



Commission of Dietetic Registration Pediatric Nutrition Content Outline*

I. NUTRITION ASSESSMENT (31%)

A. History and Current Status

1. Objective data
 - a. Obtain data regarding anthropometric measurements
 - b. Obtain medical history
 - c. Evaluate nutrition risk factors of pediatric patients
 - d. Identify history and presence of food allergies, hypersensitivities and intolerances
 - e. Obtain information regarding use of medications, complementary and alternative medications, and dietary (vitamin/mineral) supplements
2. Subjective data
 - a. Conduct interview with patient/client/caregiver to obtain information regarding care of patient
 - b. Obtain nutrition history from pediatric patient/client/caregiver to determine usual dietary pattern or nutrient intake
 - c. Identify developmental level
 - d. Identify psychosocial and socioeconomic issues that impact nutrition status and education needs
 - e. Identify cultural or religious issues that impact nutrition status
 - f. Obtain family history of disease that may affect nutrition status
 - g. Observe patient/client for nutrition-focused physical findings and oral health
 - h. Determine patient's activity level

B. Initial Nutrition Assessment

1. Assess physical growth and development of pediatric patient/client
2. Assess impact of medical history and therapies on nutrition status
3. Assess patient/client for neurological/mental status related to nutrition care
4. Assess information regarding fluid and electrolyte intake and output
5. Evaluate composition of nutrition regimen (oral/enteral/parenteral)
6. Evaluate adequacy of nutrition regimen (oral/enteral/parenteral)
7. Evaluate risk for nutrient deficiencies/excesses
8. Evaluate gastrointestinal function
9. Evaluate biochemical indices to assess nutrition status or current dietary intake
10. Evaluate patient for oral nutrition
11. Evaluate lactation needs of mother and infant
12. Evaluate information regarding oral-motor skills
13. Evaluate information regarding feeding skills and developmental milestones related to feedings
14. Evaluate patient/client for enteral nutrition
15. Evaluate patient/client for parenteral nutrition
16. Determine fluid and electrolyte requirements for nutrition prescription/diet order



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17. Determine macronutrient requirements for nutrition prescription/diet order
18. Determine micronutrient requirements for nutrition prescription/diet order

II. NUTRITION DIAGNOSIS (15%)

1. Identify and label nutrition-related problem(s)
2. Determine cause/contributing risk factors
3. Identify signs and symptoms/defining characteristics of patient/client nutrition-related problem(s)

III. NUTRITION INTERVENTION (31%)

A. Nutrition Care Plan

1. Individualize nutrition prescription and goals
2. Evaluate readiness or ability of patient/client/caregiver to adhere with medical nutrition therapy
3. Recommend vitamin/mineral supplements
4. Develop plan for managing oral nutrition
5. Develop specifications for oral nutrition
6. Develop plan for managing enteral nutrition
7. Develop specifications for enteral nutrition
8. Develop plan for managing parenteral nutrition
9. Develop specifications for parenteral nutrition
10. Recommend nutrition-related lab tests, medical tests, procedures
11. Document nutrition care plan

B. Collaboration

1. Refer to physician for additional medical evaluation and therapy
2. Recommend clinical consults and referrals
3. Collaborate with other agencies and facilities to coordinate nutrition care
4. Communicate nutrition goals at time of transfer/discharge
5. Collaborate with patient/client/caregiver to provide resources for medical nutrition therapy
6. Coordinate care with other health care professionals to assist patient/client/caregiver with implementation of nutrition plan
7. Collaborate with medical team to adjust or add nutrition-related medications
8. Collaborate with medical team to adjust fluid and electrolyte management
9. Collaborate with patient/client/caregiver to develop goals and individualize nutrition prescription
10. Verify patient information from multiple sources

C. Education

1. Identify potential barriers and readiness to learn
2. Educate patient/client/caregiver regarding goals and rationale of nutrition prescription/diet order
3. Educate patient/client/caregiver specific to their needs and abilities



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4. Educate patient/client/caregiver regarding age-specific nutrition issues
5. Educate patient/client/caregiver regarding disease-specific nutrition issues
6. Educate patient/client/caregiver regarding nutrient composition of specific foods in nutrition prescription/diet order to promote healthy eating habits and disease management
7. Educate patient/client/caregiver regarding drug-nutrient interactions
8. Educate patient/client/caregiver regarding role of physical activity in health and disease management
9. Demonstrate skills necessary for implementation of nutrition prescription/diet order
10. Educate patient/client/caregiver regarding food purchase and preparation in nutrition prescription/diet order
11. Educate caregiver regarding formula preparation
12. Educate patient/client/caregiver regarding food selections in non-home settings
13. Educate patient/client/caregiver regarding enteral nutrition in non-hospital settings
14. Evaluate patient/client/caregiver's post-education knowledge
15. Evaluate patient/client/caregiver's expected adherence with nutrition plan
16. Educate interdisciplinary team members and support staff on medical nutrition therapy
17. Develop patient/client/caregiver education materials

IV. NUTRITION MONITORING and EVALUATION (23%)

A. Monitor Progress and Evaluate Outcomes

1. Evaluate implementation of nutrition care plan by interdisciplinary medical team
2. Evaluate adequacy of current nutrition prescription/diet order
3. Evaluate patient/client/caregiver response to current nutrition prescription
4. Evaluate tolerance of current nutrition prescription
5. Evaluate changes in dietary intake
6. Evaluate developmental progress
7. Evaluate readiness to change or advance feeding modality
8. Evaluate changes in anthropometric measurements
9. Evaluate changes in biochemical indices related to nutrition status
10. Evaluate changes in fluid and electrolyte intake and output

B. Reassess Nutrition Care Plan

1. Reevaluate nutrition diagnosis
2. Recommend changes in nutrition prescription/diet order
3. Recommend changes in oral nutrition
4. Recommend changes in enteral nutrition
5. Recommend changes in parenteral nutrition
6. Recommend changes or advancement of feeding modality
7. Recommend changes to vitamin/mineral supplementation



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C. Quality Improvement

1. Identify standards by which nutrition assessment data will be compared
2. Establish outcome indicators for nutrition interventions in specific measurable terms
3. Collect data for documenting outcomes
4. Coordinate quality assurance with other healthcare disciplines
5. Develop/apply evidence-based protocols to deliver standardized care
6. Modify practice based on scientific evidence

*Items on the examination may include, but are not necessarily limited to, any of the following disease states/conditions: congenital heart disease, cystic fibrosis, diabetes, developmental disabilities, dyslipidemia/hyperlipidemia, failure to thrive, food intolerances/allergies, GI disorders/problems, lactation, normal, healthy infants/children, obesity/overweight, oral feeding disorders, parenteral nutrition, premature infants, pulmonary disorders, specific nutrient deficiencies, tube feeding, vegetarianism.