

## PEN Practice Guidance Toolkit Template

**Note** - if there is no content to add within a section of a toolkit, then it is left blank and will be 'unclickable' so the user will not waste time clicking trying to find information.

Key:

- **Turquoise colour:** TOC main headings - built into the cute editor template
- **Green colour:** TOC sub headings - these are hidden under main titles until "+" is clicked on - these subtitles are already in the cute editor template
- **Red/burgundy colour:** This is standard text that appears in all toolkits and is 'not modifiable'. As authors, use this template and just add content after the burgundy colour.

### Key Nutrition Issues

Small description of content.

This toolkit discusses the following key nutrition issues:

(Include a bulleted list of the topics covered in the Summary of Recommendations and Evidence section(s) of the toolkit. See the Toolkit Writing Guidelines in the PEN® Writer's Guide for more information)

See Additional Content:

Related Background(s)

Related Practice Guidance Toolkit(s)

Nutrition Care Process and Terminology (NCPT) Background hyperlink:

<http://www.pennutrition.com/KnowledgePathway.aspx?kpid=17271&trid=20400&trcatid=38>.

### Nutrition Assessment, Monitoring and Evaluation

#### Nutrition Assessment

The nutrition assessment of (insert appropriate description i.e. an individual who needs xx) may include the parameters using NCP terminology in the Table below. (Fill in each section, using NCP terminology - see Toolkit Writing Guidelines in the PEN® Writer's Guide for assistance. If a section is not applicable, write NIL)

#### Monitoring and Evaluation

Some of the indicators that were measured in the nutrition assessment can be repeated in the nutrition monitoring and evaluation step.

For adults use:

Anthropometric Measurements	
<ul style="list-style-type: none"> <li>• Height</li> <li>• Weight</li> <li>• Weight Change</li> <li>• BMI</li> <li>• Body Compartment Estimates (waist circumference)</li> </ul>	
Anthropometric Comparative Standards	
Measure	NCP Terminology
<a href="#">Adult BMI</a>	<ul style="list-style-type: none"> <li>• Weight and Growth Recommendation</li> </ul>

	<ul style="list-style-type: none"> <li>○ Recommended body weight/BMI <ul style="list-style-type: none"> <li>▪ Ideal/reference body weight (IBW)</li> <li>▪ Recommended BMI</li> </ul> </li> </ul>
<a href="#">Waist Circumference</a>	As above
<b>Food/Nutrition-related History</b>	
<ul style="list-style-type: none"> <li>• Bullet level 1 <ul style="list-style-type: none"> <li>○ Bullet level 2 <ul style="list-style-type: none"> <li>○ Bullet level 3 <ul style="list-style-type: none"> <li>▪ Bullet level 4</li> </ul> </li> </ul> </li> </ul> </li> </ul>	
<b>Food/Nutrition-related Comparative Standards</b>	
<ul style="list-style-type: none"> <li>• Bullet level 1 <ul style="list-style-type: none"> <li>○ Bullet level 2 <ul style="list-style-type: none"> <li>○ Bullet level 3 <ul style="list-style-type: none"> <li>▪ Bullet level 4</li> </ul> </li> </ul> </li> </ul> </li> </ul>	
See <a href="#">International Dietary Reference Values Collection</a> .	
<b>Nutrition-focused Physical Findings</b>	
<ul style="list-style-type: none"> <li>• Bullet level 1 <ul style="list-style-type: none"> <li>○ Bullet level 2 <ul style="list-style-type: none"> <li>○ Bullet level 3 <ul style="list-style-type: none"> <li>▪ Bullet level 4</li> </ul> </li> </ul> </li> </ul> </li> </ul>	
<b>Biochemical Data, Medical Tests and Procedures</b>	
<ul style="list-style-type: none"> <li>• Bullet level 1 <ul style="list-style-type: none"> <li>○ Bullet level 2 <ul style="list-style-type: none"> <li>○ Bullet level 3</li> </ul> </li> </ul> </li> </ul>	
<b>Client History</b>	
<ul style="list-style-type: none"> <li>• Bullet level 1 <ul style="list-style-type: none"> <li>○ Bullet level 2 <ul style="list-style-type: none"> <li>○ Bullet level 3</li> </ul> </li> </ul> </li> </ul>	

(For children use:)

