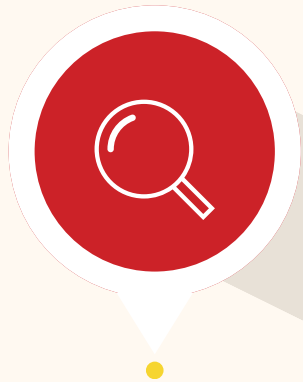


Nutrition Assessment

Critical Thinking



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.



IDENTIFY NEED FOR ADDITIONAL INFORMATION

Obtain or order data or request additional data to support a nutrition diagnosis.

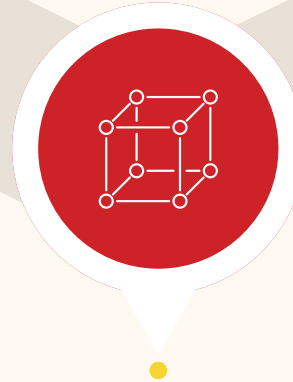
Examples: Request ferritin for improved evaluation of iron status. Await post-dialysis data.



SELECT TOOLS/PROCEDURES

Valid and reliable tools and guidelines that fit the client population are recommended.

Examples: Use a tool (eg, subjective global assessment, mini-nutritional assessment long form) to identify malnutrition and guidelines for a nutrition-focused physical exam.



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.



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.