

Snapshot

NCP Step 3: Nutrition Intervention

Purpose:

The purpose of a nutrition intervention is 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.

Determining a nutrition intervention:

The nutrition diagnosis and its etiology drives the selection of a nutrition intervention. Nutrition intervention strategies are selected to change nutritional intake, nutrition-related knowledge or behavior, environmental conditions, or access to supportive care and services. Nutrition intervention goals provide the basis for monitoring progress and measuring outcomes.

Terminology for nutrition intervention is organized in 4 domains (categories):

Food and/or Nutrient Delivery	Nutrition Education	Nutrition Counseling	Coordination of Nutrition Care
<i>Individualized approach for food/nutrient provision.</i>	<i>A formal process to instruct or train a patient/client in a skill or to impart knowledge to help patients/clients voluntarily manage or modify food, nutrition and physical activity choices and behavior to maintain or improve health</i>	<i>A supportive process, characterized by a collaborative counselor-patient relationship, to establish food, nutrition and physical activity priorities, goals, and individualized action plans that acknowledge and foster responsibility for self-care to treat an existing condition and promote health</i>	<i>Consultation with, referral to, or coordination of nutrition care with other health care providers, institutions, or agencies that can assist in treating or managing nutrition-related problems</i>

Use of nutrition intervention terminology:

Nutrition intervention is accomplished in two distinct and interrelated steps: planning and implementing.

Planning the nutrition intervention involves:

- prioritizing nutrition diagnoses
- consulting the Academy's Evidence-Based Nutrition Practice Guidelines and other practice guidelines
- determining patient-focused expected outcomes for each nutrition diagnosis
- conferring with patient/client/caregivers
- defining a nutrition intervention plan and related strategies
- defining time and frequency of care
- identifying resources needed.

Implementation is the action phase and involves:

- communication of the nutrition care plan
- carrying out the plan.

Critical thinking skills:

- 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's needs, nutrition diagnosis, and values
- Choosing from among alternatives to determine a course of action
- Specifying the time and frequency of care

*Patient/client refers to individuals, groups, populations, family members, and/or caregivers.