Title of Intervention: Computer-assisted diabetes nutrition education for medical students

Intervention Strategies: Provider Education

Purpose of the Intervention: To increase knowledge and self-efficacy of medical students by providing basic diabetes nutrition education

Population: Third-year medical students rotating through a family practice clerkship

Setting: Medical school computer laboratory; worksite-based

Partners: Website creation team, panel of experts, medical schools

Intervention Description:

- Provider Education: A computer-assisted instruction workshop was offered to medical students to increase skills in nutritional assessment and prescription. The program contained modules pertaining to determining desirable body weight, estimating caloric requirements, determining macronutrient distribution and using the exchange lists and carbohydrate counting for meal planning.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Not mentioned
- Training: Not mentioned
- Technology: Computer, internet access
- Space: Computer laboratory
- Budget: Not mentioned
- Intervention: Web-based learning modules
- Evaluation: Questionnaire

Evaluation:

- Design: Cohort
- Methods and Measures: Questionnaires assessed knowledge and self-efficacy.

Outcomes:

- Short Term Impact: Average knowledge scores of medical students significantly increased for 7 of the 10 items. Significant increases in self-efficacy scores were seen for all items surveyed.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: The computer program allows for individualized, self-paced instruction that can be accessed at the trainee's convenience. This feature has advantages over traditional scheduled lectures.

Citation(s):

Engel, S. S., J. Crandall, et al. (1997). "Computer-assisted diabetes nutrition education increases knowledge and self-efficacy of medical students." Diabetes Educ 23(5): 545-9.