

Nutrition Care Process Tutorial

Module 4: Nutrition Diagnosis – Overview, Terms, Use, and PES Statements

Academy of Nutrition and Dietetics

Nutrition Care Process Terminology
2023 Edition

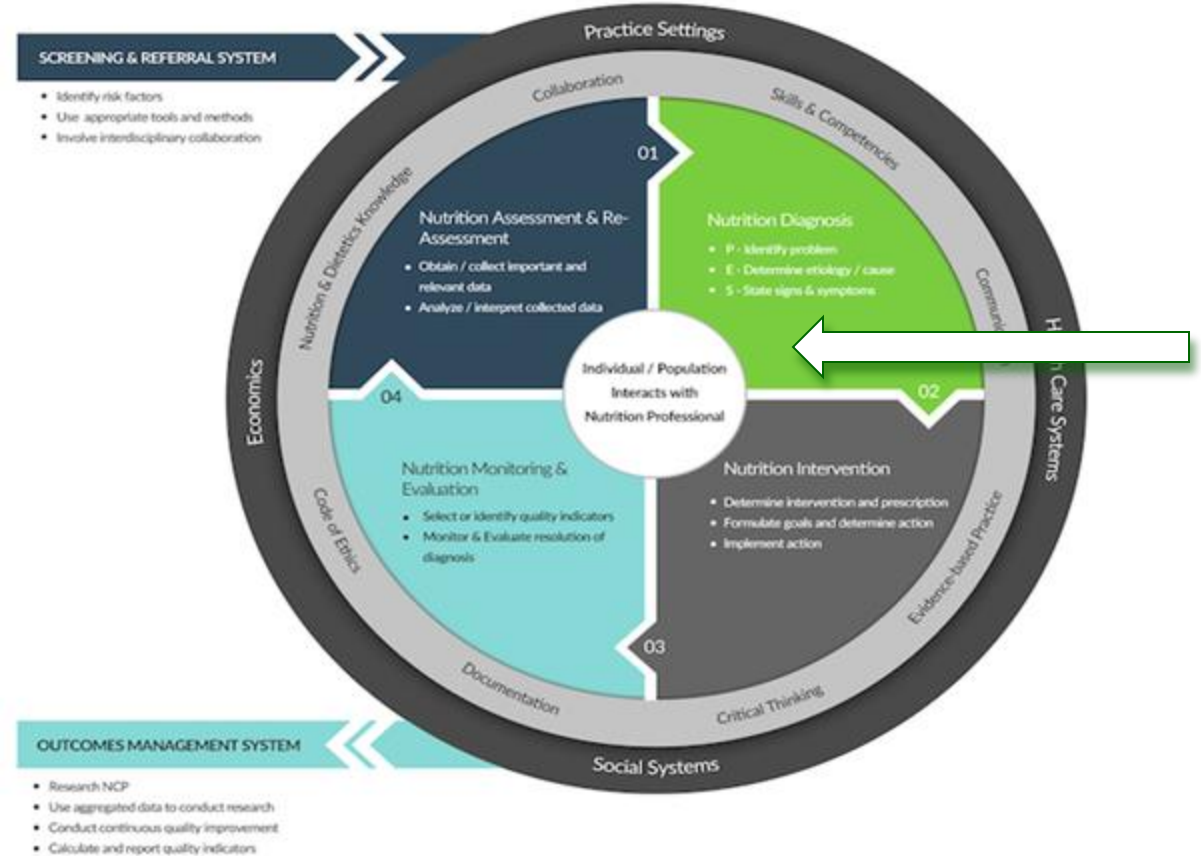
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NCP Step 2: Nutrition Diagnosis

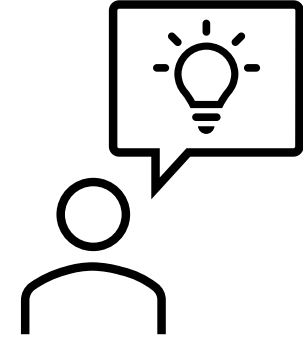
Nutrition Diagnosis Purpose: To identify and label existing nutrition problems that the RDN is responsible for treating.

