


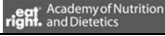
Nutrition Care Process Model Tutorials

Nutrition Care Process and Terminology Committee
Academy of Nutrition and Dietetics

Nutrition Care Process Terminology
2015 Edition




Nutrition Intervention: Overview & Definition



Module Objectives

By the end of this module, the participant will:

- Understand a working definition and purpose of nutrition intervention
- Understand the components of nutrition intervention, including
 - Activities of the nutrition and dietetics professional during nutrition intervention
 - Critical thinking skills that are useful for planning and implementing the nutrition intervention
 - Sources of data needed for decision making during nutrition intervention



Nutrition Intervention

Nutrition Intervention is the third of 4 steps in the Nutrition Care Process

Purpose: to resolve or improve the nutrition diagnosis, or nutrition problem, by provision of advice, education, or delivery of the food component of a specific diet or meal plan tailored to the patient/client's needs.

Process: plan and implement the appropriate nutrition intervention based on the nutrition diagnosis and etiology.

Critical Thinking



Critical thinking skills needed:

- Setting goals and prioritizing
- Defining the nutrition prescription or basic plan
- Making interdisciplinary connections
- Initiating behavioral and other nutrition interventions
- Matching nutrition intervention strategies with patient/client needs, nutrition diagnosis, and values
- Choosing from among alternatives to determine a course of action
- Specifying the time and frequency of care

Nutrition Intervention Components



Two phases of Nutrition Intervention

1. Planning: RDN prioritizes the nutrition diagnoses based on the severity of the problem, safety, and the patient needs
2. Implementing: the action phase during which the RDN carries out and communicates the plan of care to all relevant parties

Planning the Nutrition Intervention



- Prioritize the nutrition diagnoses
- Consult the Academy's Evidence Based Nutrition Practice Guidelines
<https://www.andean.org/>
- Confer with the patient and caregivers
- Detail the nutrition prescription and identify strategies
- Determine patient-focused goals
- Define time and frequency of care

Nutrition Prescription



Nutrition Prescription refers to the patient/client's individual recommended dietary intake of energy and/or selected foods or nutrients based on current reference standards and dietary guidelines and the patient/client's health and nutrition diagnosis.

Implementing the Nutrition Intervention



1. Action phase

- Communicate the plan of care
- Carry out the plan
- Continue the data collection

2. Ongoing Aspects

- Individualize the nutrition intervention
- Collaborate with other colleagues
- Follow-up and verify the implementation
- Adjust intervention strategies, if needed

Nutrition Intervention Reference Sheets



A reference sheet is available for each nutrition intervention.
[<http://ncpt.webauthor.com/pubs/idnt-en/page-062>]
[<http://ncpt.webauthor.com/pubs/idnt-en/page-063>]
[<http://ncpt.webauthor.com/pubs/idnt-en/page-064>]
[<http://ncpt.webauthor.com/pubs/idnt-en/page-065>]

Each reference sheet contains the following components:

- Nutrition intervention term
- Definition of term
- Descriptive details of the nutrition intervention
- The nutrition diagnoses with which the nutrition intervention may be used
- Additional considerations pertinent to the nutrition intervention

Summary



Customized nutrition interventions based on a patient's needs identified through nutrition assessment and nutrition diagnosis are available as part of the eNCPT.

Using defined nutrition intervention terminology assists the professional in communicating among all health care providers the nutrition interventions that maintain or improve health and minimize disease.

Summary



In the nutrition intervention step, the RDN collaborates with the patient to:

- Plan the nutrition intervention,
- Implement and modify the nutrition intervention as needed.
