Sessione congiunta ANDID-AIC

Glutine & dintorni

# NCP e MNT - La pratica professionale del dietista applicata alla celiachia:

# l'Evidence Analysis Library




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Ai sensi dell'art. 3.3 del Regolamento applicativo dell'Accordo Stato-Regioni 05.11.2009, dichiaro che negli ultimi due anni ho avuto i seguenti rapporti anche di finanziamento con i seguenti soggetti portatori di interessi commerciali in campo sanitario:



EUROSPITAL

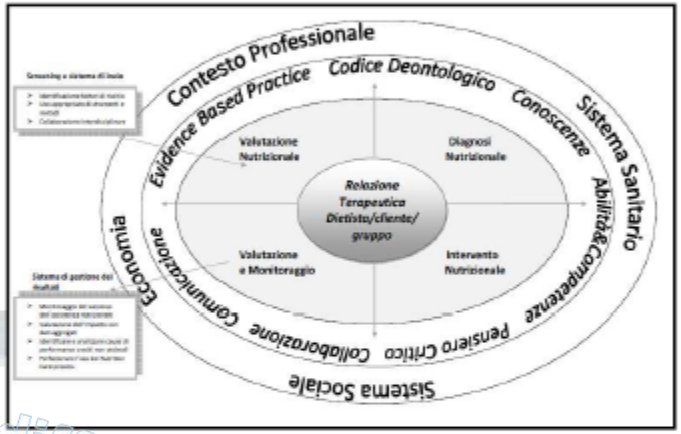
In fede
Susanna Agostini

# NCP e MNT - La pratica professionale del dietista applicata alla celiachia: l'Evidence Analysis Library

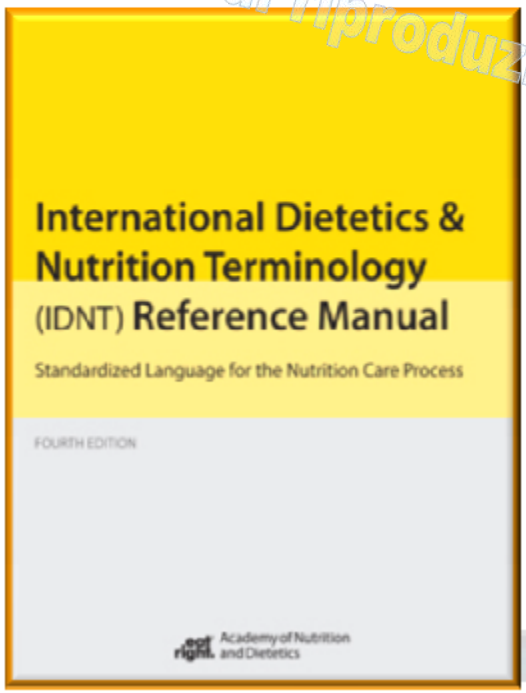
## NCP = Nutrition Care Process and Model (2003)

Metodo sistematico di soluzione dei problemi che i professionisti in nutrizione usano per pensare criticamente, prendere decisioni nei confronti dei problemi correlati alla nutrizione e fornire una assistenza nutrizionale sicura, efficace e di qualità

*Lancey K, Pritchett E. Nutrition Care Process and Model: ADA adopts road map to quality care and oucomes management J Am Diet Ass vol 103 number 8 pag 1061-72, august 2003*






## International Dietetics and Nutrition Terminology (2006)

Linguaggio standardizzato per descrivere con termini definiti e condivisi le attività del dietista

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# MNT = Medical Nutrition Therapy

- ✓ E' l'applicazione del NCP, focalizzato alla gestione della malattia, in contesti clinici e dei principi della EBM alla pratica professionale del dietista
- ✓ E' una componente essenziale ed efficace di servizi di assistenza sanitaria
- ✓ Può migliorare la salute e il benessere, la produttività, i livelli di soddisfazione degli utenti attraverso la riduzione delle visite mediche, dei ricoveri, della prescrizione di farmaci

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….. un principio irrinunciabile ……

# La pratica professionale basata su un approccio sistematico e basato sull'evidenza



ADA. Standards of Professional Practice for Dietetics Professionals.
JADA 1998;98:83-7

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# Evidence-Based Dietetics Practice

E' la fusione fra la migliore evidenza scientifica, sistematicamente aggiornata e l'assunzione di decisioni nell'ambito dell'alimentazione e della nutrizione

Integra l'evidenza con l'esperienza professionale e i valori del paziente / cliente

Tiene conto della situazione di salute del paziente / cliente e ha l'obiettivo di migliorare gli outcome

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# Evidence-Based Dietetics Practice: perchè è importante?

