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Improvement of process-driven work in Dietetics - the development of a standard model of the Unified Dietetic Care Process (IMPECD)

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Abstract

Introduction:

Different models of frameworks for dietetic care are used in Europe. There is a substantial need for a consistent framework to compare research results and to cooperate on an international level. Therefore, one of the goals of the EU-funded project IMPECD was the development of a unified framework Dietetic Care Process (DCP) in order to foster a shared understanding of process-driven dietetic counselling.

Materials and Methods:

Based on a literature review and in-depth analysis of different frameworks an iterative and incremental development process of finding solutions for decision-making within the consortium consisting of dietetic experts from 5 European HEI was passed. The developed DCP model was integrated in an online training course including 9 clinical cases (MOOC) to train students. The draft versions and the concluding final version DCP model were evaluated and re-evaluated by teachers and 25 students at two Intensive Study Programmes.

Results:

The DCP model consists of five distinct, interrelated steps which the consortium agreed on: Dietetic Assessment, Dietetic Diagnosis, Planning Dietetic Intervention, Implementing Dietetic Intervention, Dietetic Outcome Evaluation. A standardized scheme was developed to define the process steps: dedication, central statement, aim and principles, and operationalization.

For example, Dietetic Assessment is the first step of the DCP (dedication). It is a systematic process to gather dietetically adequate and relevant information about the client by using state-of-the-art methods (central statement). The aim is to identify nature and cause of dietetic related problems of the client (aim and principles). The gathered information are documented in types of categories (client history, diet history, behavioural-environmental, clinical status) or following the ICF-model (operationalization). The clinical cases used within the MOOC proved that the DCP model is suitable to be put into practice.

Discussion:

Existing different process models were analyzed to create a new and consistent concept of a unified framework DCP. The variety within the European countries represented by the consortium proved to be both a challenge in decision-making and an opportunity to integrate multinational perspectives and intensify the scientific discourse. The development of a standardized scheme with precise definitions is a prerequisite for planning study designs in health services research. Besides, clarification is essential for establishing process-guided work in practice. The evaluated MOOC is now implemented in study programmes used by 5 European HEI in order to keep approaches and process-driven action comparable. The MOOC promotes the exchange of ideas between future professionals on an international level.

Conflict of Interest

There is no conflict of interest.