



Nutrition Care Process Model Tutorials

Nutrition Care Process and Terminology Committee
Academy of Nutrition and Dietetics

Nutrition Care Process Terminology
2015 Edition



Nutrition Monitoring & Evaluation: Overview & Definition

Module Objectives 

By the end of this module, the participant will:

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

Nutrition Monitoring & Evaluation: 

Nutrition Monitoring & Evaluation is the fourth of 4 steps in the Nutrition Care Process

Purpose: to determine and measure the amount of progress made for the nutrition intervention and whether the nutrition related goals/expected outcomes are being met. This step promotes uniformity within the dietetics profession in assessing the effectiveness of the nutrition intervention.

Process: determine what to measure and collect for the patient and using aggregated monitoring & evaluation outcome data.

M & E: Activities of the RDN



- Monitor Progress
- Measure Outcomes
- Evaluate Outcomes

M & E: Activities of the RDN



Monitor Progress

- Check patient's understanding and compliance with nutrition intervention
- Determine whether the intervention is being implemented as prescribed
- Identify other positive and negative outcomes
- Gather information indicating reasons for lack of progress
- Support conclusions with evidence

M & E: Activities of the RDN



Measure Outcomes

- Select the nutrition care indicator(s) to measure the desired outcomes
- Use standardized nutrition care indicator(s) to increase the validity and reliability of the measurements of change

M & E: Activities of the RDN



Evaluate Outcomes

- Compare monitoring data with the nutrition prescription/goals or reference standard to assess progress and determine future action
- Evaluate impact of the sum of all interventions on overall patient health outcomes

Critical Thinking



Critical thinking skills that are useful:

- 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 or continuation of nutrition care

Nutrition Monitoring & Evaluation



Sources of Data: determining what to measure

- Data for determining what to monitor and evaluate will originate from:
 - the health record system
 - the nutrition assessment and re-assessment phase
 - the nutrition diagnosis
 - the nutrition intervention

Nutrition Monitoring & Evaluation 

Sources of Data: determining what to measure

- Nutrition care indicators are markers that can be observed and measured and therefore will reflect a change as a result of nutrition care

- Additional factors to consider are:
 - Medical diagnosis
 - Health care outcome goals
 - Nutrition quality management goals
 - Practice setting
 - Patient/client population
 - Disease state and/or severity

Nutrition Monitoring & Evaluation 

Collection and use of monitoring and evaluation data

- Consists of three components: monitoring, measuring, and evaluating changes in nutrition care indicators
 - Monitoring: providing evidence that the nutrition intervention is or is not changing the patients behavior or status

 - Measuring: collecting data on the appropriate nutrition outcome indicator(s)

 - Evaluating: compare current findings with
 - » previous status
 - » nutrition intervention goals
 - » reference standards
- evaluate the impact of the nutrition intervention on the patient health outcomes

Nutrition Monitoring & Evaluation 

Nutrition Care Indicators

Current patient data can be compared against

- The nutrition prescription

- The reference standard or comparative standard
 - National standards for populations such as DRIs, US Dietary Guidelines
 - Guidelines for specific disease conditions, e.g., A.S.P.E.N., E.S.P.E.N., U.S. Kidney Foundation
 - Institutional standards
 - Regulatory standards

Nutrition Monitoring & Evaluation



Reassessment occurs during the monitoring and evaluation phase when the RDN

- Determines whether the previously identified M&E parameters have changed
- Identifies the status of the nutrition diagnosis using the following language:
 - No improvement
 - Improvement
 - Diagnosis no longer appropriate
 - Resolved
- Determines if there is a new nutrition diagnosis
- Determines whether additional data of any kind is needed

If goals were met and no further care is needed, the patient can be discharged from care

Summary



Nutrition Monitoring & Evaluation describes the patients progress through consistent terms that are evaluated based on carefully selected indicators and criteria.

Please proceed to the next module for a discussion of the Nutrition M & E Terminology and their use.