- Problems are identified using assessment evidence
- Diagnosis is the link between assessment and intervention

THE NUTRITION CARE PROCESS MODEL



Nutrition Diagnosis Actions



- Identify the nutrition-related problem
- Determine etiology
- List corresponding signs and symptoms
- Use critical thinking skills to:
 - Prioritize identified problems
 - Evaluate the etiology or “root cause” that can be addressed with a nutrition intervention
 - Select signs and symptoms from assessment data that will indicate if a problem is resolved or improved

Nutrition Diagnosis Terminology

Nutrition Diagnosis Terminology is categorized into the following four Domains:

1. **Intake (NI)**
2. **Clinical (NC)**
3. **Behavioral-Environmental (NB)**
4. **Nutrition Situation (NO)**

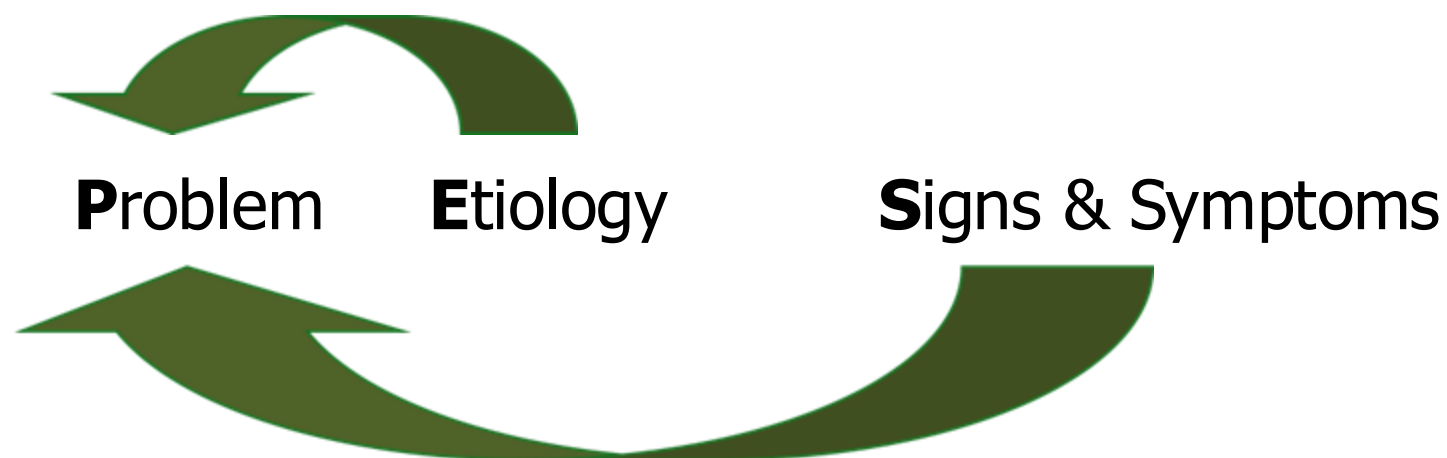
Nutrition Diagnosis Domains Explained

Intake Nutrition Diagnoses (NI)	Too much or too little of a food or nutrient compared to actual or estimated needs
Clinical Nutrition Diagnoses (NC)	Nutrition problems that relate to medical or physical conditions
Behavioral-Environmental Diagnoses (NB)	Knowledge, attitudes, beliefs, physical environment, access to food, or food safety
Nutrition Situation (NO)	Nutrition related findings providing additional context relevant to a person's nutrition care

PES Statements

The Nutrition Diagnosis is communicated as a structured sentence called a PES Statement, which includes three distinct parts:

- **P**roblem (Nutrition Diagnosis Term)
- **E**tiology (root cause of the problem)
- **S**igns and Symptoms (proof of the problem, evidence from assessment data)



PES Statement Format

This statement has a distinct format:

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

Characteristics of a well written PES statement:

- Clear and concise
- Specific to client
- Accurately related to etiology
- Based on reliable and accurate Nutrition Assessment data
- An Etiology Category is identified and documented

Example of Correct PES Statements

Example 1:

P: Inadequate Energy Intake *related to*

E: decreased ability to consume sufficient energy secondary to chronic COPD
as evidenced by

S: consuming less than 75% of estimated needs for one month, weight loss of 6 lbs in one month (5% weight loss), reported lack of appetite

Key:

Nutrition Problem

Etiology

Signs & Symptoms

PES Distinct Format

Example of Correct PES Statements

Example 2:

P: Swallowing Difficulty *related to*

E: post stroke complications *as evidenced by*

S: abnormal swallow study, reports of choking during mealtimes and 50% decrease in food intake.

Key:

Nutrition Problem

Etiology

Signs & Symptoms

PES Distinct Format

Example of Correct PES Statements

Example 3:

P: Limited Access to Food ***related to***

E: lack of financial resources to purchase sufficient quantity of appropriate healthful foods and lack of knowledge regarding food assistance resources ***as evidenced by***

S: reports of one meal per day, lack of resources for food and no support system.

Key:

Nutrition Problem

Etiology

Signs & Symptoms

PES Distinct Format

Example of an *Incorrect* PES Statement

Example

P: Excess Carb Intake *related to*

E: 8.5% Hemoglobin A1c *as evidenced by*

S: food and nutrition related knowledge deficit regarding appropriate amount of carbohydrate intake, new medical diagnosis of Type 2 Diabetes Mellitus, verbalizes incomplete knowledge regarding appropriate carbohydrate intake

Key:

Nutrition Problem

Etiology

Signs & Symptoms

PES Distinct Format

Nutrition Diagnosis

Critical Thinking



MAKE INFERENCES

Use evidence and reasoning to succinctly state each problem with a PES statement.

Examples: Total energy intake supports energy intake diagnoses. Low food availability and low food variation is 2 problems: Food insecurity, Unbalanced diet pattern.



FIND PATTERNS AND RELATIONSHIPS

More than 1 data point supports a diagnosis and makes sense for the population.

Example: Malnutrition is supported by specific data (eg, muscle loss, poor intake, unintentional weight loss) over a defined time.



RULE IN AND/OR RULE OUT PROBLEMS

Data that eliminate a problem can narrow choices to a more likely problem.

Example:

Constipation is a concern. Fluid intake is sufficient and ruled out as a factor. Fiber intake is assessed to consider diagnosis of Inadequate fiber intake.



IDENTIFY ROOT CAUSE (ETIOLOGY)

Ask what barrier(s) exist to solving the problem and why promotes root cause identification.

Example: Need for behavior change identified. Assessment reveals client in precontemplation stage of change.



USE MEASURABLE SIGNS/SYMPTOMS

Data that change due to a nutrition intervention are needed for demonstrating an impact.

Example: Timing and composition of evening snack to impact morning fasting glucose in a client with diabetes.

Quality Documentation

1. The nutrition diagnosis is a nutrition-related problem that can be addressed via nutrition interventions
2. The nutrition diagnosis contains an “Evidence-Diagnosis Chain Link” – at least one of the selection from the signs and symptoms in the PES statement matches a reported assessment term/finding
3. At least one etiology is assigned to the diagnosis and an etiology category is included

Poor Documentation

1. The nutrition diagnosis is a medical problem (for example Diabetes Mellitus)
2. The etiology is documented as “radiation-related complications” instead of “reduced appetite, altered taste, and pain related to radiation treatment [treatment etiology]”
3. The etiology is documented as “reduced physical activity” instead of “reduced physical activity [behavior etiology]”

Nutrition Diagnosis Summary



ND is the second step of the NCP



If a problem is identified, it is a nutrition problem, not a medical problem and is based on information gathered during the nutrition assessment



ND is communicated through a structured sentence called a PES statement



ND can be resolved through treatment by the RDN, this is called the Nutrition Intervention and will be discussed in the next module



Proceed to Module 5