



# Nutrition Care Manual® Update Webinar for the CNM DPG

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## NCM Overview Webinar Agenda



- Knowledge & Research Based Resource
- Standardized Language & Practice Guidelines
- Availability Across the Facility
- Emergency Preparedness
- Tips to Prepare NCM for Hospital Surveys
- Navigation and Features
- Demonstration
- Q&A

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## Knowledge & Research Based



- Written and reviewed by experts
- Utilizes the Nutrition Care Process
- International Dietetics & Nutrition Terminology
- Cross referenced with the EAL
- Thousands of linked references
- Knowledge and research based nutrition care information for over 120 (NCM) /40 (PNCM) conditions

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## Standardized Language & Practice



- Utilizes the Nutrition Care Process
- Supports Medical Nutrition Therapy
- Consistent Information from All RDs
- Sample PES/Nutrition Diagnostic Statements
- Cultural Food Practices
- Guidelines for Prescribing Diet Orders

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## Current & Available 24/7



- Updated & reviewed annually
- Automatically & seamlessly updated
- Web based; No software to manage
- Can be accessed through facility network
- Available 24/7 from any computer, laptop, tablet or Smartphone

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## Convenience



- No need for server or software purchases
- Pre-populated formulary database
- Prepared client education materials
- Meal plans including foods recommended & not recommended
- Spanish client education & resources included
- Member Pricing!

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## Customizable Sections



- Administrator can create notes on pages
- Facility Pages can be added to customize the manual
- Highlight text to emphasize points
- Select formularies from the list for your facility
- Client education materials can include your logo and notes from the RD
- Calculations can be printed with notes

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## Emergency Preparedness



- Printable client education, meal plans, food lists and sample menus
- No binder to keep track of & pack up
- Backup CD available
- In case of relocation, admin can log on with user name and password from any device with internet access.

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## Tips to Prepare NCM for Surveys



- Consistent with the Centers for Medicare & Medicaid Services' Interpretive Guidelines for the Hospital Conditions of Participation, and Joint Commission's Hospital Accreditation Standards
- Healthcare Facilities Accreditation Program and DNV's NIAHO<sup>SM</sup> approved diet manual

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## Tools to Prepare NCM for Surveys



- Sample approval form
- Update summary
- Table of Contents
- Handouts including description, food lists, sample menus
- Backup CD
- Facility Pages
- Meal Plans Crosswalk
- Custom facility link

*\*Each survey/surveyor is different. Plan accordingly.*

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## Nutrition Care Manual® Updates



### **New Sections:**

- Older Adult Nutrition
- Wound Care> Surgical and Chronic Wounds
- Polycystic Ovarian Syndrome (PCOS)

### **Important Updates:**

- More consistent use of Nutrition Care Process terminology from the Academy's International Dietetics and Nutrition Terminology, 4th edition.

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## Nutrition Care Manual® Updates



### **Important Updates, con't:**

- Cerebrovascular section is revised and covers Ischemic Stroke & Cerebrovascular Accident (CVA) and Transient Ischemic Attack (TIA).
- Heart Failure section.
- Irritable Bowel Syndrome
- Pancreatic content
- Chronic Kidney Disease content
- Extra Spanish translations of client education handouts

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## Navigation

Master  
Topics

Conditions

Topics  
within the  
Conditions

Easy navigation through conditions and resources

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## Normal Nutrition

Nutrient	Dietary Reference Intakes	US Dietary Guidelines (USDA, 2010)	General, healthful diet	Therapeutic Lifestyle Changes Diet Guidelines (AHA, 2004)	Medical Nutrition Therapy for Type I and Type II Diabetes (Swain, 2008)
Energy	To maintain a healthy weight	Balanced energy and exercise to maintain a healthy weight	Balanced energy to achieve or maintain a healthy weight	To achieve or maintain a healthy weight	Not specified

The Normal Nutrition section content is appropriate for healthy adults in various life stages.

