

Optimal Nutrition Care Process and Terminology (NCP/NCPT) Scorecard

FREQUENTLY ASKED QUESTIONS (FAQs)

1. I've been using NCP/T in practice for over a decade. What else would I need to be doing?
2. What is optimal NCP practice? How do we define this? How to we advance our practice to sustain the dietetic practice in the future?
3. Should we include NCP in all aspects of our practice?
4. Why should I monitor my NCP/T journey?
5. What is the objective of completing the scorecard:
6. Who should complete the scorecard?
7. How do I complete the scorecard?
8. Should I expect 100% on the scorecard?
9. When should I repeat the scorecard?
10. What do I do when I do not understand a certain word on the scorecard.
11. What next steps can I take to help improve my score?
12. Why are we supposed to use NCP/T in our practice:

1. I've been using NCP/T in practice for over a decade. What else would I need to be doing?

- NCP/T, been there, done that. Have you really? Check out the NCP/T practice Scorecard and see how you are progressing.

2. What is optimal NCP practice? How do we define this? How do we advance our practice to sustain the dietetic practice in the future?

- The NCP/NCPT scorecard was created to describe the VISION of optimal NCP practice.

3. Should we include NCP in all aspects of our practice?

- Yes, therefore the scorecard was developed with the main idea of applying the NCP methodology to the use of our NCP practice:

Assessment/Monitoring and Evaluation: Assess/monitor and evaluate NCP practice based on four quadrants:

- Practicing Dietitian
- Systems
- From Quality Improvement to Research
- Continuity and Evolution of Practice

Diagnose gaps in your practice/portfolio

Intervention is your action plan to advance your NCP Practice

4. Why should I monitor my NCP/T journey?

- Monitoring your NCP/T journey will increase your awareness of what optimal NCP practice looks like. Continuous improvement is essential to advance our skills and sustain our profession as the preferred nutrition expert. We always need to measure our outcomes to determine our effectiveness and improve nutrition care. Research has also shown that more experience in NCP/T equals increased implementation. (Lewis, et al, J Acad Nutr Diet, 2022)

5. What is the objective of completing the scorecard?

- Completing the scorecard allows us to:
 - Diagnose the gaps in our NCP/T practice by:
 - Evaluating organizational and/or individual gaps in the use of NCP in our practice
 - Assessing each element of our NCP/T practice and
 - Defining measures to advance our NCP/T practice

6. Who should complete the scorecard?

- Everyone who has implemented NCP/T or is thinking of implementing. All sections apply to dietitians in management positions and those running a business. Otherwise, the section “practicing dietitian” is particularly helpful to advance individual dietitian practice.

7. How do I complete the scorecard?

- See scorecard instructions.
 1. Complete each section of the scorecard.
 2. Add together the number of items checked for each section and enter scores into the corresponding boxes of the table.
 3. Add together section scores to determine total score.

8. Should I expect 100% on the scorecard?

- No. Since this is a VISION, it is very unlikely that one would have all the elements imbedded in their daily practice and at their place of work.

9. When should I repeat the scorecard?

- The scorecard has been developed as an on-going self-assessment tool. The scores are for your reference and should be used as a guide for baseline assessment and areas for continuous improvement. The goal is to show progress over time to improve your scores and advance your use of the NCP/T.

10. What do I do when I do not understand a certain word on the scorecard.

- Refer to the glossary.

11. What next steps can I take to help improve my score?

- You can define whatever measures seem to be important to improve your NCP/T practice. Maybe some common gaps per sections that can assist you in this process are as follows:

For the Practicing Dietitian

I. Implement nutrition diagnosis progress terms.

- a. New
- b. Active
- c. Resolved
- d. Discontinued

II. Ensure that your monitoring/evaluation data are measurable. See table below for examples:

Indicators	Scales/Measures
Knowledge level or Skill level	No knowledge, Minimal knowledge, Basic knowledge, Intermediate knowledge, Advanced knowledge; No skill, Minimal skill, Basic skill, Intermediate skill, Advanced skill (ncpro.org)
Readiness to change nutrition-related behaviors	Precontemplation, Contemplation, Preparation, Action, Maintenance, Relapse (ncpro.org)
Ability to perform shopping activities	Able, Able with difficulty, Unable (ncpro.org)
Intake	Excellent, Adequate, Probably Inadequate, Very Poor (Braden Scale, Nutrition Intake Subscale, Kennerly, et al)
Digestive System – constipation, diarrhea	Present, Absent (ncpro.org)
Self-efficacy (confidence)	1-7 (1=Very low confidence to 7 = Very high confidence in ability) (ncpro.org)

