

THE SWEDISH ASSOCIATION OF CLINICAL DIETITIANS (DRF)

POSITION STATEMENT - NCP AND NCPT

The Swedish Association of Clinical Dietitians (DRF) recommends the implementation of NCP and NCPT

In 2003, the Academy of Nutrition and Dietetics (AND), formerly the American Dietetic Association, developed a standardised model called the Nutrition Care Process (NCP) to guide dietitians in the provision of high quality nutrition care. The NCP uses a patient-centred approach, which clarifies the dietitian's role and competence. The NCP process comprises four distinct stages: assessment, diagnosis, intervention and monitoring/evaluation. It provides a structured framework, which may be used to describe and evaluate nutrition care.

A standardised terminology, the Nutrition Care Process Terminology (NCPT), formerly the International Dietetic and Nutrition Terminology (IDNT), has also been developed to support the NCP. NCPT provides standardised terms and definitions which describe the four stages of nutrition care; nutrition assessment, nutrition diagnosis, nutrition intervention and nutrition monitoring and evaluation. The use of NCPT encourages consistent documentation of the nutrition care process. It facilitates the differentiation of both type and quantity of nutrition interventions and provides a basis for the evaluation of nutrition care.

Registered dietitians can implement the NCP, and all or parts of the NCPT, in most areas of their work. The advantages of the nutrition care process should be highlighted and the benefits of dietetic intervention should be clarified in line with developments within healthcare. This working practice provides the possibility to monitor the effect of nutrition care. The application of a standardised working practice and documentation language in healthcare encourages evidence-based practice and makes a significant contribution to the professional development of registered dietitians. In addition, the possibility for improved quality of care and patient safety is increased.

In 2010 the Swedish Association of Clinical Dietitians (DRF), in cooperation with



Department of Clinical Nutrition and Dietetics, Karolinska University Hospital, became the first dietetic association in Europe to contract with the Academy of Nutrition and Dietetics (AND) for the right to translate and publish terms and definitions from the third edition of the IDNT-manual. Since the publication of the Swedish version of the third IDNT-manual, dietitians throughout the country have begun to adopt a structured working practice in line with the NCP and to use NCP terminology in their documentation in patients' medical records. The fourth edition of the IDNT manual was translated during the autumn of 2012. The Academy has since decided not to continue to print the manual but have instead created an online version. In conjunction with this decision, the name was changed from IDNT to NCPT. The aim is for dietitians in Sweden to use a standardised working model and terminology. The Swedish Association of Clinical Dietitians (DRF) therefore supports the introduction of the NCP and NCPT in Sweden. To date, several NCP training courses have been held in Sweden.

The International Confederation of Dietetic Associations (ICDA) recommends the use of NCP and NCPT as a basis for clinical dietetic practice.

With the support of the ICDA, the Swedish Association of Clinical Dietitians (DRF) recommends that registered dietitians in Sweden adopt a working practice in line with the NCP and, where applicable, document using the NCPT.

