

Nutrition Care Process Outcomes: A primer on emerging research and best practices

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Tracking outcomes is an important aspect of dietetics that is necessary to help demonstrate the effectiveness of nutrition interventions. In this session, educators and clinicians will become familiar with the updates to the Nutrition Care Process (NCP) and will learn about state-of-the-art research on emerging NCP outcomes research and best practices. Analyses of real-world practice data from electronic health records are beginning to show how optimal implementation of the NCP is linked to improved outcomes. This has become possible by collecting NCP data, describing NCP practice patterns, developing and studying NCP Quality, and investigating predictors of NCP outcomes. Discussion will include how registry studies are a powerful method dietitians use to collect and demonstrate NCP outcomes. To date, multiple areas of practice have been investigated including breastfeeding, cancer, diabetes, prediabetes, chronic kidney disease, and COVID.

Dietitians will walk away from this session with knowledge on how to actively plan and engage in outcomes management from the front lines of practice.

Lewis SL, Wright L, Arikawa AY, Papoutsakis C. Etiology intervention link predicts resolution of Nutrition Diagnosis: A Nutrition Care Process outcomes study from a Veterans' health care facility. *J Acad Nutr Diet.* 2021;121(9):1831-1840. doi:10.1016/j.jand.2020.04.015