

The Evolving Role of Dietitians in Primary Care

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NHGP Dietitian, PCA Faculty Member



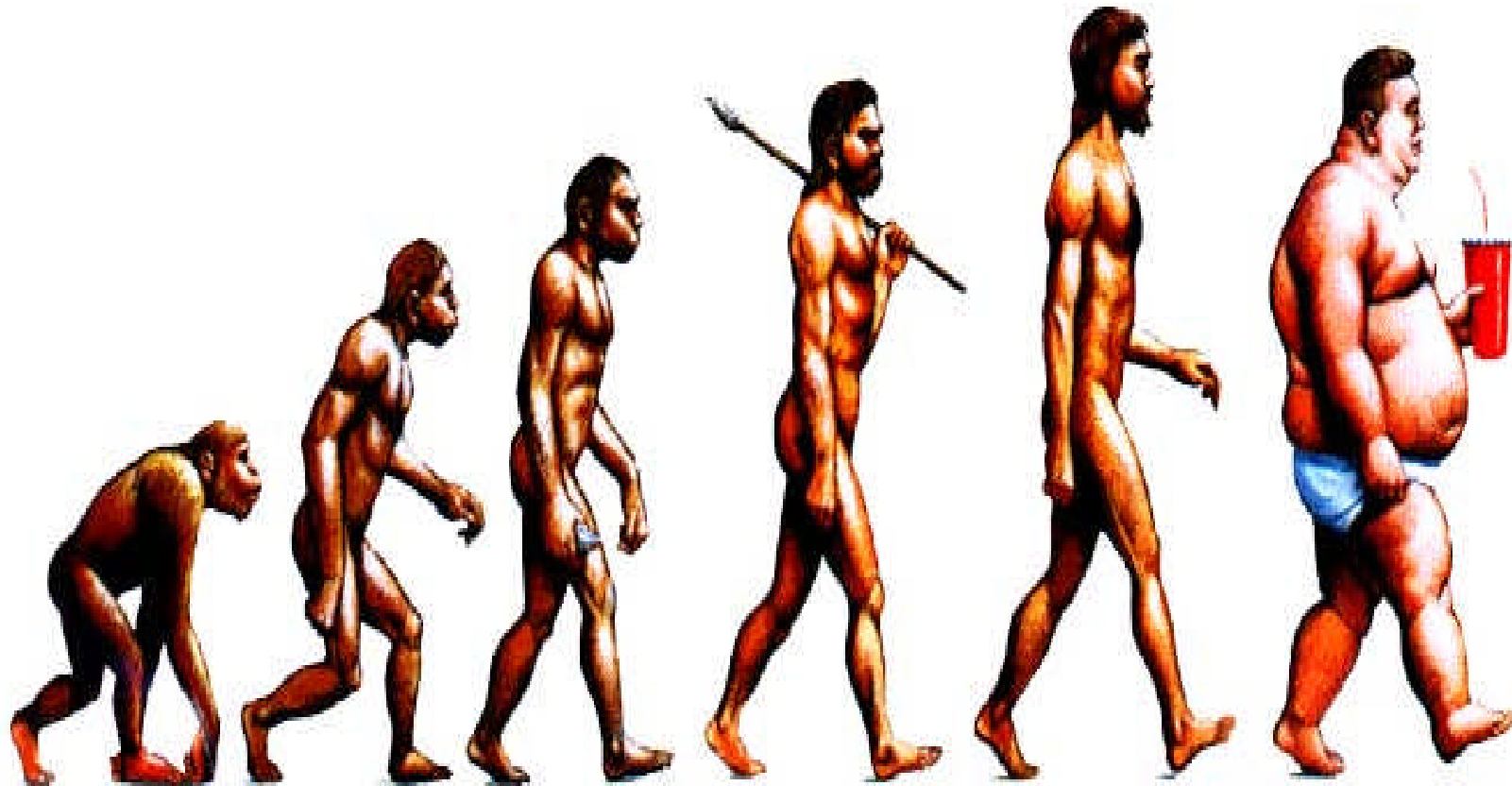
National Healthcare Group
POLYCLINICS

Content

- Dietitian / Nutritionist ???
- Scope of Dietetic Services in Primary Care
- Referral Criteria
- Emphasis on Team Management



The Evolving Man?



