Nutrition Care Process Tutorial 2020

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Module 2: Nutrition Assessment – Overview, Terms and Use

Slide Number	Title	Script
1	Module 2: Nutrition Assessment - Overview, Terms and Use	Welcome to the Nutrition Care Process Tutorial. This is module 2, Nutrition Assessment – Overview, Terms and Use. This module is based on the eNCPT 2019 edition, available on www.ncpro.org.
2	NCP Tutorial: Module 2 Objectives	The objective of module 2 is to understand the purpose and components of Nutrition Assessment, including: Nutrition Assessment Terminology and Comparative Standards used to evaluate assessment data. In subsequent steps, the RDN will refer to assessment data for nutrition diagnosis PES statements, the nutrition intervention and monitoring and evaluation.
3	NCP Step 1: Nutrition Assessment and Reassessment	Nutrition Assessment is the first of four steps in the Nutrition Care Process. During nutrition assessment, the RDN collects, classifies, and synthesizes important and relevant data needed to identify nutrition-related problems and their causes. The purpose of Nutrition Reassessment is to identify whether previously collected information has changed or remained the same, this then allows the RDN to determine if previous nutrition problems have been resolved or changed, or if new nutrition problems exist.
4	Sources of Nutrition Assessment Data	Nutrition assessment data can come from a variety of sources, including: ○ Screening / referral forms ○ Client interviews ○ Medical / health records ○ Family members / caregivers ○ Community-based surveys and focus groups ○ Statistical reports, administrative data, client-related outcomes, or experience measures ○ Epidemiological studies

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5	Nutrition Assessment Terminology	Nutrition Assessment Data is categorized into the following 6 Domains: 1. Food / Nutrition-Related History (FH) 2. Anthropometric Measurements (AD) 3. Biochemical Data, Medical Tests, and Procedures (BD) 4. Nutrition-Focused Physical Findings (PD) 5. Client History (CH) 6. Assessment, Monitoring, and Evaluation Tools (AT) This module will review each nutrition assessment domain.
6	Nutrition Assessment Terminology	Within each domain, terminology is further organized into classes and subclasses of terms. Many nutrition assessment terms within subclasses are indicators. Indicators identify data elements relevant to the client that can be observed or measured. Please note that throughout the following slides, NCP term codes such as FH-1.1.1 are used for training and information purposes. The Academy does not recommend using codes in documentation, and RDNs should only document the term itself in their notes.
7	Food/Nutrition-Related History (FH)	The first nutrition assessment domain is Food and Nutrition-Related History (FH-1). The Food and Nutrition-Related History domain contains terms that capture data typically collected from an interview with the client where food and nutrition intake and related behaviors were discussed.

		This slide shows an example of the hierarchy and organization for the Food and Nutrient Intake class of terms. Other classes under the Food/Nutrition Related History domain include: ➢ Food and Nutrient Administration (FH-2) ➢ Medication and complementary / alternative medicine use (FH-3) ➢ Knowledge/Beliefs/ Attitudes (FH-4) ➢ Behavior (FH-5) ➢ Food/Nutrition Related Supplies (FH-6) ➢ Physical Activity and Function (FH-7) ➢ Nutrition Related Patient/Client Centered Measures (FH-8)
8	Anthropometric Measurements (AD)	The next nutrition assessment domain is Anthropometric Measurements (AD). This domain includes terminology that helps describe the physical measurements for the client such as height, weight, body mass index (BMI), growth pattern indices/percentile ranks, and weight history. This slide shows an example of the hierarchy and organization for this domain. You can see that 'measured weight' is a sample indicator from the Anthropometric Measurements domain.
9	Biochemical Data, Medical Tests, and Procedures (BD)	The next domain—Biochemical Data, Medical Tests, and Procedures (BD)—includes terms for laboratory data and medical tests. This slide shows an example of the hierarchy and organization for the Electrolyte and Renal Profile class of terms. The indicator listed is Creatinine. The actual lab values for biochemical data are typically obtained from the client's medical charts.

		Other examples of classes under this domain include: ➢ Acid Base Balance (BD-1.1) ➢ Essential Fatty Acid Profile (BD-1.3) ➢ Gastrointestinal Profile (BD-1.4) ➢ Glucose/Endocrine Profile (BD-1.5) ➢ Inflammatory Profile (BD-1.6) ➢ Lipid Profile (BD-1.7) ➢ Mineral and Vitamin Profile (BD-1.9, BD-1.13) ➢ Nutritional Anemia Profile (BD-1.10)
10	Nutrition-Focused Physical Findings (PD)	The Nutrition-Focused Physical Findings (PD) domain includes terminology that describes nutrition-related physical signs or symptoms derived from a nutrition-focused physical exam, interview, or health record. Examples include subcutaneous fat, muscle, oral health, suck/swallow/breathe ability, and appetite. This slide shows an example of the hierarchy and organization for the nutrition-focused physical findings class of terms. The indicator listed, +1 pitting edema, is the NCP term that the RDN would use in a client's chart. Other examples of indicators in the nutrition-focused physical findings domain include but are not limited to: ➢ Central adiposity (PD-1.1.2.4) ➢ Tachycardia (PD-1.1.4.9) ➢ Decrease in appetite (PD-1.1.5.10) ➢ Muscle atrophy (PD-1.1.14.1)

11	Client History (CH)	The Client History (CH) domain includes terminology that captures the client's personal history such as age, gender, ethnicity, and reported medical and social history. This domain is only used in the Nutrition Assessment step, and is not used in Nutrition Monitoring and Evaluation. All other domains in the Nutrition Assessment step can be used for reporting client progress in the monitoring and evaluation step. This slide shows an example of the hierarchy and organization for the client history domain. The indicator listed, age, is the term the RDN would use in a client's chart, along with capturing this indicators data point, such as 53 years old.
12	Assessment, Monitoring and Evaluation Tools (AT)	The Assessment, Monitoring and Evaluation Tools (AT) domain exists to capture tool ratings that assess health or disease status or risk. This slide shows an example of the hierarchy and organization for the Nutrition Assessment, Monitoring and Evaluation Tool Ratings class of terms. The indicator listed, Subjective global assessment (SGA) rating, is the term the RDN would use in a medical chart, along with the actual client rating, such as 'C', which is indicative of the client being severely malnourished.
13	Comparative Standards	In addition to the Nutrition Assessment domains, the NCP has a comparative standards category. Comparative standards are what nutrition assessment data is measured against. The RDN considers various reference standards and recommendations, client disease states and multiple other factors to identify the appropriate comparative standard. Different examples of criteria are shown on this slide.

14	Nutrition Assessment Documentation	When documenting the nutrition assessment, keep the following questions in mind: - Is the assessment data concise and relevant to support the Nutrition Diagnosis? - Is the assessment data comprehensive and aligned with the nutrition assessment domains, such as food/nutrition-related history or biochemical data, medical tests and procedures? And lastly; - Are the appropriate comparative standards used?
15	Nutrition Assessment Summary	In summary, there are several items to remember regarding Nutrition Assessment: ➢ Nutrition Assessment is the first step of the NCP ➢ Data collected during Nutrition Assessment is used for all other steps in the NCP ➢ Nutrition Assessment ultimately leads to the identification of a nutrition problem (also known as the Nutrition Diagnosis) ➢ New information or assessment data may provide reason for reassessment, change in nutrition diagnosis or nutrition intervention.
16	Proceed to Module 2	This concludes module 2, Nutrition Assessment – Overview, Terms and Use. Please proceed to module 3.