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Clinical and surgical physician's perception of nutrition knowledge

Maria Belén Ocampo-Ordóñez^{1*}, Ivonne Headley², Emily Sofia Arévalo-Alvear¹, Heather Wasser² and Andrea Carolina Román-Sánchez¹

Abstract

Background Due to the significant increase in the prevalence of food-related diseases, the value that physicians place on nutritional advice may have implications for patient treatment. The objective of this study was to evaluate the perception of the importance of nutritional intervention among physicians in the Universidad San Francisco de Quito's (USFQ) healthcare system.

Methods This cross-sectional study employed a telephone survey administered to a subset of all medical doctors (MDs) working in the healthcare system clinics of USFQ between 2021 and 2022. Study participants were recruited through voluntary response sample from a complete list of 253 MD. The single time questionnaire consisted of a 22-item validated survey in which attitudes, self-perceived capacity, and knowledge about nutrition of medical doctors were evaluated. Data was analyzed using descriptive statistics, two-sided t test, bivariate associations and linear and logistic regressions.

Results 136 MDs completed the survey yielding a response rate of 54%. Our analysis grouped participants into clinical (CE) and non-clinical specialties, hereafter referred to as surgical MDs. While a higher percentage of physicians in CE are confident in their ability to provide examples of recommended food portions based on national or international guidelines, 1 in 10 do not know how to use and interpret BMI or waist circumference, and around 1 in 3 do not know how many calories there are in one gram of fat, protein, or carbohydrates, and their basic metabolic functions. Almost all survey participants believe MDs can have an impact on the eating behavior of a patient if time is used to discuss the problem, however, almost half of survey participants believe nutrition counseling is not an effective use of time.

Conclusion It is important to explore the perceptions and self-confidence of physicians around nutrition related issues. Our results demonstrated that nearly 1 in 4 surgical MDs do not feel capable of recognizing nutritional risk in patients, which highlights the essentiality of physicians having an updated understanding of basic nutrition principles. Future research should examine how commonly MDs refer patients to nutritionists/dietitians, as well as strategies for improving physician knowledge on basic nutrition concepts.

Keywords Nutrition care, Physicians, Attitudes, Beliefs

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Nutrition For The Practicing Physician

Abby S. Bloch



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Practice Abby S. Bloch, 2007 Written by eminent authorities in nutrition and dietetics this unique text explores controversial and challenging issues that dietitians must deal with in clinical practice Topics addressed include the economics of dietetic patient care the dietetic professional's role on the healthcare team the impact of emerging sciences on nutrition practice and international nutritional guidelines The book encourages students and practitioners to reevaluate the dietitian's role and examine viewpoints that vary from traditional approaches in nutrition practice Issues to Ponder boxes provide interesting questions and topics for further exploration and discussion More than 95 graphs and tables illustrate key concepts and synthesize important information Nutrition and Medical Practice Lewis A. Barnes, Yank D. Coble, Donald Ian

MacDonald, George Christakis, 2012-12-06 All forms of life require food materials in certain minimum amounts to insure an active life and successful reproduction Nutrition is concerned with what these materials are how they function what effects they have when absent and what happens to them when ingested During the past two centuries such nutritional disorders as scurvy beriberi rickets and pellagra have been discovered successfully treated and eradicated by physicians in developed countries In this century such noted researchers as Rose Meyerhof and Krebs have contributed enormously to the field of nutrition Currently research is evolving new concepts and facts so rapidly that the average practitioner can hardly keep current even in his own field of medicine Bona fide research by universities and governmental agencies has produced voluminous information much of which seems contradictory and therefore tends to confuse the general public particularly in the area of potential carcinogens This confusion has prompted consumer groups politicians and social welfarists to bring pressures and demands on medical schools and practitioners of medicine to increase their knowledge and concern in the field of nutrition Taking advantage of and adding to this confusion are the health food faddists and cultists some only for monetary gain and others with a real religious zeal *Scientific Nutrition in Infancy and Early Childhood* Stafford

McLean, Helen L. Fales, 1925 *Proceedings of the National Nutrition Conference for Defense*, 1942 **Nutrition in Patient Care, An Issue of Physician Assistant Clinics, E-Book** Corri Wolf, 2022-09-27 In this issue guest editors bring their considerable expertise to this important topic Provides in depth reviews on the latest updates in the field providing actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create these timely topic based reviews **Nutrition in Clinical Practice** Marion Nestle, 1985 Abstract A book for medical students residents physicians and other health profession students and practitioners who have not taken formal nutrition courses provides information on a wide range of basic and applied topics demonstrating the importance of nutrition in disease prevention and treatment The text provides a rigorous scientific approach to the use of diet therapy discusses key and sometimes controversial issues and presents guidelines for patient care The 56 text chapters are grouped among 6 specific areas the basic characteristics and principles of nutrients and dietary recommendations nutritional physiology including

digestion absorption metabolism starvation immunity and illness induced malnutrition nutritional assessment and support strategies including enteral and parenteral feeding nutritional assessment and support in pregnancy infancy childhood adolescence and the elderly the nutritional aspects of a wide variety of specific diseases and various interactions between diet and lifestyle including exercise food additives contaminants and toxins supplements vegetarian diets and nutrition policy and politics

Laboratory Tests for the Assessment of Nutritional Status Howerde E. Sauberlich, 2018-12-19 Proper nutrition is the single most important component of preventative health care Heart disease diabetes and other ailments are all linked to dietary habits Accurate nutritional assessment can be a matter of life or death Laboratory Tests for the Assessment of Nutritional Status explores the expanded number of nutrients that can now be evaluated The author makes a compelling case for the practice and advancement of this critical health care tool Nutritional assessment identifies undernutrition overnutrition specific nutrition deficiencies and imbalances Diligent assessment determines the appropriate nutrition intervention and monitors its effects This book is a total revision of the 1974 version of the same title co authored by Sauberlich Since then remarkable progress has been made on the methodologies applicable to nutrition status assessment and to the expanded number of nutrients that can be evaluated especially trace elements The introduction of high performance liquid chromatography amperometric detectors and other technologies has advanced nutritional assessment by leaps and bounds Today nutritionists can gauge the value of microminerals trace elements and ultratrace elements Sauberlich s revision updates the reader to the latest and most important trends in nutrition These laboratory methods for the assessment of nutritional status are vital for identifying individuals as well as populations with nutritional risks

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