

## AMERICAN DIETETIC ASSOCIATION'S NUTRITION CARE MANUAL® (NCM)

### More Than a Diet Manual!

The American Dietetic Association's [Nutrition Care Manual](#)® (NCM/PNCM) products are internet-based diet manuals and professional practice manuals for Registered Dietitians, Dietetic Technicians Registered, and allied health professionals.

### Compliance

- NCM is consistent with the Centers for Medicare & Medicaid Services' Interpretive Guidelines for the Hospital Conditions of Participation.
- NCM meets the Joint Commission's Hospital Accreditation Standards.
- NCM has been named the preferred diet manual by the Healthcare Facilities Accreditation Program.
- ADA Nutrition Care Manual® complies with DNV's NIAHO™ accreditation program.

### NCM Outline

NCM is broken into five (5) distinct sections: **(1) Risk Screen**, **(2) Conditions**, **(3) Nutrition Care**, **(4) Client Ed/Menus**, and **(5) References**. Below you will find a description of each section and what information can be found within each section.

- (1) Risk Screen:** This section includes information that nursing and other intake staff would need to know about a client's nutritional history that would give clues to a specific disease/condition, or signs/symptoms that would require consultation with a registered dietitian.
- (2) Diseases/Conditions:** This section includes information specific to the disease/condition and provides insight on the overview and background information about the disease.
- (3) Nutrition Care:** This section follows the ADA's four Nutrition Care Process steps: Nutrition Assessment, Nutrition Diagnosis, Nutrition Intervention, and Nutrition Monitoring & Evaluation.
- (4) Client Ed/Meal Plans:** Includes the Meal Plan Crosswalk table and all client education handouts. The crosswalk contains links to screens and handouts outlining sample meal plans and menus for different topics. Handouts are created at a 6<sup>th</sup> or 7<sup>th</sup> grade reading level to be understandable for as many clients/patients as possible.
- (5) References:** This section houses the reference lists for each topic/sub-topic. Abstract and/or full text links are provided for all possible reference citations.

The following topics are available within NCM:

- Normal Nutrition – **AVAILABLE OCTOBER 2011**
  - General, Healthful Diet
  - Pregnancy
  - Lactation and Breastfeeding
  - Aging and Nutrition
  - Sports Nutrition
  - Vegetarian Nutrition
- Anemia
  - Iron Deficiency Anemia
  - Sickle Cell Disease
- Behavioral Health
  - Cognitive Disorders
    - i. Alzheimer's
    - ii. Dementia
  - Eating Disorders
    - i. Anorexia Nervosa
    - ii. Binge Eating Disorder
    - iii. Body Dysmorphia
    - iv. Body Image Distortion
    - v. Bulimia
    - vi. Disordered Eating
    - vii. Eating Disorders Not Otherwise Specified
    - viii. Muscle Dysmorphia
    - ix. Night Eating Syndrome
  - Mood Disorders
  - Psychotic Disorders
    - i. Schizophrenia
  - Substance Abuse and Addiction
    - i. Alcoholism
    - ii. Drug Addiction
- Burns
- Cardiovascular Disease
  - Cerebrovascular Disease
    - i. Ischemic Stroke & Cerebrovascular Accident (CVA)
    - ii. Transient Ischemic Attack (TIA)
  - Coronary Artery Disease
    - i. Coronary Artery Bypass Graft (CABG)
    - ii. Myocardial Infarction (MI)
  - Disorders of Lipid Metabolism
    - i. Hypercholesterolemia
    - ii. Hypertriglyceridemia
  - Heart Failure
  - Hypertension
- Critical Illness
- Developmental Disabilities – **AVAILABLE OCTOBER 2011**
  - General Guidance and Resources
  - Autism Spectrum Disorders

