



Nutrition Care Process Model Tutorials

Nutrition Care Process and Terminology Committee
Academy of Nutrition and Dietetics

Nutrition Care Process Terminology
2015 Edition 

Nutrition Diagnosis: Overview & Definition

Module Objectives 

By the end of this module, the participant will:

- Understand a working definition and purpose of nutrition diagnosis
- Understand the components of nutrition diagnosis, including
 - Activities of the nutrition and dietetics professional during nutrition diagnosis
 - Critical thinking skills that are useful during nutrition diagnosis
 - Sources of data needed for decision making during nutrition diagnosis

Nutrition Diagnosis 

Nutrition Diagnosis is the second of 4 steps in the Nutrition Care Process

Purpose: to identify and describe a specific nutrition problem that can be resolved or improved through treatment/nutrition intervention by a food and nutrition professional.

Process: Identify and name a nutrition problem that is articulated as a PES statement.

Critical Thinking



Critical thinking skills are needed to:

- Determine the problem that the RDN can most likely help the client resolve.
- Evaluate the etiology or “root cause” that can be addressed with a nutrition intervention.
- Select the assessment data that can be measured to indicate resolution or improvement of a problem.

PES Statement



PES: Problem, Etiology, Signs and Symptoms

The nutrition diagnosis or nutrition problem is summarized in a structured sentence called

- Nutrition diagnosis statement

- PES Statement

PES Statement



This statement has 3 distinct components:

- P (Problem)
- E (Etiology)
- S (Signs and Symptoms)
 - This information is obtained during the Nutrition Assessment phase of the Nutrition Care Process

PES Statement Characteristics



- Based on reliable and accurate nutrition assessment data
- Accurately related to an etiology
- Simple, clear, concise
- Specific to the patient/client/group
- Related to a single patient/client nutrition-related problem

Nutrition Diagnosis Etiology



Identifying the etiology leads to selection of the nutrition intervention aimed at resolving the underlying cause of the nutrition problem

If the intervention cannot be aimed at resolving the underlying cause, as is the case in Physiologic-Metabolic etiologies, then the nutrition intervention needs to be targeted at minimizing the signs/symptoms of the nutrition problem

Nutrition Diagnosis Etiology



Etiologies are grouped by the cause or contributing risk factor. See Nutrition Diagnosis Etiology Matrix for definitions. [<http://ncpt.webauthor.com/pubs/idnt-en/page-033>]

- Beliefs-Attitudes
- Cultural
- Knowledge
- Physical Function
- Physiologic
- Social-Personal
- Treatment

For the following, the category alone may be the cause or contributing risk factor of the Nutrition Dx

- Access
- Behavior

Nutrition Dx Reference Sheets



A reference sheet is available for each nutrition diagnosis.

[<http://ncpt.webauthor.com/pubs/idnt-en/page-042>]

[<http://ncpt.webauthor.com/pubs/idnt-en/page-043>]

[<http://ncpt.webauthor.com/pubs/idnt-en/page-044>]

[<http://ncpt.webauthor.com/pubs/idnt-en/page-045>]

Each reference sheet contains 4 components.

- Problem or Nutrition Diagnosis Label
- Definition of the Nutrition Diagnosis Label
- Etiology (cause/contributing risk factors)
- Signs/Symptoms (defining characteristics)
 - Grouped by
 - nutrition assessment category, and
 - potential indicators of the specific nutrition diagnosis

Summary



In the Nutrition Diagnosis step

- the RDN identifies and describes a specific nutrition problem that can be resolved or improved by a food and nutrition professional.
- the nutrition problem or nutrition diagnosis is articulated as a PES statement.
