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Topic: Capacity development for public health nutrition

Title: Dietary guidance given to patients with diabetes in Burkina Faso and Mali: content and impact of professional profile

Presentation Type: Poster

Objectives:

To assess the recommendations provided by health professionals to persons with diabetes regarding diet, physical activity and weight control, and to examine the relationship between advice given and characteristics of the health professionals.

Methodology:

The cross-sectional study was conducted over three months in 2012 in Ouagadougou and Bamako. Interviews with closed and open-ended questions were conducted with health professionals. Dietary recommendations pertaining to specific food items, meal and snack patterns, cooking methods and meals away from home were rated. Types of recommendations for physical activity and for body weight were rated in a similar fashion.

Results:

Although 24% had no specific training in diabetes management, all respondents declared providing some dietetic advice to patients. In general, recommendations focused on foods to avoid, to restrict or to consume ad libitum, and diet sheets were given to patients. Most interviewed practitioners recognized that they did not have enough time or training to provide adequate dietetic guidance. Only 44% gave specific advice to patients on insulin and 20% talked about cooking methods. Overall, advice given to patients was considered 'acceptable' in 65% of respondents for diet, in 70% for control of body weight, and in 95% for physical activity. Dietary and physical activity guidance scores were significantly higher in professionals with specific training, and in MDs compared with other health professionals.

Conclusion:

The study highlights the need to improve dietary counseling of patients with diabetes, particularly as regards developing specific dietary plans with individual patients for better compliance.