Nutrition Care Process Tutorial 2020

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Module 3: Nutrition Diagnosis - Overview, Terms, Use and PES Statements

Slide Number	Title	Script
1	Module 3: Nutrition Diagnosis - Overview, Terms, Use and PES Statements	Welcome to the Nutrition Care Process Tutorial. This is module 3, Nutrition Diagnosis – Overview, Terms, Use and PES Statements. This module is based on the eNCPT 2019 edition, available on www.ncpro.org.
2	NCP Tutorial: Module 3 Objectives	The objective of module 3 is to understand the purpose and components of Nutrition Diagnosis, including: The process of reaching a nutrition diagnosis, the organization of domains and classes of Nutrition Diagnosis terminology, and the PES Statement.
3	NCP Step 2: Nutrition Diagnosis	Nutrition Diagnosis is the second of four steps in the Nutrition Care Process. The purpose of Nutrition Diagnosis is to identify and label existing nutrition problems that the RDN is responsible for treating. Nutrition problems are identified using assessment evidence, and the nutrition diagnosis is the link between assessment and intervention.
4	Nutrition Diagnosis Actions	During the Nutrition Diagnosis step, RDNs do the following: ➢ Identify the nutrition problem ➢ Determine the etiology ➢ List the corresponding signs and symptoms To complete these actions, the RDN uses critical thinking skills to: ➢ Identify and prioritize problems that can most likely be resolved or improved by the RDN. They also; ➢ Evaluate if the etiology or "root cause" can be addressed with a nutrition intervention, and lastly they;

		➢ Select signs and symptoms from assessment data that will indicate if a problem is resolved or improved
5	Nutrition Diagnosis Terminology	Nutrition Diagnosis Terminology is categorized into the following 3 Domains: 1. Intake (NI) 2. Clinical (NC) 3. Behavioral-Environmental (NB) "No nutrition diagnosis at this time" may be documented if the assessment indicates that no nutrition problem exist to justify a nutrition intervention.
6	Intake (NI)	The Intake (NI) domain consists of terms that describe nutrition problems related to intake of energy, nutrients, fluids, and bioactive substances through oral diet or nutrition support. This slide shows an example of the hierarchy and organization for the Oral or Nutrition Support Intake class of terms. 'Inadequate Energy Intake' is a sample nutrition diagnosis that exists in this class. Other classes of nutrition diagnoses in the intake domain include but are not limited to: ➢ Energy Balance (NI-1) ➢ Fluid Intake (NI-3) ➢ Carbohydrate and Fiber (NI-5.8) ➢ Vitamin (NI-5.9) When evidence of a nutrition problem is equal and there is a choice between using nutrition diagnoses from different domains, consider prioritizing the Intake nutrition diagnosis first, since this domain is most specific to the role of the RDN.

7	Clinical (NC)	The next domain is Clinical. This domain includes nutrition diagnoses that capture nutrition problems related to medical or physical conditions. This slide shows an example of the hierarchy and organization for the Functional class of terms. 'Swallowing Difficulty' is a sample nutrition diagnosis that exists in the functional class. Other classes of nutrition diagnoses in the Clinical domain include but are not limited to: ➢ Biochemical (NC-2) ➢ Weight (NC-3) ➢ Malnutrition Disorders (NC-4)
8	Behavioral-Environmental (NB)	The next domain— Behavioral-Environmental (NB)—includes nutrition diagnoses that describe nutritional problems related to knowledge, attitudes/beliefs, or physical environment. This slide shows an example of the hierarchy and organization for the Knowledge and Belief class of terms. The nutrition diagnosis listed, Food and Nutrition Related Knowledge Deficit, is an example of a nutrition diagnosis from this domain. Other classes of nutrition diagnosis terms within the behavioral-environmental domain include: ➢ Physical Activity and Function (NB-2) ➢ Food Safety and Access (NB-3)
9	PES Statements	The Nutrition Diagnosis —or nutrition problem—is communicated as a structured sentence called a PES Statement. The PES statement includes three distinct parts: ➢ **P**roblem (Nutrition Diagnosis Term) ➢ **E**tiology (root cause of the problem)

