

# How do patients and their families like to access dietary information?

Sara Janes

Dietetic Department

Birmingham Children's

Hospital NHS

Foundation Trust (BCH)



# Introduction

- Dietary restriction is an integral part of care
- Aim of increasing knowledge and confidence in special diet management (1)
- Patient education resources introduced by dietitian
- We consulted our service users to explore their preferences (2)

# Aims

1. To find out how patients and their families think they learn best
2. To gather feedback about 2 new dietitian-led resources
3. To seek opinions of service users regarding their needs and wishes for resources

# Methods

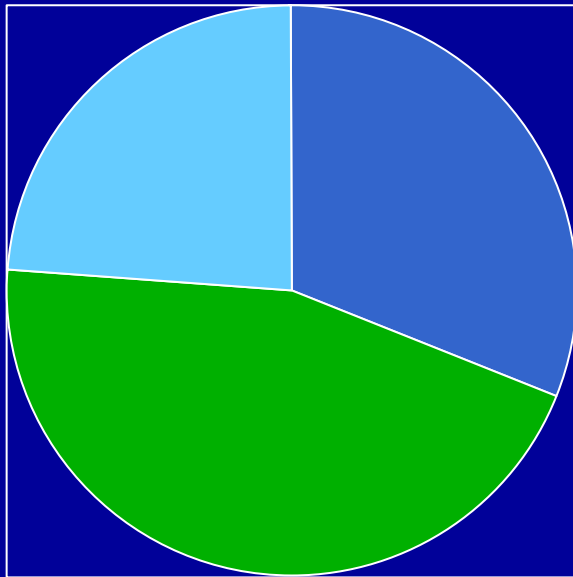
- All dialysis patients at BCH requiring dietary restrictions (n = 21)
- Questionnaire
- Conducted via telephone interview, when at renal unit or by post
- A mix of open and closed questions

# Results

- 20 (95%) questionnaires completed
  - 15 mothers
- 9 Haemodialysis, 11 Peritoneal Dialysis
- Patients aged 1.6 to 16.3 years
- Dialysing for average of 1.2 years  
(range 0.25 to 3.75 years)

# 1. Method of Learning

Participants were asked how they best like to learn new information



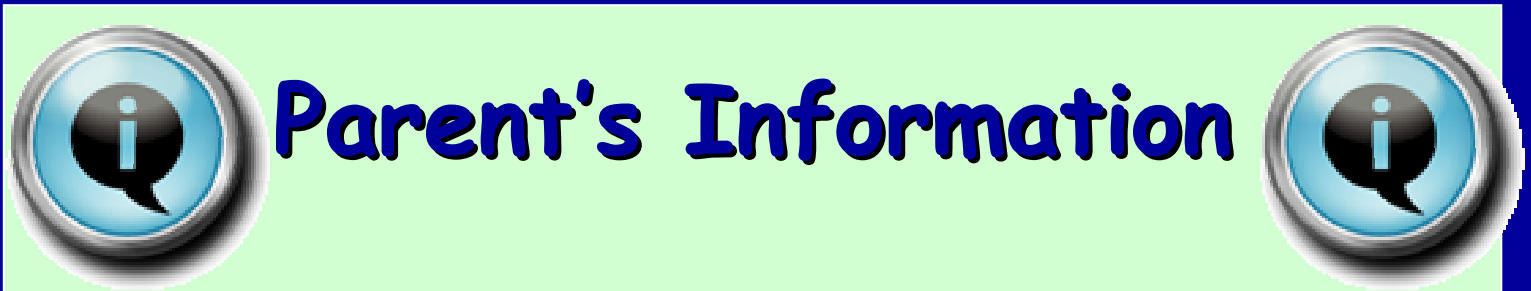
- Being told (9)
- Reading (13)
- Demonstration (7)

No alternative responses were given

## 2. Dietitian Led Resources

a) Information Board

b) Pictorial diet sheets



# Information Board

**Parent's Information**

**Low Potassium Low Phosphate Diet**

<b>Things To Avoid</b>	<b>Dairy</b>	<b>Nuts</b>	<b>Cereals</b>	<b>Meat</b>	<b>Fruit</b>	<b>Snacks</b>
<b>Fruits Allowed in Moderation</b>	<b>Dairy</b>	<b>Meat</b>	<b>Cereals</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fish</b>
<b>Fruit Allowed Freely</b>	<b>Cereals</b>	<b>Meat</b>	<b>Meat</b>	<b>Meat</b>	<b>Meat</b>	<b>Meat</b>

**Focus on Fruit**  
On a low potassium low phosphate diet

- Freely Allowed Fruit**
- Fruit Allowed in Moderation**
- Fruit Allowed Freely**

**Any questions or suggestions?**

**Focus on Fruit**  
On a low potassium low phosphate diet

**Focus on Fruit**  
On a low potassium low phosphate diet

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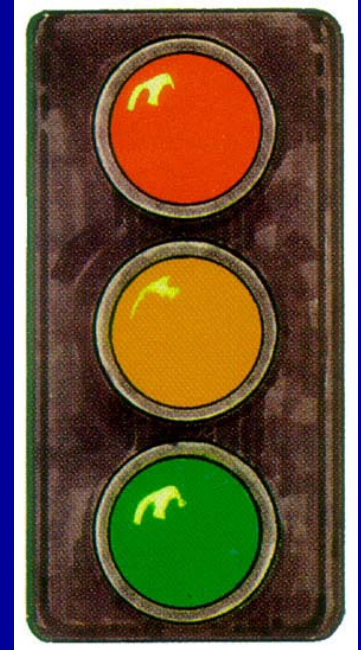
# Information Board Feedback