- Cerebral Palsy
- Down Syndrome
- Prader-Willi Syndrome
- Spina Bifida
- Other Syndromes and Disorders
  - i. Fragile X
  - ii. Inherited Metabolic Disorders
  - iii. Rett Syndrome
- Diabetes Mellitus
  - General Guidance – **AVAILABLE OCTOBER 2011**
    - i. Carbohydrate Counting
    - ii. Choose Your Foods
    - iii. Glucose Testing
    - iv. Glycemic Index
    - v. Goal Setting
  - Advanced Diabetes Practice – **AVAILABLE OCTOBER 2011**
  - Pre-Diabetes
  - Type 1
  - Type 2
  - Gestational Diabetes
  - Gastroparesis
  - Reactive Hypoglycemia (non-diabetic)
- Dysphagia
  - Level 1 Pureed
  - Level 2 Mechanically Altered
  - Level 3 Advanced
- Food Allergies
  - Non-food Allergies and Intolerances
  - Latex Allergy
  - Oral Allergy Syndrome
  - Sulfite Sensitivity
  - Radioallergosorbent Test RAST
- Gastrointestinal Disease
  - Diseases and Conditions of the Liver, Gallbladder, and Pancreas
    - i. Cirrhosis
    - ii. Gallbladder
    - iii. Hepatitis
    - iv. Pancreatitis
  - Diseases and Conditions of the Lower GI Tract
    - i. Bowel Surgery
      - 1. Bowel Resection
      - 2. Colostomy
      - 3. Ileostomy
    - ii. Diverticular Conditions
      - 1. Diverticulitis
      - 2. Diverticulosis
    - iii. Inflammatory Bowel Disease (IBD)
      - 1. Crohn's Disease & Ulcerative Colitis
    - iv. Irritable Bowel Syndrome

- v. Malabsorption and Intolerance
      1. Celiac Disease
      2. Constipation
      3. Diarrhea
      4. Fructose Intolerance
      5. Lactose Intolerance
    - o Diseases and Conditions of the Upper GI Tract
      - i. Esophageal Surgery
      - ii. Gastric Surgery
      - iii. Gastroesophageal Reflux Disease GERD
      - iv. Jaw Fracture
      - v. Nausea & Vomiting
      - vi. Peptic Ulcers
- Geriatric
  - o Aging
  - o End of Life Nutrition
  - o Geriatric
  - o Pressure Ulcers: Long-Term Care
- HIV / AIDS
- Inborn Errors of Metabolism
  - o Galactosemia
  - o Phenylketonuria PKU
- Metabolic Syndrome
- Musculoskeletal Conditions
  - o Amputations
  - o Arthritis
    - i. Gout
    - ii. Osteoarthritis
    - iii. Rheumatoid Arthritis
  - o Osteoporosis
- Neurological
  - o Epilepsy
  - o Huntington's Disease
  - o Parkinson's Disease
- Oncology
  - o Cancer Sites
  - o Phases of Cancer Survival
  - o Side Effect Management
  - o Treatment Modalities
- Oral Health
- Pulmonary
  - o Acute Respiratory Distress Syndrome (ARDS)
  - o Chronic Obstructive Pulmonary Disease (COPD)
  - o Cystic Fibrosis
  - o Pneumonia / Acute Respiratory Failure
    - i. Aspiration Pneumonia
    - ii. Pneumonia
  - o Tuberculosis

- Renal
  - Bladder and Urinary Tract Disease
    - i. Kidney Stones
    - ii. Urinary Tract Infections
  - Kidney Disease
    - i. Acute Renal Failure
    - ii. Continuous Renal Replacement Therapy
    - iii. Chronic Kidney Disease
    - iv. Nephrotic Syndrome
    - v. Renal Replacement Therapy
- Reproduction
  - Gynecology
    - i. Fibrocystic Breast Conditions
    - ii. Infertility
    - iii. Polycystic Ovarian Syndrome PCOS
  - Obstetrics
    - i. Breastfeeding/Lactation
    - ii. Hyperemesis Gravidarum / Morning Sickness
    - iii. Multiple Gestation
    - iv. Normal Pregnancy
    - v. Pica
    - vi. Preeclampsia & Eclampsia
- Sports Nutrition and Performance
- Transplant
  - Hematopoietic Stem Cell
  - Organ
    - i. Bowel
    - ii. Heart
    - iii. Kidney
    - iv. Liver
    - v. Lung
    - vi. Pancreas
- Vegetarian Nutrition
  - Lacto-ovo Vegetarians & Lactovegetarians
  - Red Meat Avoidance
  - Vegan
  - Vegetarian
- Weight Management
  - Bariatric Surgery
  - Overweight & Obesity
  - Underweight
- Wound Care
  - Pressure Ulcers

Resources:

- Normal Nutrition - **AVAILABLE OCTOBER 2011**
  - Cultural Food Practices
  - Dietary Guidelines

- Eating Right Handouts
- Energy Metabolism
- Food Guidance System
- Water and Fluid
- Drug-Nutrient Interactions
- Nutrient Lists
- Malnutrition Coding
- Nutrition Support
- Medical Nutrition Therapy (MNT)
- Nutrition Care Process (NCP)
  - Nutrition Interventions
  - Nutrition Screening
- Obsolete Diets
- Ordering Nutrition Prescriptions
- National Nutrition Month
- Shop ADA
- Spanish Language Resources
- Videos and Webinars