

# Nutrition Assessment Matrix

## Food/Nutrition-Related Nutrition Diagnostic Terminology

| Parameter (not all-inclusive)   | Nutrition Diagnostic Terminology     |                                      |                               | Nutrition Assessment and/or ME Code                                    |
|---|--------------------------------------|--------------------------------------|-------------------------------|--|
| <b>Food and Nutrient Intake</b>                                       |                                      |                                      |                               |  |
| Expected food/nutrition related outcomes are not achieved             | NB 1.6                               |                                      |                               | FH-5.1.1, FH-8.1.1   |
| Excess intake of energy from energy dense or high fat foods/beverages | NI 1.3                               | NI 2.2<br>NC 3.6                     |                               | FH-1.2.1.1, FH-1.2.1, FH-1.5.1, CS-1.1.1, CS-2.1.1                     |
| Restriction or omission of energy dense foods                         | NI 1.2                               | NC 3.5                               |                               | FH-1.2.1.1, FH-1.3.1, FH-1.6.1, CS-1.1.1, CS-2.1.1                     |
| Highly variable calorie intake  | NI 2.2                               |                                      |                               | FH-1.1.1.1   |
| Insufficient intake of energy   | -NI 1.2<br>NI 5.2                    | NI 1.4<br>NI 5.3                     | NI 2.1<br>NC 3.1<br>NC 3.5    | FH-1.1.1.1, CS-1.1.1   |
| Intake inconsistent with estimated, measured, or recommended needs    | NI 1.4<br>NI 2.5<br>NC 3.1<br>NC 3.6 | NI 1.5<br>NI 2.8<br>NC 3.4<br>NB 1.4 | NI 2.2<br>NI 5.11.1<br>NC 3.5 | FH-1.1, FH-1.2, FH 1.3, FH 1.4, FH-1.5, FH-1.6, CS-1, CS-2, CS-3, CS-4 |
| Excess intake of fluid  | NI 3.2                               | NC 2.2                               |                               | FH-1.2.1, CS-3.1.1   |
| Insufficient intake of fluid  | NI 3.1                               | NC 3.5                               |                               | FH-1.2.1, CS-3.1.1   |
| Changes in recent food intake   | NC 1.2<br>NC 3.4                     | NC 3.2                               |                               | FH-1.2.2   |
| Excess intake of foods without available vitamins                     | NI 5.1                               | NI 5.9.1                             |                               | FH-1.6.1, CS-4.1   |
| Excess intake of fortified foods and supplements containing vitamins  | NI 5.9.2                             |                                      |                               | FH-1.6.1, CS-4.1   |
| Food group/nutrient imbalance   | NB 1.2                               |                                      |                               | FH-1.2.2.1, FH-1.2.2.4, FH-1.2.2.5                                     |
| Food additive intolerance   | NI 4.2                               |                                      |                               | FH-1.4.2.4   |

| Parameter (not all-inclusive)  | Nutrition Diagnostic Terminology       |   |  | Nutrition Assessment and/or ME Code  |
|--|--|---|--|--|
| <b>Food and Nutrient Intake , cont.</b>  |  |   |  |  |
| Food variety, limited  | NI 2.1                                 | NB 3.2                                  | NC 3.5   | FH-1.2.2.4, FH-1.2.2.5   |
| Insufficient intake of foods/food groups and nutrients                                     | NI 2.9<br>NI 5.9.1<br>NC 1.1<br>NB 2.4 | NI 5.1<br>NI 5.10.1<br>NC 1.2<br>NB 3.2 | NI 5.3<br>NI 5.11.1<br>NC 3.1<br>NC 3.5                  | FH-1.2.2   |
| Normal intake of food in the face of illness   | NC 3.2                                 | NC 3.5                                  |  | FH-1.2.2, CH-2.1   |
| Mother with small amount of milk when pumping  | NC 1.3                                 |   |  | FH-7.1.4   |
| Enteral or parenteral nutrition therapy  | NI 5.7.3                               |   |  | FH-1.3   |
| Enteral or parenteral nutrition formula/solution inconsistent with evidence-based practice | NI-2.5                                 | NI 2.8                                  |  | FH-1.3   |
| Enteral or parenteral nutrition support intolerance history                                | NI-2.5                                 | NI 2.8                                  |  | FH-1.3, FH-2.1.2.1   |
| Long-term enteral or parenteral nutrition support  | NI-2.9                                 | NI 5.10.1                               | NI 5.10.2  | FH-1.3, FH-2.1.2.1   |
| Excess intake of parenteral or enteral nutrition or components of EN/PN                    | -NI 1.3                                | NI 2.4<br>NI 5.7.3<br>NC 3.6            | NC 3.3.1<br>NC 3.3.2<br>NC 3.3.3<br>NC 3.3.4<br>NC 3.3.5 | FH-1.3.1.1, FH-1.3.2.1, FH-1.5.1, FH-1.5.2, FH-1.5.3, FH-1.5.4, FH 1.6.1, FH-1.6.2, CS-1.1.1, CS-2, CS-4 |
| Insufficient intake of fat, essential fatty acids  | NI 5.6.1                               |   |  | FH-1.5.1.1, FH-1.5.1.8, CS-2.1.1, CS-2.1.2   |
| Insufficient intake of parenteral or enteral nutrition                                     | NI 1.2                                 | NI 2.3                                  | NI 2.6   | FH-1.3.1.1, FH-2.3.1, CS-1.1.1, CS-2.2.1   |
| Alcohol intake, excessive  | NI 2.1<br>NI 5.3                       | NI 4.3<br>NC 1.2                        | NI 5.2<br>NC 3.4   | FH-1.4.1<br>NC 3.5   |

| Parameter (not all-inclusive)  | Nutrition Diagnostic Terminology |          |          | Nutrition Assessment and/or ME Code                      |
|--|----------------------------------|----------|----------|--|
| <b>Food and Nutrient Intake, cont.</b>   |                                  |          |          |  |
| Excess intake of alcohol and/or binge drinking   | NI 4.3                           |          |          | FH-1.4.1   |
| Alcohol intake during pregnancy  | NI 4.3                           | NC 3.4   | NC 3.5   | FH-1.4.1, CH-2.1.6                                       |
| Excess intake of bioactive substances  | NI 4.2                           |          |          | FH-1.4   |
| Insufficient intake of bioactive substances  | NI 4.1                           |          |          | FH-1.4   |
| Excess intake of plant foods containing soluble fiber, $\beta$ -glucan, or plant sterol and stanol esters        | NI 4.2                           |          |          | FH-1.4.2.1, FH-1.4.2.3, FH-1.5.4.2, CS-2.4.1, CS-2.4.2   |
| Insufficient intake of fiber, soy protein, $\beta$ -glucan, or plant sterol and stanol esters                    | NI 4.1                           | NI 5.8.5 |          | FH-1.4.2, FH-1.5.4, CS-2.4.1, CS-2.4.2                   |
| Ready access to available foods/products with bioactive substance  | NI 4.2                           |          |          | FH-1.4.2, FH-6.1, FH-6.2                                 |
| Excess intake of fiber   | NI 5.4                           | NI 5.8.6 |          | FH-1.5.4.1, CS-2.4.1                                     |
| Excess intake of fat from high-risk lipids (saturated fat, trans fat, cholesterol)                               | NI 5.6.2                         | NI 5.6.3 |          | FH-1.5.1.2, FH-1.5.1.3, FH-1.5.1.7, CS-2.1.2             |
| Excess intake of fat and/or foods prepared with added fat  | NI 5.4                           | NI 5.6.2 | NI 5.6.3 | FH-1.5.1.1, CS-2.1.1                                     |
| Insufficient intake or incorrect ratio of fat, monounsaturated, polyunsaturated, DHA/ARA, or omega-3 fatty acids | NI 5.6.3                         |          |          | FH-1.5.1.1, FH-1.5.1.4, FH-1.5.1.5, FH-1.5.1.6, CS-2.1.1 |
| Excess intake of amino acids (specify)   | NI 5.7.3                         |          |          | FH-1.5.2.5, CS-2.2.1, CS-2.2.2                           |
| Excess intake of protein   | NC 2.2                           | NI 5.4   | NI 5.7.2 | FH-1.5.2, CS-2.2.1                                       |
| Insufficient intake of protein   | NI 2.1                           | NI 5.2   | NI 5.7.1 | FH-1.5.2, CS-2.2.1                                       |

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|---|----------------------------------|-----------|-----------|-------------------------------------|
| <b>Food and Nutrient Intake, cont.</b>  |                                  |           |           |                                     |
| Protein or other supplementation intake different from recommended  | NI 5.7.2                         | NI 5.7.3  |           | FH-1.5.2, CS-2.2.1, CS-2.2.2        |
| Insufficient intake of carbohydrate   | NI 5.8.1                         |           |           | FH-1.5.3, CS-2.3.1                  |
| Intake different from recommended carbohydrate  | NI 5.8.2                         | NI 5.8.3  | NI 5.8.4  | FH-1.5.3, FH-5.1.1                  |
| Intake different from recommended, carbohydrate, protein and/or fat intake from enteral and/or parenteral nutrients | NI 2.4<br>NI-2.8                 | NI 2.5    | NI 2.7    | FH-1.3.1, FH-1.5                    |
| Insufficient intake of vitamin D intake/sunlight exposure   | NI 5.9.1                         |           |           | FH-1.6.1.3, CS-4.1.3                |
| Insufficient intake of vitamins   | NI 5.9.1                         | NC 2.2    |           | FH-1.6.1, CS-4.1                    |
| Excess intake of iron   | NI 5.5                           |           |           | FH-1.6.2.3, CS-4.2.3                |
| Excess intake of manganese  | NI 5.5                           |           |           | FH-1.6.2.4, 14, CS-4.2.9            |
| Excess intake of zinc   | NI 5.5                           |           |           | FH-1.6.2.8, CS-4.2.8                |
| Excess intake of minerals or vitamins   | NI 5.9.2                         | NI 5.10.2 | NI 5.11.2 | FH-1.6.1, FH-1.6.2, CS-4.1, CS-4.2  |
| Excess intake of phosphorus   | NI 5.4                           | NC 2.2    |           | FH-1.6.2.6, CS-4.2.6                |
| Excess intake of potassium  | NC 2.2                           |           |           | FH-1.6.2.7, CS-4.2.5                |
| Excess intake of sodium   | NI 3.2                           | NI 5.4    | NC 2.2    | FH-1.6.2.7, CS-4.2.7                |
| Insufficient intake of minerals   | NI 5.10.1                        | NC 2.2    |           | FH-1.6.2, CS-4.2                    |
| Fasting   | NB 1.5                           |           |           | FH-1.1.1.1, CS-1.1.1                |

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|---|--|--------|--------|--|
| <b>Food and Nutrient Intake, cont.</b>  |  |        |        |  |
| Intake of nonfood item  | NB 1.2   |        |        | FH-1.4.2.7                               |
| <b>Food and nutrient administration</b>   |  |        |        |  |
| Chronic dieting behavior  | NI 5.10.1  | NC 3.1 | NB 1.5 | FH-2.1.2.3, FH-2.1.2.4                   |
| Inability to lose weight through conventional weight loss intervention                    | NC 3.3.1<br>NC 3.3.2<br>NC 3.3.3<br>NC 3.3.4<br>NC 3.3.5 |        |        | FH-2.1.2.2, AD-1.1.4, AD-1.1.6           |
| Previous failures to effectively change target behavior                                   | NB 1.3   | NB-1.6 |        | FH-2.1.2.4 FH-4.2.7                      |
| Lack of facilities or accommodations for breastfeeding in community or at work            | NC 1.3   |        |        | FH-2.1.3.4                               |
| Excess intake of convenience foods, pre-prepared meals, and foods prepared away from home | NI 2.2   | NB 2.4 |        | FH-2.1.3.1, FH-1.2.2.2                   |
| Previous diet changes due to food allergy or intolerance                                  | NI-5.7.3   |        |        | FH-2.1.2.5, FH-2.1.2.6                   |
| Feeding tube in the wrong position or removed   | NI 2.3   |        |        | FH-2.1.4.1                               |
| Venous access in the wrong position or removed  | NI 2.6   |        |        | FH-2.1.4.2                               |
| Feeding position, EN suboptimal   | NI 2.3   |        |        | FH-2.1.4.3                               |
| <b>Medication and complementary/alternative medicine use</b>                              |  |        |        |  |
| Insulin or insulin secretagogues  | NI 5.8.4   |        |        | FH-3.1.1, FH-3.1.2, FH-3.1.3, FH-3.2.1   |
| Medication associated with weight loss  | NC 3.2   | NI 1.4 |        | FH-3.1, , FH-3.2.1<br>AD-1.1.4, AD-1.1.6 |

