**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):**

<table>
<thead>
<tr>
<th>Food and/or Nutrient Delivery</th>
<th>Nutrition Education</th>
<th>Nutrition Counseling</th>
<th>Coordination of Nutrition Care</th>
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<tbody>
<tr>
<td>Individualized approach for food/nutrient provision.</td>
<td>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</td>
<td>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</td>
<td>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</td>
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**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.