Nutrition Intervention

Critical Thinking

**SET GOALS AND PRIORITIZE CARE**
- Identify client and professional goals. Consider urgency and resources to establish the plan of action.
  - **Examples:** Client desires way to include favorite foods within nutrition prescription. Guidelines help drive nutrition support initiation.

**DEFINE NUTRITION PRESCRIPTION**
- Create the tailored recommended intake prescription considering client’s values, nutrition diagnoses, evidenced based guidelines.
  - **Example:** 750 mL, 1kcal/mL enteral feeding at night and general diet during day.

**MAKE INTERDISCIPLINARY CONNECTIONS**
- Advise team members of nutrition findings and collaborate with them and client to determine care.
  - **Examples:** Review nutrition workflow and how data is communicated to the team. Evaluate nutrition involvement in discharge planning.

**MATCH STRATEGIES WITH CLIENT VALUES**
- Engage client in care plan development, to address their priorities.
  - **Example:** Offer motivational interviewing to move client from precontemplation to contemplation stage of change.

**SPECIFY FREQUENCY OF CARE**
- Care approaches, population settings, and client wants and needs impact the timing of care.
  - **Examples:** Outpatient diabetes nutrition care scheduled considering overall team care and client schedule. Hemoglobin A1C checked every 3 months initially to assess care impact.

For additional information, email ncp@eatright.org

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