

- **PLANNING THE NUTRITION INTERVENTION:**

- Prioritize nutrition diagnoses
- Consult AND's EBNPG
- Determine patient-focused expected outcomes
- Confer with family members/caregivers
- Define nutrition plan and strategies

- **STEPS OF NUTRITION INTERVENTION:**

- The plan of action will be based on the patient's diagnosis:
 - Select the appropriate strategy based on the problem
 - Discuss the intervention to the patient (include family)
 - Explain the plan (i.e. nutrition education)
 - Schedule of care (program duration follow-ups)
 - Additional materials, documentations, financial/food resources

- **IMPLEMENTATION:**

Is the action phase and involves:

- Communication of the nutrition care plan
- Carrying out the plan.

- **DOCUMENTATION OF NUTRITION INTERVENTIONS:**

It is an on-going course of action. These are accurate, timely, and applicable records

Scrutiny of patient's file should include:

- Date and time
- Goals and outcomes
- Plan's adjustments
- Patient's receptiveness
- Resources and referrals
- Follow-ups (observe progress) and frequency
- Discharge (if applicable)

- **TYPES OF INTERVENTIONS:**

- **Behavioral interventions:** Focus on the adjustment of personal practices and habits.
- **Fortification:** Adding nutrients to staple foods