



**11 DECEMBER 2019**

**Health Services**

**AMBULATORY NUTRITION  
SCREENING**

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(Colonel Marie Colasanti)

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This instruction implements AFD 41-1, *Health Care Programs and Resources*. This Instruction describes the responsibilities and procedures for screening and assessing the nutritional status of outpatients and ensures that nutrition screening and Medical Nutrition Therapy (MNT) are intrinsic components of clinical practice in the ambulatory setting. This Instruction ensures compliance with the Joint Commission standard. This instruction applies to all personnel assigned, attached, or under contract to the 59th Medical Wing (MDW). This instruction does not apply to those members assigned to the 59 MDW who are working at BAMC. This instruction does not apply to the Air National Guard or Air Force Reserve. Refer recommended changes and questions about this publication to the Office of Primary Responsibility using the AF Form 847, *Recommendation for Change of Publication*. Ensure that all records created as a result of processes prescribed in this publication are maintained IAW Air Force Manual (AFMAN) 33-363, *Management of Records*, and disposed of IAW Air Force Records Information Management System (AFRIMS) Records Disposition Schedule (RDS).

**SUMMARY OF CHANGES**

59 MDWI 41-103 has been revised. Changes include added 59 MDW Form 42, *Adult Medical Nutrition Therapy Initial Assessment* and 59 MDW Form 43, *Pediatric Medical Nutrition Therapy Initial Assessment*.

**1. Program Responsibilities.** This instruction applies to outpatient clinic personnel throughout the 59 MDW. It provides recommended criteria regarding the nutritional screening of outpatients to evaluate nutrition risk and the need for MNT or nutrition education, as appropriate.

Patients identified to be at nutrition risk and referred to the Outpatient Nutrition Clinic will be assessed and followed by a registered dietitian or certified diet therapy technician.

**2. Program Policy.** Outpatient primary care clinics will screen their patients for nutrition risk and document findings. As clinically indicated, other outpatient clinics may consider screening patients for nutrition risk. If a patient is screened to be at nutritional risk, the health care provider will determine if a consult to the Nutrition Clinic is warranted. Nutritional Medicine staff will also conduct nutrition screening on outpatients attending multidisciplinary classes in which Nutritional Medicine routinely participates, as appropriate.

**3. Program Procedures.**

3.1. Outpatient clinic personnel and health care providers will accomplish nutrition screening as appropriate using clinical parameters for medical conditions outlined in AFI 44-102, *Medical Care Management* or parameters for other medical conditions deemed appropriate for this facility in Attachment 2 of this instruction. The attachment lists age- and population-specific criteria for the Pediatric and Obstetrics and Gynecology (OB/GYN) Clinics.

3.2. The following data sources may be used in nutrition screening: findings on physical examination or other medical record entries, nutrition screening tools (i.e., 59 MDW approved overprints), Health Enrollment Assessment Review/Preventive Health Assessment health screening data.

3.3. If the findings from the above data suggest a patient is at nutrition risk, then a consult to the Outpatient Nutrition Clinic for MNT or nutrition education should be considered. A nutrition consultation for MNT or nutrition education will include nutrition assessment, nutrition

3.3. If the findings from the above data suggest a patient is at nutrition risk, then a consult to the Outpatient Nutrition Clinic for MNT or nutrition education should be considered. A nutrition consultation for MNT or nutrition education will include nutrition assessment, nutrition counseling, and a plan for reassessment, if applicable.

3.3.1. Consults to the Nutrition Clinic are sent electronically via the Composite Health Care System.

3.3.2. The consult should list nutritionally relevant diagnoses and the diet instruction ordered. The current control of chronic disease and previous diet instruction should be documented in the medical record entry as factors in deferring a nutrition consult.

3.3.3. Patients seen by 59 MDW Nutrition Clinics will be given an initial nutrition questionnaire 59 MDW Form 42, *Adult Medical Nutrition Therapy Initial Assessment* or 59 MDW Form 43, *Pediatric Medical Nutrition Therapy Initial Assessment* to complete prior to appointment. This form is used to collect additional information from the patient prior to meeting with the dietitian. The form will be submitted to the dietitian directly or may be uploaded into Health Artifact and Image Management Solution (HAIMS). If not uploaded into HAIMS the form will be destroyed upon completion of the appointment.

