Dietetic Intervention – how can we identify the benefits

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Plan of the workshop

• Aim
• Background
• Examples
• Groupwork
• Feedback from Groups
• Summary
Aim of the workshop

• To identify what benefits can be attributed to the intervention by a Dietitian
• To discuss more examples from the workshop participants
• To discuss what EFAD and the European Specialist Dietetic Networks can do to help individuals, National Dietetic Associations or Higher Education Institutes to build up the evidence.
Background

• **EFAD aims** – to promote the development of the dietetic profession

• **EFAD ambition** - to realise the contribution that dietitians can make to the improvement of nutritional health in Europe.

• **EFAD Code of Ethics** - to provide high quality, cost-effective services in nutrition and dietetics

• **EFAD Strategic Plan 2012 - 2016** - 2. Key Result: Effective advocacy role for dietetics and dietitians in European policies (national and local) that affect nutritional health in Europe especially health inequalities
BUT

What evidence do we have about the impact/efficiency/value for money of the Dietitian?

• Qualification, registration/regulation, what we do, where we do it
• +++ evidence for the role of nutrition – dietary changes improve patient outcomes in many conditions
• Little published about the value of the dietary intervention by a Dietitian.
A review of the evidence for the impact of improving nutritional care on nutritional and clinical outcomes and cost

Background  “The association between malnutrition and poor clinical outcome is well-established, yet most research has focussed on the role of artificial nutritional support in its management. More recently, emphasis has been placed on the provision of adequate nutritional care, including nutritional screening and the routine provision of food and drink. The aim of this literature review is to establish the evidence for the efficacy of interventions that might result in improvements in nutritional and clinical outcomes and costs.”

Conclusions:  This review reveals a serious lack of evidence to support interventions designed to improve nutritional care, in particular with reference to their effects on nutritional and clinical outcomes and costs. The review suggests that screening alone may be insufficient to achieve beneficial effects and thus more research is required to determine the most cost-effective interventions in each part of the nutritional care pathway, in a variety of healthcare settings and across all age ranges, to impact upon nutritional and clinical outcomes.
The Effectiveness of Dietary Counselling Versus Oral Nutrition Supplements in Improving Nutritional Intake in Malnourished Patients with Chronic Obstructive Pulmonary Disease (COPD)

Peter Collins et al. 2013. Nutrition & Dietetics Vol 70, Issue Supplement S1

The evidence for nutritional support in COPD is almost entirely based on oral nutritional supplements (ONS) yet despite this dietary counselling and food fortification (DA) are often used as the first line treatment for malnutrition. This study aimed to investigate the effectiveness of ONS vs. DA in improving nutritional intake in malnourished outpatients with COPD.

ONS significantly increased energy, protein and several micronutrient intakes in malnourished COPD patients but only during the period of supplementation.

Trials investigating the effects of combined nutritional interventions are required.
Some published evidence:

**Cost-Effectiveness of Medical Nutrition Therapy Provided by Dietitians for Persons with Non–Insulin-Dependent Diabetes Mellitus**
Marion J Franz et al. 1995 Journal of the American Dietetic Association

**Clinical and Cost Outcomes of Medical Nutrition Therapy for Hypercholesterolemia: a Controlled Trial**

**London Procurement Programme Clinical Oral Nutrition Support Project.**

**Modelling Nutritional Services in Relation to the Health Status of Older Individuals Living on Mediterranean Islands**
National Dietetic Association work:

- **The Dutch Association of Dietitians (2012)** *Cost-benefit Analysis of Dietary Treatment.*  

- **Dietitians of Canada 2009.** Dietitians make the difference - A Systematic Review of the Effectiveness of Nutrition Counselling Interventions by Dietitians.

- **British Dietetic Association 2013.** Trust a Dietitian. Know your worth. [www.trustadietitian.co.uk](http://www.trustadietitian.co.uk)
Groupwork:

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