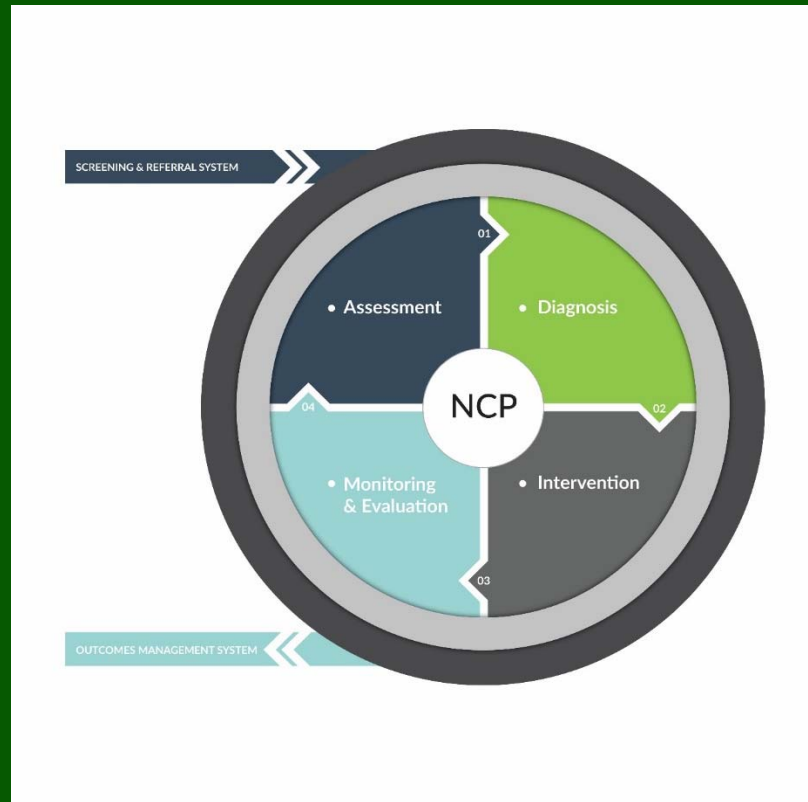


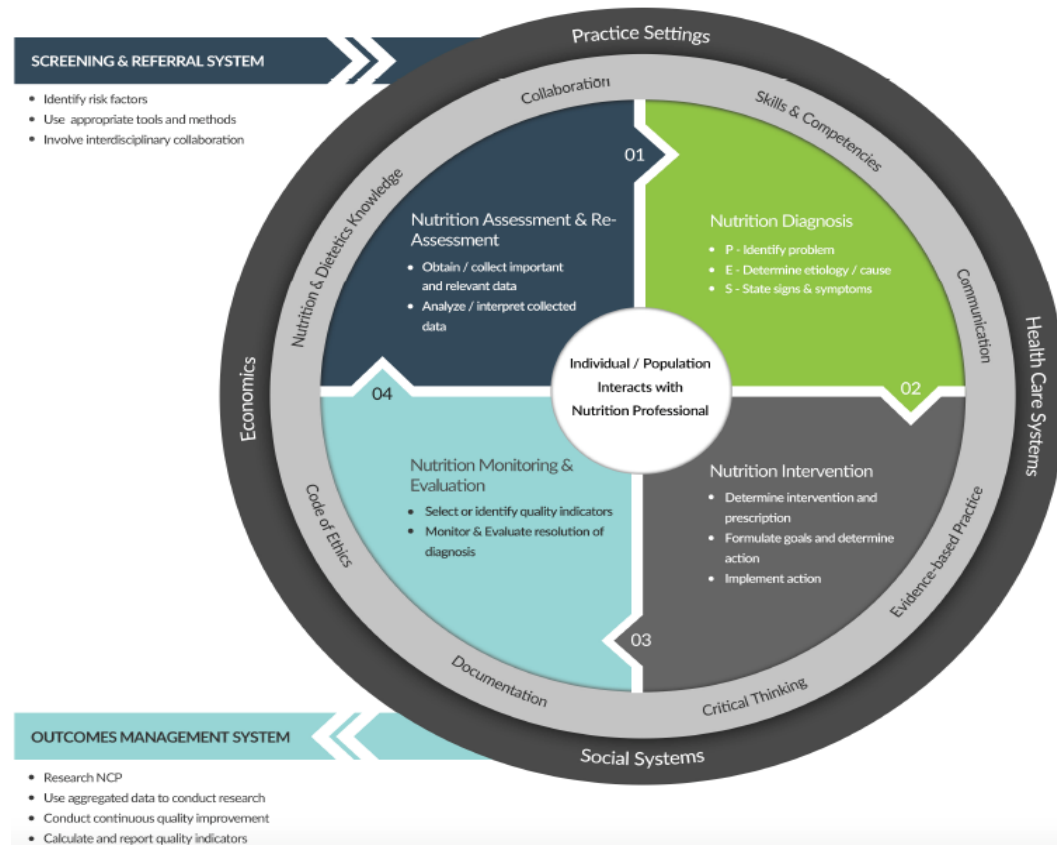
Nutrition Care Process Terminology (NCPT)



