



# Food is Medicine: A Novel Educational Intervention to Improve Nutritional Competency in Graduate Medical Education



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## Introduction

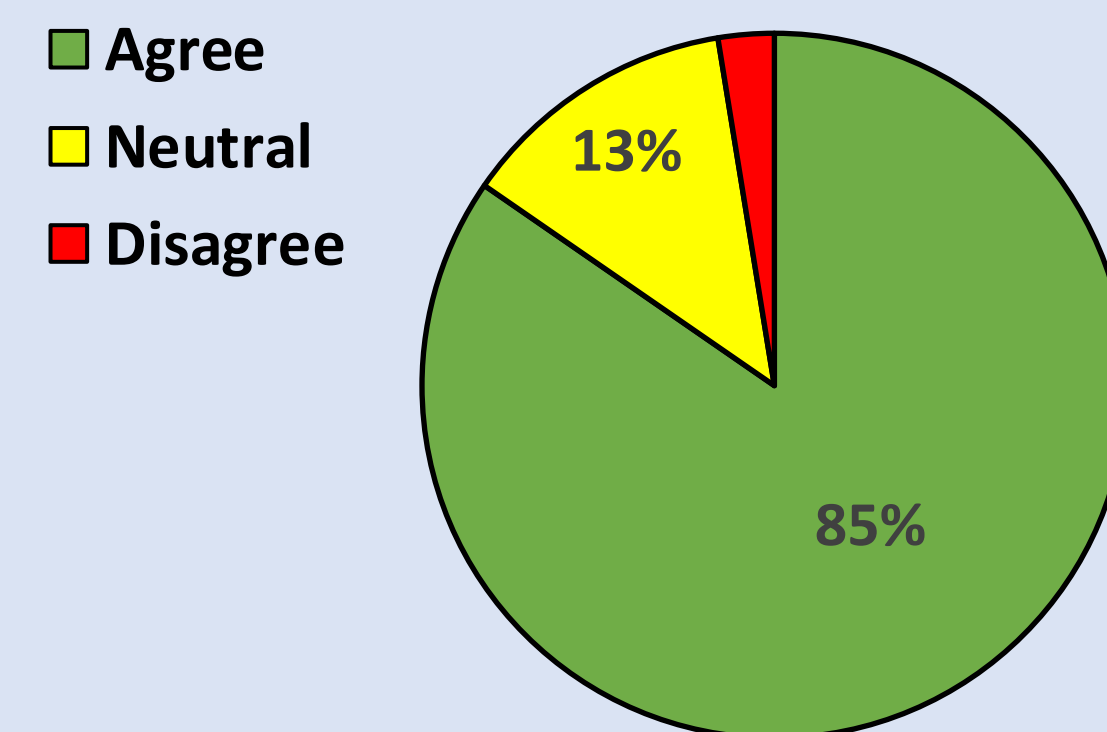
- Nutrition plays a critical role in the pathogenesis of many chronic conditions, and thus it is essential that physicians and trainees possess a strong knowledge base of key nutritional concepts.
- Unfortunately, physicians receive minimal nutritional instruction throughout their medical training due to curricular and time constraints, and often feel unprepared to effectively counsel patients on key aspects of nutrition.
- ***This study aimed to evaluate resident physicians' attitudes toward nutrition and to improve competency in nutritional counseling using a novel educational intervention.***

