AMERICAN DIETETIC ASSOCIATION’S NUTRITION CARE MANUAL® (NCM)
2010 Update Summary

Your subscription to NCM® gives you access to every new feature and content change in the 2010 update. All your customizations—sticky notes, highlighting, and formulary—are available in the 2010 update. The NCM Approval Form is available for those who need medical staff approval of NCM®.

Check out our new feature – highlighted search results! Terms used in the search function will appear highlighted on individual page results, helping you to find information quickly and easily.

Meal Plans Homepage
Check out the Meal Plans homepage by clicking on the Meal Plans tab! This page provides a convenient table which maps what was formerly called “diets” which you may have used in earlier diet manuals to the corresponding “nutrition therapy”. Find a complete list of all the nutrition therapy handouts that are available within NCM with easy links to client education handouts, foods recommended and not recommended lists, and sample menus for the different conditions.

Organization Changes
NOTE: The “Others” section has been removed and the content that was located there can now easily be found in the main portion of the left-navigation.

- Anemia
  - Iron Deficiency Anemia
  - Sickle Cell Anemia
- Burns
- Inborn Errors of Metabolism
  - Galactosemia
  - Phenylketonuria PKU
- Musculoskeletal Conditions
  - Amputations
  - Arthritis
    - Gout
    - Osteoarthritis
    - Rheumatoid Arthritis
  - Osteoporosis
- Neurological
  - Epilepsy
  - Huntington's Disease
  - Parkinson's Disease – NEW Topic!
- Vegetarian Nutrition (moved from Resources)
  - Vegetarian
  - Lacto-ovo Vegetarians
  - Red Meat Avoidance
  - Vegan
Diabetes Mellitus
- In Nutrition Care, click on “Diabetes Mellitus” in the main navigation to access the following information:
  - Carbohydrate Counting
  - Choose Your Foods: Exchange Lists for Diabetes
  - Glucose Tolerance Test
  - Glycemic Index
- Gastroparesis
- Gestational Diabetes
- Reactive Hypoglycemia (non-diabetic)
- Pre-Diabetes – NEW Topic!
- Type 1
- Type 2

Renal
- Bladder and Urinary Tract Disease
  - Urinary Tract Infections
  - Kidney Stones (was Urolithiasis / Urinary Stones)
- Kidney Disease
  - Nephrotic Syndrome
  - Acute Renal Failure
    - Continuous Renal Replacement Therapy
  - Chronic Kidney Disease
- Renal Replacement Therapy (found in the Nutrition Care section)
  - Hemodialysis and Peritoneal Dialysis

Resources
Newly created Nutrient Information section provides one-stop location for all nutrient information!
- Nutrient Lists (moved from Meal Plans page)
  - Calcium
  - Fiber
  - Iron
  - Magnesium
  - Phosphorus
  - Potassium
  - Protein
  - Sodium
  - Vitamin K
- Dietary Reference Intakes (links to tables)
- Drug-Nutrient Interactions
- Water and Fluid Requirements – NEW sub-topic!
NEW Sections!

**Oral Health**
- Nutrition and oral health share a synergistic relationship. The dietetics professional can use this section to:
  - identify patients who may be at risk for nutrition compromise due to disease or impairment of the oral cavity
  - be aware of various non-normal conditions of the oral cavity
  - inspect the oral cavity as part of nutrition focused physical exam
  - incorporate findings in the nutrition care process
  - plan nutrition interventions to address non-normal conditions
- Includes **11 client education handouts**, available in regular and large print:
  - Do You Have Difficulty Eating?
  - Do You Have Difficulty Eating? Considerations for People with Diabetes
  - Nutrition Considerations for Head and Neck Cancer
  - Nutrition Considerations for Head and Neck Cancer, Prevention Handout
  - Nutrition Recommendations for Dentures
  - Nutrition Recommendations for Partial Dentures
  - Nutrition Recommendations for Orofacial Pain
  - Nutrition Recommendations for Dry Mouth (Xerostomia)
  - Nutrition Recommendations to Reduce Side Effects of Medications
  - Post-Surgery Nutrition Recommendations
  - Post-Surgery Nutrition Recommendations for People with Diabetes

**Pre-Diabetes** — *found in Diabetes*
- Provides diagnostic criteria and MNT goals and expected outcomes.
- Food/nutrition and physical activity interventions and counseling strategies included!
- Links to Weight Management client education handouts appropriate for patients with pre-diabetes.

**Parkinson’s Disease** — *found in Neurological*
- Information on how Parkinson’s disease affects nutritional status, including information on weight changes and feeding problems.
- Includes information on how nutrition may benefit the subset patients who are taking L-dopa who are experiencing “on-off” syndrome.
- Links to the most recent United Parkinson's Disease Rating Scale (UPDRS) evaluation form.

**Resources** section now includes:
- **Nutrient Information**
  - Water and Fluid Requirements
    - Provides an overview of water and fluid requirements and includes important information on: fluid requirements, balance, status assessment, water content of foods, and fluid & electrolyte content of IV fluids.
- Nutrition Screening
  - Provides information on nutrition screening and covers information on the process of identifying patients, clients, or groups who may have a nutrition diagnosis and benefit from nutrition assessment and intervention by a registered dietitian (RD).
• Nutrition Support
• Spanish Language Resources
  o In addition to finding Spanish language client education materials within specific conditions, you can now easily find all Spanish translated client education materials in one easy place! You can find a list of all the Spanish client education handouts available in NCM at the end of this summary.
• Videos and Webinars
  o Find useful webinars showing how different members of your facility can use NCM, including:
    ▪ NCM Overview Webinar
    ▪ NCM Clinical Nutrition Manager (CNM) Overview Presentation
    ▪ Technical Tutorial
    ▪ Administrator Tutorial
    ▪ New Subscription Webinar
    ▪ Overview Presentation download
    ▪ Nursing Webinar
    ▪ Demo for Students
  o Also provides a link to the ADA Quality Dietetics Practice video created by the ADA Quality Management team.