**Overview
&
Resources**

Nutrition Care Process Model

THE NUTRITION CARE PROCESS MODEL



Nutrition Care Process: Steps

Step 1

- Nutrition Assessment

Step 2

- Nutrition Diagnosis

Step 3

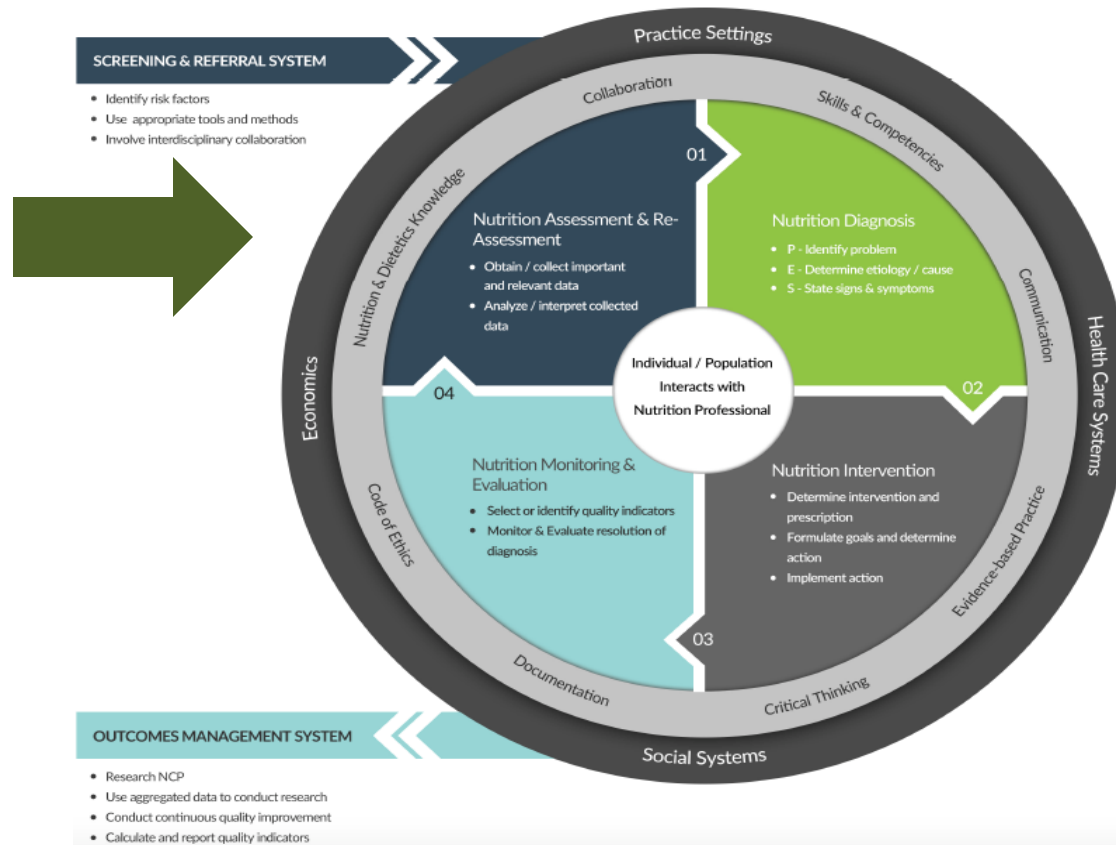
- Nutrition Intervention

Step 4

- Nutrition Monitoring & Evaluation

Step 1: Nutrition Assessment

THE NUTRITION CARE PROCESS MODEL



Nutrition Assessment

Nutrition Assessment (NA)

- 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*

Step 1: Nutrition Assessment

Critical Thinking Skills

- Determining appropriate data to collect
- Determining the need for additional information
- Selecting appropriate assessment tools and procedures
- Applying the assessment tools in valid and reliable ways
- Distinguishing relevant from irrelevant data
- Distinguishing important from unimportant data
- Validating the data

Nutrition Assessment

Results of Nutrition Assessment

- Leads to appropriate initial determination that a nutrition diagnosis/problem exists
- If a nutrition diagnosis can be made, the RDN labels the problem and creates a PES* statement in Step 2 of the Nutrition Care Process

*PES: Problem, Etiology, Signs/Symptoms

Nutrition Assessment

Results of Nutrition Assessment

- If a nutrition problem is not identified, further information or testing may be necessary to make a determination
- If the assessment indicates that no nutrition problem currently exists that warrants a nutrition intervention, the term “No nutrition diagnosis at this time (NO-1.1)” may be documented

Nutrition Assessment

Results of Nutrition Assessment/Reassessment

The RDN will determine

- If a nutrition diagnosis/problem exists
- The plan for continuation of care, specifically:
 - Progression through the NCP
 - Need for additional information/testing
 - Discharge from nutrition care

Nutrition Assessment

Domains (Categories)

1. Food/Nutrition Related History
2. Anthropometric Measurements
3. Biochemical Data, Medical Tests, Procedures
4. Nutrition-Focused Physical Findings
5. Client History

Nutrition Assessment

Components of Nutrition Assessment Process

- **Review** data collected for **factors** that affect **nutritional** and health status
- **Cluster** individual data elements to **identify** a **nutrition diagnosis** as described in the nutrition diagnosis reference sheets
- **Identify** standards for **data comparison**

Nutrition Assessment

Nutrition Care Indicators

Clearly defined markers – measureable

- Food and nutrient intake
- Medication use
- Growth and body composition
- Food and nutrition related knowledge
- Attitudes and behaviors
- Food access
- Physical activity
- Anthropometric data
- Laboratory values
- Physical findings (observed or reported)
- Personal and family medical history, social factors