## Methods

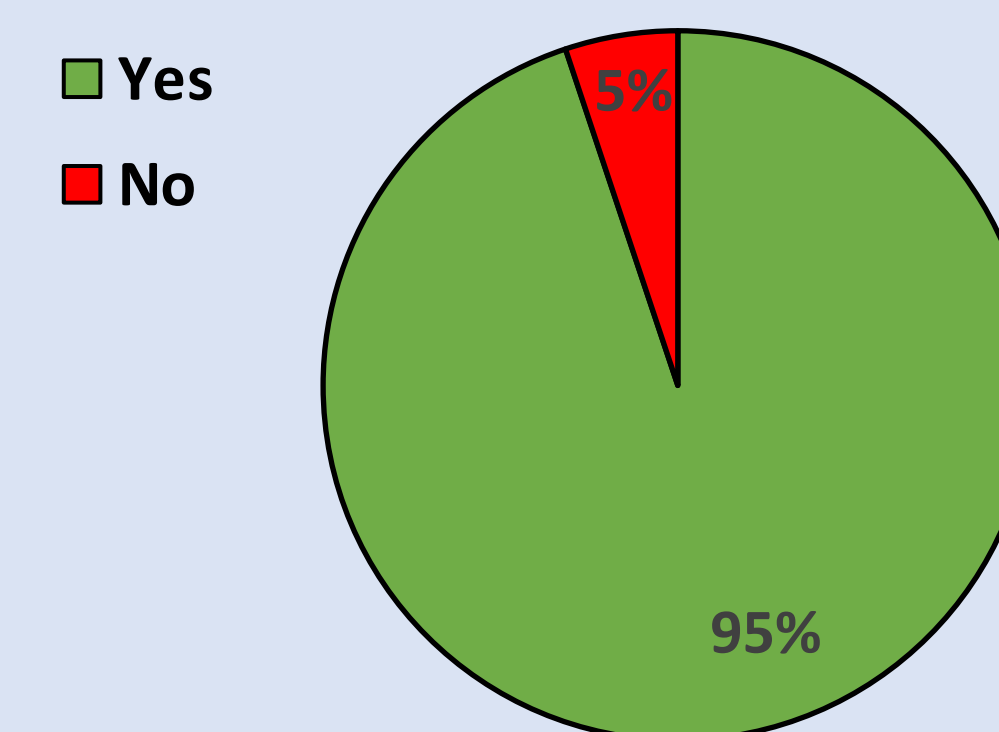
- A novel nutrition training intervention was developed based on fundamental nutritional concepts and evidence-based nutritional considerations on high-yield topics
- Senior internal medicine (IM) and medicine-pediatrics (MP) resident physicians were surveyed using an abbreviated version of a validated nutrition survey and questionnaire evaluating attitudes on nutrition and objective nutritional competence before and after receiving the presentation.
- Comparison of pre- and post-intervention scores was made by two-sample t-test.

## Results

Physicians are not adequately trained to counsel on nutrition



Are you interested in improving your knowledge of nutrition?



### Baseline Participant Demographics

	Pre-Intervention Survey Completion	Post-intervention Survey Completion
PGY2	22	12
PGY3	14	4
PGY4	2	1
Male	29	12
Female	10	6

### Objective Competence Scores

Pre-Intervention (n=39)	Post-intervention (n=18)	p-Value
63.60%	72.20%	0.0169

### Measurement of Subjective Confidence in Nutritional Counseling

Nutritional Topic	Pre-Intervention (n=39)	Post-Intervention (n=18)	p-Value
Food constituents	2.85	4.12	<0.0001
Body mass index	3.08	4.06	0.0055
Basic metabolism	3.46	4.67	0.0007
Vitamins	3.00	4.17	0.0003
Omega-3/6 fats	3.11	3.72	0.0409
Dietary cholesterol	3.55	4.28	0.0103
Type 2 diabetes	3.90	4.50	0.0033
Osteoporosis	3.26	4.00	0.0032
HIV	2.08	3.89	<0.0001

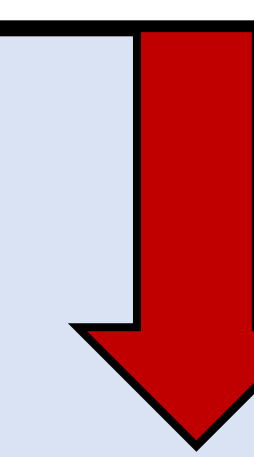
## Study Design

A novel nutrition training intervention was developed



Pre-intervention survey of senior IM and MP residents (n=39)

Administration of nutritional intervention (45 minutes)



Immediate post-intervention survey of senior IM and MP residents (n=18)

Statistical analysis of pre- and post-intervention attitudes on nutrition and objective competence

## Conclusion

- Resident physicians value nutritional education and desire to improve their knowledge of nutrition.
- Residents are not satisfied with the current quality of nutrition training.
- ***Our novel educational intervention is a simple, efficient method of improving objective nutritional competency among resident physicians that can be easily implemented while respecting time constraints associated with graduate medical training.***