



**Commission on Dietetic Registration
Board Certified Specialist in Pediatric Nutrition
Certification Examination Content Outline**

Exam Content Outline		# Items
1	Nutrition Assessment	40
A	History and Current Status	15
1	Screen for nutritional risk.	
2	Obtain anthropometric measurements and past growth trends.	
3	Obtain medical history.	
4	Identify history and presence of food allergies, hypersensitivities, and intolerances.	
5	Identify use of pertinent medications and dietary supplements.	
6	Review nutrition related biochemical indices, tests, and procedures.	
7	Obtain information regarding daily routine and care of patient.	
8	Obtain current intake and nutrition history.	
9	Obtain information regarding gastrointestinal symptoms and output.	
10	Identify developmental level.	
11	Identify psychosocial and socioeconomic barriers that affect nutrition status and education needs.	
12	Identify personal, cultural, or religious practices that affect nutrition status.	
13	Perform nutrition-focused physical exam.	
14	Take anthropometric measurements (e.g., weight, height/length, head circumference).	
15	Determine patient's activity level.	
B	Initial Nutrition Assessment	25
1	Verify accuracy of anthropometric measurements.	
2	Assess physical growth and development using appropriate growth charts.	
3	Assess impact of medical history and therapies on nutrition status and needs.	
4	Assess impact of neurological and mental status on nutritional care.	
5	Assess hydration status.	
6	Evaluate composition and adequacy of nutrition regimen.	
7	Evaluate risk for nutrient deficiencies or excesses.	
8	Evaluate impact of gastrointestinal function on nutritional status and care.	
9	Evaluate biochemical indices to assess nutrition status or current intake.	
10	Evaluate optimal routes of nutrition.	
11	Evaluate needs of the breastfeeding mother and infant.	
12	Assess impact of feeding, oral and motor skills, and development.	
13	Evaluate feeding dynamics, behaviors, and environment.	
14	Determine fluid and electrolyte requirements.	
15	Determine total calorie and macronutrient requirements.	
16	Determine micronutrient requirements.	

2	Nutrition Diagnosis	20
1	Identify nutrition-related problems.	
2	Determine cause and contributing risk factors.	
3	Identify signs, symptoms, and defining characteristics of nutrition-related problems.	
3	Nutrition Intervention	40
A	Nutrition Care Plan - Food and/or Nutrition Delivery	25
1	Individualize nutrition prescription and goals.	
2	Evaluate readiness or ability to adhere with medical nutrition therapy.	
3	Select optimal feedings based on age, growth, and diagnosis.	
4	Calculate optimal feeding concentrations based on age, growth, and diagnosis.	
5	Design optimal nutrition regimen using modular nutrition components or formulas.	
6	Recommend dietary supplements.	
7	Develop plan for meeting needs with oral nutrition.	
8	Develop plan for meeting needs with enteral nutrition.	
9	Develop plan for meeting needs with parenteral nutrition.	
10	Establish monitoring parameters for reassessment based on nutrition risk.	
B	Collaboration/Coordination of Nutrition Care	5
1	Communicate nutrition care plan and rationale with medical team.	
2	Recommend additional medical evaluations and/or therapies.	
3	Collaborate with, or refer to other nutrition professionals.	
4	Recommend nutrition-related lab tests, medical tests, and procedures.	
5	Collaborate with outside agencies and facilities to coordinate nutrition care.	
6	Coordinate supplies and resources for nutrition care plan.	
7	Collaborate with medical team to adjust or add nutrition-related medications and supplements.	
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	Communicate transfer/discharge nutrition goals.	
C	Education and Counseling	10
1	Identify potential barriers and readiness to learn and change.	
2	Educate patient, client, and caregiver specific to their learning needs and abilities.	
3	Educate patient, client, and caregiver regarding goals and rationale of nutrition prescription.	
4	Educate patient, client, and caregiver regarding age-specific nutrition issues.	
5	Educate patient, client, and caregiver regarding disease-specific nutrition issues.	
6	Educate patient, client, and caregiver regarding modified diets, liquids, and textures.	
7	Educate patient, client, and caregiver regarding nutrient composition of specific foods for disease prevention and management.	
8	Educate patient, client, and caregiver regarding drug-nutrient interactions.	
9	Educate patient, client, and caregiver regarding role of physical activity on disease prevention and management.	
10	Educate patient, client, and caregiver regarding food access, selection, and preparation for nutrition prescription.	
11	Educate patient, client, and caregiver regarding food safety.	
12	Educate patient, client, and caregiver regarding feeding dynamics, behavior, and environment.	
13	Educate patient, client, and caregiver regarding breast milk and/or formula preparation and storage.	
14	Educate patient, client, and caregiver regarding oral nutrition regimen.	
15	Educate patient, client, and caregiver regarding enteral nutrition regimen.	
16	Educate patient, client, and caregiver regarding parenteral nutrition regimen.	
17	Demonstrate skills necessary for implementation of nutrition prescription.	

- 18 Evaluate post-education knowledge.
- 19 Evaluate expected adherence with nutrition plan.
- 20 Educate interdisciplinary team on medical nutrition therapy.
- 21 Educate medical staff on obtaining accurate anthropometric measurements.
- 22 Develop education materials.

4 Nutrition Monitoring and Evaluation 25

A Monitor Progress and Evaluate Outcomes 11

- 1 Evaluate implementation of nutrition care plan.
- 2 Evaluate adequacy of nutrition prescription.
- 3 Evaluate response to nutrition prescription.
- 4 Evaluate tolerance of nutrition prescription.
- 5 Evaluate adherence to nutrition prescription.
- 6 Evaluate changes in nutrition regimen, anthropometric measurements, nutrition-focused physical findings, biochemical indices related to nutrition status, intake and output of fluids and electrolytes, and developmental feeding skills.
- 7 Evaluate need to change or advance feeding modality.

B Reassess Nutrition Care Plan 11

- 1 Reevaluate nutrition diagnosis.
- 2 Reevaluate nutrition prescription and goals.
- 3 Reevaluate hydration status.
- 4 Recommend changes in oral nutrition.
- 5 Recommend changes in enteral nutrition.
- 6 Recommend changes in parenteral nutrition.
- 7 Recommend changes or advancement of feeding modality.
- 8 Recommend changes to dietary supplementation.
- 9 Recommend additional nutrition-related lab tests, medical tests, and procedures.
- 10 Recommend additional consults or referrals.

C Quality Improvement 3

- 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 Develop and apply evidence-based protocols to deliver standardized care.
- 5 Modify practice based on scientific evidence.

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