

Snapshot

NCP Step 4: Nutrition Monitoring and Evaluation

Purpose:

The purpose of nutrition monitoring and evaluation is to determine and measure the amount of progress made for the nutrition intervention and whether the nutrition related goals/expected outcomes are being met. The aim is to promote more uniformity within the dietetics profession in assessing the effectiveness of nutrition intervention.

Determining what to measure for nutrition monitoring and evaluation:

Practitioners should select nutrition care indicators that will reflect a change as a result of nutrition care. The monitoring and evaluation phase should be considered during the assessment phase, while determining the Nutrition Diagnosis and the Nutrition Intervention. Additional factors to consider are the medical diagnosis, health care outcome goals, nutrition quality management goals, practice setting, patient/client population, and disease state and/or severity.

Terminology for nutrition monitoring and evaluation is organized in 4 domains (categories)**:

Food/Nutrition-Related History Outcomes	Anthropometric Measurement Outcomes	Biochemical Data, Medical Tests, and Procedure Outcomes	Nutrition-Focused Physical Finding Outcomes
<i>Food and nutrient intake, food and nutrient administration, medication, complementary/alternative medicine use, knowledge/beliefs, food and supplies availability, physical activity, nutrition quality of life</i>	<i>Height, weight, body mass index (BMI), growth pattern indices/percentile ranks, and weight history</i>	<i>Lab data (e.g., electrolytes, glucose) and tests (e.g., gastric emptying time, resting metabolic rate)</i>	<i>Physical appearance, muscle and fat wasting, swallow function, appetite, and affect</i>

Collection and use of nutrition monitoring and evaluation outcome data:

This step consists of three components: monitoring, measuring, and evaluating the changes in nutrition care indicators. Practitioners monitor by providing evidence that the nutrition intervention is or is not changing the patient/client's behavior or status. They measure outcomes by collecting data on the appropriate nutrition outcome indicator(s). Finally, food and nutrition professionals compare the current findings with previous status, nutrition intervention goals, and/or reference standards (i.e., criteria) and evaluate the overall impact of the nutrition intervention on the patient/client's health outcomes. The use of standardized indicators and criteria increases the validity and reliability of outcome data collection. All these procedures facilitate electronic charting and aggregation of data for reporting outcomes of food and nutrition professional's interventions for patient/client care.

Critical thinking skills:

- Selecting appropriate indicators/measures
- Using appropriate reference standards for comparison
- Defining where patient/client is in terms of expected outcomes
- Explaining a variance from expected outcomes
- Determining factors that help or hinder progress
- Deciding between discharge and continuation of nutrition care

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

**While the domains, classes, and terms for nutrition assessment and nutrition monitoring and evaluation are combined, there are no nutrition care outcomes associated with the domain entitled Client History. Items from this domain are used for nutrition assessment and reassessment only and do not change as a result of nutrition intervention.