<b>Anthropometric Measurements</b>		
<ul style="list-style-type: none"> <li>• Height/length</li> <li>• Weight</li> <li>• Weight Change</li> <li>• BMI</li> <li>• Growth pattern indices/percentile ranks</li> </ul>		
<b>Anthropometric Comparative Standards</b>		
<b>Measure</b>	<b>Recommendation</b>	<b>NCP Terminology</b>
<b><u>Birth to 24 months</u></b> Length-for-age Weight-for-age Weight-for-length Head Circumference  <b><u>2 to 19 years of age</u></b> Height-for-age Weight-for-age BMI-for-age  <a href="#">Child BMI</a>	The WHO Child Growth Standards/Reference: <a href="#">For Birth to 5 years</a> <a href="#">For 5 to 19 years</a>  (insert Australian flag) <a href="#">Growth Charts (WHO and CDC)</a>  (insert Canada flag) <a href="#">WHO Growth Charts Adapted for Canada</a>	<ul style="list-style-type: none"> <li>○ Weight and Growth Recommendation <ul style="list-style-type: none"> <li>○ Recommended body weight/BMI/growth <ul style="list-style-type: none"> <li>▪ Desired growth pattern</li> </ul> </li> </ul> </li> </ul>

(Template revised Jan. 2019)

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	(Insert UK flag) <a href="#">UK-WHO 0-4 years</a> <a href="#">UK Growth 2-18 years</a>	
<b>Food/Nutrition-related History</b>		
<ul style="list-style-type: none"> <li>• Bullet level 1 <ul style="list-style-type: none"> <li>○ Bullet level 2 <ul style="list-style-type: none"> <li>○ Bullet level 3 <ul style="list-style-type: none"> <li>▪ Bullet level 4</li> </ul> </li> </ul> </li> </ul> </li> </ul>		
<b>Food/Nutrition-related Comparative Standards</b>		
<ul style="list-style-type: none"> <li>• Bullet level 1 <ul style="list-style-type: none"> <li>○ Bullet level 2 <ul style="list-style-type: none"> <li>○ Bullet level 3 <ul style="list-style-type: none"> <li>▪ Bullet level 4</li> </ul> </li> </ul> </li> </ul> </li> </ul>		
<b>Nutrition-focused Physical Findings</b>		
<ul style="list-style-type: none"> <li>• Bullet level 1 <ul style="list-style-type: none"> <li>○ Bullet level 2 <ul style="list-style-type: none"> <li>○ Bullet level 3 <ul style="list-style-type: none"> <li>▪ Bullet level 4</li> </ul> </li> </ul> </li> </ul> </li> </ul>		
<b>Biochemical Data, Medical Tests and Procedures</b>		
<ul style="list-style-type: none"> <li>• Bullet level 1 <ul style="list-style-type: none"> <li>○ Bullet level 2 <ul style="list-style-type: none"> <li>○ Bullet level 3 <ul style="list-style-type: none"> <li>▪ Bullet level 4</li> </ul> </li> </ul> </li> </ul> </li> </ul>		
<b>Client History</b>		
<ul style="list-style-type: none"> <li>• Bullet level 1 <ul style="list-style-type: none"> <li>○ Bullet level 2 <ul style="list-style-type: none"> <li>○ Bullet level 3 <ul style="list-style-type: none"> <li>▪ Bullet level 4</li> </ul> </li> </ul> </li> </ul> </li> </ul>		

Use when the Toolkit applies to both adults and children:

<b>Anthropometric Measurements</b>		
<ul style="list-style-type: none"> <li>• Height/length</li> <li>• Weight</li> <li>• Weight Change</li> <li>• BMI</li> <li>• Body Compartment Estimates (waist circumference)</li> <li>• Growth pattern indices/percentile ranks</li> </ul>		
<b>Anthropometric Comparative Standards – Adult</b>		
<b>Measure</b>	<b>NCP Terminology</b>	
<a href="#">Adult BMI</a>	<ul style="list-style-type: none"> <li>○ Weight and Growth Recommendation <ul style="list-style-type: none"> <li>○ Recommended body weight/BMI <ul style="list-style-type: none"> <li>▪ Ideal/reference body weight (IBW)</li> <li>▪ Recommended BMI</li> </ul> </li> </ul> </li> </ul>	
<a href="#">Waist Circumference</a>	As above	
<b>Anthropometric Comparative Standards – Children</b>		
<b>Measure</b>	<b>Recommendation</b>	<b>NCP Terminology</b>