- Permette di lavorare in modo efficace ed efficiente e rende credibile il professionista
- Sistematizza i risultati delle ricerche e mette a disposizione risposte aggiornate
- Standardizza l'approccio e consente di raccogliere in modo omogeneo i dati degli outcome per il miglioramento continuo della pratica professionale




Una sintesi, disponibile “on line” e costantemente aggiornata rispetto alle evidenze scientifiche su temi di dietetica applicata

http://www.andeal.org/default.cfm




- ✓Libero accesso ai soci AND
- ✓Possibilità di accesso ai non soci (abbonamento annuale o per una settimana di prova)
- ✓Possibili abbonamenti “multi-user” per ospedali e istituzioni
- ✓Accesso molto limitato ai non soci-non abbonati

http://www.andeal.org/default.cfm

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# Metodo e processo alla base di Evidence Analysis Library

- Rigoroso e sistematico processo per cercare, analizzare riassumere le ricerche su uno specifico tema di nutrizione
- Riconosciuto dalla Joint Commission
- Adattato dai metodi Food & Drug Administration e U.S. Department of Agricolture

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# Evidence Analysis Library

# Cosa deve fare il dietista in ogni fase di NCP?


**Nutrition Assessment**

**Nutrition Diagnosis**

**Nutrition Intervention**

**Nutrition Monitoring And Evaluation Outcomes**



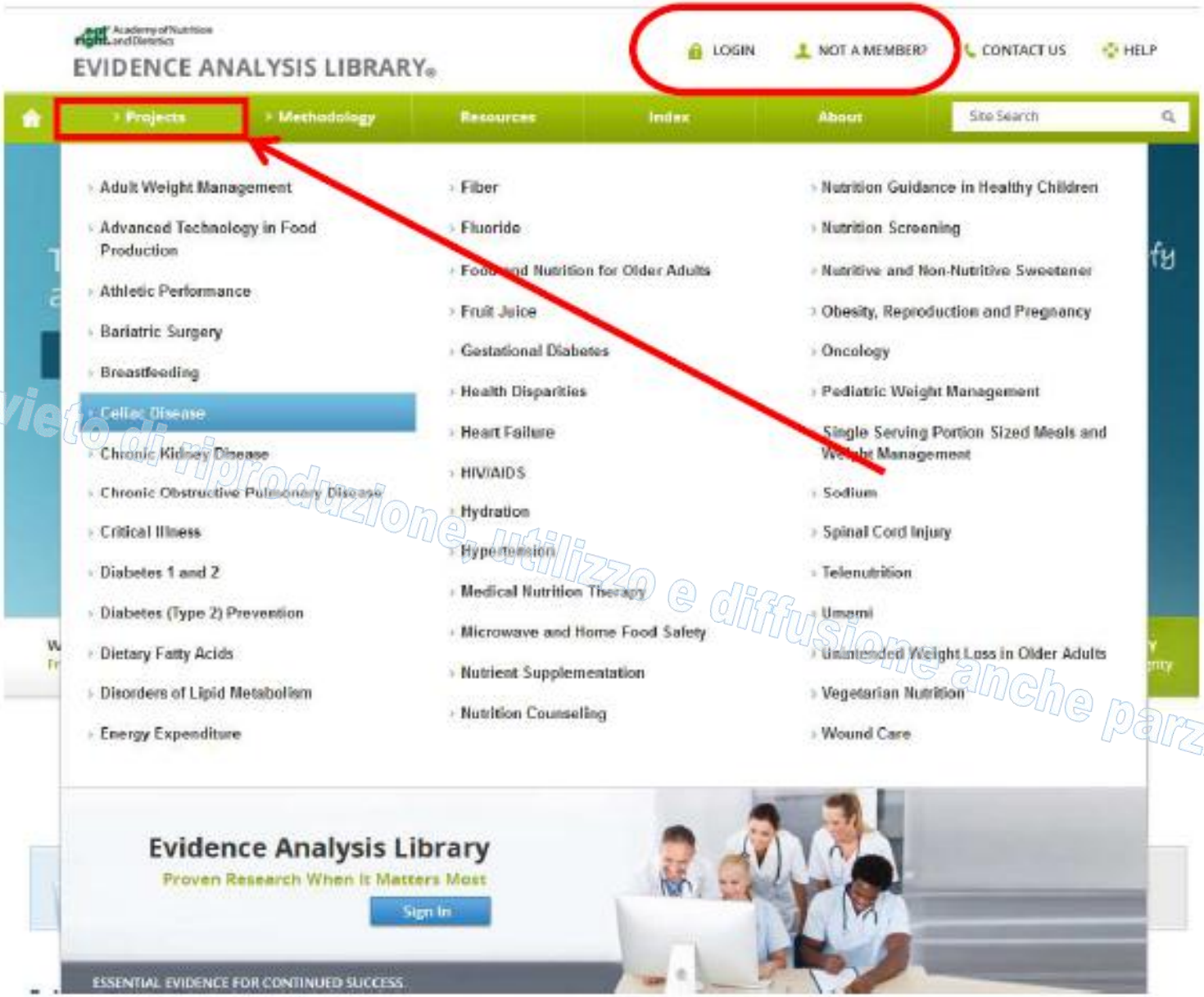
Evidence Analysis Library risponde ai quesiti nutrizionali che si pongono in ogni fase di NCP