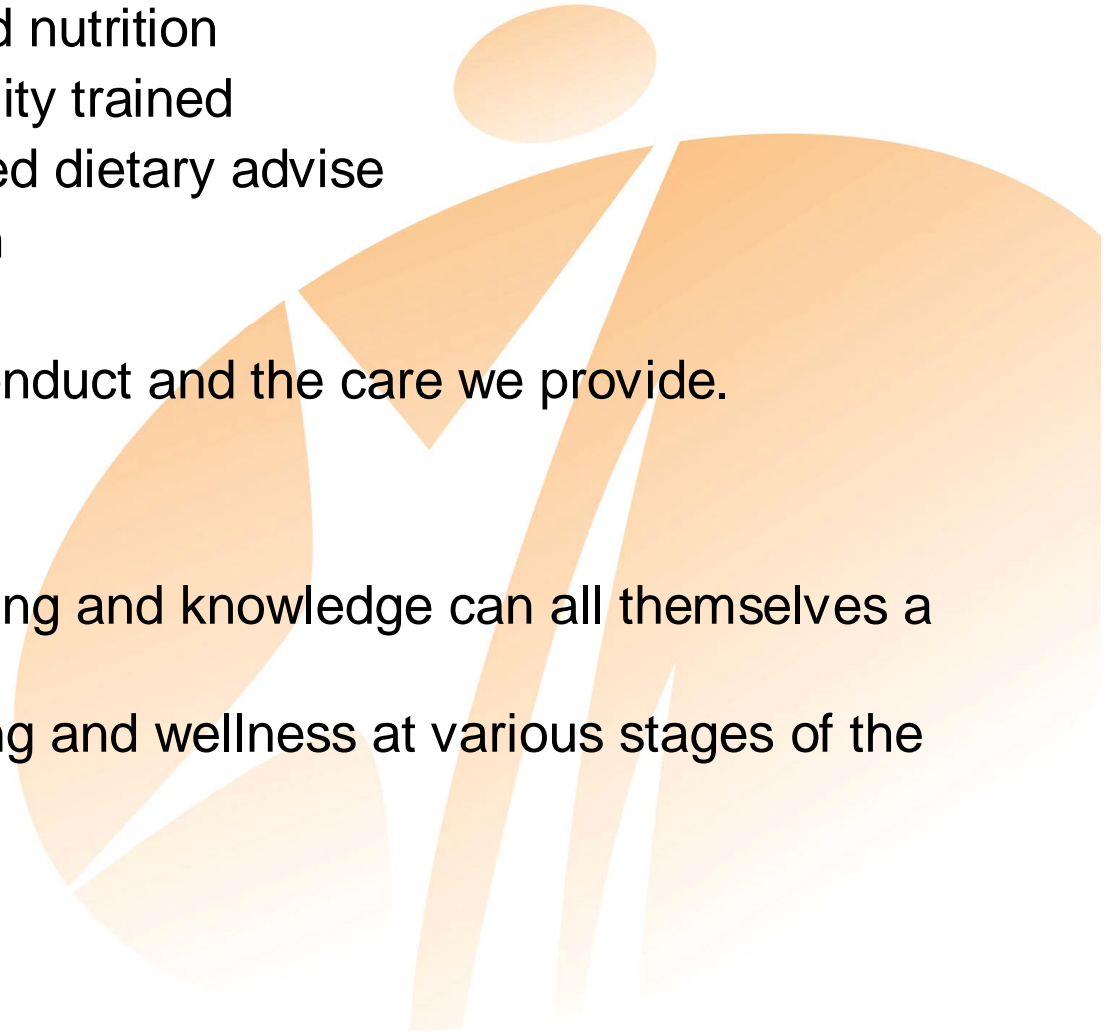
Dietitian / Nutritionist ???

■ Dietitian:

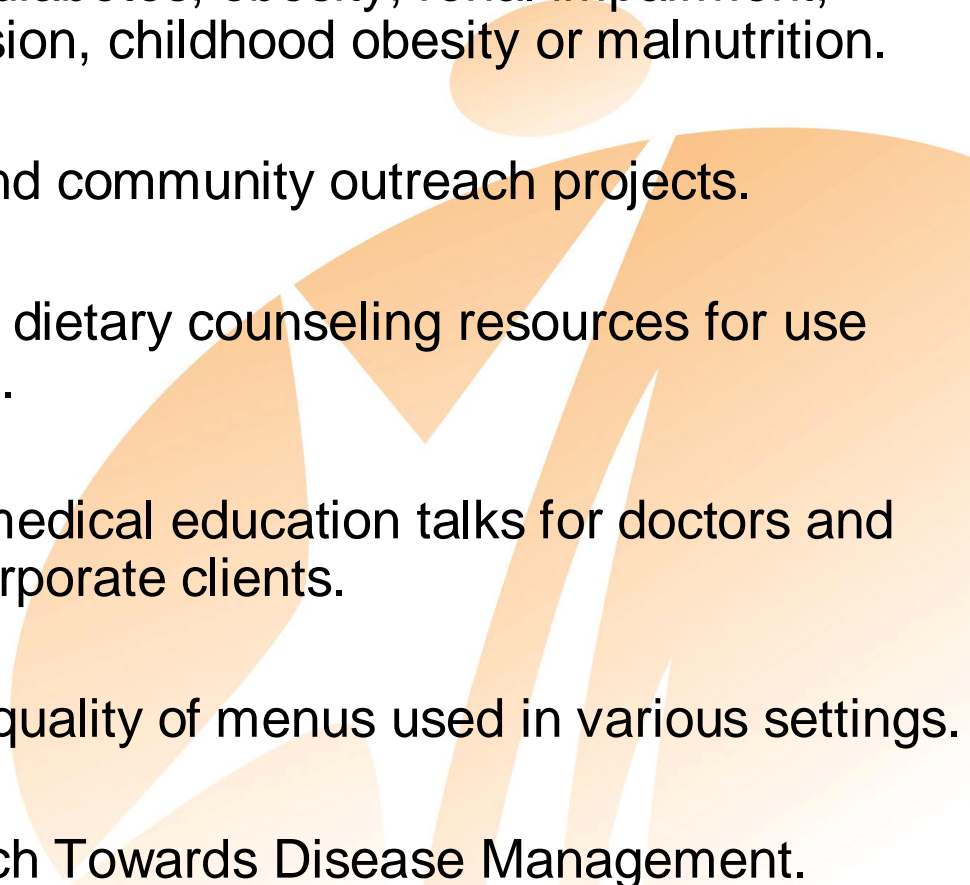
- Degree in dietetics and nutrition
- Clinically and community trained
- Provide evidence-based dietary advice
- Trained to do research
- Manage Food Service
- Accountable for our conduct and the care we provide.

