



## Nutrition Care Process Model Tutorials

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Nutrition Care Process and Terminology Committee  
Academy of Nutrition and Dietetics

Nutrition Care Process Terminology  
2015 Edition 

## Nutrition Diagnosis: PES Statements

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**Module Objectives** 

By the end of this module, the participant will:

- Understand the components of the PES statement
- Understand the process of developing a PES statement

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**Nutrition Diagnosis** 

In the Nutrition Diagnosis step of the Nutrition Care Process

- A nutrition problem or nutrition diagnosis is identified and described using a PES statement.
- The nutrition diagnosis can be resolved or improved through treatment/nutrition intervention by a food and nutrition professional.

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### Critical Thinking



Critical thinking skills are needed to:

- Determine the problem that the RDN can most likely help the patient resolve.
- Evaluate the etiology or “root cause” that can be addressed with a nutrition intervention.
- Select the assessment data that can be measured to indicate resolution or improvement of the nutrition problem.

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### PES Statement



This statement has a distinct format:

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

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### PES Statement Characteristics



- Based on reliable and accurate nutrition assessment data
- Accurately related to an etiology
- Simple, clear, concise
- Specific to the patient/client/group
- Related to a single patient/client nutrition-related problem

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PES Statement



This statement has a distinct format:

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

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Nutrition Diagnosis Etiology



Identifying the etiology leads to selection of the nutrition intervention aimed at resolving the underlying cause of the nutrition problem

If the intervention cannot be aimed at resolving the underlying cause, then the nutrition intervention needs to be targeted at minimizing the signs/symptoms of the nutrition problem

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Nutrition Dx Reference Sheets



A reference sheet is available for each nutrition diagnosis.  
[<http://ncpt.webauthor.com/pubs/idnt-en/page-042>]  
[<http://ncpt.webauthor.com/pubs/idnt-en/page-043>]  
[<http://ncpt.webauthor.com/pubs/idnt-en/page-044>]  
[<http://ncpt.webauthor.com/pubs/idnt-en/page-045>]

Each reference sheet contains 4 components.

- Problem or Nutrition Diagnosis Label
- Definition of the Nutrition Diagnosis Label
- Etiology (cause/contributing risk factors)
- Signs/Symptoms (defining characteristics)
  - Grouped by
    - nutrition assessment category, and
    - potential indicators of the specific nutrition diagnosis

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### Evaluating the PES Statement

A series of questions can help to evaluate the PES statement:

- P (selecting the **P**roblem)
- Can the nutrition professional resolve or improve the nutrition diagnosis for the patient/client?  
When all things are equal and there is a choice between stating the PES statement using two nutrition diagnoses from different domains, consider the intake nutrition diagnosis as the one more specific to the role of the RDN
- E (selecting the **E**tiology)
- Evaluate whether the etiology is the specific "root cause" that can be addressed with a nutrition intervention. If addressing the etiology cannot resolve the problem, can the RDN intervention at least lessen the signs and symptoms?
- S (selecting the **S**igns and **S**ymptoms to address)
- Will measuring the signs and symptoms indicate if the problem is resolved or improved?
  - Are the signs and symptoms specific enough that the RDN can monitor (measure/evaluate changes) and document resolution or improvement of the nutrition diagnosis?

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### Sample PES Statements

Excessive Fat Intake *related to* limited access to healthful options – frequent consumption of high-fat, fast-food meals *as evidenced by* serum cholesterol level of 230 mg/dL and patient report of 10 meals per week of hamburgers and fries

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### Evaluate the PES Statement

Excessive Fat Intake *related to* limited access to healthful options – frequent consumption of high-fat, fast-food meals *as evidenced by* serum cholesterol level of 230 mg/dL and patient report of 10 meals per week of hamburgers and fries

1. Can the RDN resolve the problem? Yes
2. Does the etiology make sense? Does it match the assessment data? Yes
3. Is there a reasonable intervention? Yes
4. Can you monitor this patient on the basis of the stated signs and symptoms? Yes

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Sample PES Statements



Excessive Energy Intake *related to* unchanged dietary intake and restricted mobility while fracture heals *as evidenced by* 5 lb weight gain during last 3 weeks due to patient report of consumption of 500 kcal/day more than estimated needs

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Evaluate the PES Statement



Excessive Energy Intake *related to* unchanged dietary intake and restricted mobility while fracture heals *as evidenced by* 5 lb weight gain during last 3 weeks due to patient report of consumption of 500 kcal/day more than estimated needs

1. Can the RDN resolve the problem? Yes
2. Does the etiology make sense? Does it match the assessment data? Yes
3. Is there a reasonable intervention? Yes
4. Can you monitor this patient on the basis of the stated signs and symptoms? Yes

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Sample PES Statements



Disordered Eating Pattern *related to* unsupported belief about food and nutrition *as evidenced by* reported use of laxative after meals and statements that calories are not absorbed when laxatives are used

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**Evaluate the PES Statement**



Disordered Eating Pattern *related to* unsupported belief about food and nutrition *as evidenced by* reported use of laxative after meals and statements that calories are not absorbed when laxatives are used

1. Can the RDN resolve the problem? Yes
2. Does the etiology make sense? Does it match the assessment data? Yes
3. Is there a reasonable intervention? Yes
4. Can you monitor this patient on the basis of the stated signs and symptoms? Yes

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**Sample PES Statements**



Swallowing Difficulty *related to* post stroke complications *as evidenced by* results of swallowing tests and reports of choking during mealtimes

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**Evaluate the PES Statement**



Swallowing Difficulty *related to* post stroke complications *as evidenced by* results of swallowing tests and reports of choking during mealtimes

1. Can the RDN resolve the problem? Yes
2. Does the etiology make sense? Does it match the assessment data? Yes
3. Is there a reasonable intervention? Yes
4. Can you monitor this patient on the basis of the stated signs and symptoms? Yes

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Summary



The Nutrition Diagnosis or Nutrition Problem is identified and described using a PES statement.

The Nutrition Diagnosis can be resolved or improved through treatment and nutrition intervention by you, the RDN.

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Summary



In the next module, we will discuss PES statements for the two case examples introduced in the Nutrition Assessment modules.

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