Come viene data risposta ai quesiti?

# RACCOMANDAZIONI

Evidence based nutrition practice guidelines

Toolkit



Academy of Nutrition and Dietetics

# EVIDENCE ANALYSIS LIBRARY®



Celiac Disease



## CELIAC DISEASE

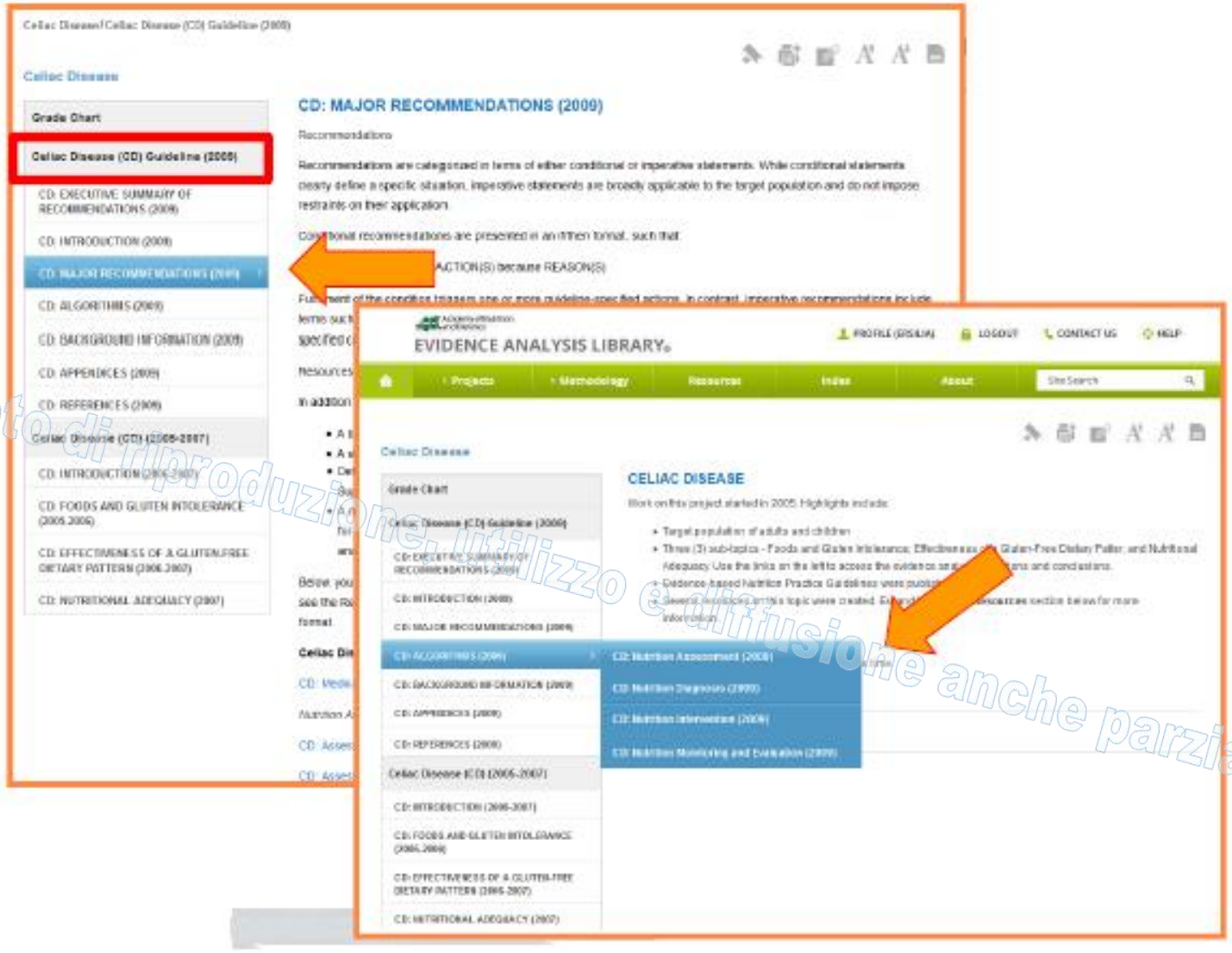
Work on this project started in 2005. Highlights include:

