**Nutrition Assessment**

**Critical Thinking**

1. **Collect Relevant Data**
   - Use important and relevant data showing the nutrition diagnoses exist.
   - **Examples**: Use total energy intake as evidence for inadequate energy intake and percentage of food consumed for inadequate oral intake.

2. **Identify Need for Additional Information**
   - Obtain or order data or request additional data to support a nutrition diagnosis.
   - **Examples**: Request ferritin for improved evaluation of iron status. Await post-dialysis data.

3. **Select Tools/Procedures**
   - Valid and reliable tools and guidelines that fit the client population are recommended.
   - **Examples**: Use a tool (e.g., subjective global assessment, mini-nutritional assessment long form) to identify malnutrition and guidelines for a nutrition-focused physical exam.

4. **Validate Data**
   - For accurate interpretation of findings, compare them to standards and norms and determine if they make sense for the reference population.
   - **Examples**: Compare lab data to the established reference range. Use growth charts suitable for a child’s age.

5. **Apply Tools/Procedures**
   - Tools/procedures should not be altered; doing so can negatively affect the findings.
   - **Example**: Follow guidelines and instructions for measuring hand-grip strength.