■ Nutritionist:

- different levels of training and knowledge can all themselves a "Nutritionist".
- Focus on healthy eating and wellness at various stages of the lifecycle
- Community outreach



Dietetics In Primary Care

- Provision of one on one dietary counseling to outpatients for a range of conditions e.g. diabetes, obesity, renal impairment, dyslipidaemia, hypertension, childhood obesity or malnutrition.
 - Group education talks and community outreach projects.
 - Development of relevant dietary counseling resources for use throughout all polyclinics.
 - Provision of continuing medical education talks for doctors and dietary workshops for corporate clients.
 - Assessment of nutrition quality of menus used in various settings.
 - Multidisciplinary Approach Towards Disease Management.
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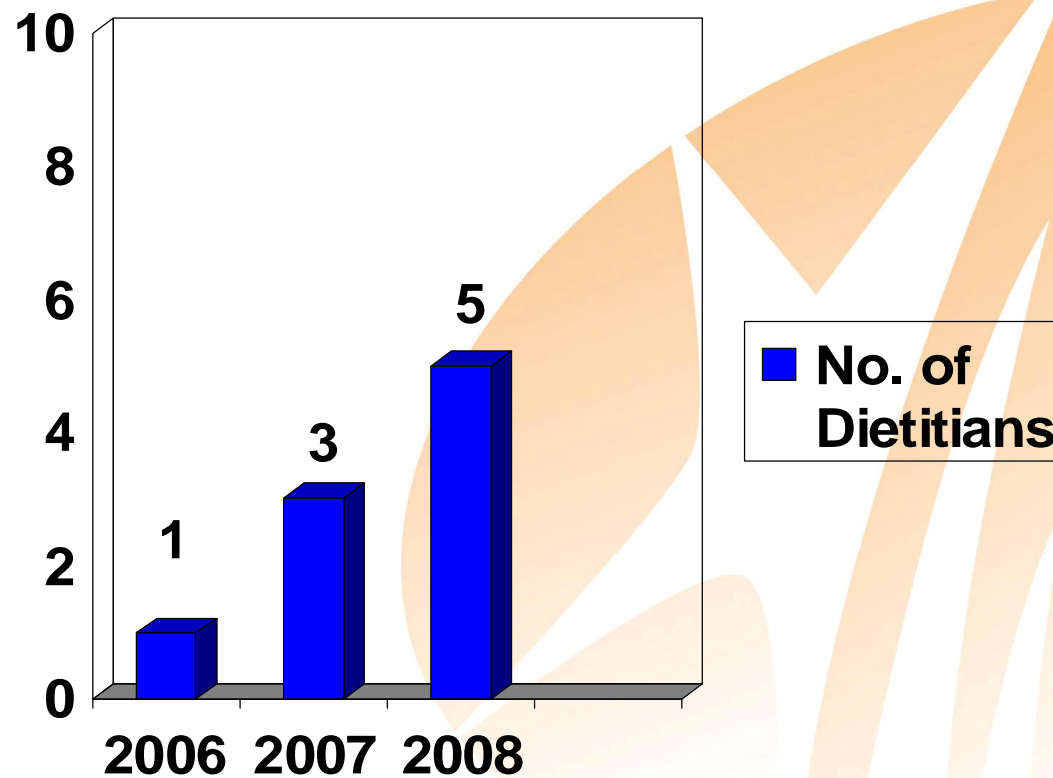
NHGP Dietitian Involvement

