

Examination Content Outline

	Item Count
1. Nutrition Assessment	39
A Interpret nutrition-related laboratory data in context with complex clinical findings	
B Identify barriers to nutrient delivery	
C Determine micronutrient requirements of patients/clients	
D Identify and interpret the laboratory data that is most relevant for nutrition assessment of patients/clients	
E Use components of a diet history that are most critical for the development of a nutrition diagnosis	
F Select nutrition screening and assessment tools that are most appropriate for specific patient/client populations	
G Interpret anthropometric and body composition measurements for specific patient/client conditions	
H Select the most appropriate predictive method for estimating calorie and protein needs	
I Conduct a detailed health and social history of a patient/client	
J Identify the diagnostic tests and procedures that are most relevant for the nutrition assessment of a patient/client	
K Evaluate a patient/client's medications to assess their potential impact on a nutrition diagnosis and nutrition outcomes	
L Evaluate a patient/client's social environment and lifestyle to determine the resources and support mechanisms that are available	
M Evaluate the interactions among medications, botanicals, and nutrients, and their potential impact on a patient/client's nutrition status and condition	
N Conduct in-depth nutrition-focused physical examinations (NFPEs), using tools and equipment that provide the most appropriate diagnostic information	
O Interpret in-depth nutrition-focused physical examination (NFPE) findings to develop nutrition diagnoses and nutrition interventions	
P Evaluate a patient/client's psychosocial condition and other sources of stress that may impact nutrition status	
Q Adapt communication/interview style to optimize the effectiveness of interactions with a patient/client	
R Evaluate a patient/client's feeding skills and abilities to determine the need for adaptive equipment	
S Assess a patient/client's compliance with a prescribed regimen	



2. Nutrition Diagnosis

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- A Utilize the most appropriate resources to collect the information required to diagnose patients/clients who have limited ability to communicate
- B Diagnose nutrition problems based on signs and symptoms in the patient/client history and nutrition- focused physical examination (NFPE)
- C Prioritize nutrition diagnoses to optimize the nutrition intervention
- D Develop nutrition diagnosis based on comprehensive assessment of a patient/client's condition
- E Revise/adapt nutrition diagnosis to reflect changes in a patient/client's condition and/or response to nutrition interventions
- F Identify the etiologies of patient/client nutrition diagnosis populations

3. Nutrition Intervention

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- A Distinguish between the effects of the nutrition intervention and the effects of the disease process or the medical intervention
- B Recommend or refer for adaptive equipment based on a patient/client's feeding skills
- C Use customized, patient-centered education/counseling/coaching models
- D Guide patients/clients and their families in healthcare decision making and goal setting using patient- centered, evidence-based approach
- E Adapt nutritional intervention to reflect patient/client attitude, knowledge, and beliefs about food and nutrition practices
- F Align nutrition care with medical goals to impact the patient/client outcomes
- G Lead discussions regarding goals of care (including end-of-life nutrition-related decisions) with patient/client or surrogate decision maker
- H Arrange referrals to facilitate continuity of care (such as referrals to home care agencies or for community resources) as dictated by the patient/client's needs
- I Refer patient/client to appropriate nutrition/dietetics specialists
- J Refer patient/client to appropriate healthcare team members
- K Evaluate efficacy, safety, and effectiveness of unconventional approaches to nutrition care

4. Nutrition Monitoring and Evaluation

12

- A Evaluate the nutrition implications of a patient/client's treatment plan and adjust as needed
- B Verify continuity of care (such as coordinating care with previous or future facilities and services)
- C Evaluate deviations from an expected outcome or established guideline/indicator for a given nutrition intervention for a patient/client
- D Identify measurable outcome indicators and clinically indicated time frames for a nutrition intervention using an evidence-based approach
- E Assess an intervention's effectiveness and/or adverse effects
- F Monitor patient/client acceptance of nutrition intervention and adjust plan of care accordingly



5. Management of Systems of Nutrition Care

25

- A Lead an interprofessional team in designing nutrition-related services, programs, or protocols
- B Develop standards for nutrition care, such as protocols, guidelines, and practice tools
- C Direct continuous quality improvement programs
- D Evaluate the effectiveness of continuous quality improvement programs
- E Evaluate policies and procedures for patient/client care for cost, effectiveness, and value
- F Develop cost-effective methods, tools, and techniques for nutrition care
- G Analyze the safety aspects of practices and procedures in delivering nutrition services and products
- H Evaluate existing and innovative tools, technologies, and techniques for nutrition care and stakeholder acceptance
- I Ensure compliance with local, state, and national rules and regulations
- J Promote a culture of proactive, patient-centered care
- K Advocate for new (or modifications to) local, state, and national rules and regulations to improve nutrition care
- L Support the growth, development, and advancement of colleagues

6. Design/Development of Systems of Nutrition Care

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- A Develop programs or systems of care, such as support groups and educational programs, that address the needs of target populations
- B Develop and implement new tools, techniques, and programs for nutrition care
- C Create or grow programs to expand services, add value, and/or generate revenue
- D Design and develop continuous quality improvement programs

7. Research

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- A Assess the validity, rigor, and bias of research studies
- B Analyze data from nutrition care research
- C Communicate research findings
- D Evaluate published research using an evidence-based approach to determine applicability to a clinical nutrition practice setting
- E Utilize systematic methods to obtain published evidence to answer clinical nutrition questions and inform decisions