Nutrition Assessment

Assessment of Nutrition Care Indicators

Nutrition Care Criteria – what it is compared against

- Nutrition Prescription or Goal

- Dietary Intervention
- Behavior change

- Reference Standard: select what is appropriate for intervention or goal

- National
- Institutional
- Regulatory standards

Nutrition Assessment

Reference Sheet Content for each Term includes:

1. Definition
2. Indicators for
 - Assessment
 - Monitoring and Evaluation
3. Measurement methods or data sources
4. Nutrition interventions that are associated
5. Nutrition diagnoses with which data are used
6. Criteria for evaluation
7. Example for assessment and M&E
8. Literature references

Nutrition Assessment

Data Sources and Tools

- Screening or referral form
- Patient interview
- Medical or health records
- Consultation with caregivers and family
- Community based surveys
- Statistical reports, administrative data, epidemiological studies

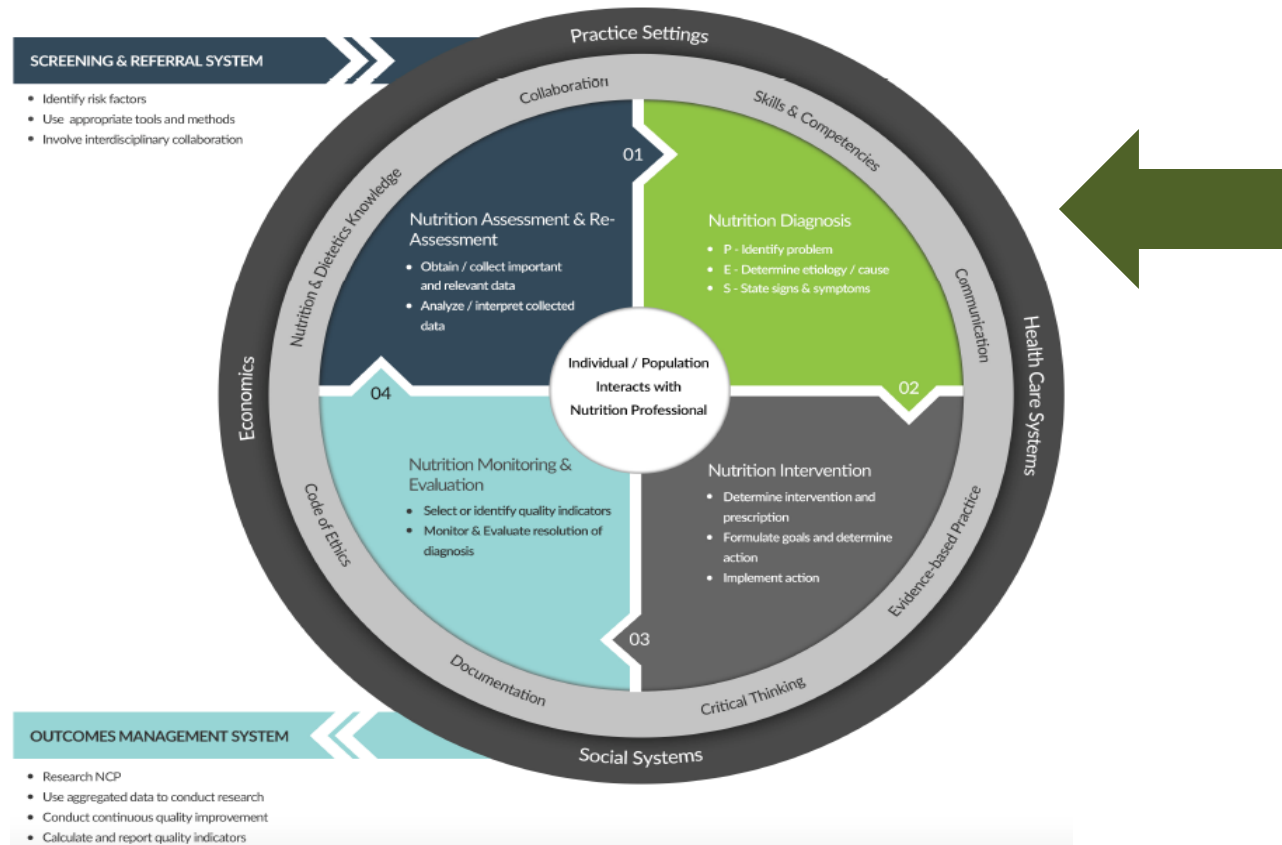
Nutrition Assessment

Summary

- Nutrition Assessment is the first step of the NCP
- Dynamic process that develops throughout the NCP
- Data is used for all other steps of the NCP
- New information may provide reason for reassessment or change in approach and intervention

Step 2: Nutrition Diagnosis

THE NUTRITION CARE PROCESS MODEL



Step 2: Nutrition Diagnosis

- New concept for dietetics profession
- Definition of Diagnosis
 - The act of identifying a disease or condition from its signs and symptoms
 - Investigation or analysis of the cause or nature of a condition, situation, or problem.
- This implies
 - Pre-defined list of potential conditions
 - Pre-defined criteria (signs and symptoms) to which the current situation can be compared

PES Statement

The nutrition diagnosis or nutrition problem is summarized into a **structured sentence** called

- Nutrition diagnosis statement

OR

- PES Statement

PES Statement

This statement has **3 distinct components:**

- P (Problem)
- E (Etiology)
- S (Signs and Symptoms)
 - This information is obtained during the nutrition assessment phase of the Nutrition Care Process

PES Statement

This statement has a distinct format:

Problem *related to* Etiology *as evidenced by*
Signs and Symptoms

Evaluating Your PES Statement

P (Problem): Can the RDN resolve or improve the nutrition diagnosis? Consider the “intake” nutrition diagnosis as the one more specific to the role of the RDN.