Updated Sections and Content

NEW Spanish versions of client education nutrition therapy materials for Gluten-Free, Dysphagia handouts, Normal Pregnancy, and others are available.

NEW Sample PES / Nutrition Diagnostic Statement(s), found in Nutrition Diagnosis headings, for all content sections! Incorporates updated International Dietetics & Nutrition Terminology Reference Manual (IDNT) guidelines, codes, and terminology.

NEW Low-Sodium Nutrition Therapy client education handout replaces 2g (2,000 mg) Sodium Nutrition Therapy handout. This new handout follows the DASH diet plan for both 2,000 mg and 1,500 mg sodium levels.

Burns
  • Updated client education handouts

Critical Illness
  • Updated to include new Evidence Analysis Library (EAL) Critical Illness (CI) Evidence-Based Nutrition Practice Guideline.

Diabetes
  Type 2
  • NEW Type 2 Diabetes Nutrition Therapy for Vegetarians
  • NEW heading discussing Vegetarian Approaches to Type 2 Diabetes
  • NEW Diagnosis and Screening Tests heading found in Diseases/Conditions
Gastrointestinal Disease

**Diverticular Conditions**
- **NEW** Diverticulitis and Diverticulosis sub-topics for Meal Plans and Client Education. Easily find specific information on the different conditions and nutrition approaches!
- **UPDATED** Low-Fiber Nutrition Therapy replaces Low-Residue Nutrition Therapy. This change reflects that there is no scientifically acceptable definition of residue and thus the amount of residue produced by digestion of various foods cannot be estimated from widely available sources.

**Lactose Intolerance**
- Updated content to reflect the 2010 NIH report: *Results of the NIH consensus development conference on Lactose Intolerance*.

**Pancreatitis**
- **UPDATED** client education handout.

**Huntington’s Disease**
- **NEW** client education handouts, available in regular and large print:
  - Guidelines for High-Calorie Nutrition Therapy
  - High-Calorie, High-Protein Nutrition Therapy
  - Huntington’s Disease Kitchen Tips
  - High-Calorie, High-Protein Shopping and Cooking Tips
  - Food Choices to Add Calories and Protein

**Metabolic Syndrome**
- Hemoglobin A1c (A1C) values added to Diagnostic Thresholds for Diabetes and Lesser Degrees of Impaired Glucose Regulation table in Diagnostic Tests heading.

**Pregnancy (in Reproduction)**
- Updated handouts for Breastfeeding/Lactation, Morning Sickness, Multiple Gestation, Normal Pregnancy, Pica, and Preeclampsia/Eclampsia.
- **NEW** Vegetarian Pregnancy Nutrition Therapy handout

**Sports Nutrition and Performance**
- **NEW** client education handouts added for: Dietary Supplements; Performance Hydration; and Vegetarian Eating for Athletes

**Available Spanish Language Client Education Handouts**

**General Handouts**
- Gluten-Free Nutrition Therapy
- High-Fiber Nutrition Therapy
- Low-Fiber Nutrition Therapy
- Low-Sodium Nutrition Therapy
- Tyramine-Restricted Nutrition Therapy
- Vitamin K and Medications
Breastfeeding/Lactation
Breastfeeding Nutrition Therapy (Exclusive)
Breastfeeding Nutrition Therapy (with supplementing)

Cardiovascular
Heart Healthy Eating Nutrition Therapy
Heart-Healthy Cooking Tips
Heart-Healthy Eating: Omega-3 Fatty Acids
Heart-Healthy Eating: Fiber Tips
Heart-Healthy Eating: Soy Protein
Heart-Healthy Eating: Sterols and Stanol Tips
Heart-Healthy Eating: Shopping Tips

Diabetes
Carbohydrate Counting and Diabetes
Label Reading Tips for People with Diabetes
Type 1 Diabetes Nutrition Therapy
Type 2 Diabetes Nutrition Therapy

Dysphagia
Nutrition Therapy for Dysphagia Level 1: Pureed Foods
Nutrition Therapy for Dysphagia Level 2: Mechanically Altered Foods
Nutrition Therapy for Dysphagia Level 3: Soft Foods

Oral Health
Do You Have Difficulty Eating?
Do You Have Difficulty Eating? Considerations for People with Diabetes
Nutrition Considerations for Head and Neck Cancer
Nutrition Considerations for Head and Neck Cancer, Prevention Handout
Nutrition Recommendations for Dentures
Nutrition Recommendations for Partial Dentures
Nutrition Recommendations for Orofacial Pain
Nutrition Recommendations for Dry Mouth (Xerostomia)
Nutrition Recommendations to Reduce Side Effects of Medications
Post-Surgery Nutrition Recommendations
Post-Surgery Nutrition Recommendations for People with Diabetes

Reproduction
Normal Pregnancy Nutrition Therapy
Preeclampsia and Eclampsia Nutrition Therapy

Weight Management
1,200 Calorie Sample 5-Day Menus
1,600 Calorie Sample 5-Day Menus
1,800 Calorie Sample 5-Day Menus
Weight Loss Tips