Nutrition Diagnosis

Critical Thinking

MAKE INFERENCES

Use evidence and reasoning to succinctly state each problem with a PES statement.

Examples: Total energy intake supports energy intake diagnoses. Low food availability and low food variation is 2 problems: Food insecurity, Unbalanced diet pattern.

FIND PATTERNS AND RELATIONSHIPS

More than 1 data point supports a diagnosis and makes sense for the population.

Example: Malnutrition is supported by specific data (eg, muscle loss, poor intake, unintentional weight loss) over a defined time.

RULE IN AND/OR RULE OUT PROBLEMS

Data that eliminate a problem can narrow choices to a more likely problem.

Example: Constipation is a concern. Fluid intake is sufficient and ruled out as a factor. Fiber intake is assessed to consider diagnosis of Inadequate fiber intake.

IDENTIFY ROOT CAUSE (ETIOLOGY)

Ask what barrier(s) exist to solving the problem and why promotes root cause identification.

Example: Need for behavior change identified. Assessment reveals client in precontemplation stage of change.

USE MEASURABLE SIGNS/SYMPTOMS

Data that change due to a nutrition intervention are needed for demonstrating an impact.

Example: Timing and composition of evening snack to impact morning fasting glucose in a client with diabetes.

Commission on Dietetic Registration
The credentialing agency for the Academy of Nutrition and Dietetics

For additional information, email ncp@eatright.org