

NUTRITION INTERVENTION TERMINOLOGY

Nutrition Prescription

Nutrition treatment(s) considered appropriate for a specific nutrition diagnosis. It is based on assessment data, the nutrition diagnostic statement (PES), current evidence, policies and procedures, and patient/client values and preferences.

Intervention #1 _____

Goal (s)

Intervention #2 _____

Goal (s)

Intervention #3 _____

Goal (s)

FOOD AND/OR NUTRIENT DELIVERY

ND

Meal and Snacks

ND-1

Regular eating event (meal); food served between regular meals (snack).

- General/healthful diet
- Modify distribution, type, or amount of food and nutrients within meals or at specified time
- Specific foods/beverages or groups
- Other
(specify) _____

Enteral and Parenteral Nutrition

ND-2

Nutrition provided through the GI tract via tube, catheter, or stoma (enteral) or intravenously, centrally, or peripherally (parenteral).

- Initiate enteral or parenteral nutrition
- Modify rate, concentration, composition or schedule
- Discontinue enteral or parenteral nutrition
- Insert enteral feeding tube
- Site care
- Other
(specify) _____

Medical Food Supplement

ND-3.1

Commercial or prepared foods or beverages that supplement energy, protein, carbohydrate, fiber, fat intake.

- Type
- Commercial beverage
 - Commercial food
 - Modified beverage
 - Modified food
 - Purpose
(specify) _____

Vitamin and Mineral Supplement

ND-3.2

Supplemental vitamins or minerals.

- Multivitamin/mineral
- Vitamin
 - A
 - Thiamin
 - Riboflavin
 - Niacin
 - Folate
 - Other _____
- C
- D
- E
- K
- Multivitamin
- Mineral
 - Calcium
 - Potassium
 - Phosphorus
 - Magnesium
 - Multi-trace elements
 - Iron
 - Zinc
 - Other _____

Bioactive Substance Supplement

ND-3.3

Supplemental bioactive substances.

- Initiate
- Dose change
- Form change
- Route change
- Administration schedule
- Discontinue
(specify) _____

Feeding Assistance

ND-4

Accommodation or assistance in eating.

- Adaptive equipment
- Feeding position
- Meal set-up
- Mouth care
- Other
(specify) _____

Feeding Environment

ND-5

Adjustment of the factors where food is served that impact food consumption.

- Lighting
- Odors
- Distractions
- Table height
- Table service/set up
- Room temperature
- Other
(specify) _____

Nutrition-Related Medication Management

ND-6

Modification of a drug or herbal to optimize patient/dient nutritional or health status.

- Initiate
- Dose change
- Form change
- Route change
- Administration schedule
- Discontinue
(specify) _____

NUTRITION EDUCATION

E

Initial/Brief Nutrition Education

E-1

Reinforcement of basic or essential nutrition-related knowledge.

- Purpose of the nutrition education
- Priority modifications
- Survival information
- Other (specify topic) _____

Comprehensive Nutrition Education

E-2

Instruction or training leading to in-depth nutrition-related knowledge or skills.

- Purpose of the nutrition education
- Recommended modifications
- Advanced or related topics
- Result interpretation
- Other
(specify topic) _____

NUTRITION COUNSELING

C

Nutrition-Related Behavior Modification Therapy

C-1

A supportive process to set priorities, establish goals and create individualized action plans that acknowledge and foster responsibility for self-care

- Theory or approach
 - o Behavior modification
 - o Cognitive-behavioral theory
 - o Social learning theory
 - o Transtheoretical
 - o Other (specify) _____
- Strategies
 - o Cognitive restructuring
 - o Goal setting
 - o Motivational interviewing
 - o Problem solving
 - o Rewards/reinforcement
 - o Self-monitoring
 - o Social support
 - o Stimulus control/contingency management
 - o Stress management
 - o Other (specify) _____
- Phase
 - o Involving
 - o Exploring
 - o Resolving
 - o Closing

COORDINATION OF NUTRITION CARE

RC

Coordination of Other Care During Nutrition Care

RC-1

Facilitating services with other professionals, institutions or agencies during nutrition care.

- Team meeting
- Referral to RD with different expertise
- Collaboration/referral to other providers
- Referral to community agencies/programs
(specify) _____

Discharge and Transfer of Nutrition Care to New Setting or Provider

RC-2

Discharge planning and transfer of nutrition care from one level or location of care to another.

- Collaboration / referral to other providers
- Referral to community agencies/programs
(specify) _____