- Target population of adults and children
- Three (3) sub-topics - Foods and Gluten Intolerance; Effectiveness of a Gluten-Free Dietary Patter; and Nutritional Adequacy. Use the links on the left to access the evidence analysis questions and conclusions.
- Evidence-based Nutrition Practice Guidelines were published in 2010.
- Several resources on this topic were created. Expand the **Project Resources** section below for more information.

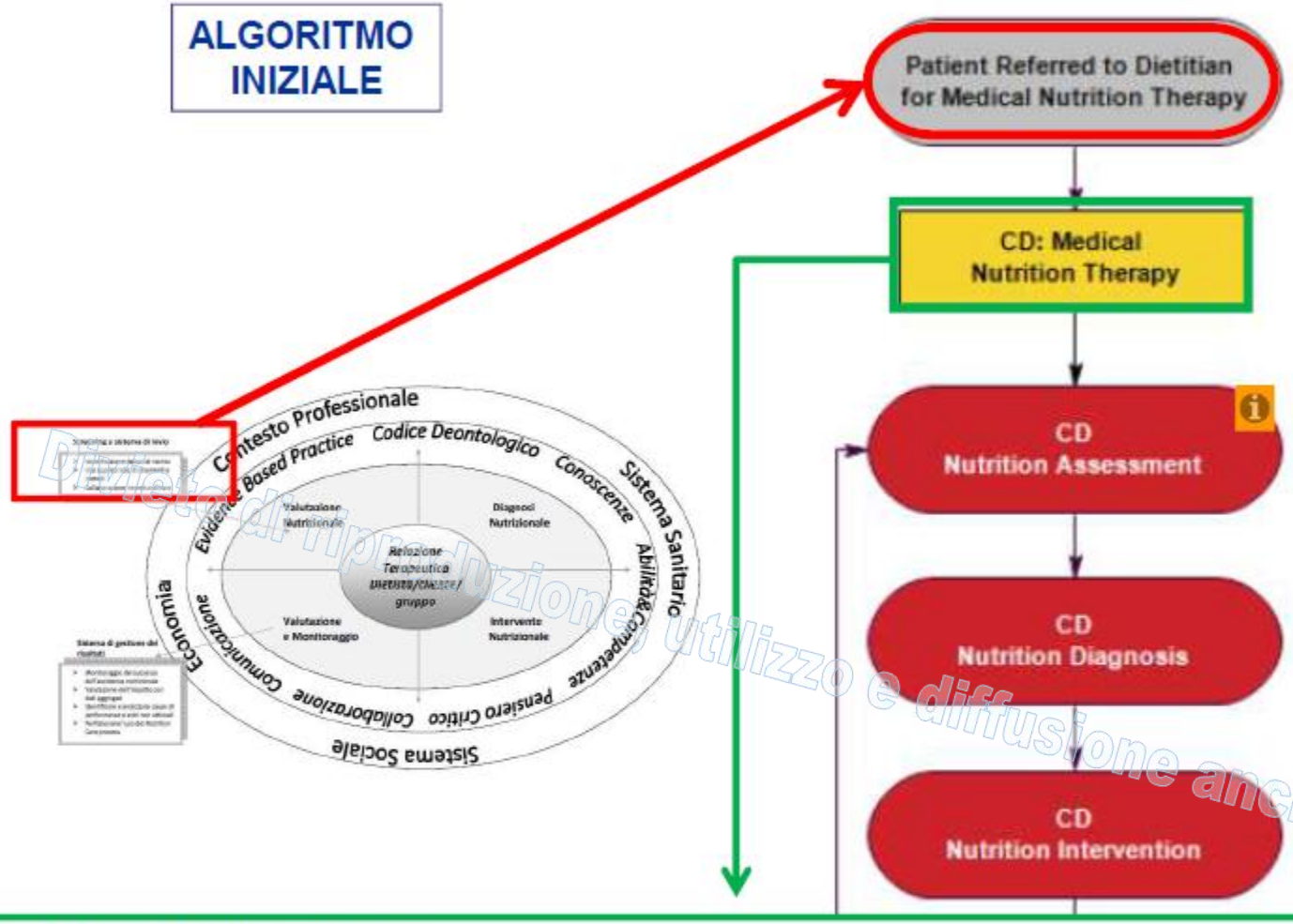
There is no scheduled update to this project at this time.

