

# Nutrition Care Process Tutorial

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## Module 2: Introduction to the Nutrition Care Process

Academy of Nutrition and Dietetics

Nutrition Care Process Terminology  
2023 Edition

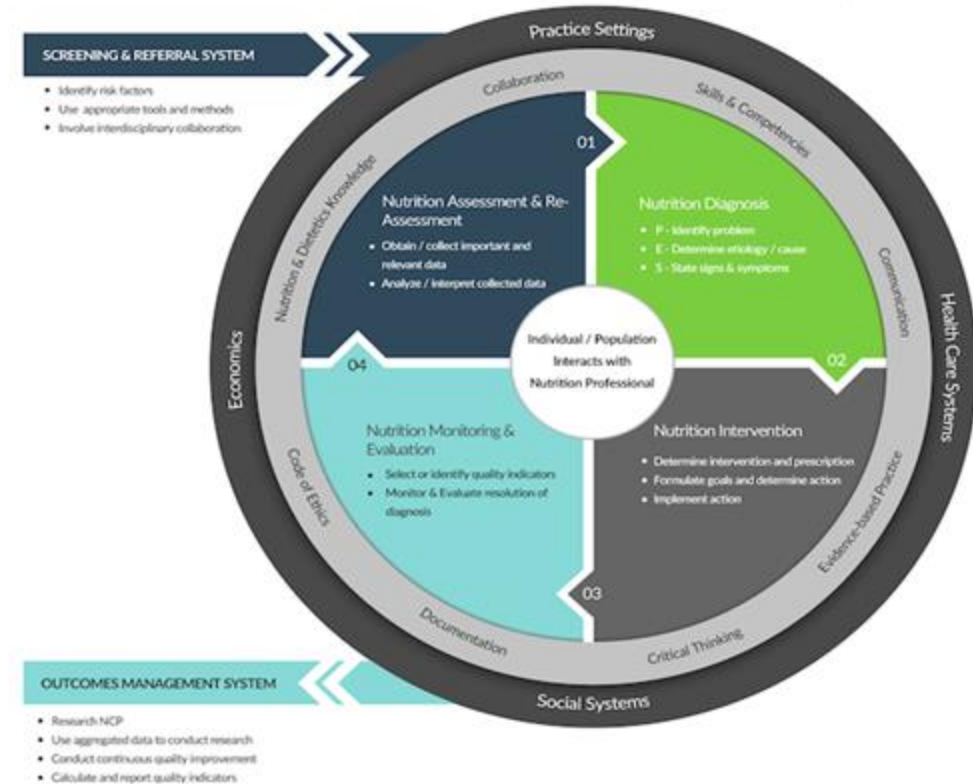


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# The Nutrition Care Process (NCP)

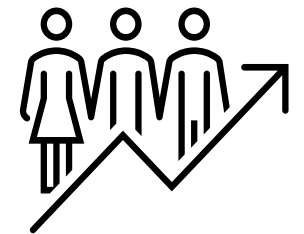
- Systematic method for planning and providing nutrition care
- Designed to improve consistency and quality of nutrition care
- The NCP is not intended to standardize nutrition care for clients, but to establish a standardized process
- Can be used across care settings

## THE NUTRITION CARE PROCESS MODEL



## Why Use the NCP and NCPT?

- Track client progress (*outcomes*)
- Standardized terminology can lead to better reporting, thus improving care and quality measures
- Provides clarity and consistency in both health record communication and transferring of patient/client data
- *Revised 2024 Scope and Standards of Practice for the Registered Dietitian Nutritionist* requires workflow elements of nutrition care to reflect the NCP



## Why Use the NCP and NCPT?



Use of the NCP and NCPT leads to advances in the nutrition and dietetics profession by demonstrating RDN value through data

# The Four Steps of the NCP

## Step 1: Nutrition Assessment and Reassessment

### Nine Domains:

1. Food/Nutrition Related History
2. Anthropometric Measurements
3. Biochemical Data, Medical tests, and Procedures
4. Physical Exam Findings
5. Client History
6. Assessment, Monitoring and Evaluation Tools
7. Etiology Category
8. Comparative Standards
9. Progress Evaluation

## Step 2: Nutrition Diagnosis

### Four Domains:

1. Intake Nutrition Diagnoses
2. Clinical Nutrition Diagnoses
3. Behavioral-Environmental Nutrition Diagnoses
4. Nutrition Situation

## Step 3: Nutrition Intervention

### Eight Domains:

1. Goal Planning
2. Prescription Planning
3. Food and/or Nutrient Delivery
4. Nutrition Education
5. Nutrition Counseling
6. Coordination of Nutrition Care
7. Population Based Nutrition Action
8. Nutrition Intervention Encounter Context

## Step 4: Nutrition Monitoring and Evaluation

### Eight Domains:

1. Food/Nutrition Related History
2. Anthropometric Measurements
3. Biochemical Data, Medical tests, and Procedures
4. Physical Exam Findings
5. Assessment, Monitoring and Evaluation Tools
6. Etiology Category
7. Comparative Standards
8. Progress Evaluation

# Nutrition Care Process Terminology (NCPT)

- Standardized terminology (structured language)
- Complements and communicates the NCP
- Documentation tool for an electronic health record (EHR)

The electronic Nutrition Care Process Terminology (eNCPT) is the online platform for the Nutrition Care Process Terminology



eNCPT available at: [www.nutritioncareprocess.org](http://www.nutritioncareprocess.org)

## Structure of the NCPT

**The NCPT contains terms with unique meanings that are organized into a hierarchy, similar in structure to other healthcare terminologies.**

- **Domains:** Within each of the four NCP steps there are a series of groups of terms called domains. Domains are the highest level of organization within each NCP step, thus representing a broader category of terms. Each domain contains classes and subclasses of terms.
- **Classes:** Within each NCP step exists multiple domains (or groups) of terms. Domains are further organized by classes of terms, and sometimes followed by even more specific sub-classes of terms.
- **Indicators:** Clearly defined markers or indicators can be observed and measured to quantify the changes that are the result of nutrition care.