E (Etiology): Determine if this is the “root cause” for the problem. If addressing the etiology will not resolve the problem, can the RDN intervention lessen the signs and symptoms?

S (Signs and Symptoms): Will measuring the signs and symptoms indicate if the problem is resolved or improved? Are the signs and symptoms specific enough that the RDN can monitor and document resolution or improvement of the nutrition diagnosis?

Evaluating Your PES Statement

PES Overall:

Does the **nutrition assessment data support** the specific nutrition diagnosis, etiology, and signs and symptoms?

Example PES Statements

- Excessive Fat Intake *related to* limited access to healthful options – frequent consumption of high-fat, fast-food meals *as evidenced by* serum cholesterol level of 230 mg/dL and patient report of 10 meals per week of hamburgers and fries
- Excessive Energy Intake *related to* unchanged dietary intake and restricted mobility while fracture heals *as evidenced by* 5 lb weight gain during last 3 weeks due to patient report of consumption of 500 kcal/day more than estimated needs
- Swallowing Difficulty *related to* post stroke complications *as evidenced by* results of swallowing tests and reports of choking during mealtimes

Nutrition Diagnosis Etiology

Identifying the **etiology** leads to selection of the nutrition intervention aimed at resolving the underlying cause of the nutrition problem

If the intervention cannot be aimed at resolving the underlying cause, as is the case in Physiologic-Metabolic etiologies, then the nutrition intervention is targeted at minimizing the signs/symptoms of the nutrition problem

Nutrition Diagnosis Etiology

Etiologies are grouped by the type of cause or contributing risk factor. See Nutrition Diagnosis Etiology Matrix for definitions.

- Beliefs-Attitudes
- Cultural
- Knowledge
- Physical Function
- Physiologic
- Social-Personal
- Treatment

For the following, the category alone may be the cause or contributing risk factor of the Nutrition Dx (diagnosis)

- Access
- Behavior

Nutrition Dx Reference Sheets

A reference sheet is available for each nutrition diagnosis. Each reference sheet contains

4 components. See sample reference sheets.

- Problem or Nutrition Diagnosis Label
- Definition of the Nutrition Diagnosis Label
- Etiology (cause/contributing risk factors)
- Signs/Symptoms (defining characteristics)
 - Grouped by
 - nutrition assessment category, and
 - potential indicators of the specific nutrition diagnosis