▸ Project Team

▸ Project Resources



**ALGORITMO INIZIALE**






**CD: Medical Nutrition Therapy**

Medical nutrition therapy (MNT) provided by a registered dietitian is strongly recommended for individuals with celiac disease. Consultation with a registered dietitian as part of a team-based approach results in improved self-management.

**Rating: Consensus**

Imperative

# ALGORITMO VALUTAZIONE NUTRIZIONALE




Algoritmo principale

Raccomandazioni principali

Raccomandazioni in caso di comorbidità

Storia dietetica

Storia alim e diet

Qualità della vita

Altre patologie

Diabete?

Linee guida EAL diabete

Antropometria

Densità ossea

Defin obesità / sovrappeso

Peso?

Linee guida EAL management peso

Dati biochimici

Dati biochimici o altri disponibili

Dislip?

Linee guida EAL disordini metabolismo lipidico

Esame obiettivo

Sintomi gastrointestinali

Storia del cliente

Standard comparativi

Diagnosi nutrizionale

Quick Links

**Conclusion Statement**

WHAT IS THE LONG-TERM EFFECTIVENESS IN PEOPLE WITH CELIAC DISEASE OF FOLLOWING A GLUTEN-FREE DIETARY PATTERN ON VILLOUS ATROPHY?

## RECOMMENDATIONS SUMMARY

### CD: Assessment of Food/Nutrition-Related History 2009

*Click here to see the explanation of recommendation ratings (Strong, Fair, Weak, Consensus, Insufficient Evidence) and labels (Imperative or Conditional). To see more detail on the evidence from which the following recommendations were drawn, use the hyperlinks in the Supporting Evidence Section below.*



### Recommendation(s)

**CD: Assessment of Food/Nutrition-Related History**

The registered dietitian (RD) should assess the food and nutrition-related history of individuals with celiac disease, including (but not limited to) the following:

- ✓apporti di cibo e nutrienti (con riguardo a calcio, ferro, vitamine del gruppo B, vitamina C), uso di farmaci e prodotti di erboristeria
- ✓conoscenze, credenze, atteggiamenti (es: disponibilità a modificare le abitudini alimentari)
- ✓comportamenti e fattori che influenzano l'accesso al cibo sicuro

A

Intake of gluten results may result in gastrointestinal symptoms, malabsorption and villous atrophy.

**Rating: Strong**

Imperative

+ RISKS/HARMS OF IMPLEMENTING THIS RECOMMENDATION

+ CONDITIONS OF APPLICATION

Quick Links

**Conclusion Statement**

WHAT IS THE LONG-TERM EFFECTIVENESS IN PEOPLE WITH CELIAC DISEASE OF FOLLOWING A GLUTEN-FREE DIETARY PATTERN ON VILLOUS ATROPHY?

