

### Nutrition Diagnosis has three general domains

- Intake
  - Excessive or Inadequate intake compared to requirements (actual or estimated)
- Clinical
  - Medical or physical conditions that are outside normal
- Behavioral-Environmental
  - Relate to knowledge, attitudes, beliefs, physical environment, access to food, or food safety

### Writing a PES Statement

- P/Nutrition Diagnostic Label \_\_\_\_\_
- As Related to (etiology) \_\_\_\_\_
- As Evidenced by (Signs and symptoms)

An example for pediatric obesity:

Inadequate knowledge of nutrition, related to inability to interpret the nutrition facts label as evidenced by stating there were only 30 calories in a container that had 5 servings of 30 calories each

Excessive calorie intake, related to ad lib juice consumption, as evidenced by a 1 pound weight gain in 1 week.

### Evaluating the PES statement

- Can the RD resolve the nutrition diagnosis?
  - Can you envision an intervention that would address the etiology and thus resolve the problem?
  - If not is your intervention targeted to reducing or eliminating the signs and symptoms?
- Does your nutrition assessment data support the Nutrition Diagnosis, etiology, and signs and symptoms?
- Is the etiology listed the “root cause”?
  - (Ask Why 5 times)
- Will measuring the Signs and Symptoms tell you if the problem is resolved?
- Are the Signs and Symptoms specific enough that you can measure/evaluate changes at the next visit to document resolution of the nutrition diagnosis?
- When all things are equal and you have a choice between stating the PES statement using two nutrition diagnosis labels in different domains...you might consider the intake nutrition diagnosis.

For more information, see: American Dietetic Association. Nutrition Diagnosis and Intervention.