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|---|--|-----------|----------|--|
| <b>Medication and complementary/alternative medicine use, cont.</b> |  |           |          |  |
| Medication, lipid lowering  | NI 5.6.2   |           |          | FH-3.1.1, FH-3.1.2, FH-3.1.3, FH-3.2.1                   |
| Medications administered in large amounts of fluid                  | NI 3.2   |           |          | FH-3.1.1, FH-1.2.1, CS-3.1.1                             |
| Medications containing proteins not recommended                     | NI 5.7.3   |           |          | FH-3.1.1, FH-1.6.1, FH-2.1, CS-2.2.1, CS-3.1.1           |
| Medications affecting absorption or metabolism                      | NI 5.1   |           |          | FH-3.1, FH-3.2.1<br>BD-1.4, BD-1.8.1, PD-1.1.5, CH-2.1.3 |
| Medications associated with increased appetite                      | NI 1.5   | NC 3.4    |          | FH-3.1, FH-3.2.1<br>PD-1.1.5                             |
| Medications that affect appetite                                    | NI 1.2   | NI 1.4    | NC 3.1   | FH-3.1, FH-3.2.1<br>PD-1.1.5                             |
| Medications that cause altered glucose levels                       | NI 5.8.2   | NI 5.8.3  | NI 5.8.4 | FH-3.1, , FH-3.2.1<br>BD-1.5                             |
| Medications that cause anorexia                                     | NI 2.1   | NI 5.11.1 |          | FH-3.1, FH-3.2.1<br>PD-1.1.5                             |
| Medications that cause somnolence and decreased cognition           | NB 2.1   |           |          | FH-3.1, FH-3.2.1<br>PD-1.1.7                             |
| Medications that impact RMR   | NC 3.3.1<br>NC 3.3.2<br>NC 3.3.3<br>NC 3.3.4<br>NC 3.3.5 | NC 3.6    |          | FH-3.1, FH-3.2.1<br>BD-1.8, CS-1.1.1                     |
| Medications that impair fluid excretion                             | NI 3.2   |           |          | FH-3.1, FH-3.2.1<br>BD-1.12                              |
| Medications that increase energy expenditure                        | NI-1.1   |           |          | FH-3.1, FH-3.2.1<br>BD-1.8, CS-1.1.1                     |

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|--|----------------------------------|--------|--------|--|
| <b>Medication and complementary/alternative medicine use, cont.</b>  |                                  |        |        |  |
| Medications that reduce requirements or impair metabolism of energy, protein, fat or fluid                                   | NI 2.4                           | NI 2.7 | NC 3.6 | FH-3.1, FH-3.2.1<br>BD-1.8, CS-1.1.1, CS-2.1.1, CS-2.2.1, CS-3.1.1 |
| Medications that reduce thirst   | NI 3.1                           |        |        | FH-3.1, FH-3.2.1<br>BD-1.12, PD-1.1.5                              |
| Medications that require nutrient supplementation that cannot be accomplished with food intake                               | NC 2.3                           | NC 2.4 |        | FH-3.1, FH-3.2.1<br>FH-1.7.1, FH-1.7.2, CS-4                       |
| Medications with known food-medication interactions  | NC 2.3                           | NC 2.4 |        | FH-3.1, FH-3.2.1   |
| Misuse of laxatives, enemas, diuretics, stimulants, and/or metabolic enhancers   | NB 1.5                           |        |        | FH-3.1.3, FH-3.2.1   |
| Medications that affect appetite or are associated with weight loss  | NI 1.2                           | NC 3.2 | NC 3.5 | FH-3.1, FH-3.2.1<br>AD-1.1.4, AD-1.1.6                             |
| Intake that does not support replacement or mitigation of OTC, prescribed drugs, herbals, botanicals, or dietary supplements | NC 2.3                           | NC 2.4 |        | FH-3.1, FH-3.2.1<br>FH-1.7.1, FH-1.7.2, CS-4                       |
| Medication (over the counter or prescribed), herbal, botanical, or complementary/alternative medicine intake                 | NB-1.2<br>NC 2.3                 | NC 2.4 |        | FH-3.1, FH-3.2.1   |
| Prolonged use of substances known to increase vitamin requirements or reduce vitamin absorption                              | NI 5.9.1                         |        |        | FH-3.1, FH-3.2.1<br>FH-1.7.1, CS-4.1                               |
| Drug intake, excessive   | NI 2.1<br>NC 3.4                 | NI 5.2 | NI 5.3 | FH-3.1.3   |

| Parameter (not all-inclusive)  | Nutrition Diagnostic Terminology |                      |                        | Nutrition Assessment and/or ME Code        |
|--|----------------------------------|----------------------|------------------------|--|
| <b>Knowledge/Beliefs/Attitudes</b>   |                                  |                      |                        |  |
| Avoidance or limitation of estimated total intake or intake of specific food/food groups                                   | NI 5.2<br>NB 1.5                 | NI 5.3               | NC 1.4                 | FH-1.2.2 FH-5.2                            |
| Uncertainty regarding appropriate foods to prepare based upon nutrition prescription                                       | NB 2.4                           |                      |                        | FH- 4.1, FH-5.1.4, FH-5.1.5                |
| Uncertainty as to how to consistently apply food/nutrition information   | NB 1.6                           | NB 1.7               |                        | FH-4.1, FH-5.1.4, FH-5.1.5                 |
| Inability to select (e.g., access) or unwillingness to select, or disinterest in selecting food consistent with guidelines | NB 1.7                           | NC 3.5               |                        | FH-4.1, FH-5.1.1, FH-6, CH-2.1.12          |
| Uncertainty of how to complete monitoring records  | NB 1.4                           |                      |                        | FH-4.1, FH-5.1.4                           |
| Uncertainty regarding changes that could/should be made in response to data in self-monitoring records                     | NB 1.4                           | NB 2.3               |                        | FH-4.1, FH-5.1.4                           |
| Mother has insufficient knowledge of breastfeeding or infant hunger/satiety signals  | NC 1.3                           |                      |                        | FH-4.1, FH-6.1.4                           |
| Belief that aging can be slowed by dietary limitations   | NB 3.2                           |                      |                        | FH-4.2.11                                  |
| Cultural or religious practices that <del>limit</del> affect intake  | NI 5.7.1<br>NI 5.6.1<br>NB 1.4   | NI 5.8.2<br>NI 5.8.4 | NI 5.11.1<br>NI-5.10.1 | FH-1.2, FH-1.5, FH-1.6, CH-1.1.3, CH-3.1.7 |
| Defensiveness, hostility, or resistance to change  | NB 1.3                           |                      |                        | FH-4.2.7                                   |
| Denial of need for food- and nutrition-related changes   | NB 1.3                           |                      |                        | FH-4.2.7, FH-4.2.11                        |
| Emotional distress, anxiety, or frustration surrounding mealtimes  | NB 2.6                           |                      |                        | FH-4.2, FH-5.4                             |
| Food faddism   | NC 3.1                           | NB 1.2               |                        | FH-4.2.11                                  |
| Food preoccupation   | NB 1.5                           |                      |                        | FH-4.2.5                                   |



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| <b>Knowledge/Beliefs/Attitudes</b>  |  |  |  |                                     |
| Excessive reliance on nutrition terminology and preoccupation with nutrient content of food                         | NB 1.5   |  |  | FH-4.2.5, FH-4.2.11                 |
| Fear of foods or dysfunctional thoughts regarding food or food groups   | NB 1.5   |  |  | FH-4.2.5, FH-4.2.11                 |
| Relates concerns about previous attempts to learn information   | NB 1.1   | NB 2.5   |  | FH-2.1.2.2, FH-4.1, FH-8.1.1        |
| Frustration over lack of control  | NB 2.5   |  |  | FH-4.2.7, FH-8.1.1                  |
| Unsupported beliefs and attitudes   | NI 5.6.2<br>NI 5.8.6<br>NB 3.2   | NI-5.6.3<br>NI 5.10.2<br>NB 3.3  | NI 5.7.2<br>NC 3.5   | FH-4.2.11                           |
| Inaccurate or incomplete knowledge  | NI 1.4<br>NI-2.8<br>NI-5.6.3<br>NI 5.7.2<br>NI 5.8.5<br>NI 5.10.1<br>NI 5.11.1<br>NB-1.1<br>NB 1.7<br>NB-3.1 | NI 1.5<br>NI 4.1<br>NI 5.1<br>NI 5.8.1<br>NI 5.8.6<br>NI 5.10.2<br>NI 5.11.2<br>NB-1.4<br>NB 2.5 | NI 2.5<br>NI 4.2<br>NI 5.6.1<br>NI-5.6.2<br>NI 5.7.1<br>NI 5.8.2<br>NI 5.8.3<br>NC 2.2<br>NB 3.3<br>NC 3.5<br>NC 3.6 | FH-4.1                              |
| Provides inaccurate or incomplete written response to questionnaire/written tool, or is unable to read written tool | NB 1.1   |  |  | FH-4.1.1, CH-1.1.5                  |
| Irrational thoughts about food's effect on the body   | NB 1.5   |  |  | FH-4.2.5, FH-4.2.11                 |
| Lack of efficacy or lack of confidence to make changes or to overcome barriers to change                            | NB 1.3   | NB 1.6   |  | FH-4.2.8                            |
| Mother with lack of confidence in ability to breastfeed   | NC 1.3   |  |  | FH-4.2.8                            |
| Unrealistic expectations of weight gain or ideal weight   | NI 2.4   | NI 2.7   |  | FH-4.2.10                           |

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| <b>Knowledge/Beliefs/Attitudes</b>   |  |                  |        |   |
| Unwillingness or disinterest in applying nutrition related recommendations | NC 3.3.1<br>NC 3.3.2<br>NC 3.3.3<br>NC 3.3.4<br>NC 3.3.5 | NB 1.7           | NB 2.5 | FH-4.2.7, FH-4.2.4,<br>FH-5.1.1, FH-5.1.5 |
| Verbalizes unwillingness/disinterest in learning                           | NB 1.1   |                  |        | FH-4.2.7                                  |
| Weight preoccupation   | NB 1.5   |                  |        | FH-4.2.6                                  |
| <b>Behavior</b>  |  |                  |        |   |
| Incomplete self-monitoring records   | NB 1.4   |                  |        | FH-5.1.4                                  |
| Embarrassment or anger at need for self-monitoring                         | NB 1.4   | NB 2.3           |        | FH-5.1.4, FH-4.2.13                       |
| Failure to complete any agreed homework                                    | NB 1.6   |                  |        | FH-5.1.1                                  |
| Failure to keep appointments/schedule or engage in counseling              | NB 1.3   | NB 1.6           |        | FH-5.1.2                                  |
| Inability to recall agreed upon changes                                    | NB 1.6   |                  |        | FH-5.1.3                                  |
| Lack of compliance or inconsistent compliance with plan                    | NB 1.6   |                  |        | FH-5.1.1, FH-5.1.5                        |
| Lack of social and familial support  | NB-1.4   | NB-1.6<br>NB 2.5 |        | FH-5.5.1                                  |
| Inability to change food or activity related behavior                      | NB 2.5   |                  |        |   |
| Mother is concerned about breastfeeding/lack of support                    | NC 1.3   | NC 3.5           |        | FH-5.5.1                                  |
| Avoidance of food or calorie containing beverages                          | NB 1.5   | NC 3.5           |        | FH-5.2, FH-1.2.1, FH-1.2.2                |
| Avoidance of foods of age-appropriate texture                              | NC 1.2   | NC 3.5           |        | FH-5.2, FH-5.5, CH-1.1.1                  |

