

NCP 2023 Tutorial

Module 5 Transcript

Welcome to Module 5 of the Nutrition Care Process tutorial series. My name is Doctor Casey Colin and I will be sharing with you the overview, terms and use of the Nutrition Intervention step.

In this module, we will review the purpose and components of the Nutrition Intervention. The components include the two phases, Planning and Implementing, and the terminology is organized by domains and classes.

The purpose of the Nutrition Intervention is to plan and implement purposeful actions intended to positively change or improve a nutrition related problem. The intervention aims to improve or resolve the etiology or root cause of the nutrition problem. As you may suspect, that means the Registered Dietitian must use critical thinking to expertly define the etiology for the intervention to be effective. In cases where the etiology may be improved but not fully resolved, the nutrition intervention can be aimed toward improving the signs and symptoms of the nutrition problem.

The nutrition assessment data supports determining an accurate PES statement. The etiology of the PES drives the selection of targeted nutrition interventions and is highly individualized. Here is a visual representation of the steps required in selecting an appropriate nutrition intervention.

The Nutrition Intervention can be broken down into two phases, Planning and Implementing. These two phases are interrelated and aim to improve or resolve the etiology of the nutrition diagnosis. In practice, the planning phase often develops simultaneously with the nutrition assessment as data is gathered and examined in real time within the client visit. The implementation phase may also overlap with the nutrition assessment as the Registered Dietitian provides guidance while also continuing to elicit assessment data.

In the planning phase, the Registered Dietitian collaborates with the client to synthesize assessment data into the identification of measurable actionable goals. The Registered Dietitian must also be thinking about how the effectiveness of the intervention can be measured through outcome indicators. Interventions must be prioritized and based on client centered care, urgency in terms of medical condition, the potential of MNT to support an impactful change in the condition, and the resources available to support the intervention. The planning phase includes

identification of a Nutrition Prescription which could be considered the overarching summary of the nutrition interventions. The individual interventions provide more granular detail to elaborate on the execution of the Nutrition Prescription. It is worth emphasizing that client centered goals are documented in the nutrition intervention set of the ADIME note, as are details concerning the follow up timeline.

The implementing phase of the nutrition intervention includes helping to determine strategies that allow the client to successfully action their goals. Implementation also involves ensuring, with the client's help, that the plan is individualized. The Registered Dietitian must ensure the client's health literacy allows them to fully understand the plan of care. And as mentioned previously, the implementation phase of the nutrition intervention often intersects with the nutrition assessment step of the NCP in that the Registered Dietitian is continuously collecting assessment data. During the reassessment and follow up visit, the Registered Dietitian must evaluate the barriers and enablers to the plan and modify the plan as needed to ensure it remains in the client's best interests.

Regarding the standardized language associated with the Nutrition Intervention, the Nutrition Care Process terminology is organized by stage and domain. The Nutrition Intervention planning terms are organized into two domains, Goal Planning and Prescription Planning. The Nutrition Intervention implementation terms are organized into six domains, Food and or Nutrient Delivery, Nutrition Education, Nutrition Counseling, Coordination of Nutrition Care by a Nutrition Care Professional, Population Based Nutrition Action, and Nutrition Intervention Encounter Context.

In the Goal Planning domain of the planning step of the Nutrition Intervention, the Registered Dietitian collaborates with the client to design a customized measurable goal that makes the intervention actionable by the patient. When designing a measurable goal, the acronym many are familiar with is SMART, Specific, Measurable, Attainable, Realistic, and Timely. The design of the goal must take into account the patient's health literacy. For instance, a goal to consume 80 grams of protein per day may be measurable and possibly even realistic to achieve. But if the patient is not familiar with which foods are protein-rich or has no frame of reference for the number of grams of protein in one serving, this goal may not be actionable by the client. Prescription Planning refers to the nutrition prescription development and must consider the client's overall health picture, health literacy, knowledge, and abilities.

