

Evaluation of Eat to Treat: A Nutrition Course for Dentists

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Introduction

Culinary Medicine is “a new evidence-based field in medicine that blends the art of food and cooking with the science of medicine.”⁴ Multiple studies have found that incorporating culinary medicine or culinary nutrition into professional school education results in students feeling more confident in discussing nutrition with their patients and also changing their own diets and lifestyles.^{1,2,5} This can help improve a clinician's ability to discuss nutrition with their patients. Doctors who have healthy personal habits are more likely to discuss those healthy habits or preventative behaviors with their patients. This was shown with alcohol consumption, seat-belt use, smoking, influenza vaccine, hormonal therapy, and exercise^{6,7}

This study examined if a two part nutrition course by Boston Medical Center (BMC), improved dental residents in 4 domains:

1. knowledge of nutrition & medical nutrition therapy
2. counseling skills
3. awareness of resources
4. personal dietary change and culinary skills.

Methods & Results

Day 1: Pre-survey + 2-hour lecture

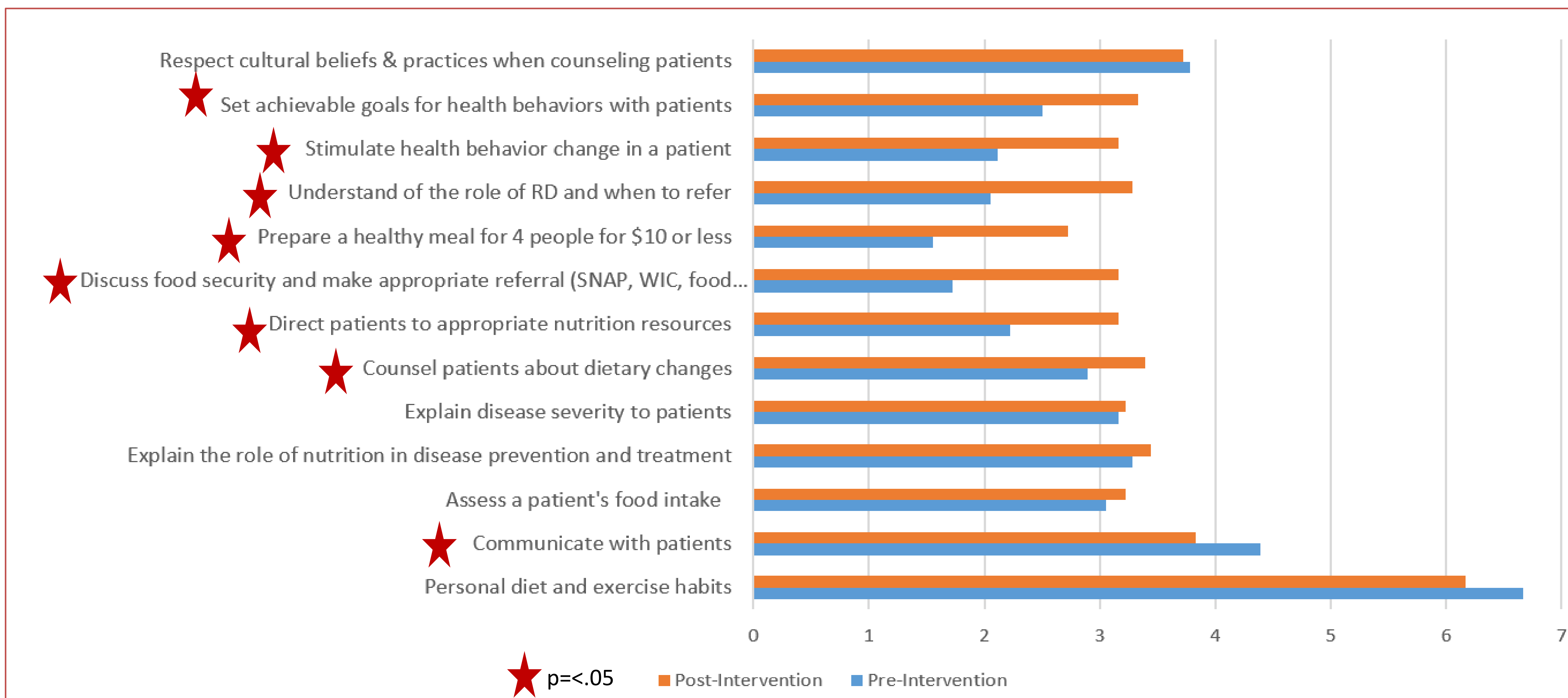
- Nutrition education
- Identifying at-risk patients
- Resources and referrals