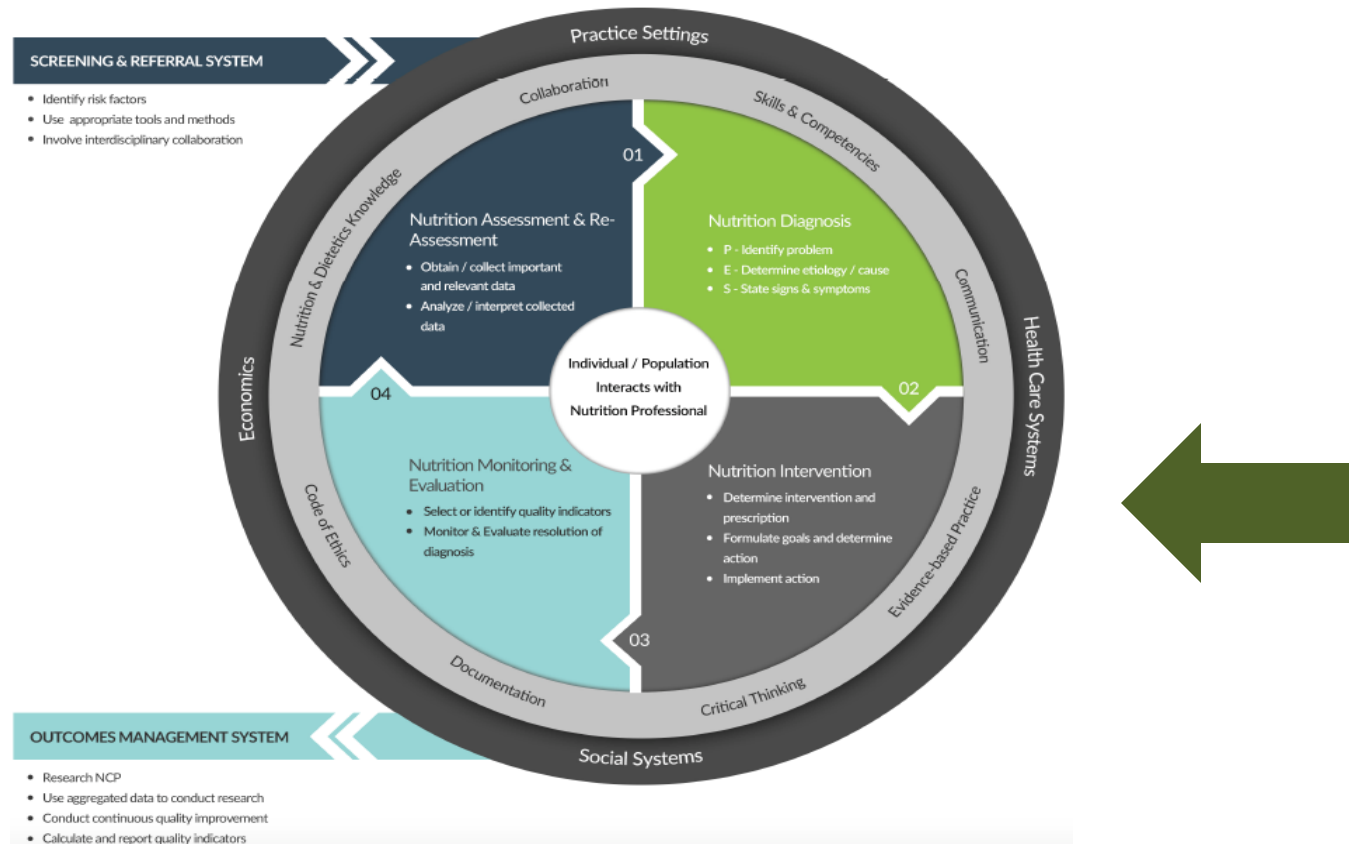
Nutrition Diagnostic Terminology

Three general domains

- **Intake**
 - Excessive or Inadequate intake compared to requirements (actual or estimated)
- **Clinical**
 - Medical or physical conditions that are outside normal
- **Behavioral-Environmental**
 - Relate to knowledge, attitudes, beliefs, physical environment, access to food, or food safety

Step 3: Nutrition Intervention

THE NUTRITION CARE PROCESS MODEL



Nutrition Intervention

Nutrition intervention is purposeful planned actions **intended to positively change** a nutrition related behavior, environmental condition, or aspect of health status

- Directed to the etiology or cause of the problem identified in the PES statement
- Sometimes the intervention must be directed toward the signs and symptoms if the RDN cannot impact the etiology

Nutrition Intervention

Two interrelated components

- Planning
- Implementation

Nutrition Intervention

- **Planning:**
 - Prioritize the nutrition diagnoses
 - Review practice guidelines (EAL) and policies
 - Confer with the patient (and others)
 - Set goals and determine expected outcomes
 - Defining the specific nutrition intervention strategy
 - Define time and frequency of care

Nutrition Intervention

Implementation

- Communicate the plan of care
- Carry out the plan of care
- Continue data collection

Monitor and Evaluate

- Follow-up and verify the implementation
- Revise nutrition intervention strategy if needed

Nutrition Intervention

Four Domains

- Food and/or Nutrient Delivery
- Nutrition Education
- Nutrition Counseling
- Coordination of Nutrition Care

Nutrition Intervention

Use of Nutrition Interventions Based on Practice Setting

- **Food and/or Nutrient Delivery:**
 - institutional settings (hospitals, long-term care)
 - home care
- **Nutrition Education-Content:**
 - institutionalized settings
- **Nutrition Education-Application:**
 - outpatient/non institutionalized settings
 - private practice
 - community
- **Nutrition Counseling:**
 - outpatient/non institutionalized settings
 - private practice
 - community
- **Coordination of Nutrition Care:**
 - all practice settings

Nutrition Intervention

Reference Sheets include:

- Definition
- Details of Intervention
- Examples of typical use
- Other considerations
- References

Nutrition Intervention

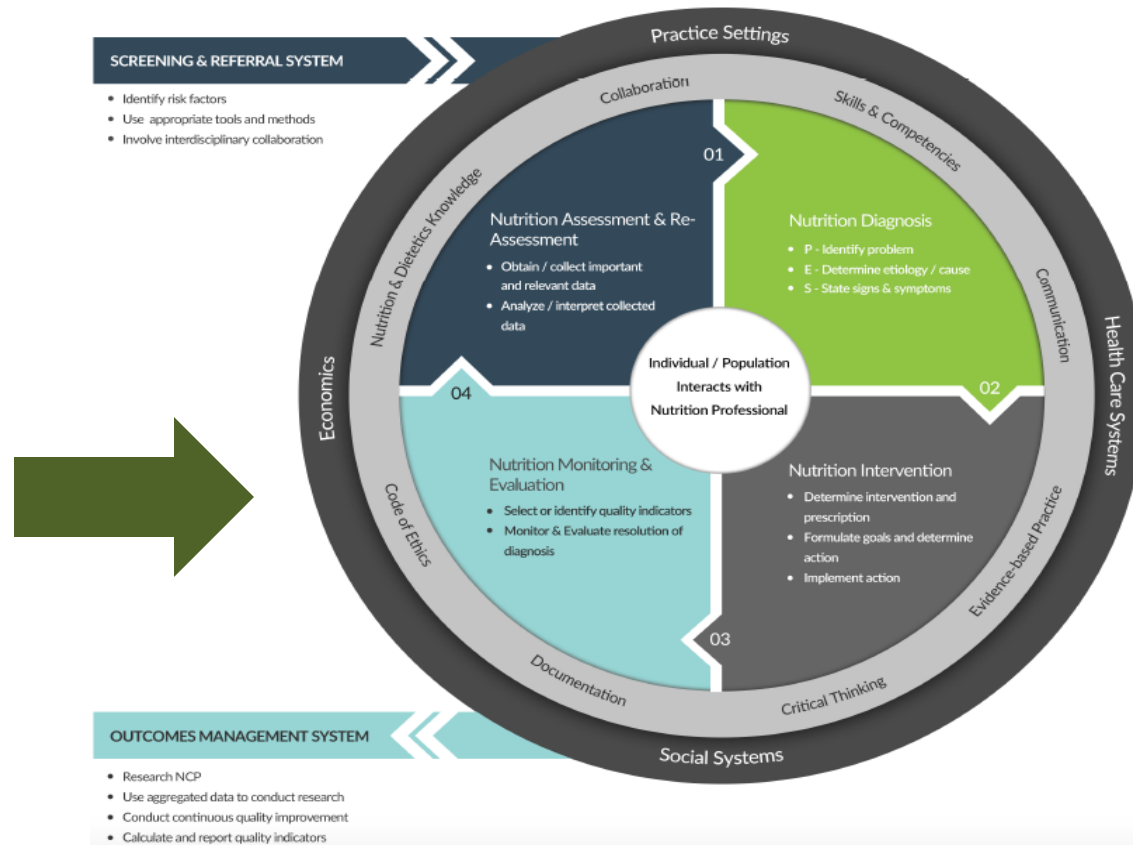
Summary:

Defined nutrition intervention terminology-

- Assists in communication within the dietetics profession and among other health care providers.
- Allows documentation of the impact of the profession on specific diagnoses and etiologies in all patient/client populations.

Step 4: Nutrition Monitoring & Evaluation

THE NUTRITION CARE PROCESS MODEL



Nutrition Monitoring & Evaluation

Critical thinking skills for Nutrition Monitoring & Evaluation:

- Selecting appropriate indicators/measures
- Using appropriate criteria (previous status, nutrition intervention goals, or reference standards) for comparison
- Defining where patient/client is now in terms of expected outcome
- Explaining variance from expected outcomes
- Identifying factors that help/hinder progress
- Deciding between discharge or continuation of nutrition care

Nutrition Monitoring & Evaluation

Determines whether the patient is **meeting the nutrition intervention goals** or desired outcomes

A nutrition reassessment is needed to identify whether the nutrition-related problem still exists and evaluate the progress made toward resolving the problem.

Nutrition Monitoring & Evaluation

Is the nutrition intervention strategy working to resolve the nutrition diagnosis, its etiology, and/or signs and symptoms?

Assesses the patient's progress by comparing specific markers or nutrition care indicators against recognized, science-based standards or baselines.

Nutrition Monitoring & Evaluation

Definitions

Nutrition Monitoring: preplanned review and measurement of selected nutrition care indicators of patient/client's status relevant to the defined needs, nutrition diagnosis, nutrition intervention, and outcomes.

Nutrition Evaluation: the systematic comparison of current findings with the previous status, nutrition intervention goals, effectiveness of overall nutrition care, or a reference standard

Nutrition Care Outcomes: the results of nutrition care that are directly related to the nutrition diagnosis and the goals of the intervention plan

Nutrition Care Indicators: markers that can be measured and evaluated to determine effectiveness of nutrition care

Nutrition Monitoring & Evaluation

Nutrition Care Outcomes: intermediate outcomes to other broader health care outcomes

- Acute or chronic disease: occurrence, duration, severity
- Infections
- Wound healing
- Health care cost
- Patient functional ability

Nutrition Care Outcome Characteristics:

- Represent results the RDN can impact
- Can be linked to nutrition intervention goals
- Are measurable with tools and resources available to the RDN
- Occur in a reasonable time period

Nutrition Monitoring & Evaluation

Nutrition Monitoring & Evaluation Components

- **Monitor** progress toward the nutrition intervention or goal
- **Measure** the appropriate nutrition care indicators
- **Evaluate** the nutrition care indicators against appropriate standards selected during the nutrition care planning

Nutrition Monitoring & Evaluation

Nutrition Care Indicators:

- Factors that food and nutrition professionals can impact directly, such as food and nutrient intake; growth and body composition; food and nutrition-related knowledge, attitudes, and behaviors; and food access
- Laboratory values, such as HgbA1c, hematocrit, or serum cholesterol
- Functional capabilities, such as physical activity
- Patient perception of nutrition care and results of nutrition care, such as nutrition quality of life

Nutrition Monitoring & Evaluation

Measurement and Evaluation of Nutrition Indicators: Nutrition Care Criteria – what it is compared against

- Nutrition Prescription or Goal
 - Dietary Intervention
 - Behavior change

- Reference Standard: select what is appropriate for intervention or goal
 - National
 - Institutional
 - Regulatory standards

Nutrition Monitoring & Evaluation

Selection and Interpretation of Nutrition Care Indicators:

Primary factors that influence the selection, measurement, and interpretation of individual nutrition care outcomes:

- Practice setting
- Age of patient
- Disease state and severity

Nutrition Monitoring & Evaluation

Reference Sheets

These reference sheets are combined with the nutrition assessment reference sheets and contain these eight components:

- **Definition** of the nutrition assessment and nutrition monitoring and evaluation term
- The nutrition assessment and nutrition monitoring and evaluation **indicators**
- **Measurement method or data sources** recommended
- The **nutrition interventions** with which the nutrition assessment and nutrition monitoring and evaluation data are used
- The **nutrition diagnoses** with which the nutrition assessment and nutrition monitoring and evaluation data are used
- The **criteria** for evaluation
- The patient/client nutrition assessment and nutrition monitoring and evaluation **documentation example**
- **References**

Nutrition Monitoring & Evaluation

Documentation

Quality documentation for nutrition monitoring and evaluation includes the following:

