

# Nutrition Intervention

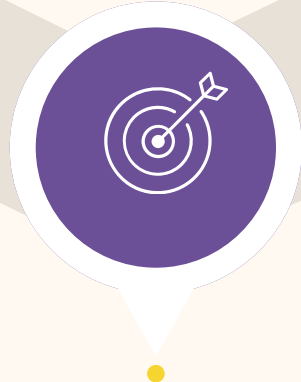
## Critical Thinking



### 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.

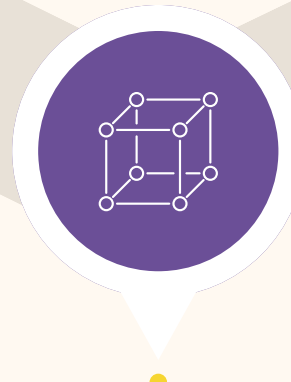
**Example:** 750 mL, 1kcal/mL enteral feeding at night and general diet during day.



### 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. Provide reason(s) for nutrition care 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.