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The effectiveness of nutrition education class content in improving nutrition knowledge in patients with dyslipidaemia irrespective of education levels

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Introduction

Coronary heart disease (CHD) is the third leading cause of death in Hong Kong. Nutrition therapy is important in the management of dyslipidaemia. Group education model was used to improve patients' nutrition knowledge in dyslipidaemia and empower them to manage their own diet. The talk focuses on lipid lowering diet principles, home cooking and eating out tips followed by cooking demonstration and taste tasting. Patients with a wide range of education background are recruited into the same class. In March 2014, questionnaire was used to assess patients' knowledge before and after the class.

Objectives

- (1) To assess patients' nutritional knowledge on dyslipidaemia before and after the class
- (2) To evaluate the suitability of the class content for patients with various educational levels

Methodology

Patients were asked to fill in a questionnaire with 8 questions regarding principles of lipid lowering diet and healthy food choice. The scores of both pre- and post-questionnaires were calculated and their mean differences were quantified with Wilcoxon Signed Ranks Test. Education levels were categorized into (1) primary education or below and (2) secondary or above. The score differences between the two groups were calculated and Mann-Whitney test was used to test the differences. P value

Result

A total of 662 patients attended the class from March 2014 to August 2016, of which 588 of them completed both pre- and post-questionnaires. The rest of the patients

either did not fill in any questionnaires or filled in only pre- or post-questionnaire. The patients' (36% male) mean age was 56 years old (22-76 years old). 77% of patients' education level is secondary or above. The patients average score attained was significantly increased from 6.62 ± 1.62 to 7.49 ± 1.00 (p

Conclusion

The education class is an effective method to improve the nutrition knowledge of patients with dyslipidaemia for both lower and higher education groups.