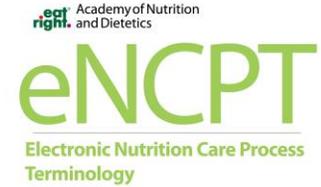|		
		➢ **S**igns and Symptoms (proof of the problem and evidence from nutrition assessment data)
10	PES Statement Format	The PES statement has a distinct format as shown on this slide: Problem *related to* Etiology as *evidenced by* Signs and Symptoms The Problem (or nutrition diagnosis) must always be a nutrition diagnosis term. A well written PES statement contains the following characteristics: ➢ Clear and concise ➢ Specific to the client ➢ The problem is accurately related to an etiology, and ➢ The signs and symptoms are based on reliable and accurate Nutrition Assessment data
11	Evaluating a PES Statement	Specific questions RDNs should ask when evaluating each section of the PES statements include: For the problem, or 'P' – Can the RDN resolve or improve the client's nutrition diagnosis? For the etiology, or 'E' – Evaluate what has been used as the etiology. Is this the most specific root cause that the RDN can resolve or improve with a nutrition intervention? For the signs and symptoms, or 'S' – Will measuring the signs and symptoms indicate if the problem is resolved or improved? Are the signs and symptoms specific?

12	Examples of Correct PES Statements	This slide shows an example of a well written PES statement: Notice that the 'P' portion is a nutrition diagnosis term, 'Inadequate Energy Intake' this is from the Intake Domain. The etiology, 'decreased ability to consume sufficient energy secondary to chronic COPD', is the specific reason why the client's energy intake is inadequate and the RDN can address this with a nutrition intervention. The signs and symptoms, 'consuming less than 75% of estimated needs for one month, weight loss of 5% in one month, reported lack of appetite' provide clear, concise, quantifiable evidence that the nutrition problem exists.
13	Examples of Correct PES Statements	In this second example of a correctly written PES statement, 'Swallowing Difficulty' a nutrition diagnosis term from the clinical domain. The etiology 'post stroke complications' is root cause of the Nutrition problem. The signs and symptoms provide specific quantified evidence from the nutrition assessment that support the existence of the nutrition problem 'Swallowing difficulty".
14	Examples of Correct PES Statements	In this next example of a correct PES statement, the 'P' portion is 'Limited Access to Food', a nutrition diagnosis term from the behavioral-environmental domain. The 'E' portion, 'lack of financial resources to purchase sufficient quantity of appropriate healthful foods and lack of knowledge regarding food assistance resources' is a specific cause the RDN may not be able to fully resolve, but

		they will be able to lessen the signs and symptoms listed that are evidence of the nutrition problem.
15	Example of an Incorrect PES Statement	This slide reviews an example of an incorrectly written PES statement. Notice that the 'P' portion, 'Excess Carb Intake', is not a nutrition diagnosis term. This portion would be correct if it were written as 'Excessive Carbohydrate Intake', an actual NCP term. A common PES Statement mistake is that a *symptom* of the nutrition problem is often used for the etiology instead of the *root cause* of the nutrition diagnosis. In this example, the elevated A1c can be an indicator of excessive carbohydrate intake, but it is not the reason, or cause, of the excessive intake. To correct this PES statement, the knowledge deficit should be used in place of the A1c value for the etiology, and the A1c should be added to the signs/symptoms portion of the PES as it provides evidence of the nutrition problem.
16	Nutrition Diagnosis Status Values	RDNS can communicate the status of each nutrition diagnosis using the following labels: ➤ New ➤ Active ➤ Resolved ➤ Discontinued Definitions for each of these status value can be found on the eNCPT website: https://www.ncpro.org/pubs/encpt-en/page-036.

17	Nutrition Diagnosis Summary	In summary, Nutrition Diagnosis, the second step in the Nutrition Care Process, is communicated through a PES statement. The Nutrition Diagnosis can be resolved or improved by a nutrition intervention, which will be discussed in module 4.
18	Proceed to Module 4	This concludes module 3, Nutrition Diagnosis – Overview, Terms, Use and PES statements. Please proceed to module 4.