

HAFL Master's Thesis Abstract

Year: 2020

Student's Name: Eveline Zbären

English Title/
Original Title:

How is outcome assessment performed in nutritional counseling of clients with gastrointestinal complaints?

English Summary/
Original language:

Background: Gastrointestinal disorders are common worldwide and are associated with a reduced quality of life and an increased need of healthcare services. Dietary interventions are part of the therapy approach in gastrointestinal disorders. However, a specific guideline for dietitians is missing to enable the measurability of their interventions. This study represents the preliminary work for such a guideline by investigating how monitoring and evaluation (M&E) is conducted by dietitians treating clients with gastrointestinal complaints.

Methodology: This is a quantitative and cross-sectional study to assess the current situation around the globe concerning M&E in dietetic practice. An online survey with 26 questions in three languages (English, French and German) was developed and distributed to dietitians.

Results: In total 740 responses were analysed. M&E of clients with gastrointestinal symptoms was rated with a mean (SD) value of 5.6 (0.7) on a six-point Likert scale 1 – 6 (“completely unimportant” to “very important”). The M&E according to a concept/model was rated with a mean (SD) of 3.7 (1.8) between “rather rare” and “rather often”. The most common method to conduct M&E is spontaneous orally asked questions with a mean of 5.1 (SD) 1.2.

Conclusions: There is a need for dietitians to make the effects of nutritional interventions in the field of gastrointestinal complaints measurable. They are aware of the importance of M&E. Nevertheless, the results demonstrate a helplessness in practice to implement M&E. This indicates the need of a suitable guideline in the field of gastrointestinal complaints to increase systematic M&E.

Keywords:

Monitoring, Evaluation, Assessment, Dietitian, Gastrointestinal

Principal advisor:

Sandra Jent