- 9 NHG Polyclinics
- 4 Care Management Centers
- Primary Care Academy



NHGP Dietitian Head Count

NHGP Dietitian Strength



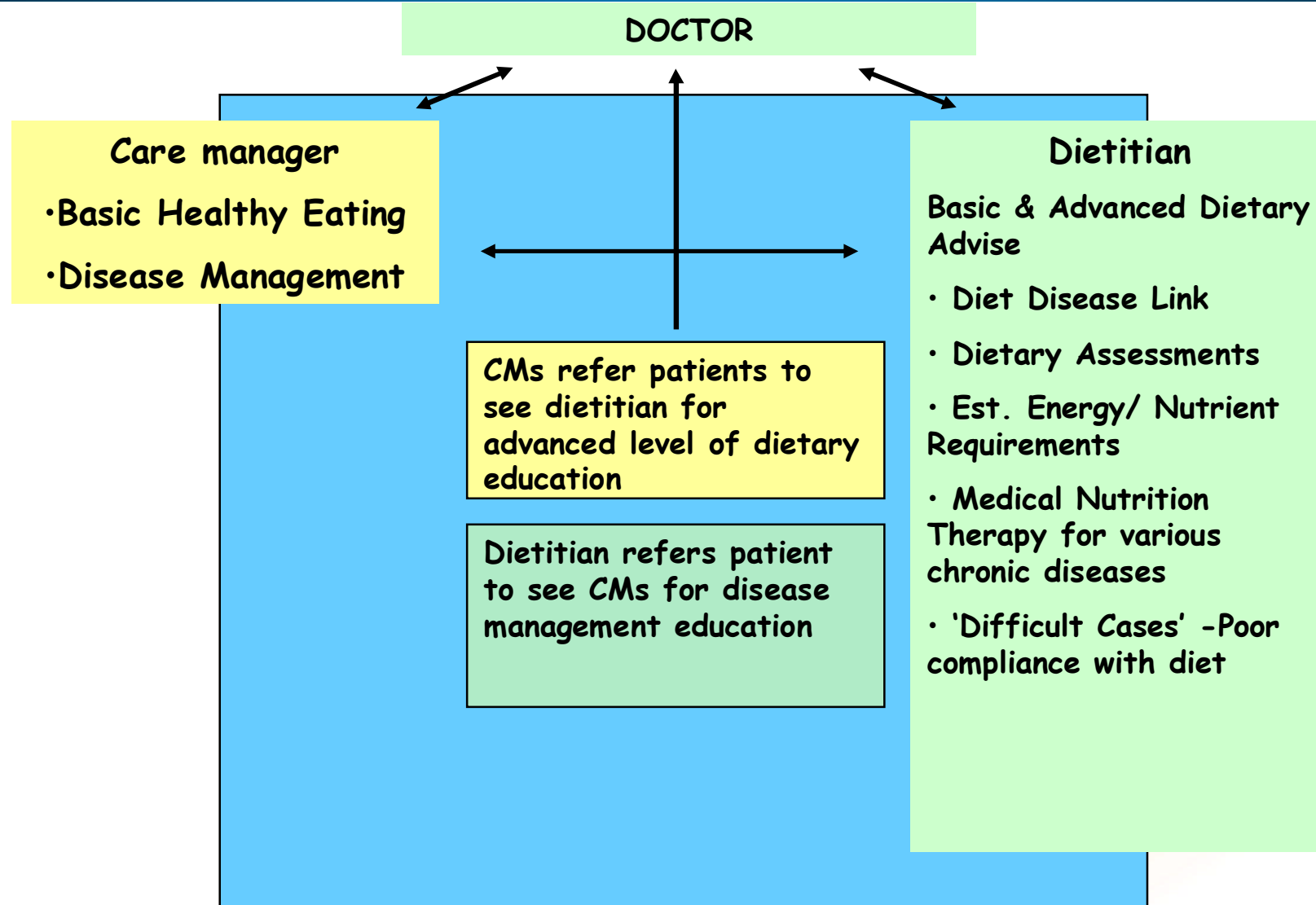
NHGP Dietitians

Our Friendly Team!!



To the best, this is not a job; it is a calling.

Referral Criteria



Compliance to Healthy Eating

Lack of Cooking Skills?

Depression?

Lack of Social Support?

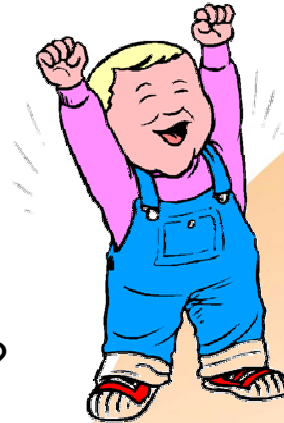
Living Alone?

Lack of Finances?

Shift Work?

Preference for Unhealthy Food?

Availability of Healthy Food?





Emphasis on Team Management



NHGP WOW Program

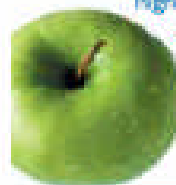


WOW Yourself with a Whole New You!



HEALTH FOR LIFE
Adding years of healthy life
Watch Our Weight Programme

If you are overweight, losing weight will cut down your risks of getting high blood pressure, diabetes, high cholesterol level, heart diseases, stroke and other health problems.



So take charge of your health now!



	Talk	WOW Workshops	1 at Stop	All The Way
Duration	1 Hr	4.5 Hrs	3 Months	6 Months
Price	\$5 Nov.	\$40 ^{**}	\$80 ^{**}	\$160 ^{**}
Programme	+ 1 Talk + 1 Starter Kit	+ 3 Workshops + 1 Starter Kit	+ 3 Consultations with Nurse & Dietitian + 3 Workshops + 1 Starter Kit	+ 60 Consultations with Dietitian, Nurse, Psychologist, & Dietitian + Blood Tests + Electrocardiogram (ECG) + 3 Workshops + 6 Exercise Sessions + 1 Starter Kit

^{**}All prices quoted are subject to approval by GHS.
^{**}The programme are for clients with a BMI of 23kg/m² and above.

BMI = Body Mass Index = $\frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$

^{**}Clients with a BMI of 23.5 kg/m² and above may benefit from a program to a significant extent.

^{**}All the Way[®] is suggested for clients with BMI of 27.5 - 32.4 kg/m², or BMI of 23.5-27.4 kg/m² and have diabetes, high blood pressure and/or high cholesterol level.

^{**}Starch is not included.

Contact Us Today!

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www.healthforlife.sg

Ang Ho Kio | Bala Basok | Chia Chu Kang | Clement Hoang | Juring | Tan Psych | Woodlands | Yuhon



WOW Programs

	All the Way	Progress	1st step	Workshop	Talk
Duration	6 mths	6 mths	3 mths	4.5hr(6/52)	1 hr
One to one	10 (4)	10 (4)	3 (0)	-	-
Exercise (gp)	6	6	-	-	-
Workshops	3	-	3	3	-
Talk	-	-	-	-	1
Investigations	yes	yes	no	no	no

Emphasis on Team Management

- **Clinical Practice Improvement Projects**
 - Bukit Batok Polyclinic
 - Chua Chu Kang Polyclinic
 - Jurong Polyclinic
 - Woodlands Polyclinic



CPIP – Chua Chu Kang Polyclinic

Mission Statement

To raise the percentage with good control (HbA1c) ≤ 7 % of diabetic patients in CCK to 40% of total diabetic patients in CCK in 6 months without hypoglycaemia.



