

Nutrition Care Process Tutorial

Module 6: Nutrition Monitoring and Evaluation - Overview, Terms, and Use

Academy of Nutrition and Dietetics

Nutrition Care Process Terminology

2023 Edition

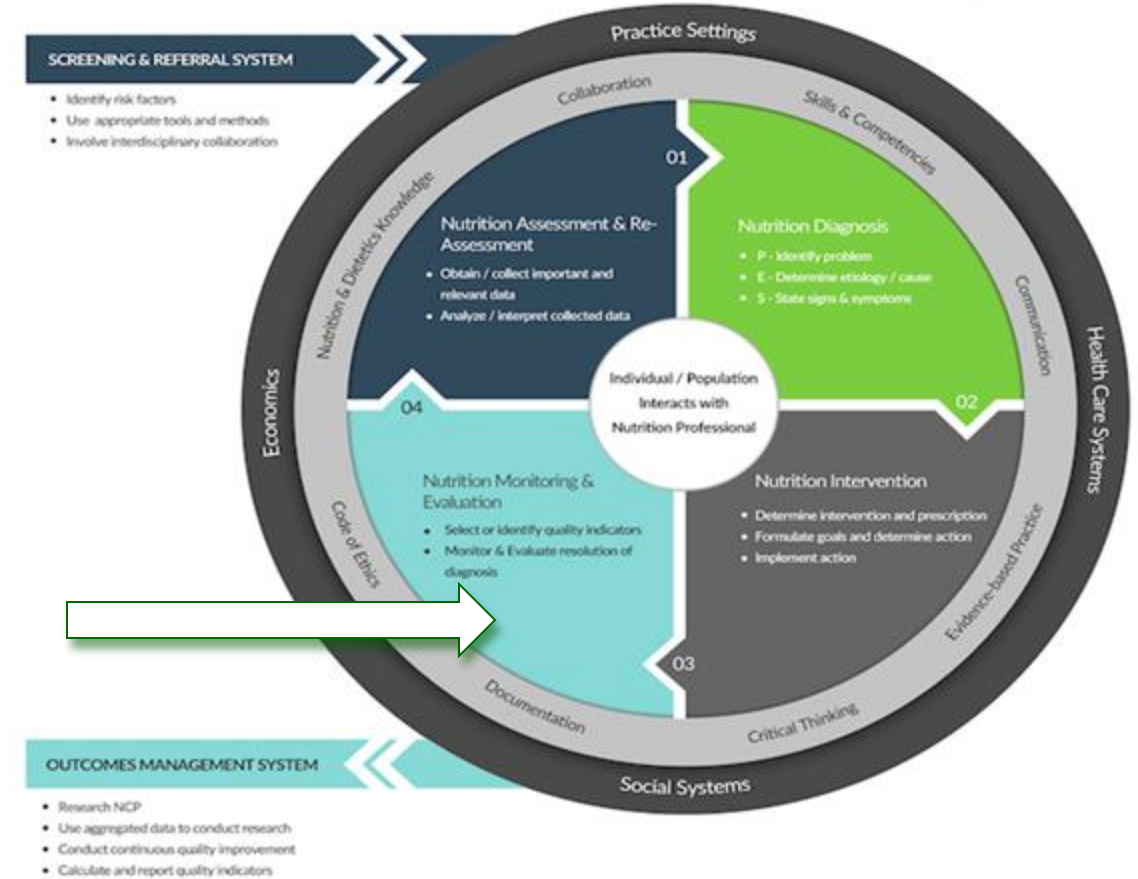
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NCP Step 4: Nutrition Monitoring and Evaluation

Nutrition Monitoring and Evaluation Purpose

- Progress made towards the resolution of the nutrition problem by evaluating resolution of the signs and symptoms and interventions

THE NUTRITION CARE PROCESS MODEL



Activities of the RDN during Nutrition Monitoring and Evaluation

During Nutrition Monitoring and Evaluation, the RDN...