Secondary Classifications

Knowledge, Skill, and Ability Statements

- 001 Knowledge of drug-drug, drug-nutrient, drug-food interactions and depletions
- 002 Knowledge of interrelationship of laboratory data
- 003 Knowledge of interviewing techniques and theories
- 004 Knowledge of nutrigenomics (how genetic information affects the client/patient nutritional state)
- 005 Knowledge of pathophysiology
- 006 Knowledge of pharmacology
- 007 Knowledge of research study design
- 008 Knowledge of sources of applicable rules and regulations
- 009 Knowledge of strategic planning concepts and processes
- 010 Knowledge of the concepts of patient/client-centered nutrition care
- 011 Knowledge of the expected timeframe and limitations of an intervention to affect change
- 012 Knowledge of the language/tasks of non-clinical professionals (such as information technology professionals, management professionals and insurance professionals)
- 013 Knowledge of when to perform an in-depth NFPE
- 014 Skill in discussing sensitive issues (such as end-of-life) with patient/clients with empathy
- 015 Ability to advocate for patient-centered care
- 016 Ability to anticipate and measure the outcome of a nutrition intervention
- 017 Ability to apply anthropometric and body composition results to develop the nutrition interventions
- 018 Ability to apply appropriate predictive equations
- 019 Ability to assess enteral and parenteral nutrition formulary during shortages and/or adverse events
- 020 Ability to assess external resources that may be lacking in a community/system
- 021 Ability to assess financial allocations and resources
- 022 Ability to assess information about medications, botanicals and supplements
- 023 Ability to assess institutional/community level research including protocols, guidelines, practice tools, etc.
- 024 Ability to assess laboratory data in the context of the disease process/treatment
- 025 Ability to assess laboratory data in the context of the patient's functional/psychosocial/economic status
- 026 Ability to assess medication availability, efficacy and quality during shortages and/or adverse events
- 027 Ability to assess the most practical, safe and effective alternative for a given patient situation



- 028 Ability to assess the patient/client's functional ability in relation to food acquisition and feeding
- 029 Ability to assess the strengths and limitations of technologies and equipment
- 030 Ability to assess the validity of a test for a given client/patient condition
- 031 Ability to assess the validity of laboratory results (including the process used to collect and analyze the specimen)
- 032 Ability to assimilate evidence-based research into practice
- 033 Ability to assimilate knowledge of food composition, human physiology and metabolism, and nutrient metabolism in relation to health and disease
- 034 Ability to autonomously implement appropriate tests, referrals and consults
- 035 Ability to benchmark current practice with best practices
- 036 Ability to communicate complex health care issues to non-health care professionals
- 037 Ability to conduct systematic literature searches
- 038 Ability to create specific, measurable, attainable, realistic, timed goals
- 039 Ability to critically appraise research studies for validity, strengths and gaps
- 040 Ability to determine appropriate micronutrient supplementation, repletion and duration of therapy
- 041 Ability to determine the best source of information to assess the diet history
- 042 Ability to determine the most important actionable nutrition intervention
- 043 Ability to determine whether research is evidence-based
- 044 Ability to determine whether there is additional information needed to assess the social environment and the availability of resources
- 045 Ability to differentiate normal from abnormal findings in a NFPE
- 046 Ability to direct continuity of nutrition care
- 047 Ability to discern data required to efficiently and accurately determine the most appropriate nutrition diagnoses
- 048 Ability to disseminate results of research to other professionals
- 049 Ability to effectively use patient/client interviewing and counseling techniques
- 050 Ability to efficiently and accurately assess the appropriateness of potential nutritional interventions
- 051 Ability to efficiently and accurately determine data/trends that require nutrition intervention for a given patient condition
- 052 Ability to evaluate lab values over time
- 053 Ability to evaluate outcomes and identify opportunities for improvements
- 054 Ability to evaluate the effectiveness of patient care monitoring plans/programs by comparing audit outcomes to evidence based goals/guidelines
- 055 Ability to identify and address the goals of care with patient/client or surrogate decision maker
- 056 Ability to identify and assess clinical patterns with minimal information
- 057 Ability to identify and define data required to measure clinical outcomes associated with patient/client goals
- 058 Ability to identify and differentiate causes of nutrition problems



- 059 Ability to identify micronutrient deficiencies and toxicities
- 060 Ability to incorporate nutrition programs in local, national or global health care initiatives
- 061 Ability to interpret and apply rules and regulations and/or policies and procedures
- 062 Ability to interpret statistical data from research
- 063 Ability to organize and lead interprofessional teams
- 064 Ability to perform a cost-benefit analysis
- 065 Ability to perform a needs assessment/environmental scan
- 066 Ability to perform an in-depth nutrition-focused physical examination (NFPE) efficiently
- 067 Ability to recognize and overcome barriers to successful outcomes
- 068 Ability to recognize non-apparent patient/client centric facts, history or beliefs that may impede outcomes
- 069 Ability to recognize when lab values may be abnormal due to pathophysiological reasons, medications or other factors
- 070 Ability to reevaluate nutrition interventions based on new information
- 071 Ability to use a standardized evidence analysis process to evaluate published research
- 072 Ability to use clinical information systems (databases) for the collection of data to support initiatives to improve patient care
- 073 Ability to use efficient, tailored patient-centered counseling skills to set nutrition-related goals and outcomes
- 074 Ability to write proposals for funding

