

# NCP 2023 Tutorial

## Module 4 Transcript

Hello, my name is Ashley Carnahan and I will be taking you through Module 4 in the Nutrition Care Process tutorial, Nutrition Diagnosis.

The objective of this module is to understand the purpose of nutrition diagnosis and understand the components of the nutrition diagnosis, including the process of reaching a nutrition problem and diagnosis, the organization of domains and classes of a nutrition diagnosis, terminology, and the PES statement, also known as problem etiology, signs and symptoms.

The Nutrition Diagnosis is the second step in the Nutrition Care Process model to identify and label a nutrition problem. The RDN will identify this during the assessment with the patient. The diagnosis is the link between the assessment and the intervention process in the Nutrition Care Process Model. In the nutrition diagnosis actions remember the problem is identified during the assessment process. You would then determine an etiology. The etiology is the root cause of that problem that's happening, and then the dietitian would list the corresponding signs and symptoms. Remember this needs to be as objective data as possible for follow up purposes. Use critical thinking skills to prioritize these problems if they're multiple. Always remember the Intake domain is priority, such as Malnutrition. Evaluate the root cause when following up with that problem. Is the root cause improving? Then select signs and symptoms. These are main objective data points to observe if that problem intervention is improving and helping nutrition diagnosis.

Terminology is categorized into 4 domains, the Intake domain, the Clinical domain, Behavioral Environmental domain, and the Nutrition Situation domain.

Nutrition Diagnosis domains explained. The Intake Nutrition Diagnoses is too much or too little nutrition and the patient not meeting estimated nutrition needs. A common example of a problem used in this domain would be malnutrition. The second domain, Clinical Nutrition Diagnoses, explains and relates to a medical or physical condition. A common nutrition diagnosis utilized in this domain would be Swallowing Difficulty and the third domain Behavioral Environmental Diagnoses, knowledge, beliefs, attitudes, physical environment, access to food or food safety. A common nutrition diagnosis in this domain would be Food and Nutrition Related Knowledge Deficit and the last domain Nutrition Situation is the nutrition related findings providing additional context relevant to a person's nutrition care.

PES Statements. The nutrition diagnosis is communicated as a structured sentence called a PES statement which includes 3 distinct parts. The problem the nutrition diagnosis term such as Inadequate Oral Intake or Food and Nutrition Related Knowledge Deficit. The etiology is the root cause of the problem and signs and symptoms. Proof of the problem. Evidence from assessment data. These could be things such as weight history or percent oral intake or laboratory values.

PES Statement Format. The statement format has a distinct format. The problem related to the determined etiology as evidenced by the objective data, the signs and symptoms found in the assessment by the clinician. Characteristics of a well written PES statement are be clear and concise, specific to client, accurate related to the etiology, remember the root caused based on reliable and accurate data from the nutrition assessment and an etiology category that is identified and documented.

Example of a correct PES statement. Inadequate Energy Intake related to decreased ability to consume sufficient energy secondary to chronic COPD as evidenced by consuming less than 75% of estimated needs for one month, weight loss of 6 lbs in one month, which equals 5% weight loss, reported lack of appetite.

A second example of a correct PES statement. Swallowing Difficulty related to post stroke complications as evidenced by abnormal swallow study reports of choking during meal time and 50% decreased in food intake. Keep in mind when we go through these examples, the nutrition problem is P the etiology, E root cause and S the signs and symptoms, making sure they are the most objective data possible.

Example three of a correct PES statement. Limited Access to Food Related to Lack of Financial Resources to purchase sufficient quantity of appropriate healthful foods and lack of knowledge regarding food assistance resources as evidenced by reports of one meal per day, lack of resources for food and no support system. As you may notice when we go through these examples, each one has been from the domains listed earlier.

An example of an incorrect PES statement. Excess Carb Intake related to 8.5% Hemoglobin A1C as evidenced by Food and Nutrition Related Knowledge Deficit regarding appropriate amount of carbohydrate intake, new medical diagnosis of type 2 Diabetes Mellitus and verbalizes incomplete knowledge regarding appropriate carbohydrate intake. Remember, as spoken earlier, the E should be root cause of the problem. A laboratory value is more appropriate in the signs and symptoms category.

Nutrition Diagnosis. Critical thinking make inferences, use evidence based reasoning to specifically state each problem with a PES statement. An example of that would be total energy intake supports energy intake diagnosis. Low food availability and low food variation is 2 problems, food insecurity and unbalanced diet pattern Two Find patterns and relationships in your PES statement. More than one data point supports a diagnosis and makes sense for the population. An example of that would be Malnutrition is supported by specific data points. For example muscle loss, poor intake, unintended weight loss over a defined period of time, rule in and or rule out problems. Data that eliminate a problem can narrow choices to a more likely problem. An example of that would be Constipation is a concern. Fluid intake is sufficient per the nutrition assessment and ruled out as a factor. Fiber intake is then assessed and questions are asked to the patient to consider the diagnosis of inadequate fiber intake. Identify the root cause of the problem, also known as the etiology portion of the PES statement. Ask what barriers exist to solving the problem and why promotes the root cause. Identification. Example may be need behavior change identified. Assessment reveals client in pre contemplation stage of change and always remember to use measurable signs and symptoms. Data that change due to a nutrition intervention are needed for demonstrating an impact. Timing and composition of evening snack to impact morning fasting glucose in a client with Diabetes.

We will now go over some examples of the quality documentation for the Nutrition Care Process terminology in nutrition diagnosing and then some examples of the areas needing improvement for diagnosing the nutrition problem in Nutrition Care Process Example one, the nutrition diagnosis is a nutrition related problem that can be addressed via nutrition interventions. Some good interventions related to a nutrition problem may be change diet order, added supplements provided diet education. Two, the nutrition diagnosis contains an evidence based diagnosis chain link. At least one of the sections from the signs and symptoms in the PES statement matches a reported assessment term finding and three at least one etiology is assigned in the nutrition diagnosis and an etiology category is included. An example of poor documentation. This may be the nutrition diagnosis is a medical problem, for example, Diabetes Mellitus. Remember, the root cause should be something the dietician can work on improving. Two, the etiology is documented as radiation-related complications instead of reduced appetite and altered taste and pain related to radiation treatment for the etiology And three, the etiology is documented as reduced physical activity instead of reduced physical activity behavior etiology as the etiology matrix.

In summary, for the Nutrition Diagnosis, it is the second step of the Nutrition Care Process. Nutrition Diagnosis is communicated through a structured sentence called a PES statement. If a problem is identified, it is a nutrition problem, not a medical problem, and it is based on information gathered during the nutrition assessment.

Nutrition diagnosis can be resolved through treatment by the RDN. This is called the Nutrition Intervention and will be discussed in the next module.

Proceed to module 5.