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| <b>Behavior, cont.</b>   |                                  |          |          |                                     |
| Avoidance of social events where food is served  | NB 1.5                           | NB 2.5   |          | FH-5.2                              |
| Eating alone, feeling embarrassed by the amount of food eaten  | NB 1.5                           |          |          | FH-5.3.1, FH-2.1.3, FH-4.2.13       |
| Eating much more rapidly than normal, eating until feeling uncomfortably full, consuming large amounts of food when not feeling hungry | NB 1.5                           |          |          | FH-5.3.1                            |
| Excess intake of food in a defined time period   | NB 1.5                           |          |          | FH-5.3.1                            |
| Feeling disgusted with oneself, depressed, or guilty after overeating  | NB 1.5                           |          |          | FH-5.3.1, FH-4.2.13                 |
| Less than optimal reliance on foods, food groups, supplements, EN/PN   | NI 2.1                           | NI 2.9   |          | FH-5.4                              |
| Sense of lack of control of overeating during the episode  | NB 1.5                           |          |          | FH-5.3.1                            |
| Lack of developmental readiness  | NC 1.2                           |          |          | FH-5.4                              |
| Prolonged chewing, feeding time, spitting food out   | NC 1.1                           | NC 1.2   | NB 2.6   | FH-5.4                              |
| <b>Factors Affecting Access to Food and Food/Nutrition-Related Supplies</b>  |                                  |          |          |                                     |
| Economic or transportation constraints that limit availability of food or supplies   | NI 2.1                           | NI 5.3   | NI 5.8.3 | FH-6.1, FH-6.4, CH-3.1.1-           |
|  | NI 5.8.4                         | NI 5.8.2 | NC 3.1   |                                     |
|  | NI 5.11.1                        | NB 3.2   | NB 3.3   |                                     |
|  | NB 2.4                           | NC 3.5   |          |                                     |
| Excess intake of mercury   | NB 3.1                           |          |          | FH-6.2.2                            |
| Food insecurity/unwillingness/uncertainty how to use available resources   | NB 2.5                           | NB 3.2   | NC 3.5   | FH-6.1, FH-6.4                      |
| Unsafe food procurement  | NB 3.1                           |          |          | FH-6.2.2                            |
| Unsafe food identification   | NB 3.1                           |          |          | FH-6.2.6                            |

| Parameter (not all-inclusive)  | Nutrition Diagnostic Terminology                                   |                  |                  | Nutrition Assessment and/or ME Code |
|--|--|------------------|------------------|-------------------------------------|
| <b>Factors Affecting Access to Food and Food/Nutrition-Related Supplies</b>            |  |                  |                  |                                     |
| Mislabeled or unlabeled food   | NB 3.1   |                  |                  | FH-6.2.6                            |
| Hunger   | NI 5.3   | NB 3.2           | NC 3.5           | FH-6.1                              |
| Lack of suitable support system to access food, water or supplies                      | NB 3.2   | NB 3.3           | NC 3.5           | FH-6.1, FH-6.3, FH-6.4              |
| No self-management equipment   | NB 1.4   |                  |                  | FH-6.4.1                            |
| Lack of access to assistive eating devices   | NB 2.6   |                  |                  | FH-6.4.2                            |
| Ready access to available foods/products with bioactive substance                      | NI 4.2   |                  |                  | FH-6.1, FH-1.4.2                    |
| Lack of access to appropriate food storage or preparation facility                     | NB 3.1   |                  |                  | FH-6.2.3, FH-6.2.4, FH-6.2.5        |
| Lack of access to potable water  | NB 3.2   |                  |                  | FH-6.3.1                            |
| <b>Physical Activity and Function</b>  |  |                  |                  |                                     |
| Breastfeeding issues, low duration, crying, latch issues, lethargy, feeding resistance | NC 1.3   | NC 3.5           |                  | FH-7.1                              |
| Remembers to eat   | NB 2.6   |                  |                  | FH-7.2.7                            |
| Recalls eating   | NB 2.6   |                  |                  | FH-7.2.8                            |
| Decreased or sedentary activity level (due to barriers or other reasons)               | NI 1.5<br>NC 3.3.1<br>NC 3.3.2<br>NC 3.3.3<br>NC 3.3.4<br>NC 3.3.5 | NB 2.1<br>NC 3.6 |                  | FH-7.3                              |
| Increased physical activity  | NI-1.1<br>NI 1.4   | NI 5.1<br>NC 3.1 | NB 2.2<br>NC 3.5 | FH-7.3                              |

| Parameter (not all-inclusive)   | Nutrition Diagnostic Terminology             |        |        | Nutrition Assessment and/or ME Code              |
|---|--|--------|--------|--|
| <b>Physical Activity and Function, cont.</b>  |  |        |        |  |
| Low level of NEAT (non-exercise activity thermogenesis)   | NB 2.1                                       |        |        | FH-7.3.11  |
| Excessive physical activity (ignoring family, job; exercising without rest/rehabilitation days, or while injured or sick) | NB 1.5                                       | NB 2.2 |        | FH-7.3.2, FH-7.3.3, FH-7.3.4, FH-7.3.5, FH-7.3.6 |
| Overtraining  | NB 2.2                                       |        |        | FH-7.3   |
| Low cardiorespiratory fitness and/or low muscle strength  | NB 2.1                                       |        |        | FH-7.3, PD-1.1.3, PD-1.1.4                       |
| Factors affecting physical activity access  | NC 3.3.1<br>NC 3.3.2<br>NC 3.3.3<br>NC 3.3.4 | NB 1.3 | NB-2.1 | FH-7.4   |
| Lack of ability to shop, prepare meals  | NI 1.4<br><br>NI 5.11.1                      | NI 1.5 | NI 5.3 | FH-7.2.1, FH-7.2.6, FH-7.2.10                    |
| Physical activity, easy fatigue with increased activity; unable to achieve desired levels                                 | NI 2.3                                       | NI 2.6 |        | FH-7.3   |
| Change in functional indicators, e.g., grip strength or others  | NI 5.2                                       |        |        | FH-7.3   |
| Change in physical activity   | NI 1.5                                       |        |        | FH-7.3   |
| Utensil biting  | NB 2.6                                       |        |        | FH-7.2.10, FH-5.4.4                              |
| Food, less than optimal use of  | NB 2.6                                       |        |        | FH-7.2.2, FH-5.4                                 |
| Foods provided not conducive to self feeding  | NB 2.6                                       |        |        | FH-6.2.2, FH-6.2.3                               |
| Dropping foods, utensils, lack of strength for feeding  | NB 2.6                                       |        |        | FH-7.2.2, FH-7.2.3                               |
| <b>Nutrition-Related Patient/Client-Centered Measures</b>   |  |        |        |  |
| Unfavorable QOL or other quality of life rating   | NB 2.5                                       |        |        | FH-8.1.1   |
| Frustration or dissatisfaction with MNT recommendations   | NB-1.6                                       | NB 2.5 |        | FH-8.1.1   |

# Nutrition Assessment Matrix

## Anthropometric Data and Related Diagnostic Terminology

| Parameter (not all-inclusive) | Findings                           | Nutrition Diagnostic Terminology |        |          | Nutrition Assessment and/or ME Code |
|-------------------------------|------------------------------------|----------------------------------|--------|----------|-------------------------------------|
| <b>Height/length</b>          |                                    |                                  |        |          |                                     |
| Height/length                 | loss                               | NI 5.10.1                        |        |          | AD-1.1.1 (adults), AD-1.1.6 (peds)  |
| <b>Weight change</b>          |                                    |                                  |        |          |                                     |
| Weight                        | change, rapid                      | NC 2.2                           | NB 1.5 |          | AD-1.1.4 (adults), AD-1.1.6 (peds)  |
| Weight                        | gain                               | NI 2.9                           | NI 1.3 | NI 2.2   | AD-1.1.4 (adults), AD-1.1.6 (peds)  |
|                               |                                    | NI 3.2                           | NI 1.5 | NC 3.3.1 |                                     |
|                               |                                    | NC 3.4                           |        | NC 3.3.2 |                                     |
|                               |                                    | NC 3.6                           | NC 2.3 | NC 3.3.3 |                                     |
|                               |                                    |                                  |        | NC 3.3.4 |                                     |
|                               |                                    |                                  |        | NC 3.3.5 |                                     |
|                               | in excess of lean tissue accretion | NI 2.4                           | NI 2.5 | NI 2.7   | AD-1.1.4 (adults), AD-1.1.6 (peds)  |
|                               |                                    | NI-2.8                           |        |          |                                     |
|                               | interdialytic                      | NI 5.4                           |        |          | AD-1.1.4 (adults), AD-1.1.6 (peds)  |
| Weight                        | loss                               | NI 1.2                           | NI 2.1 | NI 2.3   | AD-1.1.4 (adults), AD-1.1.6 (peds)  |
|                               |                                    | NI 1.4                           | NI 2.6 | NI-2.8   |                                     |
|                               |                                    | NI 2.5                           | NI 3.1 | NI 4.2   |                                     |
|                               |                                    | NI 2.9                           | NI 5.3 | NI 5.1   |                                     |
|                               |                                    | NI 5.2                           | NC 2.1 | NI 5.6.1 |                                     |
|                               |                                    | NC 1.3                           | NB 2.6 | NC 3.2   |                                     |
|                               |                                    | NI 5.8.3                         | NC 1.4 | NB 3.2   |                                     |
|                               |                                    | NB 2.2                           | NB 3.3 |          |                                     |
|                               |                                    |                                  | NC 3.5 |          |                                     |
|                               |                                    |                                  |        |          |                                     |
| unintentional                 |                                    | NI-1.1                           | NI 2.6 | NI 5.2   | AD-1.1.4 (adults), AD-1.1.6 (peds)  |
|                               |                                    | NI 1.4                           | NI 5.1 | NC 3.2   |                                     |
|                               |                                    | NI 2.3                           | NB 3.3 | NC 3.5   |                                     |
|                               |                                    |                                  |        | NC 3.5   |                                     |
| decreased                     |                                    | NI 1.4                           | NB 2.2 | NC 3.1   | AD-1.1.4 (adults), AD-1.1.6 (peds)  |
|                               |                                    | NB 3.3                           | NC 3.2 | NC 3.5   |                                     |

| Parameter (not all-inclusive)                  | Findings                     | Nutrition Diagnostic Terminology   |  |   | Nutrition Assessment and/or ME Code |
|--|------------------------------|--|--|---|-------------------------------------|
| <b>Weight change</b>                           |                              |  |  |   |                                     |
| Weight   | failure to gain as planned   | NI 1.4<br>NI 2.3<br>NI 2.6<br>NC 3.2   | NI 5.2<br>NI 5.8.3<br>NB 1.6<br>NC 1.3<br>NC 3.5                                 | NI 5.3<br>NB 2.2<br>NB 3.3  | AD-1.1.4 (adults), AD-1.1.6 (peds)  |
| <b>Body Mass Index (BMI)</b>                   |                              |  |  |   |                                     |
| BMI  | increased                    | NI 1.3<br>NB 1.5   | NI 1.5<br>NB 2.1   | NC 3.3.1<br>NC 3.3.2<br>NC 3.3.3<br>NC 3.3.4<br>NC 3.3.5<br>NB 3.2      | AD-1.1.5 (adults), AD-1.1.6 (peds)  |
|  | decreased                    | NI 1.4<br>NI 5.1<br>NC 3.1   | NI 2.3<br>NI 5.2<br>NB 1.5<br>NC 3.5   | NI 2.6<br>NB 3.2<br>NB 3.3  | AD-1.1.5 (adults), AD-1.1.6 (peds)  |
|  | normal                       | NI 5.2   |  |   |                                     |
| <b>Growth Pattern Indices/Percentile Ranks</b> |                              |  |  |   |                                     |
| Growth pattern indices/<br>percentile ranks    | delayed                      | NI-1.1<br>NI 1.4<br>NI 5.1<br>NI 5.6.1<br>NI 5.8.3<br>NC 2.1<br>NB 2.2<br>NC 1.4 | NI 2.1<br>NI 2.6<br>NI 5.2<br>NI 5.7.1<br>NI 5.9.2<br>NC 3.1<br>NC 3.2<br>NC 3.5 | NI 2.3<br>NI 2.9<br>NI 5.3<br>NI 5.7.2<br>NI 5.11.2<br>NB 3.2<br>NB 3.3 | AD-1.1.6                            |
|  | increased more than expected | NC 3.6   |  |   |                                     |

| <b>Parameter (not all-inclusive)</b> | <b>Findings</b> | <b>Nutrition Diagnostic Terminology</b>                  |        |        | <b>Nutrition Assessment and/or ME Code</b> |
|--------------------------------------|-----------------|--|--------|--------|--|
| <b>Body Compartment Estimates</b>    |                 |  |        |        |  |
| Body fat percentage                  | increased       | NI 1.3   |        |        | AD-1.1.7                                   |
| Body fat percentage                  | decreased       | NI 5.1   | NC 3.5 |        | AD-1.1.7                                   |
| Bone mineral density                 | decreased       | NI 5.10.1<br>NI 5.11.1                                   | NC 1.4 | NC 2.1 | AD-1.1.7                                   |
| Mid-arm muscle circumference         | decreased       | NI 5.1   | NC 3.1 | NC 3.5 | AD-1.1.7                                   |
| Triceps skinfold                     | increased       | NC 3.3.1<br>NC 3.3.2<br>NC 3.3.3<br>NC 3.3.4<br>NC 3.3.5 |        |        | AD-1.1.7                                   |
|                                      | decreased       | NI 5.1   | NC 3.1 | NC 3.5 | AD-1.1.7                                   |
| Waist circumference                  | increased       | NC 3.3.1   |        |        | AD-1.1.7                                   |
|                                      |                 | NC 3.3.3   |        |        |  |
|                                      |                 | NC 3.3.4   |        |        |  |
|                                      |                 | NC 3.3.5   |        |        |  |

