Do patients really understand how to eat right?

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Diet control is the key element of nutrition therapy especially for chronic diseases; insufficient nutrition knowledge may impact patient's health outcomes. The aim of this study is to know the nutrition knowledge gap between patient self-evaluated and dietitian-evaluated. Patients diagnosed with stage 3-5 chronic kidney disease had received dietitian's instruction were included, questionnaire were collected by another single interviewer after informed consent. Five questions were used to compare, patients self-evaluated their cognition about: (1) I understand appropriate daily cereal and meat portions, (2) I understand what the high potassium, (3) high sodium and (4) high phosphorus food sources are and (5) I understand what the low protein with high caloric food sources are. And then interviewer asked patients to answer each question and speak out at least 5 food examples, if patient could speak out more than 5 examples scored as understand (3 points), if 3-4 examples scored as partially understand (2 points), if less than 3 examples scored as do not understand (1 point). 356 valid questionnaire were collected, score of patient self-evaluated were significantly higher than the score of dietitian-evaluated in 5 questions (p=0.000), the difference were 0.29±0.52, 0.61±0.76, 0.83±0.83, 0.72±0.80, 0.81±0.73 separately. Higher education level got higher score. The results showed that patients are less familiar with high sodium, high phosphorus and low protein high caloric food sources. Clinical dietitians could make more efforts to do at follow-up clinics.

Biography
Su-E Kuo is a graduate student of Department of Education, National University of Tainan. Presently, she is a Dietitian and also the Director of Department of Nutritional Services at National Cheng Kung University Hospital.

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