THAT'S ALL I CAN EAT? EXPERIENTIAL LEARNING INCREASES CONFIDENCE AND USE OF NUTRITION THERAPY AMONG MEDICAL STUDENTS



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Statement of the Problem

Nutrition is widely recognized as an important component of patient care for attaining optimal clinical outcomes in specific disease states. Yet even with increased interest in teaching the basics of nutrition to trainees (medical students and residents) nutrition counseling remains woefully underutilization may be due in part to a lack of longitudinal representation throughout a curriculum and/or due to inadequate experiences with nutrition counseling and the specific clinical diets. This study is assessing the impact of a medical nutrition therapy (MNT) experience on medical students. The ultimate goal is to provide student trainees the tools and experiences that lead to an increased use of nutrition counseling in residency and beyond; especially in the primary care setting. While that goal is not measureable in this setting and timeframe, we will assess student attitudes, knowledge gaps, confidence, and use of nutrition counseling subsequent and consequent to an immersive MNT experience.



Participants (n=28) provided



Participants attempt diet for 2 weeks



Participants

complete surveys

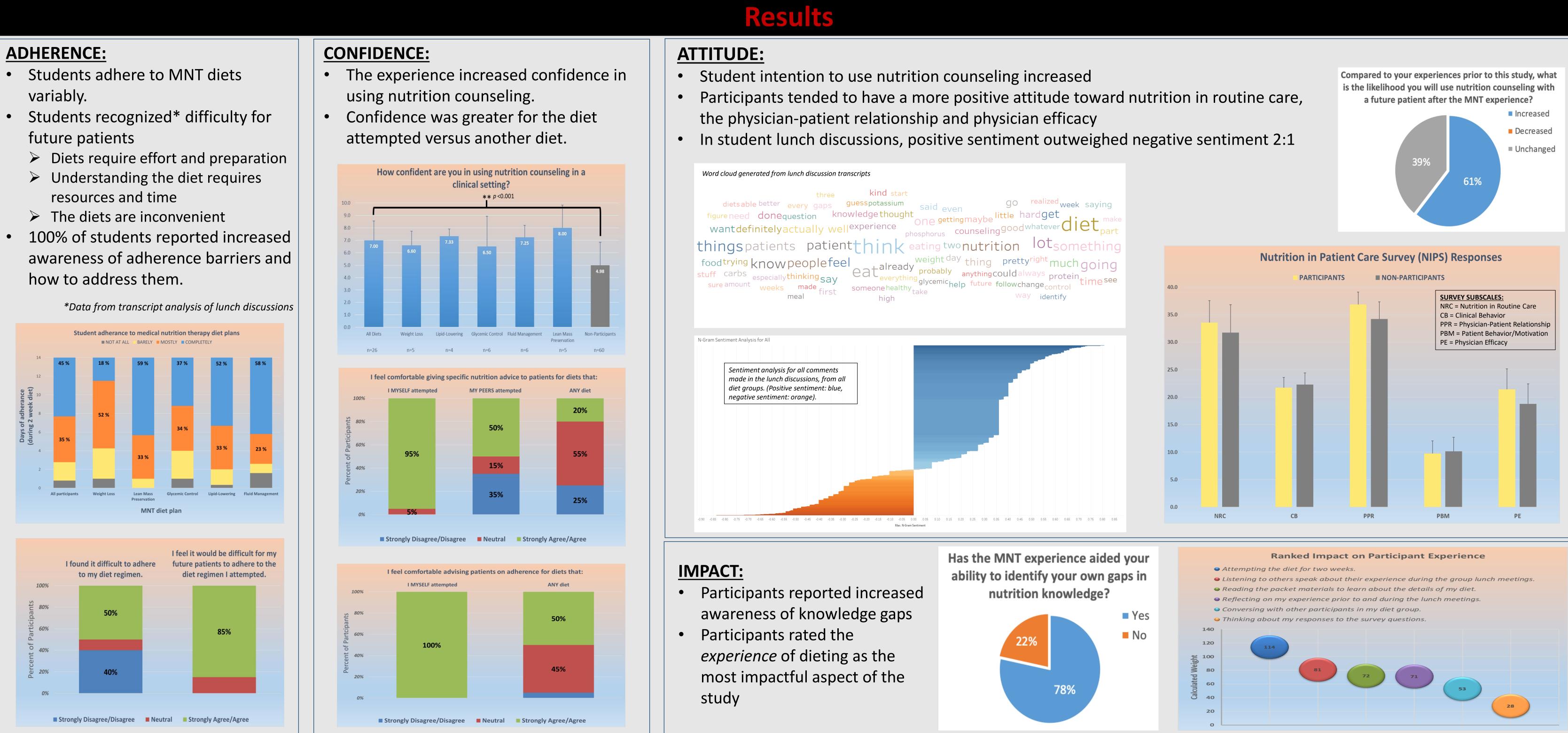
DATA COLLECTION & ANALYSIS:

- Audio files from lunch discussions were converted to transcripts via Gotranscript.com
- Transcripts were analyzed for themes, and NVivo software was used to create a word cloud and sentiment analysis
- Participants and non-participants completed the published Nutrition in Patient-Care Survey (NIPS) to assess their attitude
- Custom surveys were completed on Google Surveys
- GraphPad Prism was used for statistical analysis

recorded, transcripts created

Participants attend lunch

meetings (n=3), audio



Summary/Conclusions

- Of 168 second-year medical students, 28 volunteered for the study; 26 continued the study to completion (93% study adherence).
- Overall, students "mostly" or "completely" adhered to their assigned MNT diet for 80% of the 2-week assignment. 100% of participants are comfortable advising future patients on adherence to their specific diet.
- The experience of attempting an MNT diet was identified as the most impactful component of the study. 95% of participants are comfortable giving their future patients nutrition advice for their specific diet.
- Students who completed the MNT experience are significantly more confident in using nutrition counseling than their non-participant peers.
- Most study participants reported that the immersive diet aided in their overall knowledge of nutrition and increased their likelihood of using nutrition counseling as a practicing physician
- In a post-study survey 50% of participants reported having used nutrition counseling in clinical experiences (data not shown).

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