

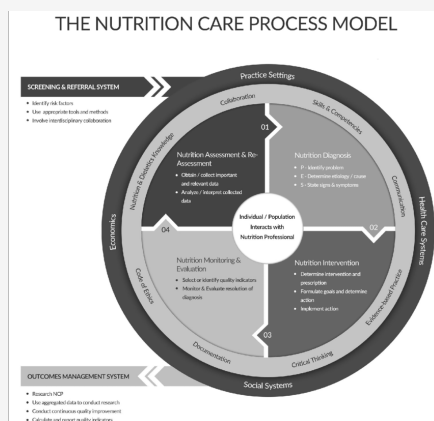
### Introduction

The Nutrition Care Process, also known as the NCP, as defined by the Academy of Nutrition and Dietetics is, "systematic approach to providing high-quality nutrition care"

The Nutrition Care Process provides the structure for customized care to be the most efficient plan in the RD's "toolbox". The set framework of the model allows the RD to "fill in the blanks" for each patient.

Source: <https://www.csun.edu/~lisagor/Spring%202017/494%20S-17/Nutrition%20Care%20Process.pdf>

### Nutritional Care Process



### Nutrition Care Process

#### 4 distinct, interrelated steps:

1. Nutrition assessment
  - a. Data collected during the nutrition assessment guides the RD in selection of the appropriate nutrition diagnosis(es) (i.e., naming the specific problem).
2. Nutrition intervention
  - a. Root cause (or etiology) of the nutrition problem and aimed at alleviating the signs and symptoms of the diagnosis.
3. Nutrition Diagnosis
4. Monitoring & Evaluation
  - a. Determine if the patient/client has achieved or is making progress toward the planned goals.

### A.D.I.M.E

Code	Meaning
A	Assessment
D	Diagnosis
I	Intervention
M	Monitoring
E	Evaluation

### Assessment ABCD's

The assessment is a dynamic and ongoing evaluation of data that includes medical, health, social, dietary, nutritional, medication, supplemental or herbal history, physical, anthropometrics, and laboratory. The purpose is to make professional judgement about nutrition status, and this is the foundation of nutrition care.

**Anthropometrics** Physical measurements that can be compared to standards in order to reveal the nutritional status, growth, and health of an individual.

Ht., Wt., age, and gender are commonly used. Others?

This data provides the means to establish energy, protein, and fluid needs.

**Biochemical** medical tests and procedures

May include Na, K, BUN, Creat, Gluc, LDL-cholesterol, Alb, Prealbumin, or others.

**Clinical**

Physical exam conducted on the patient. The exam is used to assess everything from eyesight and reflexes to movement on the body and medical history.

**Dietary**

Dietary reports begin with a 24hr recall on what the patient has consumed. This assessment may include questionnaires, surveys, worksheets and more in order to obtain an accurate amount of food related history from the patient.

### Diagnosis

Categories

**Intake (NI):** Too much or too little of a food or nutrient compared to actual or estimated needs.

**Clinical (NC):**

Nutrition problems that relate to medical or physical conditions.

**Behavioral (NB):** Knowledge, attitudes, beliefs, physical environment, access to food, or safety

### P.E.S. Statement

- Names the nutrition problem (P)
- Identifies its cause (or etiology) (E)
- Lists the assessment data (signs and symptoms) (S) that justify the problem.
- Written as:  
Nutrition diagnosis term " related to " etiology " as evidenced by "  
signs and  
symptoms of the nutrition diagnosis.

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