- Monitors progress
 - E.g., reviewing client understanding and adherence to cardio protective diet.
- Determines which outcome indicators should be monitored
 - E.g., requesting the client's LDL cholesterol level be tested six months after initial encounter.
- During a nutrition reassessment, evaluates outcomes within the assessment
 - E.g., determining if the client's LDL Cholesterol value has progressed toward normal range of the reference standard.

Nutrition Care Indicators

Indicators (outcomes) are terms used to identify data elements in an initial nutrition assessment that are evaluated to measure change based on nutrition intervention.

Current client data can be compared against:

- The nutrition prescription
- The reference standard or comparative standard, for example:
 - National standards for populations such as DRIs, US Dietary Guidelines
 - Guidelines for specific disease conditions
 - Institutional and regulatory standards



Nutrition Monitoring and Evaluation Terminology

Nutrition Assessment Data is categorized into the following eight Domains:

1. Food/Nutrition-Related History (FH)
2. Anthropometric Measurements (AD)
3. Biochemical Data, Medical Tests, and Procedures (BD)
4. Physical Exam Findings (PD)
5. Assessment, Monitoring, and Evaluation Tools (AT)
6. Etiology Category (EY)
7. Comparative Standards (CS)
8. Progress Evaluation (EV)

The Assessment and Monitoring & Evaluation are closely related; both utilize the same terminology

Nutrition Assessment Domains Explained

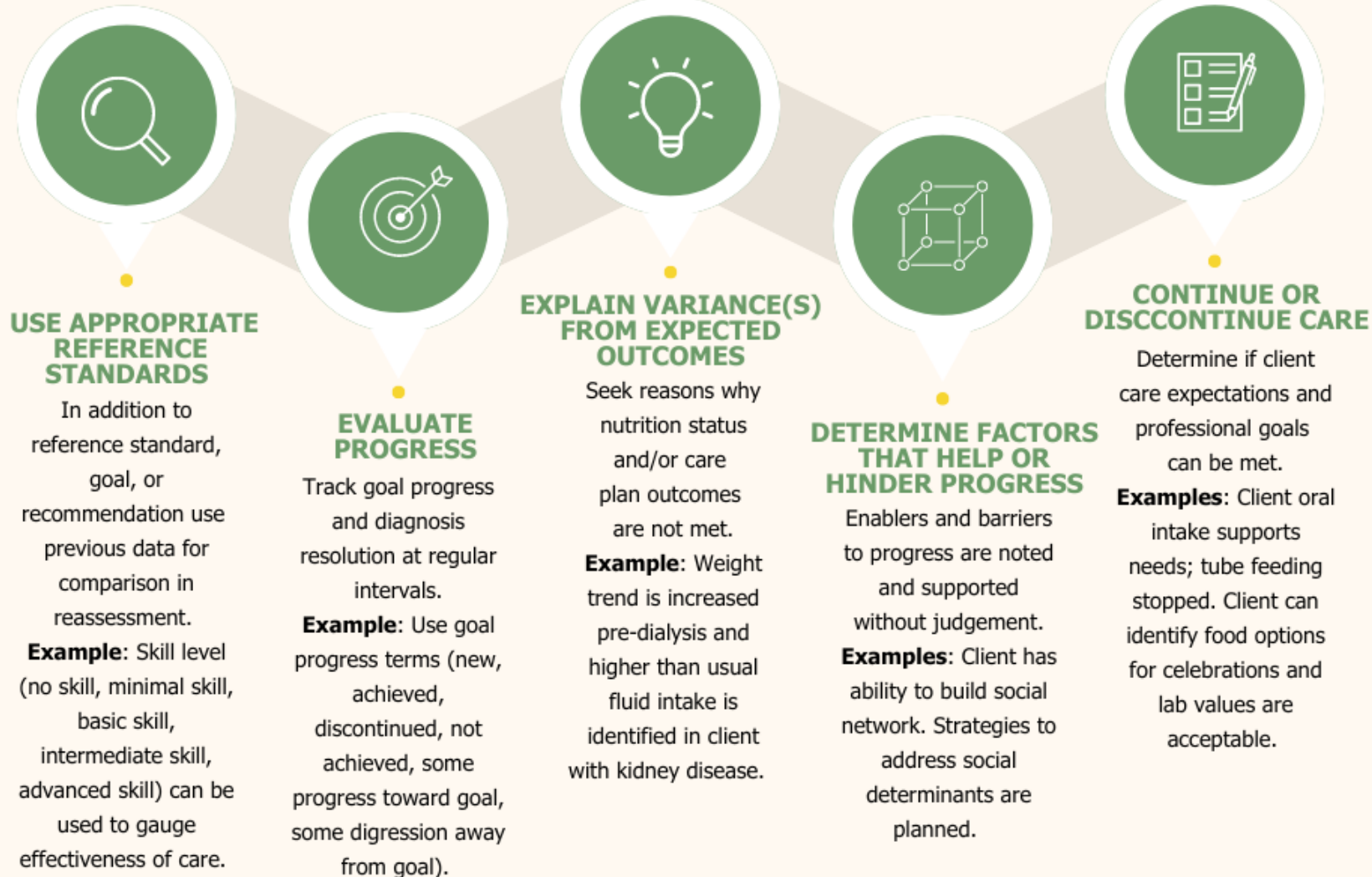
Food/Nutrition-Related History (FH)	Food and nutrient intake, food and nutrient administration, medication and complementary/alternative medicine supplement use, knowledge/beliefs/attitudes, behavior, food and supply availability, physical activity and function, and nutrition related client centered measures
Anthropometric Measurements (AD)	Body height, body weight, body frame, body weight change, body mass, growth pattern indices, and body compartment estimates
Biochemical Data, Medical Tests, and Procedures (BD)	Lab data (eg, electrolytes, glucose) and tests (eg, gastric emptying time, resting metabolic rate)
Physical Exam Findings (PD)	Findings from a physical exam, interview, or the health record.