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## Older Adult Nutrition

The screenshot shows the 'Older Adult Nutrition' section of the NCM (Nutrition Care Manual) system. The left sidebar contains a navigation menu with categories like Geriatrics, Background Information, Nutrition Screening, Conditions, Nutrition Care, End of Life Nutrition, Client Education, Older Adult Nutrition, and References/Resources. The main content area is titled 'Background Information' and includes text about geriatric experts' inability to project aging rates, factors affecting aging (Genetic profile, Physical activity, Food insecurity, Social circumstances, Access to services, Political events, Exposure to disease, Climate and natural disasters, Environment), and the goal of nutrition intervention. It also mentions aging successfully begins early in life and lists diseases like diabetes, hypertension, and hyperlipidemia. The footer states 'Copyright 2012 Academy of Nutrition and Dietetics, All Rights Reserved. Web2'.

The Older Adult Section contains information balances generalized geriatric information with information from long term care standards.

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## Conditions

The screenshot shows the 'Conditions' section of the NCM system, specifically the 'Celiac Disease' page. The left sidebar lists various diseases/conditions including Anemia, Behavioral Health, Burns, Cardiovascular Disease, Critical Illness, Developmental Disabilities, Diabetes Mellitus, Dysphagia/Modified Consistency, Food Allergies, Gastrointestinal Disease, HIV / AIDS, Inborn Errors of Metabolism, Musculoskeletal Conditions, Neurological, Oncology, Oral Health, Pulmonary, Renal, Reproduction, Transplant, Weight Management, and Wound Care. The main content area is titled 'Celiac Disease' and includes an 'Overview' section describing it as an autoimmune disorder with a prevalence of 1 in 133. It also mentions 'Related Topics' like Constipation, Celiac Disease, Diarrhea, Lactose Intolerance, and Fructose Intolerance. The 'Background Information' section discusses the role of prolamins in celiac disease and the importance of a gluten-free diet. The footer states 'Copyright 2012 Academy of Nutrition and Dietetics, All Rights Reserved. Web2'.

The Conditions area contains background information about diseases & conditions that may be helpful in providing nutrition care

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## Nutrition Care

The Nutrition Care area utilizes the Nutrition Care Process to address nutrition care for various diseases and conditions.

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## Calculators

10 calculators including BMI/Weight Range, REE/EEE & Diabetic Exchange

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## Formulary

The NCM Formulary contains nutritional information about various types of oral & tube feeding solutions. Updated twice per year.

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## Client Education

The printer-friendly client education sheets for label reading, shopping, or cooking for each disease. Now available in Spanish.

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## Client Education/Meal Plans

**Client Ed/M meal Plans**

### Meal Plan Crosswalk

The following table maps what was formerly called diets to the corresponding nutrition therapy food lists and sample menus in the client education. The nutrition therapy corresponds to the diet that may have been used in earlier diet manuals and is roughly organized by NCM section. Each nutrition therapy handout includes a rationale for prescribing the diet, foods allowed and foods to avoid, and a sample 1-day menu. Approximate nutrient analysis and nutrients below the DR% are included on the Sample 1-Day menu pages within NCM and can be found by going to the section through the left-hand navigation.

To view **foods allowed or foods to limit/avoid** for a given disease, click on "foods" within the chart next to the corresponding nutrition therapy. To view a **sample menu** for a given disease, click on "menu" within the chart next to the corresponding nutrition therapy.