Updated: 2013 Edition



# Nutrition Assessment Matrix

## Biochemical Data, Medical Tests and Procedures and Related Diagnostic Terminology

| Parameter (not all-inclusive)        | Findings  | Nutrition Diagnostic Terminology |                  |                      | Nutrition Assessment and/or ME Code |
|--------------------------------------|-----------|----------------------------------|------------------|----------------------|-------------------------------------|
| <b>Biochemical data</b>              |           |                                  |                  |                      |                                     |
| <b>Acid-base balance</b>             |           |                                  |                  |                      |                                     |
| pCO <sub>2</sub>                     | abnormal  | NI 2.4                           | NI 2.7           | NC 2.2               | BD-1.1.3                            |
| pO <sub>2</sub>                      | abnormal  | NC 2.2                           |                  |                      | BD-1.1.4                            |
| <b>Electrolyte and renal profile</b> |           |                                  |                  |                      |                                     |
| BUN                                  | increased | NI 3.1<br>NB 1.5                 | NI 5.4<br>NC 2.2 | NI 5.7.2<br>NI 5.7.3 | BD-1.2.1                            |
| Creatinine                           | elevated  | NI 5.4                           | NC 2.2           |                      | BD-1.2.2                            |
| BUN:creatinine ratio                 | increased | NI 2.4                           | NC 2.2           | NI 2.7               | BD-1.2.3                            |
| GFR, glomerular filtration rate      | decreased | NI 5.4<br>NC 2.2                 | NI 5.7.2         | NI 5.7.3             | BD-1.2.4                            |
| Sodium, serum                        | decreased | NI 3.2                           | NC 3.4           | NB 1.5               | BD-1.2.5                            |
|                                      | increased | NI 3.1                           |                  |                      | BD-1.2.5                            |
| Chloride, serum                      | decreased | NB 1.5                           |                  |                      | BD-1.2.6                            |
| Potassium, serum                     | decreased | NI 2.5<br>NC 2.2                 | NI-2.8<br>NI 5.1 | NI 5.5<br>NB 1.5     | BD-1.2.7                            |
|                                      | increased | NI 5.1                           | NI 5.4           | NC 2.2               | BD-1.2.7                            |
| Magnesium, serum                     | decreased | NI 5.1                           | NI 5.5           | NI 5.10.1            | BD-1.2.8                            |
|                                      | increased | NI 5.10.2                        | NI 5.11.2        |                      | BD-1.2.8                            |

| Parameter (not all-inclusive)               | Findings  | Nutrition Diagnostic Terminology |                  |           | Nutrition Assessment and/or ME Code |
|---|-----------|----------------------------------|------------------|-----------|-------------------------------------|
| <b>Electrolyte and renal profile, cont.</b> |           |                                  |                  |           |                                     |
| Calcium, serum                              | decreased | NI 2.3                           | NI 2.6           | NI 5.10.1 | BD-1.2.9                            |
| Calcium, serum ionized                      | decreased | NI 5.9.1                         |                  |           | BD-1.2.10                           |
|   | increased | NI 5.9.2                         |                  |           | BD-1.2.10                           |
| Phosphorus, serum                           | decreased | NI 5.1<br>NI 5.10.1              | NI 5.5           | NI 5.9.1  | BD-1.2.11                           |
|   | increased | NI 2.5<br>NI 5.11.2              | NI-2.8<br>NI 5.4 | NI 5.10.2 | BD-1.2.11                           |
| Osmolality, serum or plasma                 | decreased | NI 3.2                           |                  |           | BD-1.2.12                           |
|   | increased | NI 3.1                           |                  |           | BD-1.2.12                           |
| Parathyroid hormone                         | increased | NI 5.9.1<br>NC 2.1               | NI 5.9.2         | NC 1.4    | BD-1.2.13                           |
| <b>Essential fatty acid profile</b>         |           |                                  |                  |           |                                     |
| Triene:tetraene ratio                       | increased | NI 5.6.1                         |                  |           | BD-1.3.1                            |
| <b>Gastrointestinal profile</b>             |           |                                  |                  |           |                                     |
| ALT, alanine aminotransferase               | increased | NC 2.2                           | NC 2.1           |           | BD-1.4.2                            |
| AST, aspartate aminotransferase             | increased | NI 4.3<br>NC 2.2                 | NC 2.1           | NB 2.2    | BD-1.4.3                            |
| GGT, gamma-glutamyl transferase             | elevated  | NI 4.3                           | NC 2.1           |           | BD-1.4.4                            |
| Gastric residual volume, specify            | increased | NI 2.5                           |                  |           | BD-1.4.5                            |
| Liver enzymes                               | elevated  | NI 1.3                           | NI 2.7           | NI-2.8    | BD-1.4.1, BD-1.4.2,                 |
|   |           |                                  | NI 5.4           | NI 5.6.2  | BD-1.4.3, BD-1.4.4,                 |
|   |           | NI 4.2<br>NI 5.6.3               | NC 2.2           | NB 2.2    | BD-1.4.15                           |

| <b>Parameter (not all-inclusive)</b>   | <b>Findings</b> | <b>Nutrition Diagnostic Terminology</b> |          |          | <b>Nutrition Assessment and/or ME Code</b> |
|--|-----------------|---|----------|----------|--|
| <b>Gastrointestinal profile, cont.</b> |                 |   |          |          |  |
| Bilirubin, total serum                 | increased       | NI 5.6.2                                | NI 5.6.3 | NC 2.2   | BD-1.4.6                                   |
| Ammonia, serum                         | increased       | NI 5.7.3                                |          | NC 2.2   | BD-1.4.7                                   |
| Toxicology reports (Including alcohol) | positive        | NI 4.3                                  | NB 3.1   |          | BD-1.4.8                                   |
| PT, PTT, INR                           | abnormal        | NI 2.3<br>NI 2.6                        | NI 5.9.1 | NI 5.9.2 | BD-1.4.9, BD-1.4.10,<br>BD-1.4.11          |
| Fat, fecal                             | increased       | NI 5.1                                  | NI 5.6.2 | NC 1.4   | BD-1.4.12                                  |
| Amylase, serum                         | increased       | NI 5.6.2                                | NI 5.6.3 |          | BD-1.4.13                                  |
| Lipase                                 | increased       | NI 5.6.2                                | NI 5.6.3 |          | BD-1.4.14                                  |
| Digestive enzymes                      | altered         |   | NC 1.4   |          | BD-1.4.15                                  |
| D-xylose                               | abnormal        | NI 5.1                                  | NC 1.4   |          | BD-1.4.16                                  |
| Hydrogen breath test                   | abnormal        |   | NC 1.4   |          | BD-1.4.17                                  |
| Intestinal biopsy                      | abnormal        |   | NC 1.4   |          | BD-1.4.18                                  |
| Stool culture                          | positive        | NC 1.4                                  | NB 3.1   |          | BD-1.4.19                                  |
| Gastric emptying study                 | abnormal        |   | NC 1.4   |          | BD-1.4.20                                  |
| Small bowel transit time               | abnormal        |   | NC 1.4   |          | BD-1.4.21                                  |

| Parameter (not all-inclusive)          | Findings  | Nutrition Diagnostic Terminology |                              |  | Nutrition Assessment and/or ME Code |
|--|-----------|----------------------------------|------------------------------|--|-------------------------------------|
| <b>Glucose/endocrine profile</b>       |           |                                  |                              |  |                                     |
| Glucose, blood                         | decreased | NI 5.8.3<br>NB 1.5               | NI 5.8.4<br>NC 2.1           | NC 2.2                                 | BD-1.5.1, BD-1.5.2                  |
|  | increased | NI 2.4<br>NI 5.8.3<br>NC 2.1     | NI 2.7<br>NI 5.8.4<br>NC 2.2 | NI-3.1<br>NI 5.8.2<br>NC 3.4<br>NC 3.5 | BD-1.5.1, BD-1.5.2                  |
| Hemoglobin A1c                         | increased | NI 5.8.2                         | NC 2.2                       |  | BD-1.5.3                            |
| GTT (glucose tolerance test)           | abnormal  | NI 5.8.2                         |                              |  | BD-1.5.6                            |
| Cortisol levels                        | increased | NB 2.2                           |                              |  | BD-1.5.7                            |
| IGF binding protein                    | abnormal  | NB 2.2                           |                              |  | BD-1.5.8                            |
| Thyroid function tests (TSH, T4, T3)   | abnormal  | NI 5.10.2                        | NB 1.5                       |  | BD-1.5.9                            |
| Pituitary hormones (GH, ACTH, LH, FSH) | abnormal  | NC-2.1                           |                              |  | BD-1.5.10                           |
| <b>Inflammatory profile</b>            |           |                                  |                              |  |                                     |
| C-reactive protein                     | elevated  | NI 5.1                           | NI 5.6.3                     |  | BD-1.6.1                            |
| <b>Lipid profile</b>                   |           |                                  |                              |  |                                     |
| Cholesterol, serum                     | decreased | NI 4.2                           | NI 5.1                       |  | BD-1.7.1                            |
|  | increased | NI 4.1<br>NI 5.6.3               | NI 5.4<br>NB 1.5             | NI 5.6.2                               | BD-1.7.1                            |
| Cholesterol, HDL                       | decreased | NI 5.4<br>NI 5.10.2              | NI 5.6.2                     | NI 5.6.3                               | BD-1.7.2                            |
| Cholesterol, LDL                       | increased | NI 5.4                           | NI 5.6.2                     | NI 5.6.3                               | BD-1.7.3                            |

| Parameter (not all-inclusive)  | Findings  | Nutrition Diagnostic Terminology |                  |                        | Nutrition Assessment and/or ME Code |
|--------------------------------|-----------|----------------------------------|------------------|------------------------|-------------------------------------|
| <b>Lipid profile, cont.</b>    |           |                                  |                  |                        |                                     |
| Triglycerides                  | increased | NI 5.4                           | NI 5.6.2         | NI 5.6.3               | BD-1.7.7                            |
| Lipid profile, serum           | abnormal  | NC 2.2<br>NB 1.7                 | NC 3.4           | NB 1.5                 | BD-1.7                              |
| <b>Metabolic rate profile</b>  |           |                                  |                  |                        |                                     |
| Resting metabolic rate         | increased | NI-1.1                           | NC 3.1           |                        | BD-1.8.1                            |
| Respiratory quotient, measured | abnormal  | NI 1.3                           | NI 2.3           | NI 2.6                 | BD-1.8.2                            |
| <b>Mineral profile</b>         |           |                                  |                  |                        |                                     |
| Copper, serum                  | decreased | NI 2.3<br>NI 5.10.2<br>NB 3.3    | NI 2.6<br>NC 1.4 | NI 5.10.1<br>NI 5.11.1 | BD-1.9.1                            |
| Boron, serum or plasma         | decreased | NI 2.1                           | NI 2.3           | NI 5.10.1              | BD-1.9.4                            |
|                                | increased | NI 5.10.2                        |                  |                        |                                     |
| Fluoride, plasma               | decreased | NI 2.1                           | NI 2.3           | NI 5.10.1              | BD-1.9.6                            |
|                                | increased | NI 5.10.2                        |                  |                        |                                     |
| Manganese, blood, plasma       | decreased | NI 2.3                           | NI 2.6           | NI 5.10.1              | BD-1.9.7                            |
|                                | increased | NI 5.10.2                        |                  |                        |                                     |
| Molybdenum, serum              | decreased | NI 2.3                           | NI 2.6           | NI 5.10.1              | BD-1.9.8                            |
|                                | increased | NI 5.10.2                        |                  |                        |                                     |
| Selenium, serum                | decreased | NI 2.3                           | NI 2.6           | NI 5.10.1              | BD-1.9.9                            |
|                                | increased | NI 5.10.2                        |                  |                        |                                     |

