

## NCP Step 3: Nutrition Intervention

**What is the purpose of a nutrition intervention?** The purpose is to resolve or improve the identified nutrition problem by planning and implementing appropriate nutrition interventions that are tailored to the patient/client's\* needs.

**How does a food and nutrition professional determine a nutrition intervention?** The selection of nutrition interventions is driven by the nutrition diagnosis and its etiology. Nutrition intervention strategies are purposefully selected to change nutritional intake, nutrition-related knowledge or behavior, environmental conditions, or access to supportive care and services. Nutrition intervention goals provide the basis for monitoring progress and measuring outcomes.

**How are the nutrition intervention strategies organized?** In four categories:

Food and/or Nutrient Delivery	Nutrition Education	Nutrition Counseling	Coordination of Nutrition Care
<i>An individualized approach for food/nutrient provision, including meals and snacks, enteral and parenteral feeding, and supplements</i>	<i>A formal process to instruct or train a patient/client in a skill or to impart knowledge to help patients/clients voluntarily manage or modify food choices and eating behavior to maintain or improve health</i>	<i>A supportive process, characterized by a collaborative counselor-patient relationship, to set priorities, establish goals, and create individualized action plans that acknowledge and foster responsibility for self-care to treat an existing condition and promote health</i>	<i>Consultation with, referral to, or coordination of nutrition care with other health care providers, institutions, or agencies that can assist in treating or managing nutrition-related problems</i>

**What does nutrition intervention involve?** Nutrition intervention entails two distinct and interrelated components—planning and implementing. Planning the nutrition intervention involves (a) prioritizing nutrition diagnoses, (b) consulting ADA's Evidence-Based Nutrition Practice Guidelines and other practice guides, (c) determining patient-focused expected outcomes for each nutrition diagnosis, (d) conferring with patient/client/caregivers, (e) defining a nutrition intervention plan and strategies, (f) defining time and frequency of care, and (g) identifying resources needed. Implementation is the action phase and involves (a) communication of the nutrition care plan and (b) carrying out the plan.

### Critical thinking during this step...

- Setting goals and prioritizing
- Defining the nutrition prescription or basic plan
- Making interdisciplinary connections
- Initiating behavioral and other nutrition interventions
- Matching nutrition intervention strategies with patient/client's needs, nutrition diagnosis, and values
- Choosing from among alternatives to determine a course of action
- Specifying the time and frequency of care

**Are food and nutrition professionals limited to the defined nutrition intervention terms?** Nutrition intervention terminology includes commonly used strategies and emphasizes the application of evidence-based strategies matched to appropriate circumstances. Evaluation of the nutrition intervention terminology is ongoing and will guide future modifications. Food and nutrition professionals can propose additions or revisions using the Procedure for Nutrition Controlled Vocabulary/Terminology Maintenance/Review available from ADA.

*Detailed information about this step can be found in the American Dietetic Association's International Dietetics and Nutrition Terminology (IDNT) Reference Manual: Standardized Language for the Nutrition Care Process, Third Edition.*

*\*Patient/client refers to individuals, groups, family members, and/or caregivers.*