

# NUTRITION

## Standard 1: Obtain Nutrition Screening Data

**A CDM, CFPP is responsible for obtaining nutrition screening data, which includes:**

- Gathering routine nutrition screening data, calculating nutrition intake, and use established guidelines to distinguish between routine and at-risk clients.

| PERFORMANCE INDICATORS  | KEY ACTIONS  |
|---|--|
| <b>1.0 Nutrition Screening</b>  |  |
| <b>1.1</b> Identify clients at nutritional risk based on approved screening tools and other indicators. | <ul style="list-style-type: none"> <li>• Utilize the Mini Nutritional Assessment (MNA<sup>®</sup>) tool or other approved tools to evaluate nutritional status to determine nutrition risk and refer to RDN as appropriate. This includes: <ul style="list-style-type: none"> <li>• Indicate a score on the MNA<sup>®</sup> or other screening tool to acknowledge presence of a new wound; acknowledge referral to RDN for follow-up as needed.</li> <li>• Indicate score on the MNA<sup>®</sup> or other screening tool for presence of psychological stress or acute disease.</li> <li>• Indicate score on the MNA<sup>®</sup> or other screening tool for presence and severity of dementia.</li> <li>• Calculate BMI and assign score on MNA<sup>®</sup> screening tool or other similar tool to contribute to an overall score of nutritional risk.</li> </ul> </li> <li>• Utilize health records and client/family interviews to gather nutrition screening data.</li> <li>• Document historical nutrient intake prior to admission obtained through EHR and interviews.</li> <li>• Document acknowledgment of significant weight changes (<math>\geq 5\%</math> in 30 days or <math>\geq 10\%</math> in 180 days) to identify nutritional risk. Refer to RDN for additional intervention.</li> </ul> |

|  |   |
|--|---|
|  | <ul style="list-style-type: none"> <li>• Communicate with Registered Dietitian Nutritionist and Interdisciplinary Team (IDT) about those eating/dining observations and communications with those who are at nutritional risk.</li> </ul>   |
| <p><b>1.1 RESOURCES</b></p> <p><b><u>Nutrition Fundamentals &amp; Medical Nutrition Therapy, 4<sup>th</sup> Edition</u></b></p> <p><i>How to Calculate Percentage of Weight Change</i><br/> <i>Diet History Questions</i><br/> <i>Dietary Intake Guide</i><br/> <i>Hamwi Formula to Calculate Ideal Body Weight (IBW)</i><br/> <i>BMI Table</i><br/> <i>Characteristics of a Significant Change</i></p> <p><b><u>Online Resources</u></b></p> <p><u>ANFP</u><br/> <u>CDM, CFPP Scope of Clinical Tasks</u><br/> <u>Top 10 Tips for Documenting in the Medical Record</u><br/> <u>Top 10 Connections Between Nutrition and Wound Healing</u><br/> <u>Percentage of Ideal Body Weight</u><br/> Ideal Body Weight</p> <p><u>ANFP Nutrition &amp; Foodservice Edge Magazine</u><br/> Eating Well for Aging Well<br/> Nutrition for Wound Healing: Insights for Foodservice Managers<br/> Best Practice: Body Mass Index and Nutrition Screening</p> <p><u>Other Online Resources</u><br/> <u>Mini Nutritional Assessment (MNA)   Nestle</u><br/> <u>Guide to Completing the MnA   Nestle</u><br/> <u>MyPlate   USDA</u><br/> <u>NHANES Food Questionnaire</u><br/> <u>Diet History Questionnaire III (DHQ III)   NCI/NIH</u></p> |   |
| <p><b>1.2</b> Gather and document lab values &amp; diagnoses which are impacted by diet and drug-nutrient interaction</p>  | <ul style="list-style-type: none"> <li>• Identify essential abnormal lab values used for client nutrition screening and refer to RDN as needed.</li> <li>• Identify clients who are likely to develop drug-nutrient interactions (elderly, those with polypharmacy).</li> <li>• Identify long-term drug use through interviews with clients.</li> <li>• Reassess nutrition status often for clients who might be at risk.</li> <li>• Consult with the RDN or NDTR and Pharmacist to determine food-drug interactions and the recommendations for nutrition care.</li> </ul> |

## 1.2 RESOURCES

### [Nutrition Fundamentals & Medical Nutrition Therapy, 4<sup>th</sup> Edition](#)

*Impact of Medications and Nutrients on Each Other*

*Commonly Drawn Laboratory Values for Nutrition-Related Disease States*

#### Online Resources

[ANFP Nutrition & Foodservice Edge Magazine](#)

Medication Management and Nutrition: Complex But Critical

**1.3** Complete nutritional screenings within the federally mandated timeframes

- Comply with a policy for nutrition screening to ensure regulatory compliance.
- Conduct nutrition screenings and document within the federally mandated timeframe after admission and prescribed intervals.

## 1.3 RESOURCES

#### Online Resources

[ANFP Nutrition & Foodservice Edge Magazine](#)

Best Practice: Body Mass Index and Nutrition Screening

Team-Based Nutrition Screening, Assessment & System Management for Successful Outcomes

#### Other Resources

[Mini Nutritional Assessment \(MNA\) | Nestle](#)

[Guide to Completing the MnA | Nestle](#)

## 2.0 Review Clients' Nutrition Needs

**2.1** Ensure clients' nutrition needs, including fluid requirements, are accurately identified and addressed through regular reviews of their EHR and through observations.

- Identify and document oral fluid and food intake based on observation, EHR documentation, and interviews of clients.
- Recognize conditions that may place clients at risk for dehydration and document as needed.
- Ensure adequate fluid is provided on meal trays at every meal and made available in dining area as clients request.
- Document in the care plan how fluid restriction orders will be managed by the foodservice department.

## 2.1 RESOURCES

### [Nutrition Fundamentals & Medical Nutrition Therapy, 4<sup>th</sup> Edition](#)

*Record of Oral Intake*

*Food Groups and Macronutrient Values*

#### Online Resources

[ANFP](#)

Fluid Intake

Calorie Content From Food

**2.2** Accurately perform calorie counts to determine client average oral intake over time.

- Calculate nutrient intake by determining the daily intake of macronutrients and documenting findings in the EHR. Communicate as needed to RDN.
- Offer basic nutrition education to address identified gaps and optimize nutrient intake.

## **2.2 RESOURCES**

### **Nutrition Fundamentals & Medical Nutrition Therapy, 4<sup>th</sup> Edition**

*How to Determine Calorie Intake*

*Record of Oral Intake*

### **Online Resources**

[ANFP](#)

[Fluid Intake](#)

[Calorie Content From Food](#)

[Rethinking Dining & Optimizing Outcomes for Residents with Dementia](#)

[ANFP Nutrition & Foodservice Edge Magazine](#)

[Promoting New FDA Guidance to Reduce Sodium Intake](#)

[Meeting Hydration Needs Requires Daily Focus](#)

[Nutritional Management of Type 2 Diabetes in Long-Term Care](#)

[Demystifying Dysphagia: Sound Strategies and Creative Tips for Meeting the Latest IDDSI Guidelines](#)

[Enjoy Flavorful Foods While Reducing Dietary Sodium](#)

[It's a Gut Feeling — An Overview of Gut Health](#)