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Clinical and surgical physician's perception of nutrition knowledge

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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

Yiu H. Hui



Nutrition For The Practicing Physician:

Nutrition for the Practicing Physician Mervyn D. Willard, 1982 **Nutrition Knowledge of the Practicing Physician in New Mexico** Diane Velaine Valverde, 1986 *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 **Introduction to Dietetic Practice** Katie Ferraro, 2016-02-08 Introduction to Dietetic Practice focuses on the core principles of dietetic practice and introduces readers to advancements and opportunities in the field The content includes an overview of the profession as it exists today a summary of the history of dietetics in North America a review of nutrition credential and educational pathways career opportunities in the field and a look at the future need for credentialed nutrition and dietetics professionals Hooper's Physician's Vade Mecum: a Manual of the Principles and Practice of Physic: with an Outline of General Pathology, Therapeutics and Hygiene Robert Hooper (M.D.), 1874 **Issues and Choices in Clinical Nutrition 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 **Scientific Nutrition in Infancy and Early Childhood** Stafford McLean, Helen L. Fales, 1925 *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

Human Nutrition and Diet Therapy Yiu H. Hui,1983 Abstract A textbook provides basic information on normal and therapeutic human nutrition for students in nursing dietetics nutrition and allied health fields The text material is organized into 3 parts The first part provides information on nutrients energy and body composition and fluids electrolytes and acid base balance The second part covers the role of normal nutrition as related to nutritional requirements nutritional status and nutrition related health problems and controversies at each stage of the life cycle and in various circumstances The topics of education culture food additives and toxicants also are addressed The final section is devoted entirely to the nutrition and dietary care of patients with specific clinical disorders Each chapter concludes with study questions wz

Applied Nutrition in Clinical Practice International College of Applied Nutrition,1973 *The American Journal of Clinical Nutrition* ,2000 *Nutritional Support of Medical Practice* Howard A. Schneider,Carl E. Anderson,David Baird Coursin,1977

Nutrition Guide for Physicians and Related Healthcare Professionals Norman J. Temple,Ted Wilson,George A. Bray,2017-03-31 This second edition volume is a desktop reference guide on nutrition and its clinical implications for health and disease Presented in a new softcover format and user friendly style it serves as a valuable resource of practical information on nutrition for physicians and other healthcare professionals in their daily practice The book covers all important aspects of nutrition including basic nutritional principles nutrition through the lifecycle and optimal nutrition patterns through all stages of development and diet and its role in prevention cause and treatment of disease Nutrition Guide for Physicians and Related Healthcare Professionals is thoroughly updated from its predecessor Nutrition Guide for Physicians and provides a wide perspective of the impact that nutrition has upon medical practice and will be an indispensable resource for primary care physicians and other medical professionals *Studies in Nutrition* Harry Sands Grindley,Ward J. MacNeal,1912

Lectures on Nutrition Delivered Under the Auspices of the Washington Academy of Sciences Washington Academy of Sciences (Washington, D.C.),1916 **A Guide to Practical Nutrition** Philadelphia County Medical Society. Committee on nutrition and deficiency diseases,1943 **Year Book of the Medical Association of the Greater City of New York** Medical Association of the Greater City of New York,1906 Forecast ,1925

American Practitioner and News ,1887

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