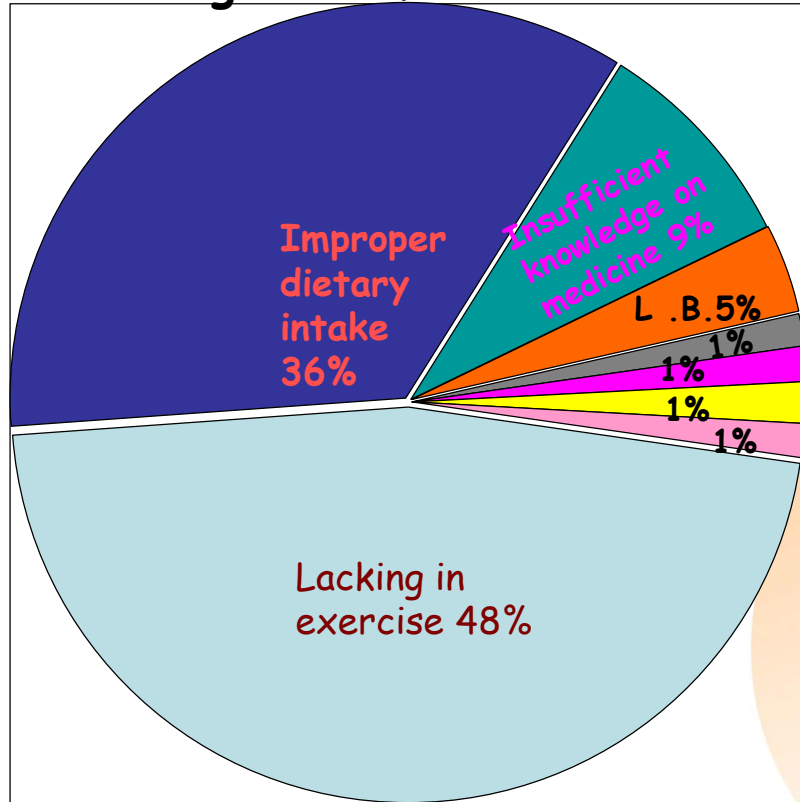
Team Members

Name	Designation	Roles
Dr Tan Kim Kiat	Deputy Head	Team Leader/Planning & Implementation
Sim Kok Huay	Senior Staff Nurse	Assistant Leader/Planning & Implementation
Dr Santos, Florencio	Family Doctor	Planning & Implementation
Ms Sarah	Dietitian	Planning & Implementation
Ms Tan Lay Keuan	Pharmacist	Planning & Implementation
Ms Melissa Kuan	MSW	Planning & Implementation
Julia Bte Sadi	Care Manager	Planning & Implementation
Shermaine	PSA	Planning & Implementation
Dr Yehudi Yeo	Head of the Clinic	Sponsor
Patients Participitation		Feedback survey.

Survey of 25 patients with HbA1c >7%(from 16 Sept to 20 Sept) .

Enhance a better understanding patient's problems.

Categories of Main Problems.



- Lack of exercise
- Improper dietary intake
- Insufficient knowledge on medication
- Language Barrier
- Lack of social support
- Financial problem
- Low motivation
- Medication compliance

Analysis of the survey outcome

- 84% Sedentary Lifestyle
- 9% Insufficient Knowledge on Medication side effect
- 5% Language Barrier

Intervention(s)-Patient education

Problem	Intervention	Date of Implementation
Lack of proper educational system on patients' diet compliance	<p>Debrief Nurses/Doctors :</p> <ol style="list-style-type: none">1) To improve patient education patient and diet compliance with standardize teaching material on diet.2) Dietitian to update all with latest diet educational material, CME talks by dietician.3) All newly diagnosed DM patient strongly encouraged to see dietician or CM for dietary counselling.	15/2/2008

Staffs' Feedback(14/3/08)

Random Interview survey to 10 doctors & 3 CM

Doctors

Care Managers

Are you aware of our teaching material on Hypoglycaemia/simplify diet advise?	Doctors		Care Managers	
	Yes	No	Yes	No
Are you aware of our teaching material on Hypoglycaemia/simplify diet advise?	10	Nil	3	Nil
Do you find user friendly to use the teaching material on hypogylcaemia to educate patient?	8	2	3	Nil
How about the simplified diet teaching material, is it user friendly?	5	5	0	3