| Parameter (not all-inclusive)     | Findings  | Nutrition Diagnostic Terminology |                  |                  | Nutrition Assessment and/or ME Code |
|-----------------------------------|-----------|----------------------------------|------------------|------------------|-------------------------------------|
| <b>Biochemical data</b>           |           |                                  |                  |                  |                                     |
| <b>Mineral profile, cont'd</b>    |           |                                  |                  |                  |                                     |
| Iodine, urinary                   | decreased | NI 5.10.1<br>NB 3.3              | NC 1.4           | NI 5.11.1        | BD-1.9.2                            |
| Zinc, plasma                      | decreased | NI 2.3<br>NI 5.11.1<br>NC 3.5    | NI 2.6<br>NC 1.4 | NB 2.2<br>NB 3.3 | BD-1.9.3                            |
| <b>Nutritional anemia profile</b> |           |                                  |                  |                  |                                     |
| Hemoglobin                        | decreased | NI 5.10.1                        | NC 2.1           |                  | BD-1.10.1                           |
| Hematocrit                        | increased | NB 2.2                           | NC 2.1           |                  | BD-1.10.2                           |
| Mean corpuscular volume           | increased | NI 4.3                           | NC 2.1           |                  | BD-1.10.3                           |
| Folate, RBC                       | decreased | NI 5.9.1<br>NB 3.3               | NI 5.11.1        | NC 2.1           | BD-1.10.4                           |
| Folic acid, serum                 | decreased | NI 5.9.1<br>NI 5.11.1            | NC 1.4<br>NB 3.3 | NC 2.1           | BD-1.10.8                           |
| Vitamin B12, serum                | decreased | NI 5.9.1<br>NI 5.11.1            | NC 1.4<br>NB 3.3 | NC 2.1           | BD-1.10.6                           |
| Homocysteine, serum               | increased | NI 5.9.1                         | NC 1.4           | NC 2.1           | BD-1.10.9                           |
| Ferritin, serum                   | decreased | NB 2.2<br>NB 3.3                 | NC 1.4<br>NC 3.5 | NC 2.1           | BD-1.10.10                          |
|                                   | increased | NI 5.10.2                        | NI 5.11.1        |                  | BD-1.10.10                          |
| Iron                              | decreased | NI 2.3<br>NI 5.11.1<br>NC 3.5    | NI 2.6<br>NB 3.3 | NC 1.4<br>NC 2.1 | BD-1.10.11                          |
| Iron binding capacity             | decreased | NI 2.3<br>NI 5.11.1              | NI 2.6<br>NB 3.3 | NC 1.4<br>NC 2.1 | BD-1.10.12                          |

| Parameter (not all-inclusive)      | Findings  | Nutrition Diagnostic Terminology |           |           | Nutrition Assessment and/or ME Code |
|------------------------------------|---|----------------------------------|-----------|-----------|-------------------------------------|
| <b>Protein profile</b>             |   |                                  |           |           |                                     |
| Albumin, serum                     | decreased   | NI 5.1                           |           | NC 3.4    | BD-1.11.1                           |
| Prealbumin                         | decreased   | NI 5.1                           |           |           | BD-1.11.2                           |
| Transferrin                        | increased   | NI 4.3                           | NI 5.10.2 | NI 5.11.1 | BD-1.11.3                           |
| Amino acids                        | increased   | NI 5.7.3                         | NC 2.1    |           | BD-1.11.6                           |
| Carbohydrate deficient transferrin | increased   | NI 4.3                           |           |           | BD-1.11.8                           |
| <b>Urine profile</b>               |   |                                  |           |           |                                     |
| Urine volume, specify              | decreased   | NI 3.1                           |           |           | BD-1.12.5                           |
|                                    | fewer diapers than reference standard in 24 hours | NC 1.3                           |           |           | BD-1.12.5                           |
| Calcium, urine                     | decreased   | NI 5.10.1                        | NI 5.11.1 |           | BD-1.12.4                           |
| Ketones, urine                     | present   | NB 1.5                           | NC 3.5    |           | BD-1.12.4                           |
| Specific gravity, urine            | increased   | NI-3.1                           |           |           | BD-1.12.4                           |
|                                    | decreased   | NI-3.1                           |           |           | BD-1.12.4                           |
| Microalbumin, urine                | increased   | NC-2.2                           |           |           | BD-1.12.4                           |
| <b>Vitamin profile</b>             |   |                                  |           |           |                                     |
| Retinol, serum                     | decreased   | NI 5.9.1                         | NI 5.11.1 |           | BD-1.13.1                           |
|                                    | increased   | NI 5.9.2                         | NI 5.11.2 |           | BD-1.13.1                           |
| Vitamin C, plasma                  | decreased   | NI 5.9.1                         | NI 5.11.1 |           | BD-1.13.2                           |

| <b>Parameter (not all-inclusive)</b> | <b>Findings</b> | <b>Nutrition Diagnostic Terminology</b> |           | <b>Nutrition Assessment and/or ME Code</b> |
|--------------------------------------|-----------------|---|-----------|--|
| <b>Vitamin profile</b>               |                 |   |           |  |
| Alpha tocopherol, plasma             | decreased       | NI 5.9.1                                | NI 5.11.1 | BD-1.13.4                                  |
| Erythrocyte transketolase activity   | increased       | NI 5.9.1                                | NI 5.11.1 | BD-1.13.5                                  |
| Erythrocyte glutathione reductase    | increased       | NI 5.9.1                                | NI 5.11.1 | BD-1.13.6                                  |
| N'methyl-nicotinamide                | decreased       | NI 5.9.1                                | NI 5.11.1 | BD-1.13.7                                  |
|                                      | increased       | NI 5.9.2                                | NI 5.11.2 | BD-1.13.7                                  |
| Pyridoxal 5'phosphate, plasma        | decreased       | NI 5.9.1                                | NI 5.11.1 | BD-1.13.8                                  |
|                                      | increased       | NI 5.9.2                                | NI 5.11.2 | BD-1.13.8                                  |
| Pantothenic acid, plasma             | decreased       | NI 5.9.1                                | NI 5.11.1 | BD-1.13.9                                  |
|                                      | increased       | NI 5.9.2                                | NI 5.11.2 | BD-1.13.9                                  |
| Biotin, serum                        | decreased       | NI 5.9.1                                | NI 5.11.1 | BD-1.13.10                                 |
|                                      | increased       | NI 5.9.2                                | NI 5.11.2 | BD-1.13.10                                 |

Updated: 2013 Edition



# Nutrition Assessment Matrix

## Nutrition-Focused Physical Findings Data and Related Nutrition Diagnostic Terminology

| Parameter (not all-inclusive)                    | Findings          | Nutrition Diagnostic Terminology     |                            |                              | Nutrition Assessment and/or ME Code |
|--|-------------------|--------------------------------------|----------------------------|------------------------------|-------------------------------------|
| <b>Overall appearance</b>                        |                   |                                      |                            |                              |                                     |
| Thin, wasted                                     | present           | NC 1.4                               | NC 2.1                     |                              | PD-1.1.1                            |
| <b>Body language</b>                             |                   |                                      |                            |                              |                                     |
| Body language (note: varies by culture), specify | negative          | NB 1.3                               | NB 1.6                     |                              | PD-1.1.2                            |
| <b>Cardiovascular-pulmonary system</b>           |                   |                                      |                            |                              |                                     |
| Edema, pulmonary                                 | crackles or rales | NI 3.2                               |                            |                              | PD-1.1.3                            |
| Shortness of breath                              | present           | NI 3.2                               | NB 2.6                     | NC 2.2                       | PD-1.1.3                            |
| <b>Extremities, muscles and bones</b>            |                   |                                      |                            |                              |                                     |
| Bones, specify                                   | fragility         | NI 5.9.2                             | NI 5.11.2                  |                              | PD-1.1.4                            |
|  | widening at ends  | NI 5.9.1                             |                            |                              | PD-1.1.4                            |
|  | other, changes    | NI 5.9.2                             | NI 5.11.1                  |                              | PD-1.1.4                            |
| Clothes, fit                                     | change            | NC 3.2                               |                            |                              | PD-1.1.4                            |
| Edema, peripheral , generalized                  | present           | NI 2.4<br>NI 2.8<br>NI 5.4<br>NC 2.2 | NI 2.5<br>NI 3.2<br>NB 1.5 | NI 2.7<br>NI 5.2<br>NI 5.7.1 | PD-1.1.4                            |

| Parameter (not all-inclusive)                  | Findings           | Nutrition Diagnostic Terminology                                   |                            |                            | Nutrition Assessment and/or ME Code |
|--|--------------------|--|----------------------------|----------------------------|-------------------------------------|
| <b>Extremities, muscles and bones, cont.</b>   |                    |  |                            |                            |                                     |
| Fat, subcutaneous                              | decreased          | NI 1.4<br>NI 2.8<br>NB 2.1<br>NC 3.2                               | NI 2.5<br>NI 5.2<br>NB 2.2 | NI-2.6<br>NB 1.5<br>NB 3.3 | PD-1.1.4                            |
|  | increased          | NI 1.5<br>NC 3.3.1<br>NC 3.3.2<br>NC 3.3.3<br>NC 3.3.4<br>NC 3.3.5 | NB 3.2                     | NB 1.5                     | PD-1.1.4                            |
| Fatigue  | present            | NC 3.4   | NB 1.5                     | NB 2.2                     | PD-1.1.4                            |
| Feeling cold                                   | present            | NB 1.5   |                            |                            | PD-1.1.4                            |
| Hands and feet, specify                        | cyanosis           | NB 1.5   |                            |                            | PD-1.1.4                            |
|  | tingling, numbness | NI 5.9.1   |                            |                            | PD-1.1.4                            |
| Joint, arthralgia, effusions, mobility changes | present            | NI 1.2   | NI 5.9.1                   | NI 5.8.1                   | PD-1.1.4                            |
| Muscle mass, specify                           | decreased          | NI 1.4   | NI 2.5                     | NI 2.6                     | PD-1.1.4                            |
|  |                    | NI 2.3   | NI 5.1                     | NI 5.2                     |                                     |
|  |                    | NI-2.8   | NB 1.5                     | NB 2.1                     |                                     |
|  |                    | NI 5.7.1   | NC 3.2                     | NB 2.2                     |                                     |
|  |                    | NC 3.1   | NB 3.3                     | NC 3.5                     |                                     |
| Muscle soreness, weakness, spasm               | present            | NI 3.2   | NB 1.5                     | NB 2.2                     | PD-1.1.4                            |
|  |                    | NC 3.4   | NC 1.1                     |                            |                                     |
| Nail, nail beds, specify                       | blue, clubbing     | NC 2.2   |                            |                            | PD-1.1.4                            |
|  | pale               | NI 2.3<br>NI 5.1   | NI 2.6                     | NI 2.9                     | PD-1.1.4                            |
|  | other              | NI 5.10.2  | NI 5.11.1                  |                            | PD-1.1.4                            |
| Russell's sign                                 | present            | NB 1.5   |                            |                            | PD-1.1.4                            |

| Parameter (not all-inclusive)                                | Findings   | Nutrition Diagnostic Terminology     |                                      |                              | Nutrition Assessment and/or ME Code |
|--|--|--------------------------------------|--------------------------------------|------------------------------|-------------------------------------|
| <b>Digestive system (mouth to rectum)</b>                    |  |                                      |                                      |                              |                                     |
| Mouth/throat: cheilosis                                      | present  | NI 5.9.1                             | NC 2.1                               | NC 1.4                       | PD-1.1.5                            |
| Dry mucous membranes   | present  | NI 2.3<br>NC 1.1<br>NB 3.1<br>NB 3.2 | NI 2.6<br>NI 3.1<br>NC 1.2<br>NB 3.3 | NI 5.9.2<br>NB 2.6<br>NC 1.4 | PD-1.1.5                            |
| Feeling of food “stuck” in throat, regurgitation             | present  | NC 1.1                               |                                      |                              | PD-1.1.5                            |
| Gums, gingivitis, bleeding                                   | present  | NI 2.3<br>NI 5.9.1                   | NI 2.6<br>NI 5.11.1                  | NI 2.9<br>NI 5.1             | PD-1.1.5                            |
| Hoarse or wet voice  | present  | NB 2.6                               | NC 1.1                               |                              | PD-1.1.5                            |
| Ketone smell on breath                                       | present  | NI 5.8.1                             |                                      |                              | PD-1.1.5                            |
| Lesions  | present  | NC 1.2                               | NC 2.1                               | NC 1.4                       | PD-1.1.5                            |
| Lips, specify  | dry or cracked   | NI 5.9.2                             |                                      |                              | PD-1.1.5                            |
|  | poor closure, drooling                                   | NC 1.1                               | NB 2.6                               |                              | PD-1.1.5                            |
| Mucosa (mouth and pharynx)                                   | edema  | NI 5.9.1                             | NI 5.11.1                            |                              | PD-1.1.5                            |
| Pain, difficulty <del>on</del> swallowing, coughing, choking | present  | NI 3.1                               | NC 1.1                               | NC 1.3                       | PD-1.1.5                            |
| Parotid glands   | enlarged   | NB 1.5                               |                                      |                              | PD-1.1.5                            |
| Pouching   | Present  | NC 1.1                               |                                      |                              | PD-1.1.5                            |
| Stomatitis   | present  | NI 5.9.1                             | NI 5.11.1                            |                              | PD-1.1.5                            |
| Teeth  | missing, caries, damaged enamel, poorly fitting dentures | NI 1.2<br>NB 1.5                     | NI 2.9<br>NI 5.8.2                   | NC 1.2                       | PD-1.1.5                            |