For Clinical Nutrition Management

- III. Consider establishing strategic plans for assessing the implementation of NCP/NCPT

For the Workplace:

- IV. Use documentation templates that measure outcomes
- V. Use a screening/referral system including validated screening tools

For Quality Improvement to Research

- I. Complete NCP audits regularly
- II. Include NCP/T in your presentations and publications

For Continuity and Evolution of Practice

- I. Keep up to date on what is new with NCPT and determine plan to integrate into practice (<https://www.eatrightpro.org/practice/nutrition-care-process>)
- II. If NCP terminology does not meet your practice needs, submit new and/or revised terminology (<https://www.ncpro.org/terminology-submission-process>)

12. Why are we supposed to use NCP/T in our practice:

1. NCP is a quality improvement process intended to promote high quality nutrition in all areas of practice.
2. NCP terminology usage supports clear consistent nutrition and dietetics communication with agreed upon international definitions, is valued, and integrated in standardized health terminologies that are used in electronic records and improves the ability to assess the impact of nutrition interventions and outcomes.
3. Nutrition care outcomes are improved, and nutrition diagnoses (problems) are more likely to be resolved with precise implementation of the NCP/T (Colin, et al, Front Nutr, 2023).

Glossary:

ANDHII - the Academy of Nutrition and Dietetics Health Informatics Infrastructure (ANDHII) is a secure online data collection tool which enables dietitians to track nutrition care outcomes and advance evidence-based nutrition practice research.

Digital quality measure – e.g. Malnutrition Care Score (<https://www.eatrightpro.org/practice/nutrition-care-process>)

NCP Quest is the Academy of Nutrition and Dietetics validated tool to evaluate quality documentation of the Nutrition Care Process encounter (Lewis, et al, J Acad Nutr Diet, 2022).

Contributing to the evolution of the NCPT means that individuals or organizations can participate in the enhancement of NCPT (eg, recommend terms, serve in relevant committees or workgroups, volunteer as a subject matter expert).

Resources and Tools

Utilize the Resources and Tools below and collaborate with colleagues and experts to improve your NCP practice.

eNCPT: <https://www.ncpro.org>

Freely available NCP terms: <https://www.ncpro.org/freely-available-ncp-terms>

Frequently Asked Questions: <https://www.ncpro.org/frequently-asked-questions>

NCP Tutorials: <https://www.ncpro.org/encpt-tutorials>

NCPT and Electronic Health Records: <https://www.ncpro.org/the-ncpt-and-electronic-health-records>

NCP Terminology Submissions: <https://www.ncpro.org/terminology-submission-process>

ANDHII: Academy of Nutrition and Dietetics Health Information Infrastructure. Accessed April 24, 2024. <https://www.andhii.org/info/>

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Malnutrition Care Score. Accessed April 24, 2024. <https://www.eatrightpro.org/practice/nutrition-care-process>

International NCPT Implementation Survey. Accessed April 24, 2024. <https://www.ncpro.org/international-ncpncpt-survey-inis#:~:text=International+NCP%2FNCPT+Implementation+Survey+%28INIS%29> The aim of the future development of nutrition and dietetic practice.

International NCP Collaboration. Accessed April 24, 2024. <https://www.ncpro.org/international-collaboration>

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Lewis SL, Miranda LS, Kurtz J, Larison LM, Brewer WJ, Papoutsakis C. Nutrition Care Process Quality Evaluation and Standardization Tool: The Next Frontier in Quality Evaluation of Documentation. *J Acad Nutr Diet*. 2022 Mar; 122(3):650-660. *(login required)*

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