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Topic: Nutritional assessment

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EFFECT OF SMART GOAL SETTING AND NUTRITIONAL ASSESSMENT ON TREATMENT COMPLIANCE IN PRIMARY CARE DIETETIC TREATMENT

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If you think another topic than the one selected at first would suit your abstract, please choose below.: Nutritional epidemiology

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Rationale: Primary care dieticians need to demonstrate their effectiveness to both patients and stakeholders. Treatment compliance influences overall treatment effectiveness. We studied the influence of (SMART) goal setting and the use of Nutritional Assessment on treatment compliance after 1 consultation.

Methods: This study was part of the DIEET study (DIEtetics: Effective and Towards a sustainable profession). Trained students performed structured observations during first dietetic consultations in the primary care setting. Primary focus was on SMART goal setting and Nutritional Assessment (measuring weight, height, waist circumference, bioelectrical impedance analysis (BIA)). At 6-month follow-up data were obtained on moment of treatment termination. Univariate logistic regression analysis was used to express associations between goal setting and Nutritional Assessment and treatment compliance after 1 consultation.

Results: Data were obtained from 289 patients (41% male; 57 ± 14 y; primary diagnosis: overweight (44%), DM2 (37%), other (19%)). 47 patients (16%) had only one dietetic consultation. During first consultation, treatment goals were defined in 199 patients (69%), SMART goals in 57 (20%). Nutritional assessment was performed in 230 patients (80%). Treatment compliance after 1 consultation was associated with goal setting in general (OR 2.8 [95%CI 1.5-5.3] p<0.01) and SMART goal setting (OR 3.0 [95%CI 1.0-8.8] p=0.03), and performing Nutritional Assessment (OR 2.4 [95%CI 1.2-4.8] p=0.01).

Conclusion: Setting SMART treatment goals and performing Nutritional Assessment during first dietetic consultations are related to higher treatment compliance in primary care setting. The DIEET study will further explore whether SMART goal setting and performing Nutritional Assessment during the first consultation will result in higher long-term effectiveness.

Disclosure of Interest: None Declared

Keywords: SMART goal setting, treatment compliance