

Process for Implementation of Nutrition Education Library at Student Led Interprofessional Health Clinic

Catherine Oberpriller, BS, Advisor: Katie Eliot, PhD, RDN/LD

University of Oklahoma Health Science Center, Department of Nutritional Sciences

Background

Inclusion of nutritional sciences students in interprofessional education (IPE) remains a unique component of OUHSC.¹ Nutritional sciences students are required to participate in interprofessional education through providing nutrition education to patients at a student led IPE health clinic. To provide evidenced based nutrition education resources are used. Providing resources such as handouts to patients is important to aid in recall of health-related information.²

Purpose: To provide a process for implementation of an evidenced based nutrition education resource library in student led IPE health clinics

Methods

Participants

- Current Nutritional Sciences interns; Spring 2023 Graduates.
- Participated in two semesters of student led interprofessional clinic.
- Utilized piloted resource library for two semesters at interprofessional clinic.

Data collection & Analysis

- Qualitative data was gathered using free response anonymous survey.
- Themes were identified using constant comparison analysis.

Results

- Five participants completed the survey.
- All participants reported current resource library was useful for providing nutrition education to patients at clinic.

Themes For Improvement of Nutrition Education Resource Library From Surveying Nutritional Science Interns (n=5)

Culturally Appropriate

- Resources should include culturally relevant food choices.
- Resources must be available in Spanish to accommodate our clinic patient population.

Visual Elements

- Resources should contain more figures and pictures to accommodate low literacy and increase engagement.

Disease Specific

- Disease states covered in handouts should be tailored to clinic patient population.
- Necessary to provide handouts on diabetes and heart disease with given provided population.

Healthy Lifestyle

- Handouts on general healthy lifestyle were requested including:
 - General healthy diet and MyPlate
 - Budgeting and grocery shopping
 - Physical activity and easy exercise routines
 - Healthy diet for children and pregnancy

Concise Text

- Limit handout length to 1-2 pages.

Future Direction

The process outlined serves as a model to provide nutrition students with nutrition education resources that result in successful patient nutrition education sessions. Our process demonstrates some of the resources necessary for nutrition students to effectively participate IPE at student led health clinics. We hope to make the updated resource library available to other institutions looking to include nutrition in student lead IPE clinic experiences.



References

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2. Wilson EA, Park DC, Curtis LM, et al. Media and memory: the efficacy of video and print materials for promoting patient education about asthma. *Patient Educ Couns.* 2010;80(3):393-398. doi:10.1016/j.pec.2010.07.011