**Nutrition Monitoring and Evaluation**

**Critical Thinking**

**USE APPROPRIATE REFERENCE STANDARDS**
In addition to reference standard, goal, or recommendation use previous data for comparison in reassessment. **Example**: Skill level (no skill, minimal skill, basic skill, intermediate skill, advanced skill) can be used to gauge effectiveness of care.

**EVALUATE PROGRESS**
Track goal progress and diagnosis resolution at regular intervals. **Example**: Use goal progress terms (new, achieved, discontinued, not achieved, some progress toward goal, some digression away from goal).

**EXPLAIN VARIANCE(S) FROM EXPECTED OUTCOMES**
Seek reasons why nutrition status and/or care plan outcomes are not met. **Example**: Weight trend is increased pre-dialysis and higher than usual fluid intake is identified in client with kidney disease.

**DETERMINE FACTORS THAT HELP OR HINDER PROGRESS**
Enablers and barriers to progress are noted and supported without judgement. **Examples**: Client oral intake supports needs; tube feeding stopped. Client can identify food options for celebrations and lab values are acceptable.

**CONTINUE OR DISCONTINUE CARE**
Determine if client care expectations and professional goals can be met. **Examples**: Client oral intake supports needs; tube feeding stopped. Client can identify food options for celebrations and lab values are acceptable.

For additional information, email ncp@eatright.org

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