

## Dietetic outcomes Framework for diabetes

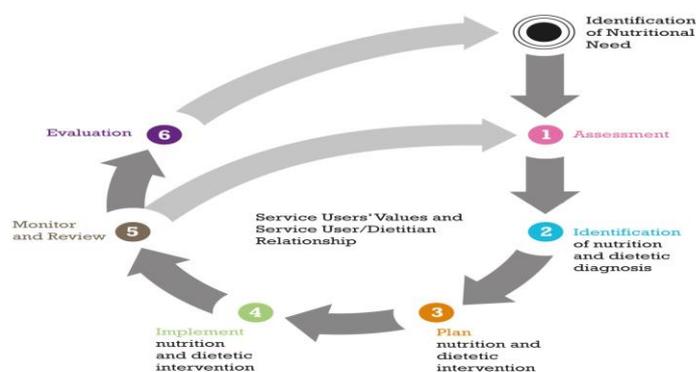
Dietetic outcomes are an integral part of the BDA Model and Process for Dietetic Practice (2012), which was developed to “demonstrate how dietitians integrate professional knowledge and skills into evidence based decision making” (BDA, 2012 p. 3). An outcome is a standardized measure of what has been achieved. It is a measure of effectiveness of the dietetic intervention and directly linked to the nutritional diagnosis and care plan.

This outcomes framework provides diabetes dietitians with a resource for each department and/or region to tailor to their specific needs and electronic systems. This framework provides a resource for addressing the challenge of measuring outcomes in diabetes. This resource provides guidance on the domains which are relevant to diabetes to help dietitians working with diabetes patients to measure meaningful outcomes from their care, so improving clinical practice and the quality of care.

Standardised and global terminology is used and coded within SNOMED CT which is only ‘terminology’ or clinical coding system that all NHS providers must use by 2020. SNOMED is a comprehensive and precise clinical health terminology owned and distributed around the world by The International Health Terminology Standards Development Organisation (IHTSDO SNOMED).

### Process for Nutrition and Dietetic Practice

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## Process for Nutrition and Dietetic Practice

### **Step 1: Assessment:**

Dietitians across the profession are encouraged to work systematically in a structured, standardised way that focusses on the service user, therefore following the ABCDEF format of assessment is recommended:

**A**nthropometry

**B**iochemistry

**C**linical/physical

**D**ietary

**E**nvironment, behaviour, psychological.

**F**unctional

### Step 2: Nutritional Diagnosis

This is the nutritional problem which is assessed using the dietitians clinical reasoning skills and resolved or improved by dietetic intervention.

This is written as a structured sentence known as PASS statement using SNOMED coded terms to give each patient a nutritional diagnosis using one of the available terms.

**P** problem

**A** aetiology

**S** signs

**S** symptoms

### Step 3: Plan

Planning the intervention; should involve the patient/client in agreeing and prioritizing the necessary steps to ensure that care is patient centered. Set a SMART goal for each outcome to meet agreed outcome

### Step 4: Nutrition intervention

Action taken by the dietitian to address the diagnosis; the intervention should be aimed at the root cause of the problem

### Step 5: Monitor & review

Monitoring focuses on changes in the signs and symptoms which were identified in the initial assessment to see if progress is being achieved and goals are met. The goals should be SMART

**S** Specific

**M** Measureable

**A** Appropriate/acceptable

**R** Realistic/reliable

**T** Targeted

## Step 6: Evaluation

### Evaluation of the effectiveness of the intervention: Measuring dietetic outcomes

An outcome measure is a standardised measure of what has been achieved. It is a measure of the effectiveness of the dietetic intervention. An outcome measure is directly linked to the nutritional diagnosis and care plan. Using realistic dietetic goals for individuals measuring the change from 'referral' or 'baseline' to when it ceases (discharged), this will determine if anything meaningful has been achieved. The measures should indicate the effectiveness of dietetic intervention. Dietetic practice requires the provision of safe, effective and good quality care (HCPC). Therefore, all dietitians should be able to identify and predict what the desired outcome of their intervention will be. Measuring outcomes and sharing this information demonstrates the value of a dietetic service.