Here is a breakdown of the domains within the Implementation Phase of the Nutrition Intervention. The Food and or Nutrient Delivery interventions include those that impact how food, fluid, or nutrients are delivered into the body. Interventions from this domain are most effective when used to target etiologies from the physical

function, physiologic, metabolic, or treatment etiology categories. The Nutrition Education interventions include strategies to increase or improve the client's knowledge regarding nutrition, physical activity, or behavior. Since the intent of Nutrition Education is to fill a knowledge gap, interventions from this domain are most appropriate when used to target etiologies from the knowledge or beliefs, attitudes, etiology categories. The Nutrition Counseling interventions include strategies to facilitate behavior change with the intent to improve nutrition or physical activity habits. Since the intent of Nutrition Counseling is to improve behaviors, interventions from this domain are most appropriate when used to target etiologies from the behavior or social personal etiology categories. As the title suggests, the Coordination of Nutrition Care interventions include strategies to involve other Registered Dietitians, healthcare providers, community partners, or other institutions to assist with improving or resolving the client's nutrition diagnosis. Interventions from this domain are most appropriate when used to target etiologies from the cultural, psychological, treatment, or access etiology categories. Population Based Nutrition Action interventions are targeted toward populations rather than individuals. And lastly, Nutrition Intervention Encounter Context is a way to specify the nutrition care documentation rationale applicable to the unique client circumstances.

Here is an example of a Nutrition Prescription. The intent of the Nutrition Prescription is to be a very clear and concise summary of the overall intervention and typically refers to a specific dietary or physical activity recommendation. The first example provides specific guidance for providing the patient with oral nutrition supplementation. The reader can clearly identify the amount of ensure the patient should be given after reading this Nutrition Prescription. The information is clear, measurable, and concise. The documented interventions should elaborate on the specific details regarding the rationale and client goals associated with this Nutrition Prescription. The second example provides specific recommendations for fiber and fluid. Again, the information is clear, measurable, and concise. The documented interventions should then detail the nutrition education, counseling, or other interventions involved in support of this Nutrition Prescription. Lastly, the third example provides an enteral nutrition or tube feeding nutrition prescription. The physician, nurse, or other Registered Dietitian reading this nutrition prescription can determine very clearly what the formula, initial rate, goal rate, method of advancement toward the goal rate, and fluid flushes should be after reading this nutrition prescription. The documented interventions should provide further detail regarding the rationale for this recommendation, along with more granular goals for this client.

The Nutrition Intervention step of the Nutrition Care Process involves a significant application of critical thinking to help this client set goals, to define the Nutrition Prescription, to refer the client to other disciplines as appropriate, to match

intervention strategies with client values, and to specify the frequency of care. Please take a moment to pause and review the descriptions and examples shown here.

As indicated in the Nutrition Care Process Quality Evaluation and Standardization Tool, or NCP Quest. This slide demonstrates an example of high quality documentation in the ADIME note alongside an example of poor quality documentation. In the high quality example, the Nutrition Prescription is documented and is individualized and specific. The Nutrition Intervention directly targets the etiology of the PES and if more than one PES is documented, there is an intervention targeting each etiology. The Nutrition Intervention documentation also includes a timeline for the reassessment or follow up. On the contrary, the poor quality documentation as identified through an audit using the NCP Quest is that which does not include a nutrition prescription. An intervention is not included for each etiology. In this example, the intervention pertains to physical activity, which only targets one of the etiologies and misses the other etiology, which in this example is carbohydrate needs. And no specific follow up timeline is indicated because the note just says we'll follow up with team. To evaluate your own ADIME quality, you can use the NCP Quest tool to ensure you are using high quality documentation. Clinical Nutrition Managers or other leaders can implement NCP Quest audits as part of their team's quality assurance protocol too.

In summary, the Nutrition Intervention is directly driven by the Nutrition Assessment and Diagnosis steps for accurate high quality nutrition care and the intervention must target improving or resolving the etiology of the PES. The Nutrition Intervention includes planning and implementing phases, both which use defined Nutrition Care Process terminology and the Nutrition Intervention must always be client centered.

Thank you for listening to Module 5 on the nutrition intervention. Now please proceed to Module 6.