<p><b>Birth to 24 months</b>  Length-for-age  Weight-for-age  Weight-for-length  Head Circumference  <b>2 to 19 years of age</b>  Height-for-age  Weight-for-age  BMI-for-age</p> <p><a href="#">Child BMI</a></p>	<p>The WHO Child Growth Standards/Reference:  <a href="#">For Birth to 5 years</a>  <a href="#">For 5 to 19 years</a></p> <p>(insert Australian flag)  <a href="#">Growth Charts (WHO and CDC)</a></p> <p>(insert Canada flag)  <a href="#">WHO Growth Charts Adapted for Canada</a></p> <p>(Insert UK flag)  <a href="#">UK-WHO 0-4 years</a>  <a href="#">UK Growth 2-18 years</a></p>	<ul style="list-style-type: none"> <li>• Weight and Growth Recommendation <ul style="list-style-type: none"> <li>○ Recommended body weight/BMI/growth <ul style="list-style-type: none"> <li>▪ Desired growth pattern</li> </ul> </li> </ul> </li> </ul>
<b>Food/Nutrition-related History</b>		
<ul style="list-style-type: none"> <li>• Bullet level 1 <ul style="list-style-type: none"> <li>○ Bullet level 2 <ul style="list-style-type: none"> <li>○ Bullet level 3 <ul style="list-style-type: none"> <li>▪ Bullet level 4</li> </ul> </li> </ul> </li> </ul> </li> </ul>		
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<ul style="list-style-type: none"> <li>• Bullet level 1 <ul style="list-style-type: none"> <li>○ Bullet level 2 <ul style="list-style-type: none"> <li>○ Bullet level 3 <ul style="list-style-type: none"> <li>▪ Bullet level 4</li> </ul> </li> </ul> </li> </ul> </li> </ul>		
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<b>Client History</b>		
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## Nutrition Diagnosis

### Sample PES Statements (problem, etiology, signs and symptoms using some NCP terminology)

This/ese statement(s) is/are provided as examples only, and will not apply to all individuals:

- (Insert bulleted list of nutrition diagnoses – see PEN® Writer’s Guide for assistance in developing PES Statements)

## Nutrition Intervention

### Nutrition Prescription

#### Nutrition Prescription Examples

**Recommend:** (insert bulleted list of recommendations – see PEN® Writer’s Guide for assistance in developing examples)

- Bullet level 1
  - Bullet level 2
    - Bullet level 3\*

***Food and/or Nutrient Delivery Example(s)***

- Bullet level 1
  - Bullet level 2
    - Bullet level 3

***Nutrition Education Example(s)***

- Bullet level 1
  - Bullet level 2
    - Bullet level 3

***Nutrition Counselling Example(s)***

- Bullet level 1
  - Bullet level 2
    - Bullet level 3

***Coordination of Nutrition Care Example(s)***

- Bullet level 1
  - Bullet level 2
    - Bullet level 3

**Goals**

Goals are as per the eNCPT: Nutrition Terminology Reference Manual. For more information see the Toolkit Writing Guidelines in the PEN® Writer’s Guide for more information.

Goals for an individual with (name the condition/health promotion area) should be determined in conjunction with the client and should be specific to the individual. Goals that are set should be time-sensitive, easily measured and achievable by the nutrition intervention. **Both short-term and long-term goals may be set. Examples of short- and long-term goals include:**

Examples:

- to reduce the intake of sweetened beverages from eight to four per week by the next scheduled appointment (in 1 month).
- to achieve and maintain recommended blood glucose levels through diet and lifestyle modifications, in conjunction with medical therapy for diabetes.

**Summary of Recommendations and Evidence**

SRE(s) content will be added here

**Nutrition Education and Professional Resources**

Education materials for clients, practice guidelines and other professional tools and resources can be found under the **Related Tools & Resources** (hyperlink) tab. Use the Audience, Country and Language sort tabs to narrow your search.

Note if there is more than 1 SRE provided above, each Related TRs will need to be provided:

Education materials for clients, practice guidelines and other professional tools and resources can be found under the following tabs:

- XX Related Tools and Resources ([hyperlink](#))
- XX Related Tools and Resources ([hyperlink](#))

Use the Audience, Country and Language sort tabs to narrow your search.

## References

1. (Insert bulleted list of references, if applicable, as per PEN® Style Guide)

This toolkit provides an overview of practice recommendations and other relevant information contained in Practice Questions and Backgrounds in PEN Knowledge Pathways. To view the key practice points and other relevant information (including the associated references) see the \_\_\_\_\_ Knowledge Pathway ([hyperlink](#)).

If multiple SREs, need to include other KP links:

This toolkit provides an overview of practice recommendations and other relevant information contained in Practice Questions and Backgrounds in PEN Knowledge Pathways. To view the key practice points and other relevant information (including the associated references) see the:

xx \_\_\_\_\_ Knowledge Pathway ([hyperlink](#))

xx \_\_\_\_\_ Knowledge Pathway ([hyperlink](#)).

In addition, the source of the NCPT used in this toolkit is: The Academy of Nutrition and Dietetics. eNCPT: Nutrition Terminology Reference Manual. 2018. Available from: [Nutrition Care Process and Terminology Web Links](#).