# 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 gage 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.
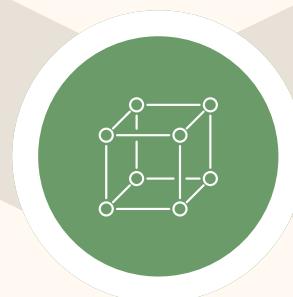
### DETERMINE FACTORS THAT HELP OR HINDER PROGRESS

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.