- Date and time
- Indicators measured, results, and the method for obtaining the measurement
- Criteria to which the indicator is compared (nutrition prescription/goal or a reference standard)
- Factors facilitating or hampering progress
- Other positive or negative outcomes
- Future plans for nutrition care, nutrition monitoring, and follow-up or discharge

Nutrition Monitoring & Evaluation

Data Sources and Tools

To monitor and evaluate a patient/client's progress, the following tools may be used:

- Patient/client questionnaires
- Surveys
- Pretests and posttests
- Patient/client/family member interviews
- Anthropometric measurements
- Biochemical and medical test results
- Food and nutrition intake tools

Nutrition Monitoring & Evaluation

Nutrition Care Outcome Management System

Potential benefits of aggregate nutrition care indicator data include the following:

- Provide for process improvement and foster understanding of what works and what does not
- Can be used for outcomes measurement studies and quality improvement initiatives
- Link care processes and resource utilization
- Give an opportunity to identify and analyze causes of less than optimal performance and outcomes
- Define information for inclusion in centralized data systems relevant to nutrition care
- Can be used to quantify the food and nutrition professional's contribution to health care

Nutrition Monitoring & Evaluation

Nutrition Care Outcome Management System

Factors that can impact aggregate nutrition care indicator data interpretation include:

- Method for collecting the outcome (diet record, recall)
- Data source (patient, family/caregiver, chart)
- Intervention components (type, duration, and intensity)
- Education and skill level of RDN
- Nutrition program attributes

Nutrition Monitoring & Evaluation

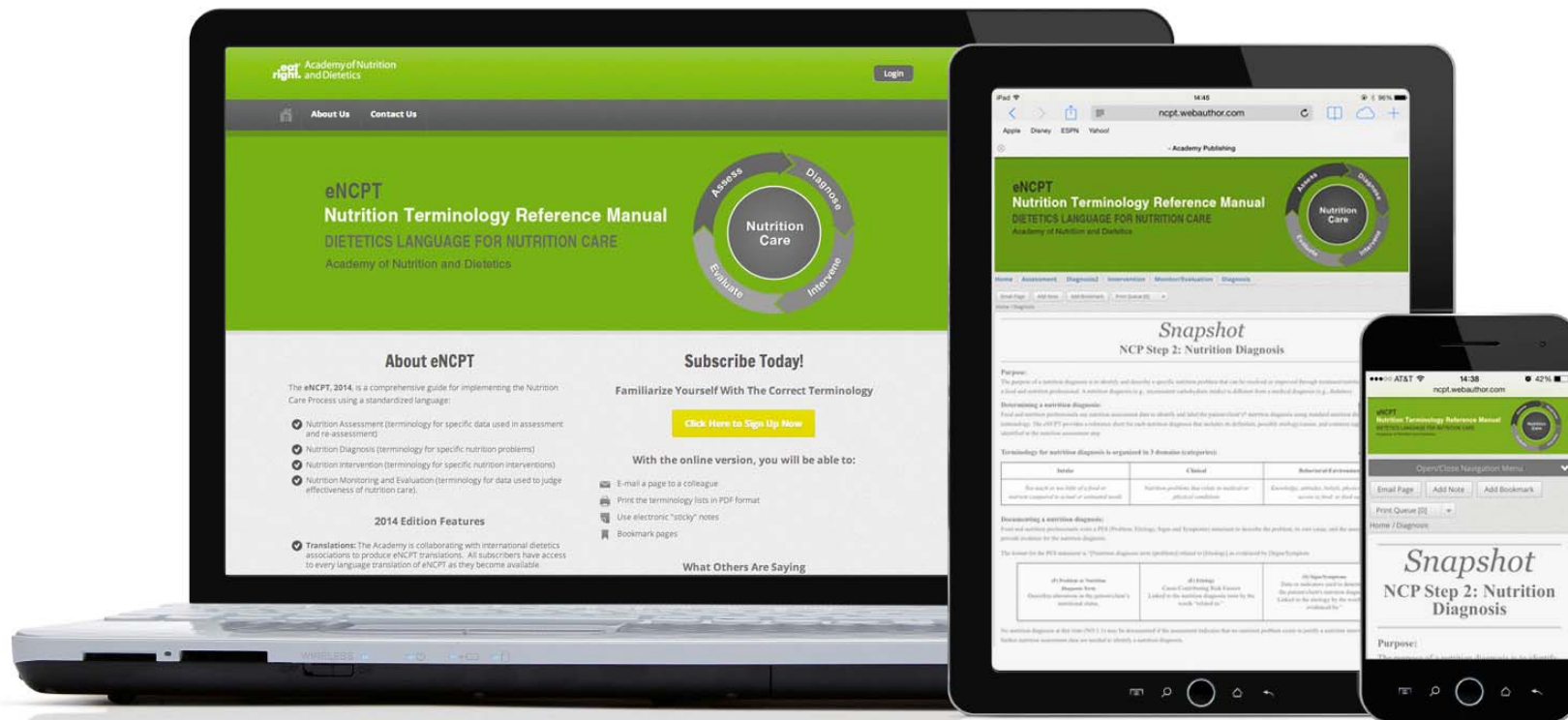
Summary

Nutrition Monitoring and Evaluation describes the patient's progress through consistent terms that are evaluated based on carefully selected indicators and criteria.

Documentation of patient progress and outcomes with consistent terminology that can be collected using research methodology will result in documenting the value of the work of the RDN

NCP Resources

A new electronic format with a “responsive website” is available for ease of access around the world.



