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Nutrition Care Process Step 2: Nutrition Diagnosis

Introduction

The ADA has identified and defined nutrition diagnoses/problems used in the profession of dietetics. Nutrition diagnosis identifies and labels a nutrition problem that a food and nutrition professional is responsible for treating independently. The standardized language of nutrition diagnoses/problems is an integral component in the Nutrition Care Process. In fact, several other professions including medicine, nursing, physical therapy, and occupational therapy utilize care processes with defined terms for making nutrition diagnoses specific to their professional scope of practice.

ADA's Standardized Language Committee developed a conceptual framework for the standardized nutrition language and identified the nutrition diagnoses/problems. The framework outlines the domains within which the nutrition diagnoses/problems fall and the flow of the Nutrition Care Process in relation to the continuum of health, disease, and disability.

The methodology for developing sets of nutrition diagnosis terms included systematically and simultaneously collecting data from multiple sources. Data were collected from a select group of ADA-recognized leaders and award winners prior to starting the project. A 12-member task force developed the terms with input from groups of community, ambulatory, acute care, and long-term care practitioners and obtained feedback from experts concerning the research supporting the terms and definitions.

The methodology for continued development and refinement of these terms has been identified. As with the ongoing updating of the American Medical Association Current Procedural Terminology (CPT) codes, these terms will also be published on an ongoing basis. The terms are being studied in a number of research projects to assess their validity. Based on the results of content validation studies by Charney (1) and E.B. Enrione (unpublished correspondence with the Committee; 2006), the Committee recommended changes to the nutrition diagnoses, and these were published in the *IDNT Reference Manual*, First Edition. Further changes are anticipated as results of additional studies become available. The nutrition diagnosis terms are being incorporated into several research studies that explore use in ambulatory or inpatient settings or by specific types of practice, e.g., nutrition support and oncology.

As research is completed, findings will be incorporated into future versions of these terms. Future iterations and changes to the nutrition diagnoses/problems and the reference sheets are expected as this standard language evolves. In

addition, practitioners can submit suggested changes. The process for practitioners to submit suggested revisions to the nutrition diagnoses is available on the [ADA website](#) in the Nutrition Care Practice section.

ADA is working toward including the concepts from the Nutrition Care Process and these specific terms in standards for electronic health records and incorporation into standardized informatics languages and language systems, such as the Systematized Nomenclature of Medicine International (SNOMED), Logical Observation Identifiers Names and Codes (LOINC), and Unified Medical Language System (UMLS). ADA is in dialogue with these groups to let them know the direction that the Association is headed and to keep them apprised of progress. Thus far, the feedback from the database and informatics groups has been quite positive, and they have expressed a need for documenting the unique nature of nutrition services.

For additional information on this NCP step see the Introduction section on the left side bar.

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