

**Title of Intervention:** Nutrition education for health care providers

**Intervention Strategies:** Provider Education, Individual Education

**Purpose of the Intervention:** To increase nutrition knowledge and and improve dietary patterns

**Population:** Primary population: faculty members and medical residents in the University of Alabama at Birmingham Department of Family Practice; Secondary population: patients greater than 15 years of age at a family practice clinic

**Setting:** The University of Alabama at Birmingham Department of Family Practice; health care facility-based

**Partners:** Family practice clinic, medical school

**Intervention Description:**

- **Provider Education:** Removable notes with recommendations about nutrition-related issues were placed in the patient charts. A handout described healthy dietary patterns that could be quickly described to patients. This was distributed to all the providers. Providers learned how to incorporate brief dietary recommendations into patient care within the time constraints of a clinic visit. A nutrition specialist was available for consultation with providers. The nutrition specialist participated in inpatient rounds once a week during the intervention, in order to discuss nutritional care of the hospitalized patients with the inpatient team. The nutrition specialist also gave a lecture to the residents and faculty on commonly seen nutrition-related diseases and current recommendations for healthy diets.
- **Individual Education:** Participants were screened for health risk based on age, sex, height, weight, family history, lipid concentration, blood pressure, medical history and smoking history. The health risk appraisal was used to assess a patient's susceptibility to nutrition-related diseases. Based on the results, nutrition recommendations were individualized and patients were also referred to the clinic dietitian for intensive nutritional counseling when indicated.

**Theory:** Not mentioned

**Resources Required:**

- **Staff/Volunteers:** Health care providers, nutrition specialist
- **Training:** Not mentioned
- **Technology:** Not mentioned
- **Space:** Not mentioned
- **Budget:** Not mentioned
- **Intervention:** Chart notes, discussion points sheets, health risk appraisal forms, referral forms
- **Evaluation:** Health risk assessments, questionnaires, diet records

**Evaluation:**

- **Design:** Pre-/post-test
- **Methods and Measures:**
  - Written exams testing providers' degree of nutrition knowledge
  - Written exams testing patients' nutrition knowledge
  - Self report questionnaires assessing patients' perceptions of the importance of nutrition
  - Chart reviews measuring frequency of providers' discussion
  - Three-day diet records to track providers' eating patterns

**Outcomes:**

- **Short Term Impact:** There was a significant increase in the nutrition knowledge of providers and patients. Patients' beliefs that it was important to follow a diet recommended by their providers improved significantly. The likelihood that providers asked their patients about nutrition and made diet recommendations increased significantly. There was a significant decrease in the frequency of referrals to the clinic dietitian.
- **Long Term Impact:** There were no significant changes in providers' dietary habits.

**Maintenance:** Not mentioned

**Lessons Learned:** Not mentioned

**Citation(s):**

Lazarus, K. (1997). "Nutrition practices of family physicians after education by a physician nutrition specialist." Am J Clin Nutr 65(6 Suppl): 2007S-2009S.