<https://ncpt.webauthor.com/>

- 1. Translations:** The Academy collaborates with international dietetics associations to produce eNCPT translations. These translations are easily accessible to subscribers via tabs on the webpage.
- 2. Easy Navigation:** Every page in the new eNCPT includes a file path at the top so that users can never get lost. Additionally, with the improved toolbar at the top of the screen, users can now easily get to any section of the eNCPT immediately, no matter where they are on the site.
- 3. Modern Functionality:** The Scribd tool allows the user to scroll through PDFs on the screen without downloading first.
- 4. Improved Organization:** The new online platform follows the layout of the print edition so that charts are left intact and information flows in a logical way.

eNCPT
Nutrition Terminology Reference Manual
DIETETICS LANGUAGE FOR NUTRITION CARE
Academy of Nutrition and Dietetics



Language translations

Translations is ongoing collaborative work between the Academy and interested national dietetic associations

Unique URL

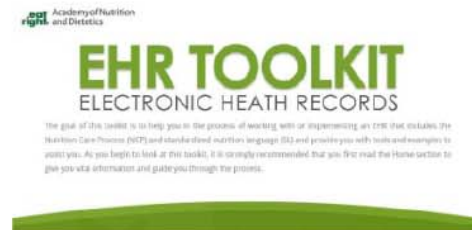
Organizations can purchase a unique link for a specified number of simultaneous users and to provide access to their members

No Terminology License

Organizations will be granted permission to use the eNCPT in their Electronic Health Record by purchasing a multi-seat subscription to eNCPT

NCPT Toolkits

Learn the steps for creating an **Electronic Health Record** using interactive tools as part of an online subscription to the **E H R Toolkit**.



Utilize a specialty area toolkit designed to help you in your specific practice setting. **NCP toolkits** are available for use in the **Public Health, Neonatal, and Long Term Care** settings, and also independently with the **Sponsored Independent Learning Toolkit**.

To learn more about the NCP/NCPT and other available resources, visit www.eatright/NCP.

Please direct any further questions to ncp@eatright.org

International Website



eNCPT Translations

<https://ncpt.webauthor.com/international-collaboration>

eNCPT Student Companion Guide and Instructor's Solution Manual

The Academy has created a student eNCPT workbook, the NEW eNCPT Student Companion Guide, and Instructor's Solution Manual. This book, in hard copy format, is designed to assist educators in classroom teaching of the eNCPT, and provides the following:

Documents to help you teach the Nutrition Care Process
Terminology

- Assessments to measure student comprehension
- Activities that promote group or classroom discussion:
 - Worksheets to teach development of PES statements
 - Case studies that promote active learning
 - Activities that students can complete as homework using their eNCPT subscription

eNCPT Student Companion Guide and Instructor's Solution Manual



eNCPT

STUDENT COMPANION GUIDE

Kay B. Howarter, MS, RDN
Robert A. Voss, MA

eNCPT

STUDENT COMPANION GUIDE

Instructor's Solution Manual

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NCP – Important Links

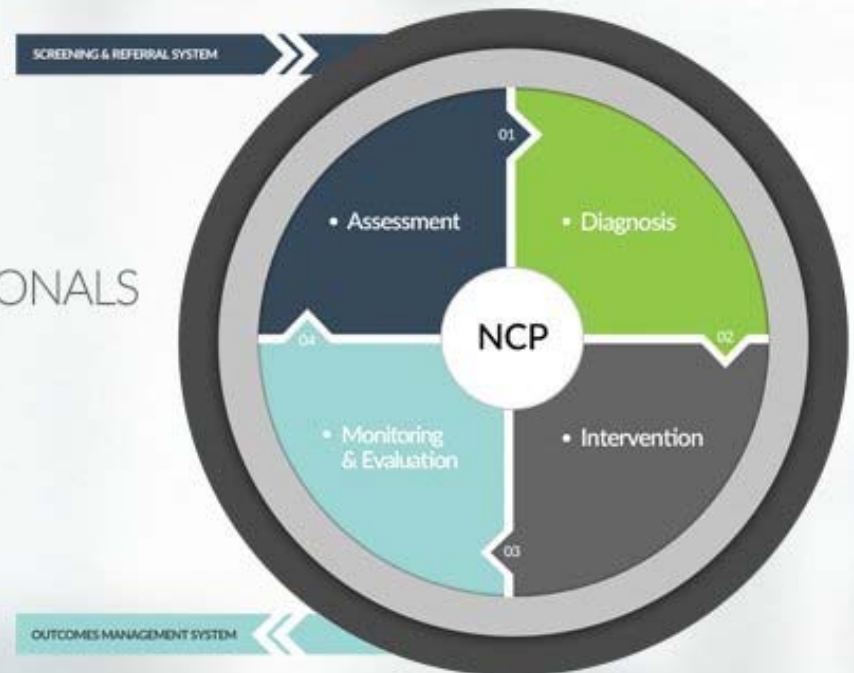
- NCP Website: www.eatright.org/ncp
- International Collaboration and Translations
<https://ncpt.webauthor.com/international-collaboration>
- NCP Snapshots:
<http://www.eatright.org/HealthProfessionals/content.aspx?id=5902>
- NCP Publications and Toolkits:
www.eatright.org/shop
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Nutrition Care Process

Nutrition Care Process

FOR NUTRITION AND DIETETICS PROFESSIONALS

Terminology and Definitions



ncp@eatright.org