Nutrition Monitoring and Evaluation

Critical Thinking

USE APPROPRIATE REFERENCE STANDARDS

In addition to reference standard, goal, or recommendation use previous data for comparison in reassessment.

Example: Skill level (no skill, minimal skill, basic skill, intermediate skill, advanced skill) can be used to gauge effectiveness of care.

EVALUATE PROGRESS

Track goal progress and diagnosis resolution at regular intervals.

Example: Use goal progress terms (new, achieved, discontinued, not achieved, some progress toward goal, some digression away from goal).

EXPLAIN VARIANCE(S) FROM EXPECTED OUTCOMES

Seek reasons why nutrition status and/or care plan outcomes are not met.

Example: Weight trend is increased pre-dialysis and higher than usual fluid intake is identified in client with kidney disease.
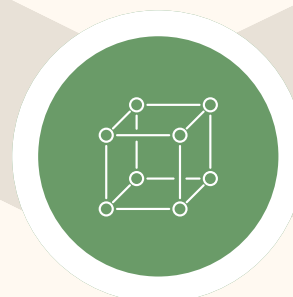
DETERMINE FACTORS THAT HELP OR HINDER PROGRESS

Enablers and barriers to progress are noted and supported without judgement.

Examples: Client has ability to build social network. Strategies to address social determinants are planned.

CONTINUE OR DISCCONTINUE CARE

Determine if client care expectations and professional goals can be met.

Examples: Client oral intake supports needs; tube feeding stopped. Client can identify food options for celebrations and lab values are acceptable.