| Parameter (not all-inclusive)                                      | Findings         | Nutrition Diagnostic Terminology       |                                   |                                | Nutrition Assessment and/or ME Code |
|--|------------------|--|-----------------------------------|--------------------------------|-------------------------------------|
| <b>Digestive system (mouth to rectum)</b>                          |                  |  |                                   |                                |                                     |
| Tongue:  |                  |  |                                   |                                |                                     |
| Bright red, magenta, glossitis                                     | present          | NI 5.9.1<br>NI 5.11.1                  | NC 1.4<br>NC 2.1                  |                                | PD-1.1.5                            |
| Impaired tongue movement, extrusion                                | present          | NC 1.2                                 | NB 2.6                            | NC 1.1                         | PD-1.1.5                            |
| Frenulum abnormality (infants)                                     | present          | NC 1.3                                 |                                   |                                | PD-1.1.5                            |
| Taste  | alteration       | NI 2.1<br>NC 2.3                       | NC 3.2                            | NB 1.5                         | PD-1.1.5                            |
| Abdominal distention, bloating, cramping, pain, gas                | present          | NI 4.2<br>NC 1.4<br>NI 5.9.2<br>NB 3.1 | NI 5.6.2<br>NI 5.8.6<br>NI 5.10.2 | NI 5.6.3<br>NI 5.8.3<br>NB 1.5 | PD-1.1.5                            |
| Self-induced vomiting diarrhea, bloating, constipation, flatulence | present          | NB 1.5                                 |                                   |                                | PD-1.1.5                            |
| Appetite, specify  | hunger           | NI 5.3<br>NB 3.2<br>NB 3.3             | NC 1.3<br>NC 3.1                  | NC 3.4<br>NC 2.3               | PD-1.1.5                            |
|  | anorexia         | NI 1.2<br>NC 1.4<br>NC 2.3             | NI 2.1<br>NI 5.10.2               | NI 3.2<br>NC 2.2               | PD-1.1.5                            |
|  | denial of hunger | NB 1.5                                 |                                   |                                | PD-1.1.5                            |
|  | variable         | NI-2.9                                 |                                   |                                |                                     |
| Ascites  | present          | NI 3.2                                 | NC 2.2                            |                                | PD-1.1.5                            |

| Parameter (not all-inclusive)                     | Findings                   | Nutrition Diagnostic Terminology                             |  |  | Nutrition Assessment and/or ME Code |
|---|----------------------------|--|--|--|-------------------------------------|
| <b>Digestive system (mouth to rectum), cont'd</b> |                            |  |  |  |                                     |
| Bowel function                                    | constipation               | NI 4.2<br>NI 5.8.5   | NI 5.5<br>NB 1.5                                   | NI 5.8.3<br>NC 1.4                               | PD-1.1.5                            |
|   | diarrhea                   | NI 2.3<br>NI 3.1<br>NI 5.5<br>NI 5.8.2<br>NI 5.8.6<br>NB 3.1 | NI 2.5<br>NI 5.3<br>NI 5.6.2<br>NI 5.8.3<br>NB 1.5 | NI 2.6<br>NI 4.2<br>NI 5.6.3<br>NC 1.3<br>NC 1.4 | PD-1.1.5                            |
|   | steatorrhea                | NI 5.3<br>NI 5.6.3   | NI 5.6.2   | NC 1.4   | PD-1.1.5                            |
|   | flatus                     | NI 5.8.6   | NB 1.5   |  | PD-1.1.5                            |
|   | volume/frequency increased | NI 5.8.6   |  |  | PD-1.1.5                            |
| Bowel sounds                                      | abnormal                   | NC 1.4   |  |  | PD-1.1.5                            |
| Epigastric pain                                   | present                    | NI 5.5   | NI 5.6.2   | NI 5.6.3   | PD-1.1.5                            |
| Reflux, GERD                                      | present                    | NI 5.8.3   |  |  | PD-1.1.5                            |
| Nausea  | present                    | NI 2.1<br>NI 2.3<br>NI 4.2<br>NI 5.9.2<br>NC 2.2             | NI 2.5<br>NI 2.6<br>NI 5.5<br>NC 1.4               | NI-2.8<br>NI 3.2<br>NI 5.8.6<br>NB 3.1           | PD-1.1.5                            |
| Vomiting  | present                    | NI 2.1<br>NI 2.3<br>NI 3.2<br>NI 5.9.2<br>NC 1.4             | NI 2.5<br>NI 2.6<br>NI 5.5<br>NB 1.5               | NI 5.8.6<br>NB 3.1<br>NC 1.3<br>NC 2.2           | PD-1.1.5                            |
| <b>Eyes and head</b>                              |                            |  |  |  |                                     |
| Eyes:   |                            |  |  |  |                                     |
| Bitot's spots                                     | present                    | NI 5.9.1   |  |  | PD-1.1.6                            |

| Parameter (not all-inclusive)                | Findings  | Nutrition Diagnostic Terminology          |  |                                 | Nutrition Assessment and/or ME Code |
|--|-----------|---|--|---------------------------------|-------------------------------------|
| <b>Eyes and head, cont.</b>                  |           |   |  |                                 |                                     |
| Night blindness                              | present   | NI 5.9.1                                  |  |                                 | PD-1.1.6                            |
| Vision, specify                              | decreased | NC 3.2                                    | NB 2.4                                 | NB 3.1                          | PD-1.1.6                            |
| Xerophthalmia                                | present   | NI 5.9.1                                  | NI 5.9.2                               |                                 | PD-1.1.6                            |
| <b>Head:</b>                                 |           |   |  |                                 |                                     |
| Fontanelle, bulging or sunken (in infants)   | bulging   | NI 5.9.2                                  |  |                                 | PD-1.1.6                            |
| Hair, specify, e.g., brittle, lifeless, loss | present   | NI 2.3<br>NI 5.7.1<br>NI 5.10.2<br>NC 1.4 | NI 2.6<br>NI 5.1<br>NI 5.9.1<br>NB 1.5 | NI 2.9<br>NI 5.9.2<br>NI 5.11.1 | PD-1.1.6                            |
| Headache                                     | present   | NI 3.2                                    | NI 5.9.2                               |                                 | PD-1.1.6                            |
| Lanugo hair formation on face and trunk      | present   | NB 1.5                                    |  |                                 | PD-1.1.6                            |
| Mucosa, nasal                                | dryness   | NI 5.9.2                                  |  |                                 | PD-1.1.6                            |
| Olfactory sense, specify                     | decreased | NC 3.2                                    |  |                                 | PD-1.1.6                            |
| Temporal wasting                             | present   | NI 5.2                                    |  |                                 | PD-1.1.6                            |

| Parameter (not all-inclusive)              | Findings   | Nutrition Diagnostic Terminology |                     |                  | Nutrition Assessment and/or ME Code |
|--|--|----------------------------------|---------------------|------------------|-------------------------------------|
| <b>Nerves and cognition</b>                |  |                                  |                     |                  |                                     |
| Confusion, loss of concentration           | present  | NI 5.9.1                         | NB 1.5              |                  | PD-1.1.7                            |
| Cranial nerve function                     | altered  | NC 1.1                           | NC 1.2              |                  | PD-1.1.7                            |
| Dizziness                                  | present  | NB 3.1                           |                     |                  | PD-1.1.7                            |
| Motor and gait disturbances                | present  | NI 5.9.1                         |                     |                  | PD-1.1.7                            |
| Neurological changes, specify              | present  | NI 2.3<br>NI 4.2                 | NI 2.6              | NI 2.9           | PD-1.1.7                            |
| Vibratory and position sense, specify      | diminished   | NI 5.9.1                         |                     |                  | PD-1.1.7                            |
| <b>Skin</b>                                |  |                                  |                     |                  |                                     |
| Calcification of soft tissues (calcinosis) | present  | NI 5.9.2                         |                     |                  | PD-1.1.8                            |
| Ecchymosis                                 | present  | NI 5.9.1                         |                     |                  | PD-1.1.8                            |
| Follicular hyperkeratosis                  | present  | NI 5.9.1                         |                     |                  | PD-1.1.8                            |
| Skin, specify                              | changes consistent with nutrient deficiency/excess | NI 5.6.1<br>NI 5.9.1             | NB 1.7<br>NI 5.11.1 | NB 3.2<br>NC 1.4 | PD-1.1.8                            |
|  | dermatitis   | NI 5.6.1                         | NI 5.6.3            | NC 1.4           | PD-1.1.8                            |
|  | dry, scaly   | NI 2.1<br>NB 1.5                 | NI 3.1              | NI 5.6.1         | PD-1.1.8                            |
|  | dull   | NI 5.7.1                         |                     |                  | PD-1.1.8                            |
|  | erythema, scaling and peeling                      | NI 5.9.2                         |                     |                  | PD-1.1.8                            |
|  | Lesions<br>Hives, flushing, rash                   | NI 5.9.1<br>NI 4.2               | NI 5.9.2            | NC 1.4           | PD-1.1.8                            |
| Integrity/turgor                           | decreased  | NI 2.1<br>NI 3.1<br>NB 3.3       | NI 2.3<br>NI 5.1    | NI 2.6<br>NC 1.1 | PD-1.1.8                            |

| Parameter (not all-inclusive)  | Findings  | Nutrition Diagnostic Terminology |                  |        | Nutrition Assessment and/or ME Code |
|--------------------------------|-----------|----------------------------------|------------------|--------|-------------------------------------|
| <b>Skin, cont.</b>             |           |                                  |                  |        |                                     |
| Insensible loss                | increased | NI-3.1                           |                  |        | PD-1.1.8                            |
| Jaundice                       | present   | NC 2.2                           |                  |        | PD-1.1.8                            |
| Perifollicular hemorrhages     | present   | NI 5.9.1                         |                  |        | PD-1.1.8                            |
| Petechiae                      | present   | NI 5.9.1                         |                  |        | PD-1.1.8                            |
| Pressure ulcers, specify       | present   | NI 2.3                           | NI 2.6           | NI 5.1 | PD-1.1.8                            |
| Pruritis                       | present   | NC 2.2                           |                  |        | PD-1.1.8                            |
| Seborrheic or other dermatitis | present   | NI 5.7.3                         | NI 5.9.1         |        | PD-1.1.8                            |
| Wound healing, specify         | decreased | NI 2.3<br>NI 5.9.1               | NI 2.6<br>NI 5.3 | NI 5.1 | PD-1.1.8                            |
| Xanthomas                      | present   | NI 5.6.2                         |                  |        | PD-1.1.8                            |
| <b>Vital signs</b>             |           |                                  |                  |        |                                     |
| Blood pressure                 | decreased | NB 1.5                           |                  |        | PD-1.1.9                            |
|                                | increased | NI 4.2                           | NI 5.10.1        |        | PD-1.1.9                            |
| Heart rate                     | decreased | NB 1.5                           |                  |        | PD-1.1.9                            |
|                                | increased | NC 3.2                           |                  |        | PD-1.1.9                            |
| Respiratory rate               | increased | NI 1.3                           | NC 3.2           |        | PD-1.1.9                            |
| Temperature                    | decreased | NB 1.5                           |                  |        | PD-1.1.9                            |
|                                | increased | NI-1.1                           | NC 3.2           | NB 3.1 | PD-1.1.9                            |