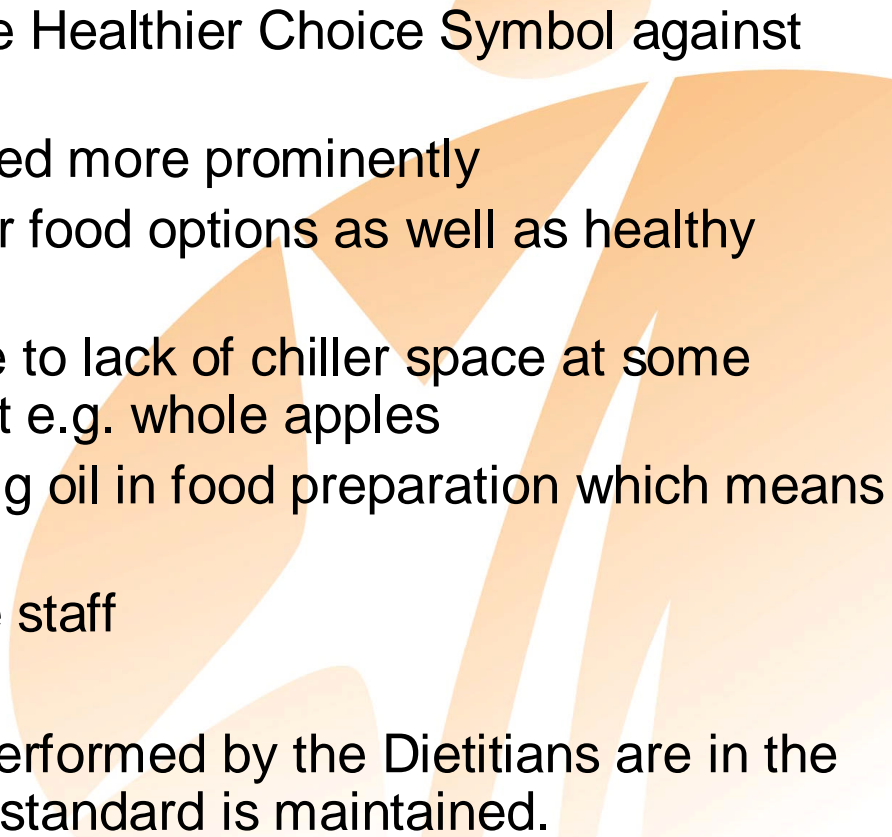
Feedback on Patient Education Tool amongst the TEAM

➤ CMs prefer to use their own flip chart to teach patients on diet.

➤ 50% of the doctors claimed 'No time' to use the teaching handout on diet to educate patients, the other 50% find it useful to reinforce on the diet advice to the patient who decline to see CM/dietician.

Creating Health Promoting Environments

NHGP Healthier Café Program

- Revised menu featuring the Healthier Choice Symbol against healthier food and drink
 - Healthier foods are displayed more prominently
 - Posters promoting healthier food options as well as healthy eating tips
 - Fresh fruit at all cafes - due to lack of chiller space at some polyclinics, fresh whole fruit e.g. whole apples
 - The use of healthier cooking oil in food preparation which means less saturated fat intake
 - Conducted training for café staff
 - Regular six month audits performed by the Dietitians are in the pipeline to ensure that this standard is maintained.
- 

NHGP Healthier Café Program



NHGP Healthier Café Program



NHGP Healthier Café Program

FEELING HUNGRY?
Time for a Healthy Bite!



Choose
Chee Chong Fun
(ask for Less Sauce & Oil)



Energy (Kcal) : 133 Total Fat (g) : 2

Instead of
2 pieces of Siew Mai



Energy (Kcal) : 142 Total Fat (g) : 12

Choose
Sandwiches



Energy (Kcal) : 260 Total Fat (g) : 6

Instead of
Nasi Lemak



Energy (Kcal) : 494 Total Fat (g) : 14

A Healthy Eating Initiative by NHG Polyclinics.



You Can Ask For :

Less
SUGAR / SYRUP



Less
SAUCE / GRAVY



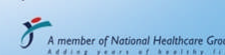
Less
SALT



Less
OIL



A Healthy Eating Initiative by NHG Polyclinics.



Health Promotion



STAY HEALTHY! How much Sodium in Your Foods?

Excessive sodium intake can lead to high blood pressure which is a major risk factor for stroke, heart attack, eye and kidney disease. An average healthy adult should consume less than 2000mg of sodium (equivalent to one teaspoon of salt) per day.

Seasonings

 1 teaspoon of **Salt**
= 2000mg Sodium

 1 teaspoon of **Stock Cube**
= 920mg Sodium

 1 teaspoon of **Salt Substitute**
= 865mg Sodium

 1 teaspoon of **Monosodium Glutamate (MSG)**
= 615mg Sodium

 1 teaspoon of **Light Soya Sauce**
= 365mg Sodium

 1 teaspoon of **Dark Soya Sauce**
= 200mg Sodium

 1 teaspoon of **Chilli Sauce**
= 60mg Sodium

 1 teaspoon of **Tomato Sauce**
= 50mg Sodium

Local Dishes

 1 plate of **Mee goreng**
= 1800mg Sodium

 1 plate of **Nasi Briyani with chicken**
= 1660mg Sodium

 1 bowl of **Dry fishball noodles**
= 1650mg Sodium

 1 plate of **Chicken rice**
= 1290mg Sodium


Processed Foods

 1 medium **Salted Egg**
= 350mg Sodium

 1 regular serving of **French Fries**
= 200mg Sodium

 1 small packet **Potato Crisps**
= 180 mg Sodium

Reference source:
Health Promotion Board (HPB) ABCs Healthy Eating

 A member of National Healthcare Group
Adding years of healthy life



STAY HEALTHY! How much Sugar in Your Foods?

Excessive calorie intake from sugary foods and beverages can lead to weight gain which predispose the risk of heart attack and diabetes mellitus as well as tooth decay. The allowance of added sugar is approximately 8 to 11 teaspoons per day for an average adult

