

Evaluating PES Statements Step by Step

When reviewing a PES Statement, use the following questions and guidance.

Problem (diagnosis):

- Can the RD resolve or improve the nutrition diagnosis?

Etiology:

- Is this the most specific root cause? If there are two relevant etiologies, two PES statements are needed. Using one PES statement is preferred, but if appropriate two can be used.
- Can you envision an intervention that would address the etiology and thus resolve or improve the problem? If not, is your intervention targeted to reduce or eliminate the signs and symptoms? Is the WIC participant interested and ready for change? Personalize the intervention along with the participant to best meet their needs.

Example: if your etiology is “lack of snacks in between meals” then the intervention may include “offering a light snack 1-2 times per day.”

Signs/Symptoms:

- Will monitoring (measuring/evaluating) the signs and symptoms tell you if the problem is resolved or improved? In other words, can you measure the impact of the intervention?
- Are the signs/symptoms specific enough (e.g., weight/length at 3%tile vs. low weight/length or slowed growth) that you can measure/evaluate changes at the next visit to document resolution or improvement of the nutrition diagnosis (problem)?

Example: the sign/symptom is “weight loss of 5# in two months.” Measuring the weight at the next visit will indicate if the nutrition diagnosis (problem) is resolved or improved.

Overall:

- Does your nutrition assessment data support the identified nutrition diagnosis (problem), etiology and signs/ symptoms?
- When all things are equal and there is a choice between stating the PES statement using two nutrition diagnoses from different domains, consider the Intake domain.
- There may be several diagnostic labels that will work, but through review of the signs/symptoms it will help narrow the choices to one best fit.