

Nutrition Care Process Tutorial

Module 5: Nutrition Intervention - Overview, Terms, and Use

Academy of Nutrition and Dietetics

Nutrition Care Process Terminology
2023 Edition

- Understand the purpose of Nutrition Intervention
- Understand the components of Nutrition Intervention, including:
 - The two phases of Nutrition Intervention: Planning and Implementing
 - The organization of domains and classes of Nutrition Intervention terminology

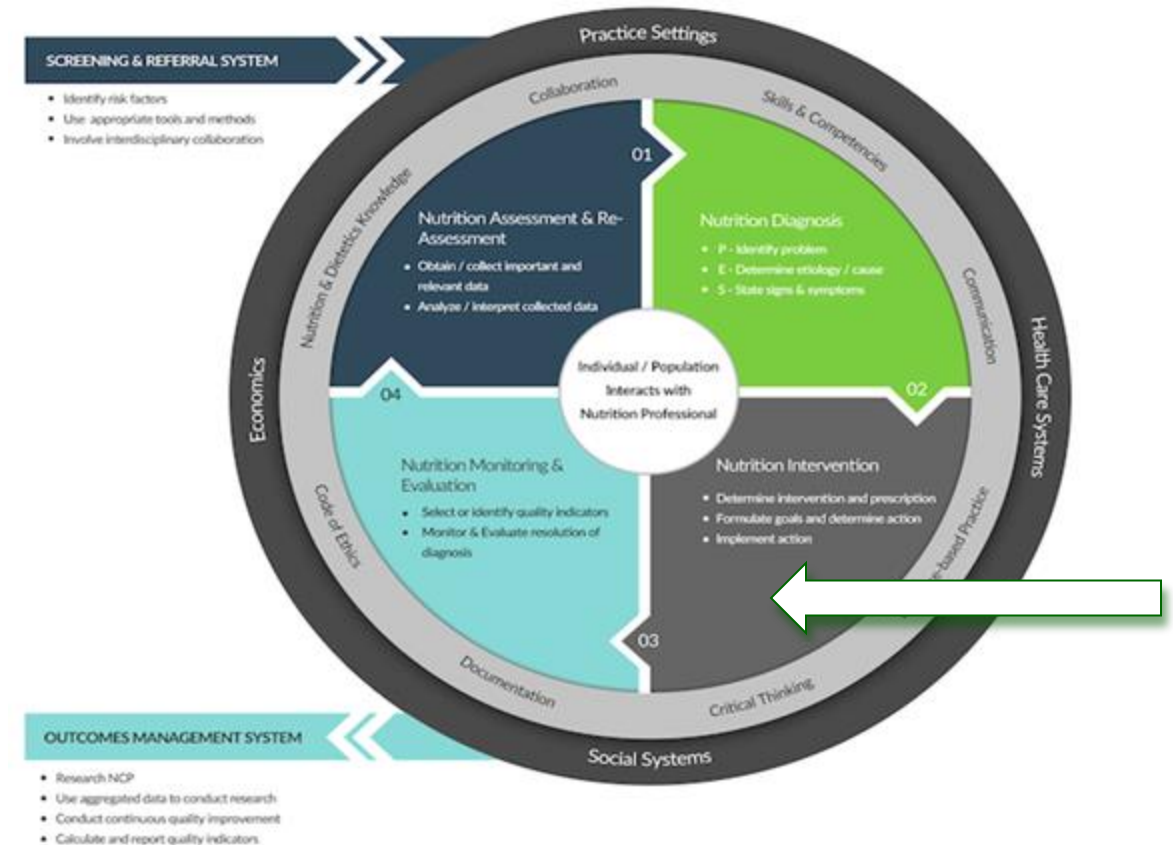


NCP Step 3: Nutrition Intervention

Nutrition Intervention Purpose: To plan and implement purposeful actions intended to positively change or improve a nutrition related problem.

- Directed at the etiology or cause of the problem identified in the PES statement
- The intervention may sometimes be directed towards alleviating the signs and symptoms when the RDN cannot impact the etiology

THE NUTRITION CARE PROCESS MODEL



Nutrition Intervention In Relation to Nutrition Diagnosis

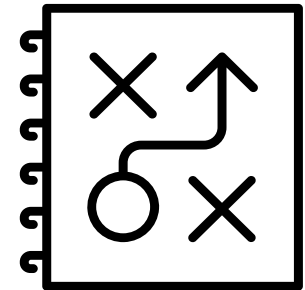
Selection of the Nutrition Intervention:

- Is driven by the etiology (the underlying cause of the problem)
- Is aimed at resolving the etiology or reducing the signs/symptoms
- Is tailored to the patient/client needs



Two Phases of Nutrition Intervention

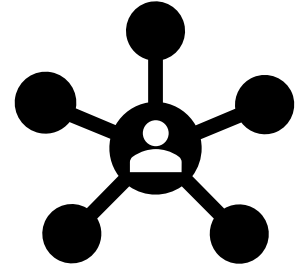
- **Planning Phase**
- **Implementing Phase**
 - These two phases are interrelated and work to resolve the nutrition problem through altering or eliminating the nutrition etiology



Planning the Nutrition Intervention

- Collaborate with the client to identify goals of the intervention and expected outcomes
- Prioritize the nutrition interventions based on client preference, urgency, impact potential, and available resources
- Write a Nutrition Prescription
- Determine a specific, science-based nutrition intervention strategy
- Define time and frequency of care, including intensity, duration and follow-up

