

The Swedish Association of Dietitians (DRF)

POSITION STATEMENT - NCP and IDNT

The Swedish Association of Dietitians (DRF) recommends the implementation of NCP and IDNT

In 2003, the Academy of Nutrition and Dietetics (AND), formerly the American Dietetic Association, developed a standardised model intended to guide dietitians in the provision of high quality nutritional care, i.e., the Nutrition Care Process (NCP). The NCP is a patient-centred care plan which clarifies the dietitian's role and competence. The NCP process comprises four distinct stages; nutrition assessment, diagnosis, intervention and evaluation. It provides a structured framework which may be used to describe and evaluate nutritional treatment.

A standard terminology, International Dietetic and Nutrition Terminology (IDNT) has also been developed to support the NCP. IDNT provides standardised terms and definitions which describe the four stages involved in nutritional treatment; nutritional assessment, nutrition diagnosis, nutritional intervention and nutritional follow-up and evaluation. The use of IDNT encourages standard documentation of the nutrition care process. It enables the differentiation of both type and quantities of nutritional interventions and provides a base for the evaluation of nutritional treatment.

It is possible for registered dietitians to implement the NCP together with all or parts of the IDNT in several specialties. The advantages of the nutrition care process should be highlighted and the benefits of dietetic intervention must (should?) be clarified in line with the development of healthcare. This working practice provides specialties with the possibility of monitoring the effect of nutritional treatment. The application of standardised working practice and documentation language throughout healthcare encourages evidence-based practice and is a significant contribution to the professional development of registered dietitians. Additionally, the possibility for improved quality of care and patient safety is increased.



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In 2010 the Swedish Association of Dietitians (DRF), in cooperation with Karolinska University Hospital, became the first dietetic association in Europe to contract with the Academy of Nutrition and Dietetics (AND) for the right to translate and publish terms and definitions from the third edition of the IDNT-manual. Since the publication of the Swedish version of this IDNT-manual, dietitians throughout the country have begun to adopt a working practice in line with the NCP and to use IDNT terminology in patients' medical records. The fourth edition of the IDNT manual was translated during the autumn of 2012. The aim is that dietitians in Sweden use a standard working practice model and standard terminology. The Swedish Association of Dietitians (DRF) supports the introduction of the NCP and IDNT in Sweden. To date, several NCP/IDNT courses have been held in Sweden.

The International Confederation of Dietetic Associations (ICDA) recommends the use of NCP and IDNT as a base for clinical dietetic practice.

With the support of the ICDA, the Swedish Association of Dietitians (DRF) recommends that registered dietitians in Sweden adopt a working practice in line with the NCP and IDNT.



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