

INSTRUCTIONS FOR THE NUTRITION CARE PLAN

The Nutrition Care plan should include pertinent client information for the current visit. The following are examples of information that may be included in the Nutrition Care Plan.

CLIENT COMMENT/FOLLOW-UP ON GOALS AND REFERRALS

This section is to determine the amount of progress being made by participant, if goals are being met and to follow-up on previous goals and referrals.

The following are examples of information may include but is not limited to:

- Client's expression of well-being, concern, and current status.
- Information about previous goals (achievement, barriers to achievement, or continued concern)
- Result of referrals that have been made

ASSESSMENT/COUNSELING/PLAN

This section should identify and evaluate information needed to make a decision about the nutrition-related concerns. Also, based the participant's needs and in conjunction with the participant, develop a planned action defining the specific intervention strategy.

The following are examples of information that may be included but not limited to:

- Evaluation of weight status as it is compared to reference and usual past weight.
- Evaluation of pertinent laboratory values.
- Evaluation of nutrition-related health problems.
- Evaluation of appropriateness of prescribed diet including adequacy in meeting caloric and nutrient requirements, assessment of client's ability to understand and comply with diet.
- Evaluation of meeting caloric, nutrient, and fluid needs.
- Interpretation and decision as to the nature of the problem or concern.
- Education plans including diet instructions.
- Follow-up plan for subsequent clinic visits for evaluation.
- Referral to other health professionals/agencies.

BEHAVIOR CHANGE GOAL (S):

Established goals should be clear, measurable, achievable and time-defined. When possible, goals should be jointly set with the participant in order to foster the responsibility for self care.

The following is an example of information that may be included but not limited to:

- Goal for weight gain status and/or length/height status, including how goal will be met.

Signature and Title