More Than Diet Manuals!

The Academy’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 6th or 7th 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
  - General, Healthful Diet
  - Pregnancy
  - Lactation and Breastfeeding
  - Sports Nutrition
  - Vegetarian Nutrition

- Older Adult Nutrition – NEW FOR 2012
  - Geriatrics
  - Background Information
  - Nutrition Screening
  - Conditions
    - Alzheimer’s Disease
    - Cardiovascular Disease
    - Chronic Kidney Disease
    - Chronic Obstructive Pulmonary Disease (COPD)
    - Constipation
    - Depression
    - Diabetes
    - Obesity
    - Oral Health
    - Osteoporosis
    - Pressure Ulcers and Other Skin Conditions
    - Unintended Weight Loss
  - Nutrition Care
    - Anthropometric Measurements
    - Appropriateness of Food Intake
    - Client History
    - Diagnostic Tests
    - Dietary Adjustments to Address the Aging Process
    - Food History / Recall / Frequency
    - Hunger and Food Insecurity
    - Laboratory
    - Laboratory Value Norms
    - Dental & Oral Health Issues
    - Depression & Alcohol Intake
    - Indirect Calorimetry
    - Physical Inactivity or Impaired Functional Status
    - Quality of Life
    - Sensory Impairment
    - Physical Changes with Age
    - Physical Observations
    - Social Isolation
    - Use of Prescribed & Over the Counter Medication (OTC)
  - End of Life Nutrition
  - Client Education

- Anemia
  - Iron Deficiency Anemia
• Sickle Cell Disease

• Behavioral Health
  o Cognitive Disorders
    i. Alzheimer's
    ii. Dementia
  o 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
  o Mood Disorders
  o Psychotic Disorders
    i. Schizophrenia
  o Substance Abuse and Addiction
    i. Alcoholism
    ii. Drug Addiction

• Burns

• Cardiovascular Disease
  o Cerebrovascular Disease
    i. Ischemic Stroke & Cerebrovascular Accident (CVA)
    ii. Transient Ischemic Attack (TIA)
  o Coronary Artery Disease
    i. Coronary Artery Bypass Graft (CABG)
    ii. Myocardial Infarction (MI)
  o Disorders of Lipid Metabolism
    i. Hypercholesterolemia
    ii. Hypertriglyceridemia
  o Heart Failure
  o Hypertension

• Critical Illness

• Developmental Disabilities
  o General Guidance and Resources
  o Autism Spectrum Disorders
  o Cerebral Palsy
  o Down Syndrome
  o Prader-Willi Syndrome
  o Spina Bifida
  o Other Syndromes and Disorders
    i. Fragile X
    ii. Inherited Metabolic Disorders
    iii. Rett Syndrome

• Diabetes Mellitus
  o General Guidance
    i. Carbohydrate Counting
ii. Choose Your Foods
iii. Glucose Testing
iv. Glycemic Index
v. Goal Setting
   o Advanced Diabetes Practice
   o Pre-Diabetes
   o Type 1
   o Type 2
   o Gestational Diabetes
   o Gastroparesis
   o Reactive Hypoglycemia (non-diabetic)

• Dysphagia/Modified Consistency
  o Dysphagia
    i. Level 1 Pureed
    ii. Level 2 Mechanically Altered
    iii. Level 3 Advanced
  o Modified Consistency
    i. Clear Liquids
    ii. Full Liquid
    iii. Pureed Foods
    iv. Mechanically Altered Foods
    v. Soft Foods

• Food Allergies
  o Food Allergies
    i. Multiple Food Allergies
    ii. Corn
    iii. Egg
    iv. Fish
    v. Milk
    vi. Peanut
    vii. Shellfish
    viii. Soy
    ix. Tree Nut
    x. Wheat
  o Non-food Allergies and Intolerances
    i. Latex Allergy
    ii. Oral Allergy Syndrome
    iii. Sulfite Sensitivity
  o Radioallergosorbent Test RAST

• Gastrointestinal Disease
  o Diseases and Conditions of the Liver, Gallbladder, and Pancreas
    i. Cirrhosis
    ii. Gallbladder
    iii. Hepatitis
    iv. Pancreatitis
  o 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
• 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
- **Tuberculosis**
- **Renal**
  - Bladder and Urinary Tract Disease
    - Kidney Stones
    - Urinary Tract Infections
  - Kidney Disease
    - Acute Renal Failure
    - Continuous Renal Replacement Therapy
    - Chronic Kidney Disease
    - Nephrotic Syndrome
    - Renal Replacement Therapy
- **Reproduction**
  - Gynecology
    - Fibrocystic Breast Conditions
    - Infertility
    - Polycystic Ovarian Syndrome PCOS
  - Obstetrics
    - Breastfeeding/Lactation
    - Hyperemesis Gravidarum / Morning Sickness
    - Multiple Gestation
    - Normal Pregnancy
    - Pica
    - Preeclampsia & Eclampsia
- **Transplant**
  - Hematopoietic Stem Cell
  - Organ
    - Bowel
    - Heart
    - Kidney
    - Liver
    - Lung
    - Pancreas
- **Vegetarian Nutrition**
  - Lacto-ovo Vegetarians & Lactovegetarians
  - Red Meat Avoidance
  - Vegan
  - Vegetarian
- **Weight Management**
  - Bariatric Surgery
  - Overweight & Obesity
  - Underweight
- **Wound Care**
  - Pressure Ulcers
  - Surgical and Chronic Wounds – **NEW FOR 2012**

Resources:

- **Normal Nutrition**
  - 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)
  o Nutrition Interventions
  o Nutrition Screening
• Obsolete Diets
• Ordering Nutrition Prescriptions
• National Nutrition Month
• Shop ADA
• Spanish Language Resources
• Videos and Webinars