## **Step 1: Assessment**

Gather data about your patient's nutrition status.



anthropometrics, physical exam, patient interview

health history, diet history, current symptoms





blood work and other lab values





Step 2 : Diagnosis

Identify the most relevant nutrition problem in your patient.

Express this to the care team by stating the **PROBLEM** related to its ETIOLOGY as evidenced by the SIGNS & SYMPTOMS





The Nutrition **Care Process** 

## **Step 4: Monitoring & Evaluation**

Set goals with your patient and regularly monitor their progress.



Re-evaluate periodically - AKA, reassess. This is how the NCP continues.



## **Step 3: Intervention**

Implement an appropriate intervention to address the nutrition diagnosis.

