

Snapshot

NCP Step 4: Nutrition Monitoring and Evaluation

Definition:

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

During the first interaction, appropriate outcomes/indicators are selected to be monitored and evaluated at the next interaction. 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 four 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 (eg., electrolytes, glucose) and tests (eg, 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 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 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.

Critical thinking skills:

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

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

***Although the domains, classes, and terms for Nutrition Assessment and Nutrition Monitoring and Evaluation are combined, Client History terms are used for Nutrition Assessment and Reassessment only and do not change as a result of nutrition intervention.*