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▶ **Recommendation(s)**

▼ **Supporting Evidence**

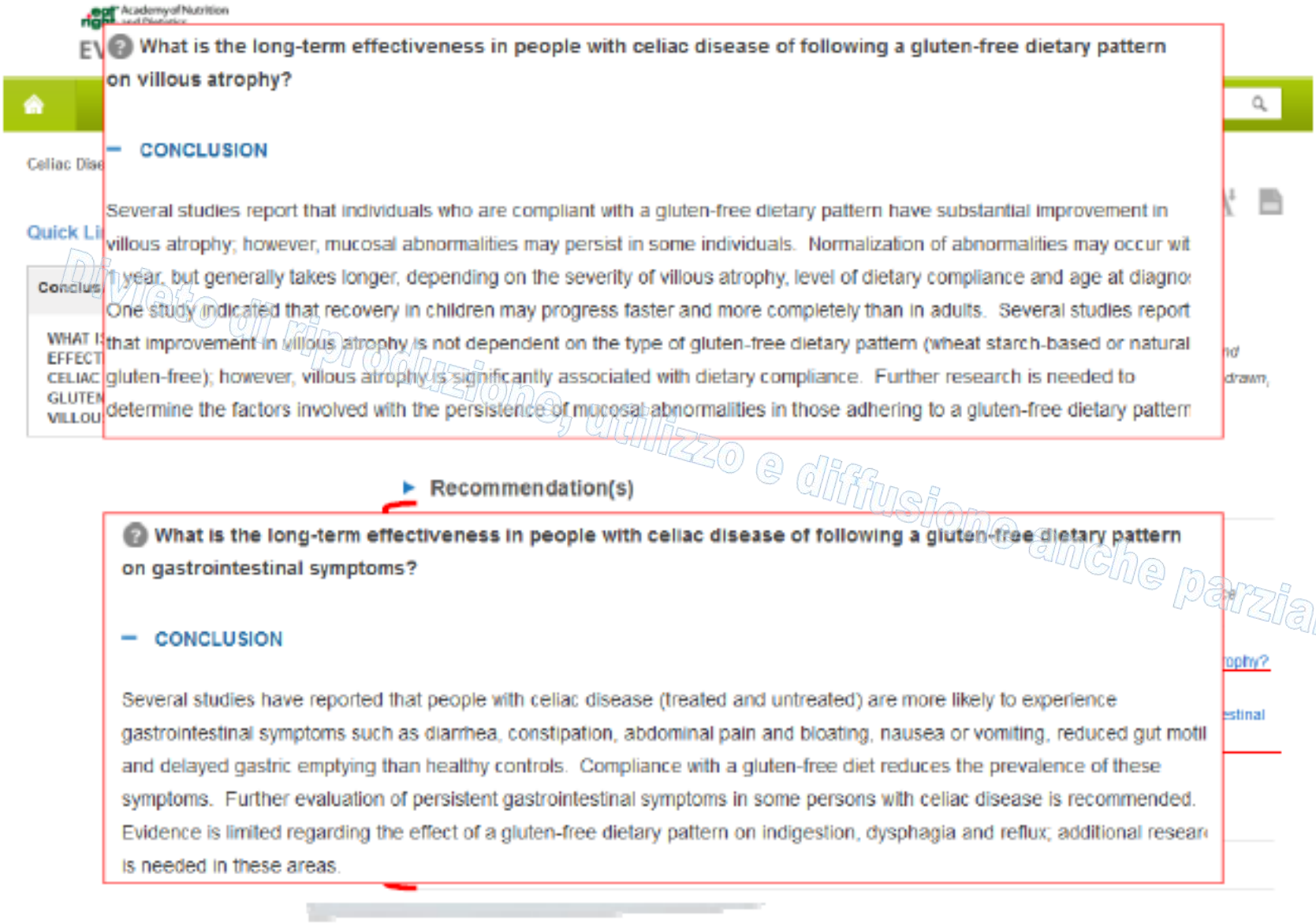
*The recommendations were created from the evidence analysis on the following questions. To see detail of the evidence analysis, click the blue hyperlinks below (recommendations rated consensus will not have supporting evidence linked).*

What is the long-term effectiveness in people with celiac disease of following a gluten-free dietary pattern on villous atrophy?

