

## Teaching Philosophy

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Nutritional disequilibrium occurs with changes in dietary intake, nutrition needs, and nutrient metabolism. The nutrition assessment is the foundation for the nutrition care plan. The client's nutritional status must be evaluated before intervention is initiated. More than one assessment should be used to make conclusions about care, as each tool has its purpose, strengths, and weaknesses.

### *Goals of Nutrition assessment:*

- Identify individuals at nutrition risk.
- Provide justification for the nutrition care plan.
- Forms the basis for evaluating the nutrition care plan.