

---

## *Snapshot*

# NCP Step 4: Nutrition Monitoring and Evaluation

---

### **Definition:**

Nutrition Monitoring and Evaluation identifies outcomes/indicators relevant to the diagnosis and nutrition intervention plans and goals.

### **Determining What to Measure for Nutrition Monitoring and Evaluation**

During the first interaction, appropriate outcomes/indicators are selected to be monitored and evaluated at the next interaction with the client\*. During subsequent interactions, these outcomes/indicators are used to demonstrate the amount of progress made and whether the goals or expected outcomes are being met. Factors to consider when selecting indicators are the medical diagnosis, health care outcomes, client goals, nutrition quality management goals, practice setting, client population, and disease state and/or severity.

**Terminology for Nutrition Monitoring and Evaluation is organized in eight domains (categories)\*\*:**

<b>Food/Nutrition-Related History Outcomes</b>	<b>Anthropometric Measurement Outcomes</b>	<b>Biochemical Data, Medical Tests, and Procedure Outcomes</b>	<b>Physical Exam Finding Outcomes</b>
<i>Food and nutrient intake, food and nutrient administration, medication and complementary/alternative medicine supplement use, knowledge/beliefs/attitudes, behavior, food and supply availability, physical activity and function, and nutrition related client centered measures</i>	<i>Body height, body weight, body frame, body weight change, body mass, growth pattern indices, and body compartment estimates</i>	<i>Lab data (eg., electrolytes, glucose) and tests (eg, gastric emptying time, resting metabolic rate)</i>	<i>Findings from a physical exam, interview, or the health record.</i>

<b>Assessment, Monitoring, and Evaluation Tools</b>	<b>Etiology Category</b>	<b>Comparative Standards</b>	<b>Progress Evaluation</b>
<i>Tools used for health or disease status or risk assessment, reassessment, and monitoring and evaluation</i>	<i>Categories to communicate the type of nutrition diagnosis etiology</i>	<i>What indicator data are compared against</i>	<i>Evaluation of progress toward a nutrition related goal(s) and resolution of a nutrition diagnosis(es)</i>

### **Collection and Use of Nutrition Monitoring and Evaluation Outcome Data:**

This step consists of three actions: 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 client's behavior or status. They measure outcomes by gathering data for outcomes/indicators. Finally, nutrition and dietetics practitioners compare the current findings with previous status, nutrition intervention goals, and/or reference standards (comparative standards) and evaluate the overall impact of the nutrition intervention on the client's nutrition diagnosis(es) and health outcomes. The use of standardized indicators and criteria increases the validity and reliability of outcome data collection, communication, an aggregation of data for reporting outcomes of the nutrition and dietetics practitioner's interventions. For consistency, nutrition and dietetics practitioners are encouraged to use the labels—new, active, resolved, or discontinued—to communicate the status of each nutrition diagnosis.

#### **Critical Thinking Skills:**

- Using appropriate reference standards for comparison (comparative standards)
- Defining where client is in terms of goals and expected outcomes
- Explaining variance from expected goals and outcomes
- Determining factors that help or hinder progress
- Deciding between discharge or continued care

*\*Client refers to individuals, groups, populations, supportive individuals, and structures.*

*\*\*The domains, classes, and terms for Nutrition Assessment and Nutrition Monitoring and Evaluation are combined. Client History terms are used for Nutrition Assessment, but not for Nutrition and Monitoring and Evaluation.*