# Nutrition Assessment Matrix

## Client History Data and Related Diagnostic Terminology

| Parameter (not all-inclusive)                               | Nutrition Diagnostic Terminology       |  |                              | Nutrition Assessment and/or ME Code |
|---|--|--|------------------------------|-------------------------------------|
| <b>Personal history</b>                                     |  |  |                              |                                     |
| Literacy factors  | NB 1.1                                 |  |                              | CH-1.1.5                            |
| Ethnic and cultural related issues                          | NB 2.5                                 |  |                              | CH-1.1.3                            |
| Physical disability, developmental disability or limitation | NI 2.9<br>NC 3.1                       | NC 3.3.1<br>NC 3.3.2<br>NC 3.3.3<br>NC 3.3.4<br>NC 3.3.5 | NB 2.6<br>NB 3.2<br>NB 3.3   | CH-1.1.9                            |
| <b>Patient/client/family Medical/Health history</b>         |  |  |                              |                                     |
| <b>Cardiovascular</b>                                       |  |  |                              | CH-2.1.2 P or F                     |
| Angina  | NI 5.6.2                               |  |                              | CH-2.1.2 P or F                     |
| Arrhythmias   | NI 4.2                                 | NB 1.5   |                              | CH-2.1.2 P or F                     |
| Atherosclerosis   | NI 5.6.2                               | NI 5.6.3   |                              | CH-2.1.2 P or F                     |
| Cardiovascular disease                                      | NI 3.2<br>NI 5.2<br>NI 5.3<br>NI 5.9.2 | NI 4.1<br>NI 5.4<br>NC 2.2<br>NB 2.3                     | NI 4.2<br>NI 5.6.3<br>NB 1.2 | CH-2.1.2 P or F                     |
| Cardiac changes   | NB 3.1                                 |  |                              | CH-2.1.2 P or F                     |
| Hyperlipidemia  | NI 5.6.2                               | NI 5.6.3   |                              | CH-2.1.2 P or F                     |
| Hypertension  | NI 4.2                                 | NI 4.3   | NI 5.4                       | CH-2.1.2 P or F                     |
| Hypertriglyceridemia  | NI 4.3                                 |  |                              | CH-2.1.2 P or F                     |

| <b>Parameter (not all-inclusive)</b>           | <b>Nutrition Diagnostic Terminology</b>                  |  |                              | <b>Nutrition Assessment and/or ME Code</b> |
|--|--|--|------------------------------|--|
| <b>Endocrine/metabolism</b>                    |  |  |                              |  |
| Cushing's syndrome                             | NC 3.4   |  |                              | CH-2.1.3 P or F                            |
| Diabetes mellitus                              | NI 3.1<br>NI 5.2<br>NI 5.8.4<br>NB 1.4<br>NC 3.5         | NI 5.6.3<br>NC 1.2<br>NC 2.2   | NI 5.8.2<br>NB 1.2<br>NB 2.3 | CH-2.1.3 P or F                            |
| Hyperthyroidism (pre- or untreated)            | NC 3.2   | NC 3.5   |                              | CH-2.1.3 P or F                            |
| Hypoglycemia                                   | NI 5.8.3   | NI 5.8.4   |                              | CH-2.1.3 P or F                            |
| Hypothyroidism                                 | NC 3.3.1<br>NC 3.3.2<br>NC 3.3.3<br>NC 3.3.4<br>NC 3.3.5 | NC 3.4<br>NC 3.5   |                              | CH-2.1.3 P or F                            |
| Inborn errors of metabolism                    | NI 5.7.3<br>NC 2.1                                       | NI 5.8.2<br>NC 3.5   | NI 5.8.3                     | CH-2.1.3 P or F                            |
| Metabolic syndrome                             | NI 2.2   | NI 5.8.4   |                              | CH-2.1.3 P or F                            |
| Obesity, childhood                             | NC 3.3.1<br>NC 3.3.2<br>NC 3.3.3<br>NC 3.3.4<br>NC 3.3.5 |  |                              | CH-2.1.3 P or F                            |
| Obesity, overweight                            | NI 2.2<br>NI 5.8.4<br>NI 5.10.1                          | NI 5.2<br>NI 5.6.3<br>NC 3.3.1<br>NC 3.3.2<br>NC 3.3.3<br>NC 3.3.4<br>NC 3.3.5 | NI 5.8.2<br>NB 1.4           | CH-2.1.3 P or F                            |
| Obesity, morbid                                | NB 2.1   |  |                              | CH-2.1.3 P or F                            |
| Other endocrine, pituitary disorders           | NC 2.1   |  |                              | CH-2.1.3 P or F                            |
| Poisoning from food stuffs or poisonous plants | NB 3.1   |  |                              | CH-2.1.5 P or F                            |

| Parameter (not all-inclusive) | Nutrition Diagnostic Terminology |  |  | Nutrition Assessment and/or ME Code |
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**Endocrine/metabolism, cont.**

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| Poisoning by drugs, medicinals or biological substances | NB 3.1 |  |  | CH-2.1.3 P or F |
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| Refeeding syndrome | NI 5.5 |  |  | CH-2.1.3 P or F |
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**Excretory**

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| Kidney stones | NI 5.10.1 |  |  | CH-2.1.4 P or F |
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| Nephrotic syndrome | NI 3.2 |  |  | CH-2.1.4 P or F |
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| Kidney disease | NI 3.2   | NI 5.4 | NI 5.7.3 | CH-2.1.4 P or F |
|                | NI 5.7.2 | NC 2.1 | NI-5.9.1 |                 |
|                | NC 2.2   | NB 2.3 | NI 5.9.2 |                 |

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| SIADH | NI 3.2 |  |  | CH-2.1.4 P or F |
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| Achalasia | NC 1.1 |  |  | CH-2.1.5 P or F |
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| Biliary disease | NI 5.6.2 | NI 5.6.3 |  | CH-2.1.5 P or F |
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| Candidiasis | NC 1.2 | NC 1.3 |  | CH-2.1.5 P or F |
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| Celiac disease | NI 5.8.1 | NI 5.7.3 | NI 5.10.1 | CH-2.1.5 P or F |
|                | NC 1.4   | NI 5.9.1 | NC 2.1    |                 |
|                | NC 3.5   |          |           |                 |

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| Crohn's disease | NI 2.3 | NI 2.6 | NI 5.1 | CH-2.1.5 P or F |
|                 | NI 5.4 | NC 1.2 | NC 2.1 |                 |
|                 | NC 1.4 | NC 3.5 |        |                 |

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| Diverticulitis | NI 5.8.6 | NC 1.4 |  | CH-2.1.5 P or F |
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| Dysphasia | NC 1.1 | NC 3.2 | NB 2.6 | CH-2.1.5 P or F |
|           | NC 3.5 |        |        |                 |

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| Encephalopathy, hepatic | NI 5.4 |  |  | CH-2.1.5 P or F |
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| Foodborne illness, e.g., bacterial, viral, and parasitic infection | NB 3.1 |  |  | CH-2.1.5 P or F |
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| Parameter (not all-inclusive)           | Nutrition Diagnostic Terminology                                |  |   | Nutrition Assessment and/or ME Code |
|---|---|--|---|-------------------------------------|
| <b>Excretory, cont.</b>                 |   |  |   |                                     |
| Gastrointestinal stricture, obstruction | NI 5.2  | NI 5.8.6   | NC 1.4  | CH-2.1.5 P or F                     |
| Thrush                                  | NC 1.3  |  |   | CH-2.1.5 P or F                     |
| Inflammatory bowel disease              | NI 5.8.5<br>NC 1.4  | NI 5.8.6   | NI 5.10.1   | CH-2.1.5 P or F                     |
| Irritable bowel syndrome                | NI 5.4  | NI 5.8.6   | NC 1.4  | CH-2.1.5 P or F                     |
| Lactase deficiency                      | NI 5.8.2  |  |   | CH-2.1.5 P or F                     |
| Leukoplakia, oral                       | NC 1.2  |  |   | CH-2.1.5 P or F                     |
| Liver disease                           | NI-2.8<br>NI 3.2<br>NI 5.6.2<br>NI 5.6.3<br>NI 5.10.2<br>NC 3.5 | NI 4.3<br>NI 5.7.2<br>NI 5.8.1<br>NB 2.3<br>NC 2.2 | NI 5.4<br>NI 5.6.1<br>NI 5.9.2<br>NI 5.10.1<br>NC 2.1 | CH-2.1.5 P or F                     |
| Malabsorption                           | NI 2.1<br>NI 5.6.1<br>NI 5.9.1                                  | NI 5.2<br>NI 5.7.1<br>NC 1.4                       | NI 5.3<br>NI 5.8.1<br>NC 3.5                          | CH-2.1.5 P or F                     |
| Maldigestion                            | NI 5.2  | NC 1.4   | NC 3.5  | CH-2.1.5 P or F                     |
| Malnutrition                            | NI 2.3<br>NI 5.2<br>NC 1.4<br>NC 3.5                            | NI 2.6<br>NI 5.3<br>NB 3.2                         | NI 5.1<br>NC 3.1<br>NB 3.3                            | CH-2.1.5 P or F                     |
| Other, GI function                      | NI 2.8  | NC 1.4   |   | CH-2.1.5 P or F                     |
| Pancreatitis                            | NI 5.6.2  | NI 5.6.3   |   | CH-2.1.5 P or F                     |
| Pancreatic disease, insufficiency       | NI 4.3<br>NI 5.8.1  | NI 5.6.1<br>NI 5.8.2                               | NI 5.6.2<br>NC 3.5                                    | CH-2.1.5 P or F                     |
| Pellegra                                | NI 5.9.1  |  |   | CH-2.1.5 P or F                     |
| Phytobezoar                             | NI 5.8.6  |  |   | CH-2.1.5 P or F                     |

| <b>Parameter (not all-inclusive)</b>                  | <b>Nutrition Diagnostic Terminology</b> |                  |           | <b>Nutrition Assessment and/or ME Code</b>                 |
|---|---|------------------|-----------|--|
| <b>Excretory, cont.</b>                               |   |                  |           |  |
| Polyps, colon   | NI 5.10.1                               |                  |           | CH-2.1.5 P or F  |
| Prolapsing hemorrhoids                                | NI 5.8.6                                |                  |           | CH-2.1.5 P or F  |
| Short bowel syndrome                                  | NI 5.8.6<br>NC 3.5                      | NI 5.9.1         | NI 5.10.1 | CH-2.1.5 P or F  |
| Ulcer disease   | NI 5.8.5                                | NI 5.8.6         |           | CH-2.1.5 P or F  |
| Vagotomy  | NC 1.4                                  |                  |           | CH-2.1.5 P or F  |
| Wired jaw   | NC 1.2                                  |                  |           | CH-2.1.5 P or F  |
| <b>Gynecological</b>                                  |   |                  |           |  |
| Amenorrhea  | NB 2.2                                  |                  |           | CH-2.1.6 P or F  |
| Giving birth to an infant with fetal alcohol syndrome | NI 4.3                                  |                  |           | CH-2.1.6 P or F ,<br>FH-1.4.1.1, FH-1.4.1.2,<br>FH-1.4.1.3 |
| Engorgement   | NC 1.3                                  |                  |           | CH-2.1.6 P or F, FH-6.1.4                                  |
| Mastitis  | NC 1.3                                  |                  |           | CH-2.1.6 P or F, FH-6.1.4                                  |
| Polycystic ovary disease                              | NI 5.10.1                               |                  |           | CH-2.1.6 P or F  |
| Postmenopause without estrogen supplementation        | NI 5.10.1                               |                  |           | CH-2.1.6 P or F  |
| Premature birth                                       | NI 2.3<br>NI 5.9.1<br>NC 1.3            | NI 2.6<br>NC 3.5 | NI 5.1    | CH-2.1.6 P or F  |
| Premenstrual syndrome                                 | NI 5.10.1                               |                  |           | CH-2.1.6 P or F  |

| <b>Parameter (not all-inclusive)</b> | <b>Nutrition Diagnostic Terminology</b> |                              |                  | <b>Nutrition Assessment and/or ME Code</b> |
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| <b>Hematology/oncology</b>           |   |                              |                  |  |
| Anemia                               | NB 1.5                                  | NI 5.9.1                     | NI 5.10.1        | CH-2.1.7 P or F                            |
| Cancer, head, neck or pharyngeal     | NI 2.5<br>NC 1.2                        | NI-2.8                       | NI 5.2           | CH-2.1.7 P or F                            |
| Cancer (other)                       | NI 5.2<br>NI 5.9.2                      | NC 3.2<br>NC 3.5             | NB 1.2           | CH-2.1.7 P or F                            |
| Hyperemia                            | NI 5.9.1                                |                              |                  | CH-2.1.7 P or F                            |
| <b>Immune</b>                        |   |                              |                  |  |
| AIDS/HIV                             | NI 2.1<br>NI 5.1<br>NC 3.2              | NI 2.3<br>NI 5.6.1<br>NC 3.5 | NI 2.6<br>NC 1.2 | CH-2.1.8 P or F                            |
| Allergies                            | NI 5.7.3                                | NI 5.8.3                     |                  | CH-2.1.8 P or F                            |
| Arthritis                            | NB 2.1                                  |                              |                  | CH-2.1.8 P or F                            |
| Infection                            | NI 2.1<br>NB 3.1                        | NI 3.1<br>NI 5.3<br>NC 3.5   | NI 5.8.2         | CH-2.1.8 P or F                            |
| Sepsis or severe infection           | NI 2.1<br>NI 5.6.1                      | NI 5.2<br>NC 3.5             | NI 5.8.2         | CH-2.1.8 P or F                            |
| <b>Integumentary</b>                 |   |                              |                  |  |
| Burns                                | NI 2.3<br>NI-2.8<br>NC 3.2              | NI 2.5<br>NI 5.1<br>NC 3.5   | NI 2.6<br>NI 5.2 | CH-2.1.9 P or F                            |

| <b>Parameter (not all-inclusive)</b> | <b>Nutrition Diagnostic Terminology</b> |  |  | <b>Nutrition Assessment and/or ME Code</b> |
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### **Musculo-skeletal**

