



Title: What Nutrition Information are Dietitians using with their Patients who have Type 2 Diabetes

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Introduction

The provision of information to patients is considered an intervention and is governed by NHS England policy. The provision of nutrition information is a key component in supporting the self-management of people with type 2 diabetes (T2DM). Although dietitians are the only healthcare professionals (HCPs) specifically trained to deliver nutritional advice, research evidence suggests that other HCPs such as doctors, nurses, physiotherapists and pharmacists are also involved in the education of people with T2DM about diet (Mcclinchy et al, 2015). Dietitians are involved in the production of in-house information which may be of lower quality than that available commercially (Prince et al., 2014). Patient involvement is needed in the development of written information to ensure that it meets patients needs (PIF, 2013)

The aim of the project was to implement a previously piloted questionnaire investigating what nutrition information dietitians are using with adults who have type 2 diabetes and how they are using the information in practice

Method

The questionnaire was reviewed with local practising dietitians and uploaded into an online questionnaire administration service (SurveyMonkey®). Potential participants were contacted by email via dietetic managers across England and the chair of the BDA Specialist Group for Diabetes Dietitians which covers the United Kingdom. The questionnaire was administered over a 3 week period during July and August 2015. Data were downloaded and analysed in excel using descriptive statistics. Ethical approval was obtained from the University of Hertfordshire

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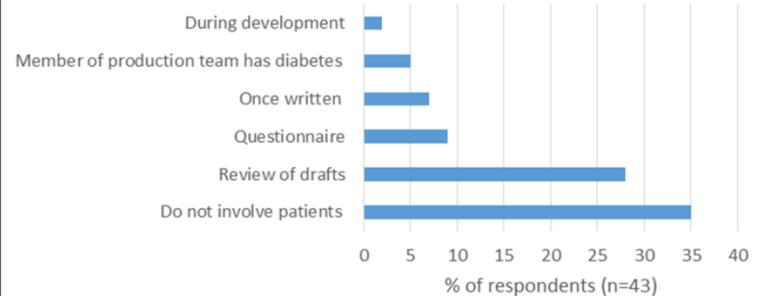
'In the past our hospital wanted an external review of the diet sheets, but the reviewer had insufficient understanding of the subject and made huge errors in editing the material, so the review process was abandoned.'

Findings

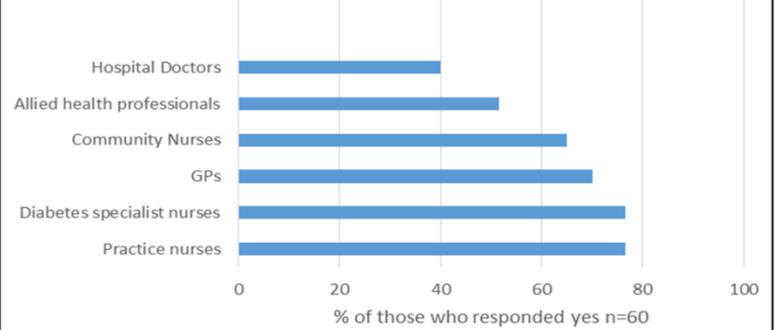
93 responded, 90 saw adults with T2DM. 60% worked in diabetes centres, 58% in hospital clinics and 67% in diabetes only. 50% had been working for 11 years or more.

All participants used written information with their patients, 86% all or most of the time and 15% sometimes. Just 5% did not regularly actively use written information in consultations. 73% (n=65) of respondents used information that had been produced 'in-house' by themselves or their departments. 35% of those who produce leaflets 'in-house' do not involve patients in the development.

Process for involving patients in the development



Recommend to other healthcare professionals?



'In-house' producers training in the production of written information



34% have not had any training in the development of written nutrition information.

82% supply leaflets to other healthcare professionals.

Discussion

Most participants used written information and used it actively in their consultations with their patients and recommend to other healthcare professionals. However a significant number have not had any training in the production of written information and do not involve patients in their development. The questionnaire was implemented over a short time period which limited the number of respondents.

Conclusion

The role of dietitians in the provision of written nutrition information should be emphasised as a key skill. Further research could help to identify the use and quality of written nutrition information by different groups of dietitians, nutritionists and other health care professionals, to identify their need for training in the production of written nutrition information and to quantify the amount of time spent on 'in-house' production.

References:

Mcclinchy, J., Williams, J., Gordon, L., Cairns, M. & Fairey, G. 2015. Dietary Advice and Collaborative Working: Do Pharmacists and Allied Health Professionals Other Than Dietitians Have a Role? *Healthcare*, 3, 64-77. Patient Information Forum. 2013. Making the case for information London Patient Information Forum; Prince, A. C., Moosa, A., Lomer, M. C. E., Reidlinger, D. P. & Whelan, K. 2014. Variable access to quality nutrition information regarding inflammatory bowel disease: a survey of patients and health professionals and objective examination of written information. *Health Expectations*, n/a-n/a.