

Why Use NCP and NCPT?

Using Nutrition Care Practice (NCP) and its standardized Nutrition Care Process Terminology (NCPT) in dietetic practice is essential for several reasons:

Provides a **Standardized Framework**: The NCP provides a systematic, evidence-based approach to nutrition care, ensuring consistency while allowing for individualized patient needs. It includes four steps: assessment, diagnosis, intervention, and monitoring/evaluation

Enhances Communication

- Standardized terminology allows dietitians to communicate clearly and consistently with other healthcare professionals.
- It ensures accurate documentation in medical records, reducing misinterpretation of nutrition interventions.

Supports Evidence-Based Practice

- The NCP framework ensures that dietitians follow a structured, evidence-based approach to assessing, diagnosing, intervening, and monitoring nutrition problems.
- Using NCPT ensures consistency in research and clinical studies.

Improves Patient Care & Outcomes

- A systematic approach helps identify nutrition-related issues more accurately and implement effective interventions.
- Regular monitoring and evaluation ensure that interventions are adjusted as needed for better patient outcomes.

Facilitates Recognition

- Using NCP and NCPT helps dietitians demonstrate the impact of medical nutrition therapy (MNT) on patient health.

Promotes Professionalism & Standardization

- Ensures all dietitians follow a common, high-quality standard of care.
- Aligns dietetics with other healthcare disciplines that use standardized practices (e.g., nursing and medicine).

Aids in Research & Data Collection

- Consistent terminology allows for data collection on the effectiveness of nutrition interventions.
- Facilitates large-scale studies that contribute to the advancement of dietetics and nutrition

science.

By using NCP and NCPT, dietitians can provide more effective, measurable, and standardized care, ultimately improving patient health and advancing the profession.

Suggested Reading List

1. Swan WI, Vivanti A, Hakel-Smith NA, Hotson B, Orrevall Y, Trostler N, Howarter KB, Papoutsakis C. Nutrition care process and model update: toward realizing people-centered care and outcomes management. *J Acad Nutr Diet*. 2017;117(12):2003-2014
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9. Franz MJ, MacLeod J, Evert A, Brown C, Gradwell E, Handu D, Reppert A, Robinson M. Academy of Nutrition and Dietetics Nutrition Practice Guideline for Type 1 and Type 2

Diabetes in Adults: Systematic Review of Evidence for Medical Nutrition Therapy Effectiveness and Recommendations for Integration into the Nutrition Care Process. J Acad Nutr Diet. 2017 Oct;117(10):1659-1679.

10. O'Sullivan TA, Lo J, Vivanti A. Predictors of nutrition care process and terminology use, applicability and importance within Asia-Pacific dietitians. Nutr Diet. 2019 Sep;76(4):455-461.