's\* needs.

### Determining a nutrition intervention:

The nutrition diagnosis and its etiology drives the selection of a nutrition intervention. Nutrition intervention strategies are selected to change nutritional intake, nutrition-related knowledge or behavior, environmental conditions, or access to supportive care and services. Nutrition intervention goals provide the basis for monitoring progress and measuring outcomes.

### Terminology for nutrition intervention is organized in 4 domains (categories):

Food and/or Nutrient Delivery	Nutrition Education	Nutrition Counseling	Coordination of Nutrition Care
<i>Individualized approach for food/nutrient provision.</i>	<i>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, nutrition and physical activity choices and behavior to maintain or improve health</i>	<i>A supportive process, characterized by a collaborative counselor-patient relationship, to establish food, nutrition and physical activity priorities, goals, and individualized action plans that acknowledge and foster responsibility for self-care to treat an existing condition and promote health</i>	<i>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</i>

### Use of nutrition intervention terminology:

Nutrition intervention is accomplished in two distinct and interrelated steps: planning and implementing.

Planning the nutrition intervention involves:

- prioritizing nutrition diagnoses
- consulting the Academy's Evidence-Based Nutrition Practice Guidelines and other practice guidelines
- determining patient-focused expected outcomes for each nutrition diagnosis
- conferring with patient/client/caregivers
- defining a nutrition intervention plan and related strategies
- defining time and frequency of care
- identifying resources needed.

Implementation is the action phase and involves:

- communication of the nutrition care plan
- carrying out the plan.

### Critical thinking skills:

- 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 patient/client's needs, nutrition diagnosis, and values
- Choosing from among alternatives to determine a course of action
- Specifying the time and frequency of care

\*Patient/client refers to individuals, groups, populations, family members, and/or caregivers.