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| Cleft lip/palate, oral malformation | NC 1.2    | NC 1.3 | NC 3.5 | CH-2.1.10 P or F |
| Fractures, stress                   | NB 2.2    |        |        | CH-2.1.10 P or F |
| Fluorosis                           | NI 5.10.2 |        |        | CH-2.1.10 P or F |
| Osteomalacia                        | NI 5.9.1  |        |        | CH-2.1.10 P or F |
| Rachitic rosary in children         | NI 5.9.1  |        |        | CH-2.1.10 P or F |
| Rickets                             | NI 5.9.1  |        |        | CH-2.1.10 P or F |
| Rheumatic conditions                | NC 3.4    | NC 1.2 |        | CH-2.1.10 P or F |

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### **Neurological**

|                      |                  |                  |                  |                  |
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| Alzheimer's disease  | NI-1.1           | NC 1.2           | NB 2.6           | CH-2.1.11 P or F |
| Cerebral palsy       | NI-1.1           | NC 1.2<br>NC 3.5 | NB 2.4           | CH-2.1.11 P or F |
| Cognitive impairment | NB 2.3           | NB 2.4           |                  | CH-2.1.11 P or F |
| Dementia             | NB 2.6<br>NB 3.3 | NI 1.2<br>NB 3.2 | NI 3.1<br>NB 3.1 | CH-2.1.11 P or F |
| Headache             | NI 4.2           | NB 3.1           |                  | CH-2.1.11 P or F |
| Head injury          | NI 5.2           | NC 3.5           |                  | CH-2.1.11 P or F |
| Multiple sclerosis   | NB 2.6           |                  |                  | CH-2.1.11 P or F |
| Neurologic changes   | NB 3.1           |                  |                  | CH-2.1.11 P or F |

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| <b>Parameter (not all-inclusive)</b> | <b>Nutrition Diagnostic Terminology</b> |  |  | <b>Nutrition Assessment<br/>and/or ME Code</b> |
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**Neurological, cont.**

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| Neurological disorders | NI 2.9 | NB 2.6 | NC-3.6 | CH-2.1.11 P or F |
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| Parkinson's disease | NI-1.1 | NB 2.6 |  | CH-2.1.11 P or F |
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| Paralysis | NB 2.6 |  |  | CH-2.1.11 P or F |
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| Paraplegia | NB 2.4 |  |  | CH-2.1.11 P or F |
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| Seizure disorder | NI 5.8.1 |  |  | CH-2.1.11 P or F |
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| Sensory processing issues | NI 2.9 |  |  | CH-2.1.11 P or F |
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| Spina bifida | NC-3.6 |  |  | CH-2.1.11 P or F |
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| Stroke | NB 2.6 |  |  | CH-2.1.11 P or F |
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| Tardive dyskinesia | NB 2.6 |  |  | CH-2.1.11 P or F |
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| Tremors | NB 2.6 |  |  | CH-2.1.11 P or F |
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**Psychological**

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| Addictive, obsessive, or compulsive tendencies | NB 2.2 |  |  | CH-2.1.12 P or F |
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| Alcohol, drug abuse | NI 1.2 | NC 2.1 | NC 2.2<br>NC 3.5 | CH-2.1.12 P or F, FH-3.1.3 |
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| Anxiety disorder | NI 2.2 | NB 2.1 |  | CH-2.1.12 P or F |
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| Binge eating | NB 2.2 |  |  | CH-2.1.12 P or F |
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| Bulimia nervosa | NB 2.2 |  |  | CH-2.1.12 P or F |
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| Parameter (not all-inclusive)   | Nutrition Diagnostic Terminology   |                              |                            | Nutrition Assessment and/or ME Code |
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| <b>Psychological, cont.</b>   |  |                              |                            |                                     |
| Depression  | NI 2.1<br>NC 3.3.1<br>NC 3.3.2<br>NC 3.3.3<br>NC 3.3.4<br>NC 3.3.5<br>NB 1.5 | NI 2.2<br>NI 4.3<br>NC 3.5   | NC 3.2<br>NB 2.1           | CH-2.1.12 P or F                    |
| Emotional impairment  | NB 2.3   |                              |                            | CH-2.1.12 P or F                    |
| Mental illness  | NI 1.2<br>NI 5.8.6<br>NB 1.7<br>NB 3.3                                       | NI 2.9<br>NB 1.1<br>NB 3.1   | NC 3.1<br>NB 1.2<br>NB 3.2 | CH-2.1.12 P or F                    |
| Personality disorder  | NB 1.5   |                              |                            | CH-2.1.12 P or F                    |
| Pica  | NC 3.1   | NB 1.2                       |                            | CH-2.1.12 P or F                    |
| Psychiatric illness   | NC 3.4   |                              |                            | CH-2.1.12 P or F                    |
| Eating disorders, depression, obsessive compulsive disorders, anxiety disorders | NI 1.2<br>NI 5.6.1<br>NI 2.1   | NI 5.2<br>NI 5.8.6<br>NB 1.5 | NB 2.2<br>NC 3.2<br>NC 3.5 | CH-2.1.12 P or F                    |
| <b>Respiratory</b>  |  |                              |                            |                                     |
| Asthma  | NI 4.2   | NI 5.9.2                     | NC 3.4                     | CH-2.1.13 P or F                    |
| Chronic obstructive pulmonary disease   | NI-1.1   | NI 5.2<br>NC 3.5             | NC 3.2                     | CH-2.1.13 P or F                    |
| Cystic fibrosis   | NI-1.1<br>NC 2.1   | NI 5.6.2<br>NC 3.5           | NC 1.4                     | CH-2.1.13 P or F                    |
| Lung injury, ARDS   | NI 2.5   | NI-2.8                       | NI 5.2                     | CH-2.1.13 P or F                    |
| Pulmonary failure   | NI 5.3   | NC 3.5                       |                            | CH-2.1.13 P or F                    |
| Respiratory changes   | NB 3.1   |                              |                            | CH-2.1.13 P or F                    |

| <b>Parameter (not all-inclusive)</b>   | <b>Nutrition Diagnostic Terminology</b> |  |                               | <b>Nutrition Assessment and/or ME Code</b> |
|--|---|--|-------------------------------|--|
| <b>Respiratory, cont.</b>  |   |  |                               |  |
| Tuberculosis   | NI 2.1                                  | NI 5.6.1                               |                               | CH-2.1.13 P or F                           |
| Upper respiratory infections or pneumonia                                    | NI 5.2                                  | NC 1.1                                 |                               | CH-2.1.13 P or F                           |
| <b>Other</b>   |   |  |                               |  |
| Autism   | NI 2.9                                  |  |                               | CH-2.1.14 P or F                           |
| Change in level of care or transfer of care                                  | NI 2.5                                  | NI-2.8                                 |                               | CH-2.1.14 P or F                           |
| Chronic fatigue syndrome   | NB 2.1                                  |  |                               | CH-2.1.14 P or F                           |
| Chronic or acute disease, trauma, organ failure                              | NI 2.5<br>NI 5.3<br>NC 3.1<br>NB 3.3    | NI-2.8<br>NI 5.6.1<br>NB 3.2<br>NC 3.5 | NI 5.2<br>NI 5.10.1<br>NC 3.2 | CH-2.1.14 P or F                           |
| Chyle fluid leak   | NI-5.6.2                                |  |                               | CH-2.1.14 P or F                           |
| Critical illness   | NI 2.5<br>NC 3.5                        | NI-2.8                                 |                               | CH-2.1.14 P or F                           |
| Down syndrome, Prader-Willi syndrome   | NC-3.6                                  |  |                               | CH-2.1.14 P or F                           |
| Injuries, frequent and prolonged   | NB 2.2                                  |  |                               | CH-2.1.14 P or F                           |
| Transplantation  | NI 5.6.2                                |  |                               | CH-2.1.14 P or F                           |
| Pain, acute or chronic   | NI 1.2                                  | NI 2.1                                 |                               | CH-2.1.14 P or F                           |
| Conditions altering energy/nutrient needs or affecting ability to meet needs | NI 1.4<br>NI 5.11.2                     | NI 1.5                                 | NI 5.11.1<br>NC 3.5<br>NC 3.6 | CH-2.1.14 P or F                           |

| <b>Parameter (not all-inclusive)</b>  | <b>Nutrition Diagnostic Terminology</b> |                    |                     | <b>Nutrition Assessment and/or ME Code</b> |
|---|---|--------------------|---------------------|--|
| <b>Treatments/therapy</b>   |   |                    |                     |  |
| <b>Medical treatment/therapy</b>  |   |                    |                     |  |
| Chemotherapy  | NC 1.2                                  | NC 3.2             | NC 3.5              | CH-2.2.1                                   |
| Esophageal dilatation   | NC 1.4                                  |                    |                     | CH-2.2.1                                   |
| Radiation therapy   | NC 1.2                                  | NC 2.1             | NC 3.5              | CH-2.2.1                                   |
| Rigorous therapy regimen  | NB 2.4                                  | NC 3.5             |                     | CH-2.2.1                                   |
| Medical therapy/treatment altering energy/nutrient needs or affecting ability to meet needs | NI 1.4<br>NI 5.11.2                     | NI 1.5             | NI 5.11.1<br>NC 3.5 | CH-2.2.1                                   |
| <b>Surgical treatment</b>   |   |                    |                     |  |
| Bowel, intestinal resection   | NI 2.3<br>NI 5.6.1                      | NI 2.6<br>NI 5.7.1 | NI 5.1<br>NC 1.4    | CH-2.2.2                                   |
| Breast surgery  | NC 1.3                                  |                    |                     | CH-2.2.2                                   |
| Esophagostomy   | NC 1.4                                  |                    |                     | CH-2.2.2                                   |
| Gastric bypass, bariatric surgery   | NI-5.10.1                               | NC 1.4             |                     | CH-2.2.2                                   |
| Gastrectomy   | NC 1.4                                  |                    |                     | CH-2.2.2                                   |
| Knee surgery  | NB 2.1                                  |                    |                     | CH-2.2.2                                   |
| Oral surgery, recent major  | NC 1.2                                  |                    |                     | CH-2.2.2                                   |
| Ostomy, new   | NB 1.4                                  |                    |                     | CH-2.2.2                                   |
| Surgery   | NI 2.5<br>NI 5.3<br>NC 3.5              | NI-2.8<br>NC 3.2   | NI 5.2<br>NB 2.4    | CH-2.2.2                                   |

| Parameter (not all-inclusive)  | Nutrition Diagnostic Terminology                         |                  |                     | Nutrition Assessment and/or ME Code |
|--|--|------------------|---------------------|-------------------------------------|
| <b>Surgical treatment</b>  |  |                  |                     |                                     |
| Surgery requiring recumbent position   | NB 2.6   |                  |                     | CH-2.2.2                            |
| Surgery altering energy/nutrient needs or affecting ability to meet needs                                    | NI 1.4<br>NI 5.11.2                                      | NI 1.5           | NI 5.11.1<br>NC 3.5 | CH-2.2.2                            |
| <b>Complementary/alternative medicine</b>  |  |                  |                     |                                     |
| None identified within the nutrition diagnoses at this time  |  |                  |                     |                                     |
| <b>Palliative/end-of-life care</b>   |  |                  |                     |                                     |
|  | NI 2.5   | NI-2.8           | NO 1.1              | CH-2.2.4                            |
| <b>Social history</b>  |  |                  |                     |                                     |
| Socioeconomic status associated with altered nutrient intake   | NI 5.2   | NI 5.7.1         |                     | CH-3.1.1                            |
| Change in living environment/independence/isolation  | NI 5.10.1  | NI 5.11.1        |                     | CH-3.1.2                            |
| Domestic issues—abuse, physical, sexual or emotional   | NC 3.3.1<br>NC 3.3.2<br>NC 3.3.3<br>NC 3.3.4<br>NC 3.3.5 |                  |                     | CH-3.1.3                            |
| Lack of suitable support system to access food   | NB 3.2   | NC 3.5           |                     | CH-3.1.4                            |
| Geographic location low sunlight exposure/sunscreen use  | NI 5.9.1   | NI 5.10.1        |                     | CH-3.1.5                            |
| Geographic location associated with altered nutrient intake  | NI 5.2   |                  |                     | CH-3.1.5                            |
| Geographic location associated with risk of environmental emergency/disaster                                 | NI 5.11.1  |                  |                     | CH-3.1.5                            |
| Occupation of athlete, dancer, gymnast   | NC 3.1   |                  |                     | CH-3.1.6                            |
| Recent other lifestyle or life changes, e.g., quit smoking, initiated exercise, work change, home relocation | NI 1.4   | NB 2.5           |                     | CH-3.1.9                            |
| History of recent crisis, new medical diagnosis or change in existing diagnosis or condition                 | NI 1.4<br>NB 1.4   | NI 4.3<br>NB 2.3 | NB 1.1<br>NB 2.5    | CH-3.1.8                            |