Diets	Nutrition Therapy	Spanish
<b>Normal Nutrition</b>		
For more information on how to individualize, see the <a href="#">Normal Nutrition</a> section.	<a href="#">General, Healthful Nutrition: Large Print</a> <a href="#">General, Healthful Vegetarian Nutrition</a>	<a href="#">General, Healthful Nutrition</a>
House diet, general diet, normal diet		
	<a href="#">1,500-Calorie 5-Day Menu</a>	
	<a href="#">1,800-Calorie 5-Day Menu</a>	
	<a href="#">Nutrient Lists (Calcium; Fiber; Iron; Magnesium; Phosphorus; Potassium; Protein; Sodium; Vitamin K)</a>	
<b>Breastfeeding / Pregnancy / Reproduction</b>		
<b>Breastfeeding/Lactation - Exclusive:</b>		
<a href="#">Foods: Menu</a>		<a href="#">Breastfeeding/Lactation - Exclusive</a>
<a href="#">Supplementing: Foods: Menu</a>		<a href="#">Breastfeeding/Lactation - Supplementing</a>
<a href="#">Pregnancy: Foods: Menu</a>		<a href="#">Pregnancy</a>
<a href="#">Vegetarian Pregnancy</a>		
<a href="#">Morning Sickness: Foods: Menu</a>		
<a href="#">Multiple Gestation: Foods: Menu</a>		<a href="#">Gestational Diabetes</a>
<a href="#">Gestational diabetes: Menu</a>		
<a href="#">Pica: Foods: Menu</a>		<a href="#">Preeclampsia and Eclampsia</a>
<a href="#">Preeclampsia and Eclampsia: Food: Menu</a>		

**Facility Pages**

- [Hospital Special Diet](#)
- [View All Pages](#)

The Meal Plan Crosswalk offers foods recommended and not recommended as well as sample menus. Also found within diseases.

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## Resources

NCM Client Ed. Calculators Formulary Resources

Normal Nutrition Risk Screen Conditions Nutrition Care Meal Plans Older Adult Nutrition References

View Another Subscription: Nutrition Care Manual (current)

**Resources**

- Equations
- Normal Nutrition
- Cultural Food Practices
- Dietary Reference Intakes
- Drug-Nutrient Interactions
- Nutrient Lists
- Malnutrition Coding
- Energy Metabolism
- Nutrition Screening
- Nutrition Support
- Medical Nutrition Therapy (MNT)
- Nutrition Interventions
- Nutrition Care Process (NCP)
- Ordering Nutrition Prescriptions
- Spanish Language Resources
- Videos and Webinars
- Shop ADA
- National Nutrition Month
- Contributors
- Nutrient Information
- Obsolete Diets

**Nutrient Lists**

- Calcium
  - [Calcium Content of Foods](#)
  - [High Calcium Food List](#)
- Fiber
  - [Fiber Content of Foods](#)
  - [High Fiber Food List](#)
  - [Lower Fiber Food List](#)
- Iron
  - [Iron Content of Foods](#)
  - [High Iron Food List](#)
- Magnesium
  - [Magnesium Content of Foods](#)
  - [High Magnesium Food List](#)
- Phosphorus
  - [Phosphorus Content of Foods](#)
- Potassium
  - [Potassium Content of Foods](#)
  - [High Potassium Food List](#)
  - [Lower Potassium Food List](#)
- Protein
  - [Protein Content of Foods](#)
  - [High Protein Food List](#)

The Resources section includes information pertaining to drug-nutrient interaction, cultural food practices, vegetarianism, DRIs, etc.

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## Pediatric Nutrition Care Manual®



*The Pediatric Nutrition Care Manual® is a fully realized Web-based diet manual with more than 40 major topics, including:*

- Normal nutrition for all pediatric life stages
- Weight management
- Diabetes
- Food allergies
- Cystic fibrosis
- Nutrition support
- Neonatal care
- Developmental disabilities
- And much more!

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## Sports Nutrition Care Manual®



The Sports Nutrition Care Manual® is a research-based nutrition resource written by Board Certified Specialists in Sports Dietetics (CSSDs).

- Printable client education handouts and meal plans
- Calculators for BMI, energy expenditure, sweat rate, lean body mass, and healthy body weight
- Online customization tools
- Links to the SCAN Web site
- Other valuable resources!

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## Contact Information



Thank You!  
For more information, please visit:  
[www.nutritioncaremanual.org](http://www.nutritioncaremanual.org)

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