

## NUTRITION

### Standard 2: Interview for Nutrition Related Information

**A CDM, CFPP is responsible for:**

- Interviewing for nutrition-related information, while considering preferences, communication cues, cultural factors, and confidentiality guidelines.

PERFORMANCE INDICATORS	KEY ACTIONS
<b>1.0 Gather client information</b>	
<b>1.1</b> Effectively gather comprehensive client dietary information to assess nutritional intake and identify areas for dietary improvement.	<ul style="list-style-type: none"> <li>• Engage the client in a conversation to understand their long-term eating habits, preferences, and any dietary restrictions or cultural considerations. Adapt communication methods based on client's needs by interpreting nonverbal responses and cues.</li> <li>• Ask the client to recall all foods and beverages consumed in the past 24 hours, including portion sizes and meal timings, to get a snapshot of their recent intake.</li> <li>• Use standardized questionnaires to assess the frequency and quantity of food items consumed over a specific period, helping to identify patterns and nutrient intake.</li> <li>• Observe the client's eating behavior and food choices during a meal, noting portion sizes, food combinations, and any deviations from their reported dietary habits.</li> </ul>
<b>1.2</b> Effectively gather and analyze client information by identifying their customs and preferences while strictly adhering to confidentiality principles to ensure data privacy and trust.	<ul style="list-style-type: none"> <li>• Analyze the collected data with an understanding of cultural nuances and preferences, ensuring that insights are respectful and relevant to the client's background.</li> </ul>

	<ul style="list-style-type: none"> <li>Implement robust data management systems that ensure the confidentiality and security of client information, adhering to data privacy regulations. (HIPPA).</li> </ul>
<b>1.3</b> Effectively gather and analyze client's diet information by utilizing Electronic Health Records (EHR), observations, and weight records.	<ul style="list-style-type: none"> <li>Combine information from Electronic Health Records (EHR), direct observations, and weight records to create a comprehensive profile of the client's dietary habits and health status.</li> <li>Regularly update and review the collected data to identify trends, nutritional deficiencies, and the effectiveness of dietary interventions.</li> <li>Use the analyzed data to tailor individualized nutrition plans that address the specific needs and goals of each client.</li> </ul>
<b>1.0 RESOURCES</b> <b><u>Foodservice Management by Design, 4<sup>th</sup> Edition</u></b> <i>Cultural Influences on Food Intake in the U.S.</i> <i>Diet History Questions</i> <i>Record of Oral Intake</i> <i>Electronic Health Record Narrative Note Sample</i> <i>RAI Pathway</i>  <b><u>Nutrition Fundamentals and Medical Nutrition Therapy, 4<sup>th</sup> Edition, Supplemental Materials</u></b> <i>Sample Questions to Ask a Client Who Speaks Spanish</i> <i>How to Determine Calorie Intake</i>  <b><u>Online Resources</u></b> <a href="#">ANFP</a> <a href="#">CDM, CFPP Scope of Practice</a> <a href="#">Top 10 Tips for Documenting in the Medical Record</a> <a href="#">Top 10 Facts to Know About the New CMS Regulations</a> <a href="#">Comparison of Clinical Tasks for CDM, CFPPs vs. Non-CDM, CFPPs for Long-Term Care Staffing Requirements</a>  <a href="#">ANFP Nutrition &amp; Foodservice Edge Magazine</a> Breaking Barriers: Culturally-Responsive Congregate Meals Celebrate Cultural Diversity with Culinary Traditions  <b><u>Other Resources</u></b> <a href="#">Diet History Questionnaire III (DJHQ III)   EGRP/DCCPS/NCI/NIH</a> <a href="#">Food Frequency Questionnaire   NHANES</a> <a href="#">New Dining Practice Standards   Pioneer Network</a> <a href="#">Your Client Rights   Medicare</a> <a href="#">RAI Section K: Swallowing/Nutritional Status   CMS</a>	