

## **Topic Area: Dietetic Practice and Education**

### **Abstract Title**

Barriers and Facilitators to the Implementation of Nutrition Care Process Terminology in Dietetic Practice

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### **Abstract**

**Introduction:** The Nutrition Care Process is a well-known framework used in dietetic practice, focusing on systematic problem-solving to assist with the development of evidenced-based nutrition interventions (Atkins et al, 2011). Despite many benefits associated with this framework, there are numerous barriers to the successful implementation of nutrition care process terminology (NCPT) (Vivanti et al, 2015).

**Objectives:** The main research question was to assess the barriers and facilitators for implementing NCPT in dietetic practice. The secondary objective was to review current recommendations to improve support for NCPT implementation and evaluation.

**Methods:** A literature search was conducted from November to December 2018 using the following databases: PubMed, Scopus, and OVID Medline. The inclusion criterion was research focused on the implementation and/or evaluation of NCPT. Exclusion criteria included non-English articles and papers published before 2005 as this was the year that the Academy of Nutrition and Dietetics invited Canada to adopt the NCPT framework (Atkins et al, 2011). Studies were organized based on inclusion of NCPT implementation, evaluation, or both. Key barriers and facilitators to NCPT implementation and future recommendations were summarized.

**Results:** Twelve studies met the eligibility criteria. Main facilitators to NCPT implementation were project champions with change management experience and group-based learning. Low levels of support, time, and knowledge were identified as major barriers to NCPT implementation. Recommendations for improvements were ongoing training and education for registered dietitians (RDs) to improve the quality of their documentation, and additional research to evaluate the impact of NCPT on nutrition care outcomes.

**Conclusions:** Continual education is required to support RDs with effectively incorporating NCPT into their practice. Moreover, further research is warranted to justify the validity and reliability of NCPT application.

**Significance to the Field of Dietetics:** The present study may help enhance current NCPT implementation strategies and serve as a guide for subsequent research to evaluate the impact of NCPT on patient care.