

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

**Intervention Strategies:** Provider Education

**Purpose of the Intervention:** To heighten health care providers' nutrition knowledge and understanding of nutrition concepts

**Population:** First- through third-year family practice residents

**Setting:** Texas Tech University Health Sciences Center Department of Family Medicine in Lubbock; health care facility-based

**Partners:** Medical school

**Intervention Description:**

- **Provider Education:** The nutrition education program included two major components. The first component included four 1-hour teaching sessions with interactive demonstrations and case studies taught by a physician-nutritionist. Teaching objectives for each of the sessions reflected many of the recommended core educational guidelines on nutrition for family practice residents set forth by the American Academy of Family Physicians. The second component of the program required residents to complete a three-day dietary analysis. Data gathered from the diaries was used as a starting point for discussion during scheduled teaching sessions during the next three months. During the course of the project, some residents met individually with the department's faculty nutritionist for discussion of nutritional interventions. The nutritionist was also available for case consultations.

**Theory:** Not mentioned

**Resources Required: Registered**

- Staff/Volunteers: Nutrition expert
- Training: Not mentioned
- Technology: Dietary analysis software
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Case studies, lecture materials
- Evaluation: Nutrition knowledge tests, diet diaries

**Evaluation:**

- Design: Quasi-experimental
- Methods and Measures:
  - Pre-/post-questionnaires measured the residents' knowledge and interest of foods and nutrition
  - Three-day diet diaries were completed

**Outcomes:**

- Short Term Impact: Residents' nutrition knowledge improved. Test scores for residents who participated in the diet diary improved the most.
- Long Term Impact: Not measured

**Maintenance:** Not mentioned

**Lessons Learned:** Not mentioned

**Citation(s):**

Kirby, R. K., K. B. Chauncey, et al. (1995). "The effectiveness of a nutrition education program for family practice residents conducted by a family practice resident-dietitian." *Fam Med* 27(9): 576-80.