

The American Dietetic Association (ADA) launched the Nutrition Care Process in 2003 to provide a consistent structure and framework for individualized quality nutrition care. The Registered Dietitians at SureQuest Systems, Inc. that developed *SureAssess™* created a software system that automates and standardizes the process.

Nutrition assessment is the first step in the Nutrition Care Process (NCP). Assessment is a dynamic and systematic process of gathering data, subjective and objective, and interpreting that data in order to make decisions about nutrition-related problems. Critical thinking skills are needed to identify the nutrition diagnosis, or problem, and what interventions are needed to achieve the goal that is in the best interest of the client/patient/resident in a particular practice setting. Using the NCP for problem identification takes the practitioner through steps that identify the cause, or etiology, and signs and symptoms that verify the nutrition problem. This means that the NCP uses a “Problem – Etiology – Sign/Symptoms” (PES) approach for nutrition care. The PES statement is the second step of the NCP and takes the practitioner from assessment to the third step of the NCP, care planning, goal setting and interventions. The fourth step of the NCP is monitoring and evaluation which leads back to assessing and continuing the process.

SureAssess™, SureQuest’s computerized nutrition assessment program has been licensed by the American Dietetic Association to incorporate ADA’s “International Dietetics and Nutrition Terminology”, taking the program to the highest level of professional credibility. The program, developed by Registered Dietitians¹, provides solutions for the Nutrition Care Process (NCP) including Nutrition Diagnosis.

SureAssess™’ step by step approach to data gathering includes standardized tables covering all aspects of nutrition assessment. Included are nutrition diagnostic labels and standard interventions allow the dietetic professional to have on screen and at the fingertip, all the necessary information to assess, establish the nutrition diagnosis, create goals and plan interventions. The synergy between *SureAssess™* and the Nutrition Care Process creates a new dynamic that enables the dietetic professional, using critical thinking skills, to provide quality nutrition care to achieve the best possible health related outcomes for the client.

The above is a very brief overview of the Nutrition Care Process. The practitioner is encouraged to seek resources for this process at www.eatright.org or attend one of the many workshops and webinars on the subject to gain a fuller understanding of the process.

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About the author:

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Quotes from users:

Denise Munion, RD, LD: *“by using SureAssess in your practice, you will expand your personal and professional production as well as enhance your standing on the medical care team by providing cutting edge documentation of your assessment process.”*

Mary Smith, RD, LD: *“The history information at your fingertips assists you in getting the best possible health related outcomes.”*

¹ Alma Sudderth, MS, RD, CSG, LD, Joanna Kluck, MS, RD, CSG, LD, Sharon Leppert, RD, CSG, LD, Ashli Lee, MS Ed, RD, LD as well as a number of CDHCF members who provided input, feedback and testing during the development of the product.

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SureAssess™ is a product of SureQuest Systems, Inc., Dallas, Texas
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