Implementing the Nutrition Intervention



- Collaborate with the client to carry out the plan of care and nutrition goals
- Individualize the plan
- Communicate the plan of nutrition care
- Continue data collection
- Follow-up and verify that the plan is being implemented
- Modify the plan of care and revise strategies based on changes as needed

Nutrition Intervention Terminology

The Nutrition Intervention *planning* terms are organized into two domains:

Goal Planning (CG)

Prescription Planning (NP)

The Nutrition Intervention *implementation* terms are organized into six domains:

Food And/Or Nutrient Delivery (ND)

Nutrition Education (E)

Nutrition Counseling (C)

Coordination Of Nutrition Care By A Nutrition Care Professional (RC)

Population Based Nutrition Action (P)

Nutrition Intervention Encounter Context (IC)

Nutrition Intervention (Planning) Domains Explained

Goal Planning (CG)	Customized approach to desired outcome development
Prescription Planning (NP)	Customized approach to care recommendations development

Nutrition Intervention (Implementation) Domains Explained

Food and/or Nutrient Delivery (ND)	Customized approach for food/nutrient provision
Nutrition Education (E)	A formal process to instruct or train a client in a skill or to impart knowledge to help manage or modify food, nutrition, and physical activity choices and behavior
Nutrition Counseling (C)	A supportive process, characterized by a collaborative counselor-client relationship, to establish food, nutrition and physical activity priorities, goals, and action plans
Coordination of Nutrition Care (RC)	Consultation with, referral to, or coordination of nutrition care with other healthcare providers, or institutions
Population Based Nutrition Action (P)	Interventions designed to improve the nutritional well-being of a population.
Nutrition Intervention Encounter Context (IC)	Circumstances for nutrition intervention implementation

Nutrition Prescription

Nutrition Prescription

Concisely states the recommended dietary intake of energy and/or nutrients based on information gathered in the assessment and guidelines, references, etc.

****SUMMARIZE the INTERVENTION****

Example: Commercial beverage medical food supplement therapy: Ensure Vanilla (flavor per patient preference), 8 oz TID (3x per day) between meals to provide an additional 750 kcal, 27 g protein per day.

Example: Increased fiber intake to provide 25-35 g/day and increased fluid intake to provide 2000-2400 mL/day

Example: Initiate EN: Jevity1.2 initial rate 20 mL/h advancing 5 mL/h toward goal rate of 80 mL/h with free-water flushes of 100 mL q4h

Nutrition Intervention

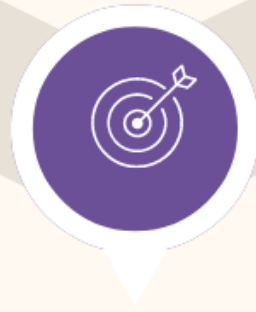
Critical Thinking



SET GOALS AND PRIORITIZE CARE

Identify client and professional goals. Consider urgency and resources to establish the plan of action.

Examples: Client desires way to include favorite foods within nutrition prescription. Guidelines help drive nutrition support initiation.



DEFINE NUTRITION PRESCRIPTION

Create the tailored recommended intake prescription considering client's values, nutrition diagnoses, evidenced based guidelines.

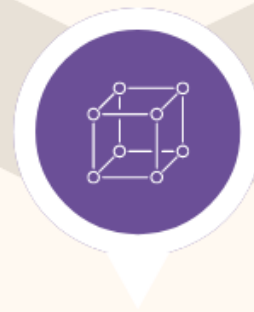
Example: 750 mL, 1kcal/mL enteral feeding at night and general diet during day.



MAKE INTERDISCIPLINARY CONNECTIONS

Advise team members of nutrition findings and collaborate with them and client to determine care.

Examples: Review nutrition workflow and how data is communicated to the team. Evaluate nutrition involvement in discharge planning.



MATCH STRATEGIES WITH CLIENT VALUES

Engage client in care plan development, to address their priorities. Provide reason(s) for nutrition care priorities.

Example: Offer motivational interviewing to move client from precontemplation to contemplation stage of change.



SPECIFY FREQUENCY OF CARE

Care approaches, population settings, and client wants and needs impact the timing of care.

Examples: Outpatient diabetes nutrition care scheduled considering overall team care and client schedule. Hemoglobin A1C checked every 3 months initially to assess care impact.

Quality Documentation Using the NCPT: Nutrition Intervention

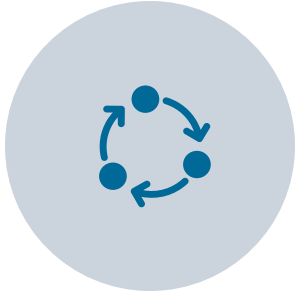
Quality Documentation

1. A nutrition prescription is documented based on a client's individualized recommended intake of energy and/or selected food or nutrients based on current reference standards or dietary guidelines.
2. There is at least one nutrition intervention for each etiology listed in the PES
3. Documentation includes a specific reassessment plan if needed and timeline

Poor Documentation

1. The documentation does not include a nutrition prescription
2. Knowledge deficit related to carbohydrate needs and physical inactivity were identified as etiologies, intervention states "client to start exercising 3 days per week"
3. The intervention states "will follow up with team"

Nutrition Intervention Summary



NI is driven by the Nutrition Assessment and Diagnosis steps



NI is used to resolve a nutrition problem by altering or eliminating the root cause (etiology)



NI requires planning and implementation (action), both which use defined nutrition intervention terminology



NI is customized for the individual

Proceed to Module 6