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EVALUATING THE IMPLEMENTATION POTENTIAL OF A TRANSCULTURAL TOOL FOR DIETETIC COUNSELING OF PREGNANT TAMIL WOMEN LIVING IN SWITZERLAND

Augustina Ewere Ayogbe^a, Marina Beyeler^a, Leila Sadeghi^a and Helena Jenzer^a^aBern University of Applied Sciences, Switzerland

Gestational diabetes mellitus is a condition that affects many pregnancies and ethnicity appears to be a risk factor. Data indicate that approximately 18% of the Tamil population is diagnosed with gestational diabetes, while the general prevalence worldwide is between 5 and 10%. Today, approximately 50,000 of Tamils live in Switzerland. To date there is no official available tool that considers the eating and physical habit of the migrant Tamil population living in Switzerland, while offering a quick overview of gestational diabetes and standard dietetics management procedures. The NutriGeD project led by Bern University of Applied Sciences in Switzerland aimed at closing the gap. A series of tools were developed to ease the consultation process, increase transcultural competence, sensitize nutritionists, dietitians, and other healthcare professionals to the special needs to Tamil population. The aim of the present study was to evaluate the implementation potential of this dietetic transcultural before its wide scale launch in Swiss hospitals, clinics and private practices. Method: A survey was developed online and the final version was distributed to 50 recruited healthcare professionals (dietitians, diabetic experts, medical doctors, midwives and nurses) from the German speaking region of Switzerland (response rate was approximately 32%). The transcultural tool was sent to participants together with the link to the online survey to evaluate the implementation potential of the tool and provide feed -back. Results: Data analysis is undergoing and so far, among 36 out of the 50 respondents, 97% are convinced of transcultural tool's potential and 94 % recommend its availability in healthcare settings. Conclusion: The study is still on going and more results are expected. Thus, far, the results are pointing towards a general interest for and approval of the tool among Swiss healthcare practitioners. If results are confirmed, this tool would offer a novel approach for optimized transcultural dietetics counseling and might be part of a promising strategy to be used in clinical practice. The developed materials will be made available for clinical visits, in hospital or private and further folders will be developed for other migrant groups following a similar approach.

Biography

Augustina Ewere Ayogbe completed her Masters of Science from the Bern University of applied sciences Switzerland specializing in Food, Nutrition and Health. She is a registered Dietitian and Nutritionist with the Dietitians Association of Nigeria. Currently, she is a research assistant in Bern University of Applied Sciences. She has also worked as a Head dietitian at Reddington Multi – specialist hospital Lagos Nigeria.

augustinaewere.ayogbe@bfh.ch

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