Day 2: Hands-on demonstration

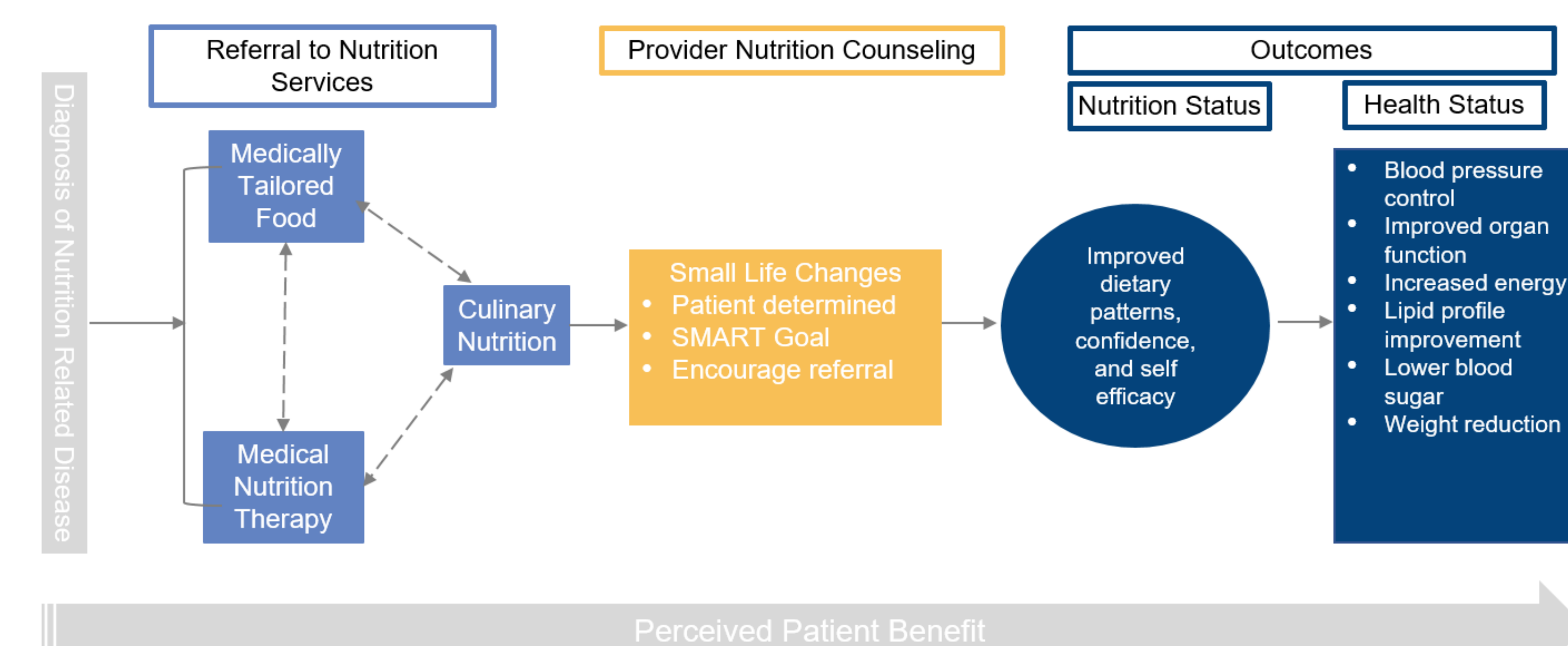
- Improving personal lifestyle
- Culinary skills

Pre/Post-Survey + nutrition exam via RedCap

- 18 completed surveys
- Nutrition Exam: 55%→62% (p=0.05)



Nutrition Care Model



Conclusions

The results from this study showed a general improvement in all 4 domains, some results were statistically significant. Participants recommended this course to colleagues; however, requested more sessions. ETT is simple and inexpensive to implement at any dental school, residency, or hospital. It can help participants provide better care to their patients and also improve their own health & lifestyle. Future studies should increase sample size and follow-up period.

References
+
Resources