**4. Clinical Guidelines for Nutrition Screening.**

4.1. The guidelines noted on attachment 2 indicate what diagnoses or conditions may warrant a MNT or nutrition education referral, or which may only require nutrition education

handouts provided by the Nutrition Clinic staff. Medical Nutrition Therapy or nutrition education will also be provided whenever deemed necessary by the health care provider and is not limited to the diagnoses listed in the attachment.

4.2. Outpatient Nutrition Clinic personnel will provide education to 59 MDW outpatient clinic personnel on nutrition screening requirements by giving information at the new resident orientation, annual professional staff briefings, or by other effective methods to raise awareness and promote the nutrition screening process.

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Administrator

## Attachment 1

### GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION

#### *References*

AFPD 41-1, *Health Care Programs and Resources*, 3 October 2018

AFI 41-210, *TRICARE Operations and Patient Administration Functions*, 6 June 2012

AFI 44-102, *Medical Care Management*, 17 March 2015

AFMAN 44-144, *Nutritional Medicine*, 20 January 2016

#### *Prescribed Forms*

59 MDW Form 42, *Adult Medical Nutrition Therapy Initial Assessment*

59 MDW Form 43, *Pediatric Medical Nutrition Therapy Initial Assessment*

#### *Adopted Form*

AF Form 847, *Recommendation for Change of Publication*

#### *Acronyms and Abbreviations*

**HAIMS**—Health Artifact and Image Management Solution

**MDW**—Medical Wing

**MNT**—Medical Nutrition Therapy

**OB/GYN**—Obstetrics and Gynecology

#### *Terms*

**Medical Nutrition Therapy**—An assessment of a patient’s nutritional status followed by therapy ranging from diet modification and counseling to administration of specialized nutrition products. In military treatment facilities, MNT is available when patients are referred to a credentialed registered dietitian or authorized nutrition care provider.

**Nutrition Assessment**—A comprehensive approach, completed by a registered dietitian or authorized diet therapy technician, to define nutrition status; uses medical and dietary histories, physical examination, anthropometric measurements, and laboratory data. Includes interpretation of information from the screening process. The assessment process includes a review of data from other disciplines that may affect the assessment process

**Nutrition Education**—General nutrition information that differs from MNT in that it is population-based risk reduction versus intervention and does not include an in-depth assessment.

**Nutrition Screening**—The process of identifying characteristics known to be associated with nutrition problems. Its purpose is to pinpoint individuals who are malnourished or at nutrition risk.

## Attachment 2

## CLINICAL GUIDELINES FOR NUTRITION REFERRAL

**AMBULATORY CLINICS**

Cancer and/or cancer treatment  
 Celiac sprue/gluten enteropathy  
 Chronic obstructive pulmonary disease  
 Congestive heart failure  
 Cystic fibrosis  
 Dependence on nutrition support (enteral or parenteral nutrition)  
 Diabetes  
 Disordered eating / unusual dietary or food limiting practices  
 Dyslipidemia/Coronary artery disease/Cardiovascular disease  
 Excessive use of dietary supplements  
 Gastrointestinal disorders interfering with food intake or nutrient absorption  
 General nutrition education / wellness  
 HIV/AIDS  
 Hypertension  
 Inadequate financial resources for food  
 Iron deficiency anemia  
 Liver disease  
 Malnutrition Failure to thrive/Involuntary weight loss  
 Obesity  
 Renal disease  
 Substance abuse  
 Vegan or restriction of all foods of animal origin  
 Any other nutritional concerns that the provider would like assessed by a dietitian

OB/GYN SPECIFIC*	PEDIATRIC SPECIFIC*
Adolescent pregnancy	Failure to thrive
Gestational or overt diabetes	Food allergy / intolerance
High-risk pregnancy	
Hyperemesis gravidarum	
Inadequate or excessive weight gain	
Low pre-pregnancy weight	
Multipara	

**\*In addition to parameters for 'Ambulatory Clinics'**