Nutrition Assessment Domains Explained - Continued

Assessment, Monitoring and Evaluation Tools (AT)	Tools used for health or disease status or risk assessment, reassessment, and monitoring and evaluation
Etiology Category (EY)	Categories to communicate the type of nutrition diagnosis etiology
Comparative Standards (CS)	What indicator data are compared against, can include reference standards, recommendations, and/or goals
Progress Evaluation (EV)	Evaluation of progress toward a nutrition related goal(s) and resolution of a nutrition diagnosis(es)

Nutrition Monitoring and Evaluation

Critical Thinking



Quality Documentation Using the NCPT: Nutrition Assessment

Quality Documentation

1. Specific criteria for each indicator is documented

Example: BMI (indicator) will increase to healthy range of 18-25 (criterion) within 6 months

2. In a nutrition reassessment, the status of the nutrition diagnosis is addressed in the PES statement using the Progress Evaluation terms

Example: Altered nutrition related laboratory values: decreased serum magnesium related to severe illness related pediatric malnutrition [physiologic metabolic etiology] as evidenced by serum magnesium 1.1 mEq/L (active nutrition diagnosis)

Poor Documentation

1. Criteria for each indicator is missing in documentation

(Example: BMI will increase)

2. In a nutrition reassessment, the status of the nutrition diagnosis and Progress Evaluation terms are missing from the PES statement

*Example: Predicted Excessive Energy Intake related to reduced physical activity [behavior etiology] as evidenced by estimated energy intake more than estimated needs at new lower physical activity level
Status of Nutrition Diagnosis: on-going*

Nutrition Monitoring and Evaluation Summary



NME sets the stage for the reassessment in the next cycle of the nutrition care process



During NME, the RDN monitors and evaluates the client's progress through consistent terms, or indicators, against criteria carefully selected by the RDN



During this step, goal progress is evaluated and documented; and the nutrition diagnosis is reevaluated as needed



During this step, the RDN determines whether care needs to be continued or discontinued



Proceed to Module 7