Beverages

 1 can of **Carbonated Soft Drink**
= 7 teaspoons

 1 can of **"Sugar-free" Carbonated Drink**
= nil

 1 sachet of **3 in 1 Coffee Powder, regular**
= 2 teaspoons

 1 sachet of **3 in 1 Coffee Powder, low sugar**
= 1 teaspoon

 1 packet of **Non-Carbonated Drink, regular**
= 5 teaspoons

 1 packet of **Non-Carbonated Drink, 'not-so-sweet'**
= 3 teaspoons

Food

 1 cup of **Ice Cream Sundae**
= 10 teaspoons


 1 tablespoon of **Jam**
= 3 teaspoons

 1 bowl of **Chendol**
= 9 teaspoons

 1 tablespoon of **Sweetened Condensed Milk**
= 2 teaspoons

 1 slice of **Black Forest Cake**
= 4 teaspoons

Reference source:
Health Promotion Board (HPB) ABCs Healthy Eating

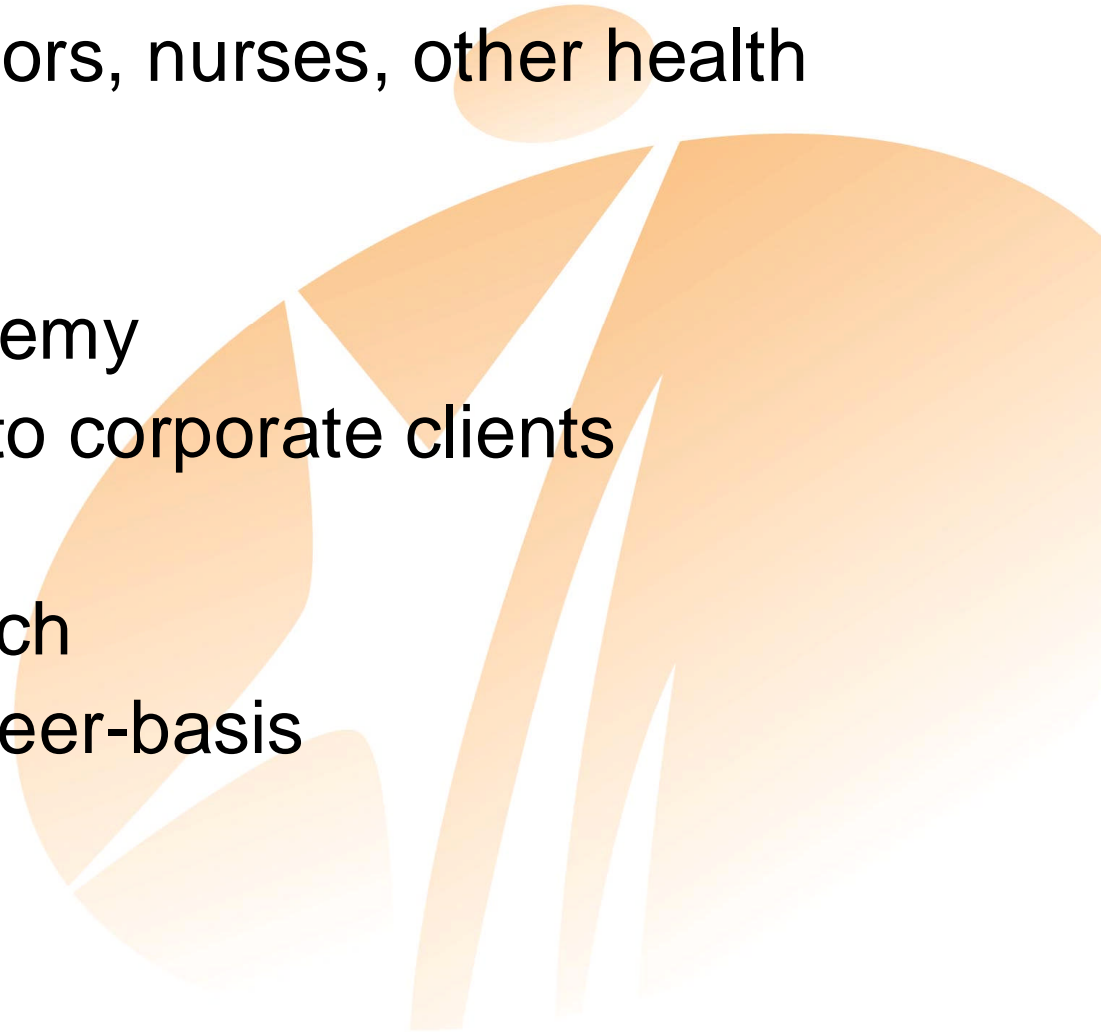
 A member of National Healthcare Group
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Student Placements 2008

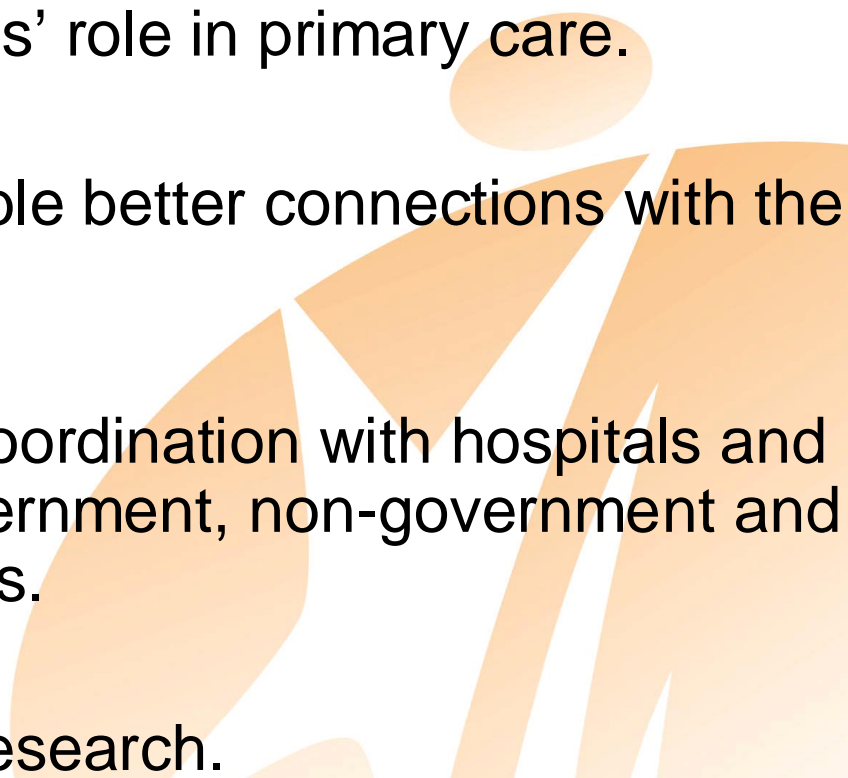
- **Collaboration with Flinders University of South Australia**
 - Independent Studies; 5 Week Project - ***'Development of A Patient Education Resource for Diabetes Management'***
 - Community Placements; 10 Week Project - 2 students
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Nutrition Training