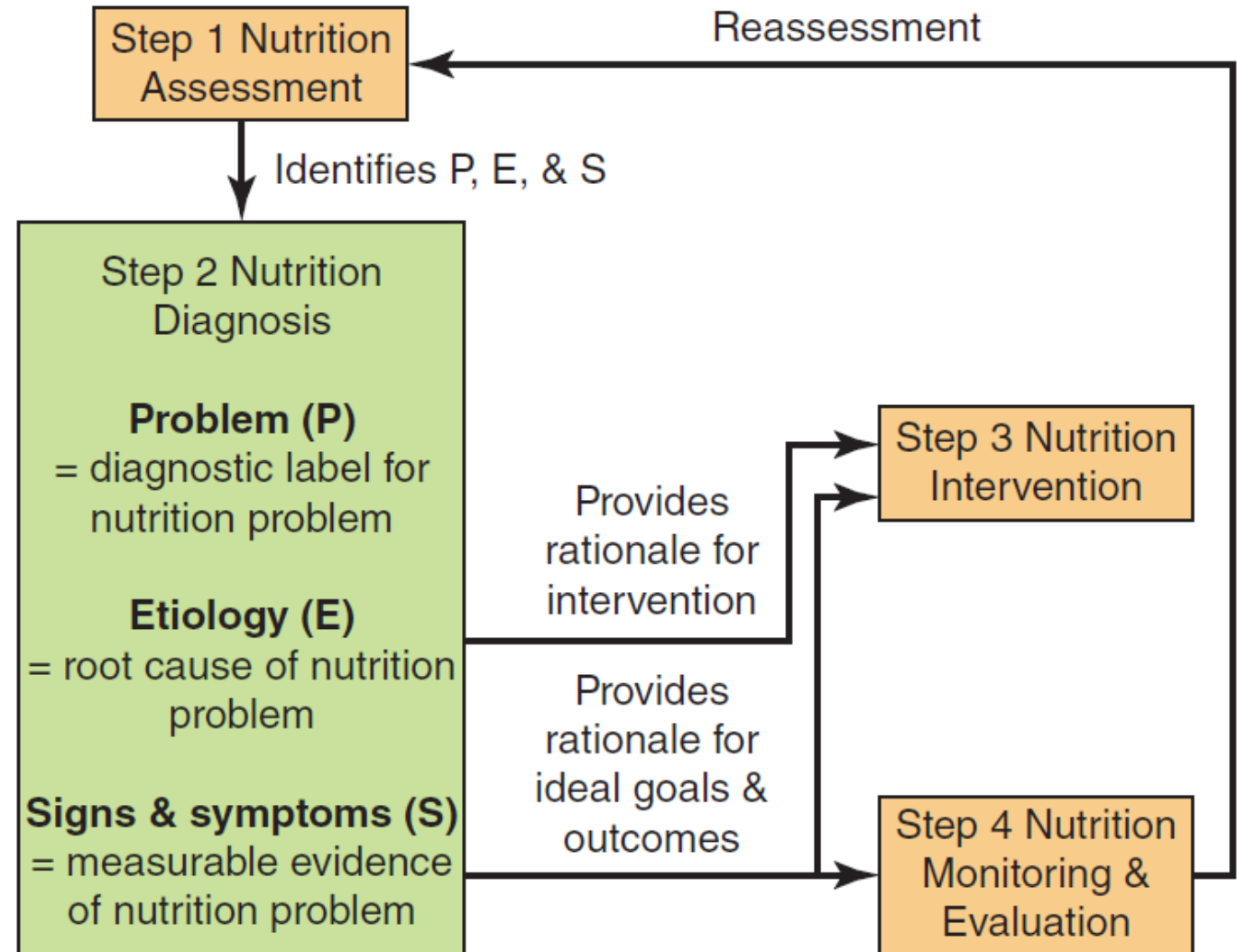


## Structure of the NCPT: Example

NCP Step	<ul style="list-style-type: none"><li>• Nutrition Assessment</li></ul>
Domain	<ul style="list-style-type: none"><li>• Food/Nutrition-Related History (FH)</li></ul>
Class	<ul style="list-style-type: none"><li>• Food and Nutrient Intake</li></ul>
Subclass	<ul style="list-style-type: none"><li>• Energy Intake</li></ul>
Indicator	<ul style="list-style-type: none"><li>• Total energy estimated intake in 24 hours</li></ul>

# Proceed to Module 3

Figure 2.4: Relationship of the Nutrition Diagnosis to the Other Steps of the NCP



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FULL LIST

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