



Examination Content Outline

1	Nutrition Assessment and Diagnosis	55
1A	Patient/Client Factors	
1A1	Pathophysiology	
1A2	Anthropometric and Body Composition	
1A3	Non-clinical Factors (e.g., socio-emotional, social determinants of health, economic)	
1A4	Diet History and Patterns	
1B	Assessment	
1B1	Nutrition Screening and Assessment Tools	
1B2	Patient/Client Assessments (e.g., NFPE)	
1B3	Interview and Communication Techniques	
1B4	Procedures, Biochemical Data, Imaging, and Laboratory Evaluation	
1B5	Macronutrients/Micronutrients Status	
1C	Nutrition Diagnosis	
1C1	Standard Diagnostic Terminology	
1C2	Malnutrition Criteria and Diagnosis	
1C3	Client/Patient Conditions, Causes, Disease Progression, and Comorbidities	
1C4	Medical Goals and Plan of Care	
2	Nutrition Intervention, Monitoring, and Evaluation	48
2A	Intervention Design	
2A1	Patient/Client-centered Care	
2A2	Interdisciplinary Interventions	
2A3	Barriers and Support Systems for Intervention	
2B	Education and Advocacy	
2B1	Patient/Client and Care-giver Counseling and Education	
2B2	Communication and Documentation Requirements	
2C	Intervention Monitoring and Evaluation	
2C1	Intervention Goals, Measures, and Outcomes	
2C2	Enteral and Parenteral Nutrition	
2C3	Trends, Patterns, and Intervention Indicators	
2C4	Multidisciplinary/Interprofessional Teams, Referrals, and Consults	

2C5 Transitions of Care across the Care Continuum

2D Pharmacology and Supplements

2D1 Pharmacology and Drug Interactions

2D2 Macronutrients/Micronutrients Supplementation

3 Management of Systems

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3A Systems of Care Design and Management

3A1 Technologies and Equipment

3A2 Evidence-Based Research and Design

3A3 Accessibility of Resources (e.g., Supply Chain, Alternatives)

3A4 Strategic Planning and Cost-Benefit Analysis Considerations

3B Regulations, Standards, and Programs

3B1 Quality Improvement Programs

3B2 Program Design including Research, Methods, and Evaluation

3B3 Patient/Client Resources and Advocacy

3B4 Nutrition Profession Advocacy and Initiatives

3B5 Community Resources and Programs

3B6 Ethics, Regulations, Policies, and Procedures

Secondary Classifications – Tasks

1. Select the most appropriate nutrition screening and assessment tool for specific patient/client populations.
2. Identify the most relevant diagnostic tests and procedures for the nutrition assessment of a patient/client.
3. Identify and interpret nutrition-related laboratory data in context with complex clinical findings.
4. Conduct, interpret, and utilize in-depth nutrition-focused physical examinations (NFPEs), using tools, equipment and anthropometric measurements that provide the most appropriate diagnostic information to develop nutrition diagnoses and nutrition interventions.
5. Obtain and assess the health history, medical goals, and social determinants of health of a patient/client to develop a nutrition plan.
6. Identify and manage micronutrient/macronutrient requirements for medically complex patients/clients to develop a nutrition plan.
7. Evaluate the interactions among medications, botanicals, nutrients, and their potential impact on a patient/client's nutrition status, condition, and outcomes.
8. Utilize the most appropriate resources to collect the information required to diagnose patients/clients who have limited ability to communicate.
9. Evaluate a patient/client's psychosocial, economic, social environment and lifestyle to tailor nutrition plan and support outcomes.
10. Identify client-specific and system barriers to nutrient delivery.
11. Identify functional barriers to nutrition intake to address or refer to other disciplines when appropriate.
12. Use patient-centered education/interviewing/counseling/coaching models to communicate and optimize the effectiveness of nutrition interactions.
13. Use a patient-centered approach to support patients/clients and caregivers in healthcare decision making and goal setting.
14. Lead discussions regarding goals of care (including end-of-life nutrition related decisions) with patient/client or surrogate decision maker.
15. Prioritize nutrition diagnoses to reflect level of impact on a patient/client's condition.
16. Revise/adapt nutrition interventions to reflect changes in a patient/client's condition throughout the care continuum.
17. Adapt nutritional interventions to reflect patient/client attitude, knowledge, and beliefs about food and nutrition practices.
18. Evaluate patient/client's acceptance and adherence to nutrition intervention and adjust the plan accordingly.
19. Identify measurable outcome indicators and clinically indicated time frames for a nutrition intervention using an evidence-based approach.

20. Assess an intervention's effectiveness and/or deviations from an expected outcome or established guideline/indicator for a given nutrition intervention.
21. Distinguish between the effects of the nutrition intervention and the effects of the disease process and/or the medical intervention.
22. Evaluate efficacy, safety, and effectiveness of unconventional approaches to nutrition care.
23. Ensure continuity of care between peers, such as coordinating transitions of care with previous or future facilities and services.
24. Support the continuity of care, such as referrals to home care agencies or for community resources, as dictated by the patient/client's needs.
25. Refer patient/client to appropriate nutrition/dietetics specialists and/or other healthcare team members.
26. Lead an interprofessional team in designing nutrition-related services, programs, and/or protocols.
27. Advocate for the profession within the organization and public domain (e.g., rules and regulations, standards, scope of practice).
28. Support the growth, development, and advancement of colleagues.
29. Develop standards for nutrition care, such as protocols, guidelines, and practice tools.
30. Develop, direct, and evaluate continuous quality improvement programs.
31. Evaluate policies and procedures for cost, effectiveness, and value.
32. Analyze the safety aspects of practices and procedures in delivering nutrition services and products.
33. Evaluate cost-effective methods, tools, technologies, and programs for nutrition care and stakeholder acceptance.
34. Develop programs or systems of care, such as support groups and educational programs, that address the needs of target populations.
35. Create or grow nutrition services to expand available services, add value, and/or generate revenue.
36. Ensure compliance with local, state, and national rules, regulations, and standards.
37. Assess the validity, rigor, and bias of research studies.
38. Critically analyze data from nutrition care research and communicate research findings.
39. Evaluate value of research to determine applicability for clinical nutrition practice.
40. Utilize systematic methods to obtain published evidence to answer clinical nutrition questions and inform decisions.