What is the long-term effectiveness in people with celiac disease of following a gluten-free dietary pattern on gastrointestinal symptoms?

+ REFERENCES

+ REFERENCES NOT GRADED IN ACADEMY OF NUTRITION AND DIETETICS EVIDENCE ANALYSIS PROCESS



What is the long-term effectiveness in people with celiac disease of following a gluten-free dietary pattern on villous atrophy?

CONCLUSION

Several studies report that individuals who are compliant with a gluten-free dietary pattern have substantial improvement in villous atrophy; however, mucosal abnormalities may persist in some individuals. Normalization of abnormalities may occur wit 1 year, but generally takes longer, depending on the severity of villous atrophy, level of dietary compliance and age at diagno One study indicated that recovery in children may progress faster and more completely than in adults. Several studies report that improvement in villous atrophy is not dependent on the type of gluten-free dietary pattern (wheat starch-based or natural gluten-free); however, villous atrophy is significantly associated with dietary compliance. Further research is needed to determine the factors involved with the persistence of mucosal abnormalities in those adhering to a gluten-free dietary pattern

Recommendation(s)

What is the long-term effectiveness in people with celiac disease of following a gluten-free dietary pattern on gastrointestinal symptoms?

CONCLUSION

Several studies have reported that people with celiac disease (treated and untreated) are more likely to experience gastrointestinal symptoms such as diarrhea, constipation, abdominal pain and bloating, nausea or vomiting, reduced gut motil and delayed gastric emptying than healthy controls. Compliance with a gluten-free diet reduces the prevalence of these symptoms. Further evaluation of persistent gastrointestinal symptoms in some persons with celiac disease is recommended. Evidence is limited regarding the effect of a gluten-free dietary pattern on indigestion, dysphagia and reflux; additional resear is needed in these areas.

# ALGORITMO VALUTAZIONE NUTRIZIONALE

Torna a Algoritmo principale

Raccomandazioni prioritarie

Raccomandazioni in caso di comorbidità

Storia dietetica

Storia alim e diet

Qualità della vita

Altre patologie

Diabete?

Linee guida EAL diabete

Antropometria

Densità ossea

Defin obesità / sovrappeso

Peso?

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Dislip?

Linee guida EAL disordini metabolismo lipidico

Esame obiettivo

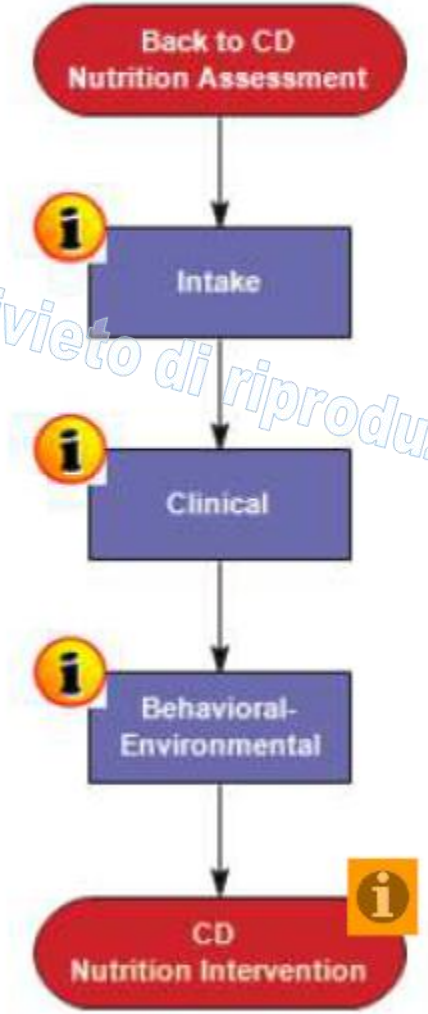
Sintomi gastrointestinali

Storia del cliente

Standard comparativi

Vai a Diagnosi nutrizionale

# ALGORITMO
# DIAGNOSI NUTRIZIONALE






Torna a Diagnosi nutrizionale

Aspettative del pz / cliente

Raccomandazioni prioritarie

Raccomandazioni in caso di comorbidità

Prescrizione nutrizionale

- Alimentazione GF
- Avena
- Cereali integrali
- Multivitaminici
- Calcio / vit. D se ridotta densità ossea
- Ferro se carenza o anemia