15 respondents had seen the board

- 67% found it interesting
- 80% had learnt something
- 73% increased ideas or confidence
- 60% preferred changing information

# Pictorial Diet Sheet

– Traffic light basis



- Of the 14 respondents who had seen
  - **All** found it easier to understand
  - **All** children  $\geq 5$  years learnt something

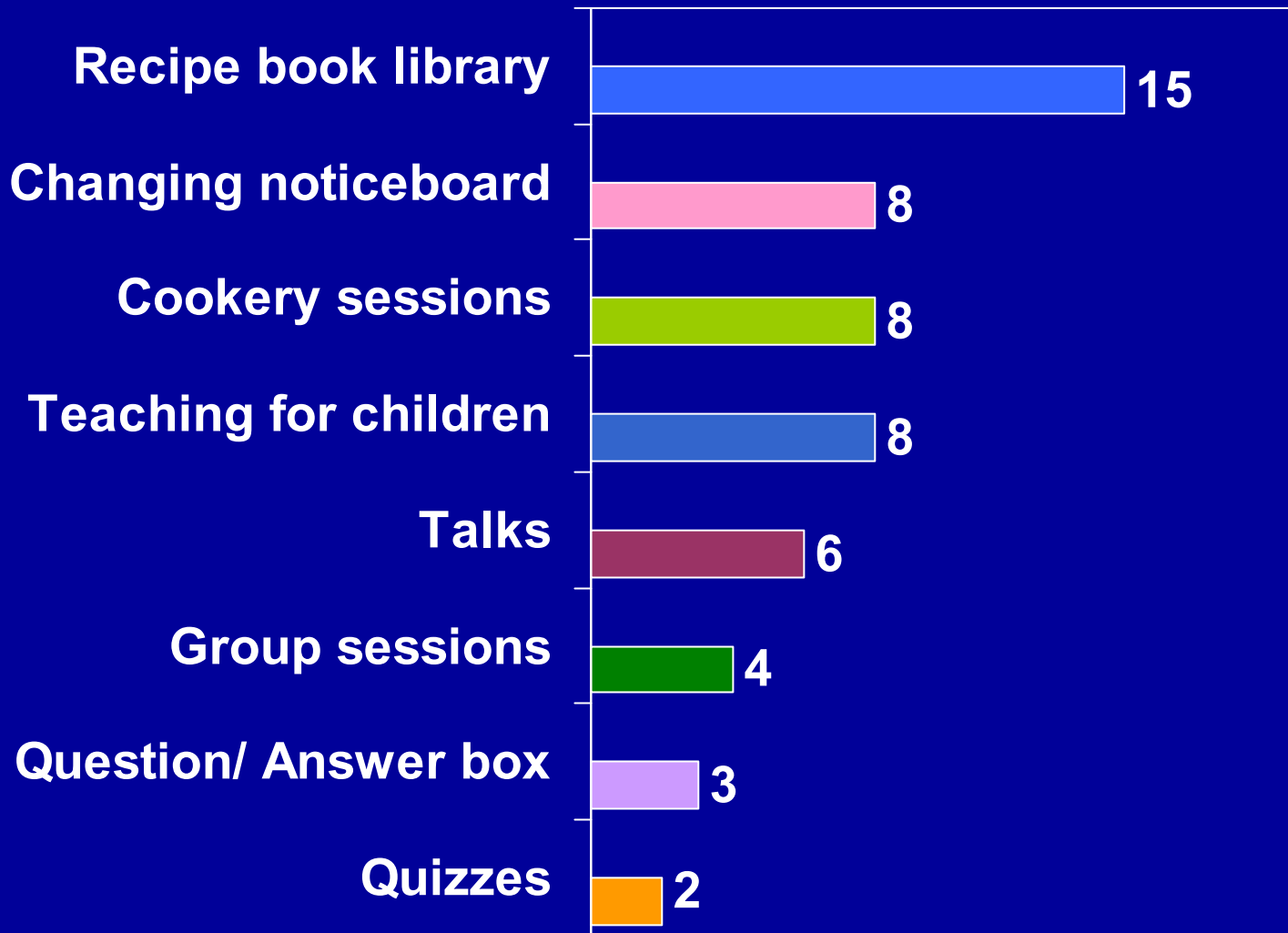
# 3. Potential New Resources



- 2 open questions for suggestions
- And top 3 choices from a list

# Patient Suggestions

- Recipes
- Fridge magnets
- Webpage of ideas
- Area for exchange of ideas
- Foods child can make for self
- Foods to take on holiday



# Conclusion

- A recurring theme was help with suitable meal choices and alternatives, to avoid repetition
- Patient suggestions included
  - Several food themes to be expanded
  - Ways for parents to exchange ideas
  - Increased recipe availability

- Emphasis was on the need to explore the positive 'can have's' rather than the negative 'can't have's'!
- This feedback will be used for new resource development centred around the patient's needs (3) .

# References

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