- CME Talks for doctors, nurses, other health professionals
- Primary Care Academy
 - talks, workshops to corporate clients
- Community Outreach
 - Public forum, volunteer-basis

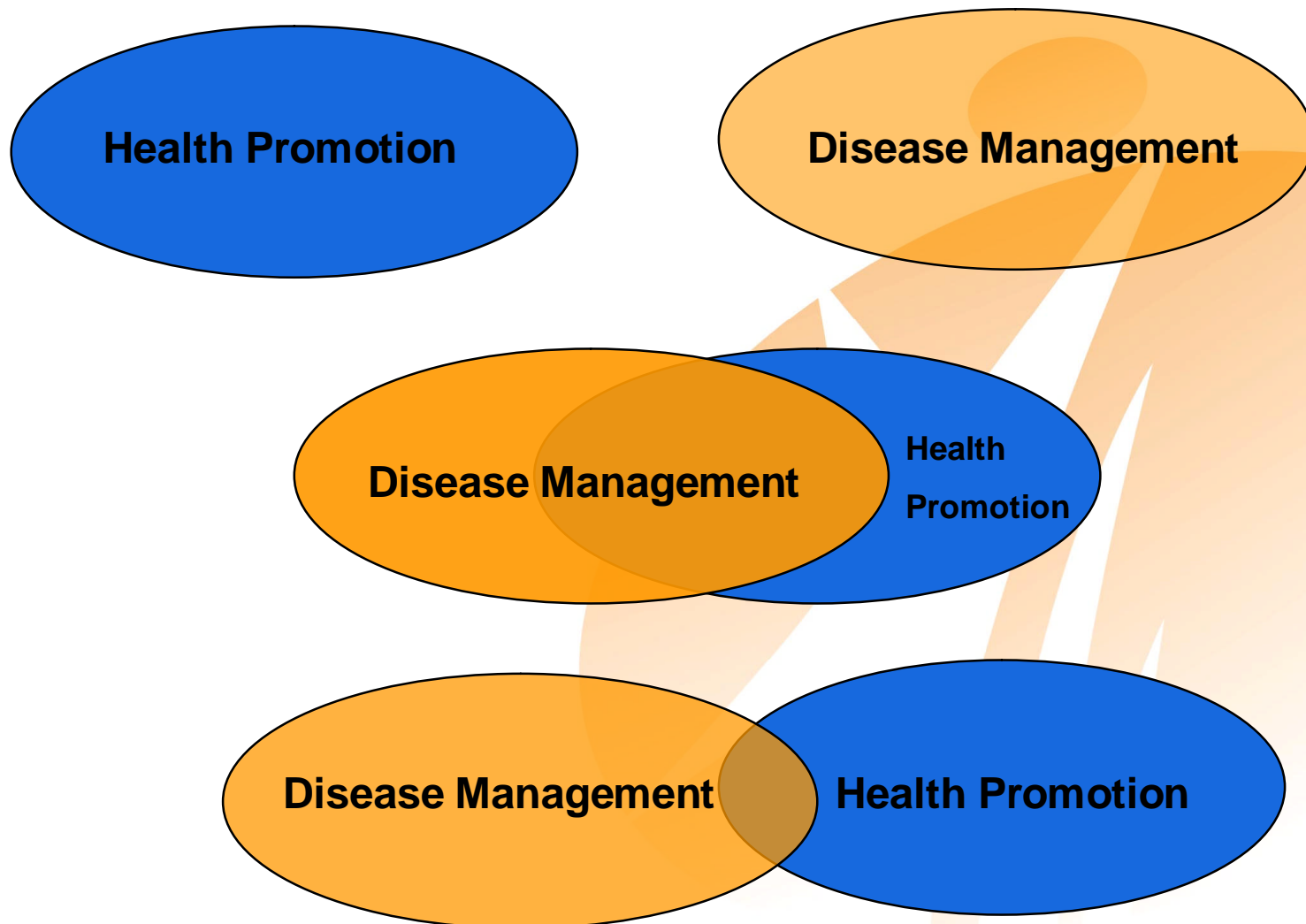


Challenges

- Awareness of Dietitians' role in primary care.
 - Use of Internet to enable better connections with the population.
 - Communication and coordination with hospitals and other sectors e.g. government, non-government and volunteer organizations.
 - Research, research, research.
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Conclusion

Dietitians In Primary Care



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"What do you mean I have to eat more greens?
I eat pistachio ice cream every night."



National Healthcare Group
POLYCLINICS

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