- Diabete (macronutrienti)
- Diabete (carboidrati)
- Diabete (indice glicemico)
- Diabete (fibra)
- Diabete (proteine)


**ALGORITMO INTERVENTO NUTRIZIONALE**

Piano nutrizionale

Educazione nutrizionale

- Strumenti educativi e etichette
- Contaminazioni

Counselling nutrizionale

Coordinam ass. nutrizionale

- Coordinamento dell'assistenza

Va a Monitoraggio nutrizionale

## Recommendation(s)

**CD: Consumption of Whole/Enriched Gluten-Free Grains and Products**

The registered dietitian (RD) should advise individuals with celiac disease to consume whole or enriched gluten-free grains and products such as brown rice, wild rice, buckwheat, quinoa, amaranth, millet, sorghum, teff, etc. Research reports that adherence to the gluten-free dietary pattern may result in a diet that is low in carbohydrates, iron, folate, niacin, zinc and fiber.

**Rating: Strong**

Imperative



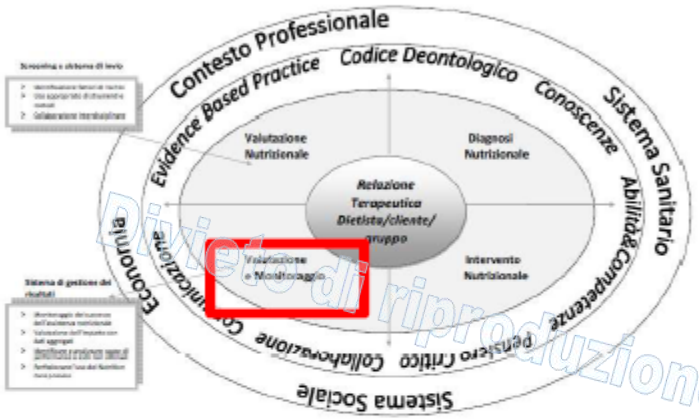
## Intervention

**Is there nutritional adequacy of a gluten-free dietary pattern in those newly diagnosed with celiac disease?**

– CONCLUSION

For newly diagnosed children and adults with celiac disease, studies report that compliance with a gluten-free dietary pattern results in significant improvements in nutritional laboratory values, such as serum hemoglobin, iron, zinc and calcium, as a result of intestinal healing and improved absorption. However, adherence to the gluten-free dietary pattern may result in a di that is high in fat and low in carbohydrates and fiber, as well as low in iron, folate, niacin, vitamin B-12, calcium, phosphorus zinc. A small number of studies in adults show a trend toward weight gain after diagnosis; further research is needed in this area.

# ALGORITMO MONITORAGGIO NUTRIZIONALE




Torna a intervento nutrizionale

Raccomandazioni prioritarie

Storia dietetica

Monitorare le compliance

Monitorare fattori qualità vita

Antropometria

Dati biochimici e clinici

Esame obiettivo

Monitorare sintomi gastrointestinali

Standard comparativi

Torna a algoritmo principale

# Recommendation(s)

## CD: Monitoring and Evaluation of Dietary Compliance

The registered dietitian (RD) should monitor the following to evaluate dietary compliance:

- Gluten-free dietary pattern
- Antibody levels
- Potential exposure to cross-contamination
- Hidden sources of gluten in foods, medications and supplements.

Intake of gluten may result in gastrointestinal symptoms, malabsorption and villous atrophy.

**Rating: Strong**

Imperative

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Projects | Methodology | Resources | Index | About | Site Search

+ RISKS/HARMS OF IMPLEMENTING THIS RECOMMENDATION
+ CONDITIONS OF APPLICATION
+ POTENTIAL COSTS ASSOCIATED WITH APPLICATION
+ RECOMMENDATION NARRATIVE
+ RECOMMENDATION STRENGTH RATIONALE
+ MINORITY OPINIONS

+ REFERENCES
+ REFERENCES NOT GRADED IN ACADEMY OF NUTRIT



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## Conclusioni:

questa relazione vuole essere uno spunto all'esplorazione di uno strumento pensato per il dietista e che mette in grado questo professionista di effettuare le scelte più adeguate per il paziente, applicando il metodo di lavoro specifico.

GRAZIE