

Pediatric Nutrition Content Outline

1. *History and Current Status*

A. Objective Data

1. Obtain data regarding anthropometric measurements.
2. Assess patient's medical history.
3. Evaluate level of nutrition risk for pediatric patients.
4. Evaluate history and presence of food allergies, hypersensitivities, and intolerances.
5. Evaluate information regarding use of medications, complementary and alternative medicines, and dietary supplements.
6. Determine patient's activity level.

B. Subjective Data

1. Conduct interview with patient/family to obtain information regarding care of patient.
2. Assess nutrition intake of pediatric patients to determine usual dietary pattern or nutrient intake.
3. Assess developmental level.
4. Identify psychosocial and socioeconomic issues that impact nutrition status.
5. Identify cultural or religious issues that impact nutrition status.
6. Assess family history of disease that may affect nutrition status.
7. Assess patient for physical findings related to nutrition and growth.

2. *Initial Nutrition Assessment*

A. General Knowledge

1. Assess physical growth and development of pediatric patients.
2. Assess impact of medical history and therapies on nutrition status.
3. Assess patient for neurological/mental status related to nutrition care.
4. Assess information regarding fluid and electrolyte intake and output.
5. Evaluate composition of nutrition regimen.
6. Evaluate adequacy of nutrition regimen.
7. Identify risk for nutrient deficiencies/excesses.
8. Evaluate gastrointestinal function.
9. Evaluate biochemical indices to assess nutrition status or current dietary intake.

3. *Nutrition Delivery*

- A. Evaluate patient for oral nutrition delivery.
- B. Evaluate lactation process of mother and infant.
- C. Evaluate information regarding oral-motor skills
- D. Evaluate information regarding feeding skills and developmental milestones related to feedings.
- E. Evaluate patient for enteral nutrition delivery.

- F. Evaluate patient for parenteral nutrition delivery.
- G. Determine fluid and electrolyte requirements for nutrition prescription/diet order.
- H. Determine macronutrient requirements for nutrition prescription/diet order.
- I. Determine micronutrient requirements for nutrition prescription/diet order.

4. Nutrition Intervention

- A. Initial Care Plan
 - 1. Define current nutrition problems (nutrition diagnostic statement).
 - 2. Prioritize nutrition therapy goals.
 - 3. Evaluate readiness or ability of family/caregiver/patient to comply with medical nutrition therapy.
 - 4. Identify therapeutic approach for medication nutrition therapy.
 - 5. Recommend vitamin/mineral supplements.
 - 6. Develop plan for managing oral nutrition.
 - 7. Develop specifications for oral nutrition.
 - 8. Develop specifications for enteral nutrition.
 - 9. Develop plan for managing enteral nutrition.
 - 10. Develop specifications for parenteral nutrition.
 - 11. Develop plan for managing parenteral nutrition.
 - 12. Document nutrition care plan.
- B. Revision of Nutrition Intervention
 - 1. Recommend changes in nutrition prescription/diet order.
 - 2. Recommend changes in order for enteral nutrition.
 - 3. Recommend changes in order for parenteral nutrition support.
 - 4. Recommend changes or advancement of feeding modality.

5. Ongoing Nutrition Assessment

- A. Evaluate implementation of nutrition care plan by medical team.
- B. Reassess patient's response to treatment and services.
- C. Evaluate success of patient/caregiver in meeting goals of nutrition care plan.
- D. Evaluate changes in gastrointestinal function.
- E. Evaluate changes in dietary intake.
- F. Evaluate developmental progress.
- G. Assess readiness to change or advance feeding modality.
- H. Evaluate changes in anthropometric measurements.
- I. Evaluate changes in biochemical indices related to nutrition status.
- J. Evaluate changes in fluid and electrolyte intake and output.
- K. Evaluate need to change electrolytes or additives in parenteral nutrition.
- L. Request additional biochemical tests and urine chemistries.

6. Collaboration

- A. Refer to physician for additional medical evaluation and therapy.
- B. Collaborate with other agencies and facilities to coordinate nutrition care.
- C. Communicate nutrition goals at time of transfer/discharge.
- D. Collaborate with family/patient/caregiver to provide resources for medical nutrition therapy.
- E. Coordinate care with other health care professionals to assist patient/caregiver with implementation of nutrition plan.
- F. Collaborate with medical team to adjust or add nutrition-related medications.
- G. Collaborate with medical team to adjust fluid and electrolyte management.
- H. Collaborate with patient to develop goals and individualize nutrition prescription.
- I. Validate patient information from multiple sources.

7. Education

- A. Identify potential barriers and readiness to learn.
- B. Educate patient/caregiver regarding goals and rationale of nutrition prescription/diet order.
- C. Educate patient/caregiver specific to their needs and abilities.
- D. Educate parents/caregivers regarding age-specific nutrition issues.
- E. Educate children, parents/caregivers regarding disease specific nutrition issues.
- F. Educate patient/caregiver regarding nutrient composition of specific foods in nutrition prescription/diet order to promote healthy eating habits and disease management.
- G. Educate children, adolescent, and parents/caregivers regarding drug-nutrient interactions.
- H. Educate children, adolescent, and parents/caregivers regarding role of physical activity in health and disease management.
- I. Demonstrate techniques necessary for implementation of nutrition prescription/diet order.
- J. Educate caregivers regarding food purchase and preparation in nutrition prescription/diet order.
- K. Educate caregivers regarding infant formula preparation.
- L. Educate children, adolescents and parents/caregivers regarding food selections in non-home settings.
- M. Educate parents/caregivers regarding enteral nutrition in non-hospital settings.
- N. Validate patient/caregiver's knowledge after education is completed.
- O. Evaluate patient/caregiver's expected compliance with nutrition plan.

8. Quality Improvement

- A. Identify references (standards) by which nutrition assessment data will be compared.
- B. Establish outcome indicators (goals/objectives) for nutrition interventions in observable, measurable terms.
- C. Collect data for documenting outcomes.
- D. Coordinate quality assurance with other healthcare disciplines.
- E. Develop evidence-based protocols to deliver standardized care.
- F. Modify practice based on scientific evidence.