

Nutrition Competence Survey

Dear doctor,

We would like your participation in this survey that will help in the understanding of nutrition competence of primary care physicians in Saudi Arabia. This study utilized the validated nutrition competence tool (NUTCOMP) in an identical manner [1]. The wording of two items was slightly amended to refer to the Saudi dietary guidelines. Ethical approvals for this study were granted by the Saudi Board of Preventive Medicine Research Committee and the Ethics Committee of Health Directorate in Jeddah (H-02-J-002-01023).

Your answers will remain anonymous and participation is voluntarily. By completing the survey, you consent to participating in this study.

Thank you for your time.

Principal investigator: Dr. Osamah Algassimi

If you have any questions, please feel free to contact me via e-mail: oeq85@hotmail.com

REFERENCES

1. Ball L, Leveritt M. Development of a validated questionnaire to measure the self-perceived competence of primary health professionals in providing nutrition care to patients with chronic disease. *Fam Pract* 2015;32:706-10. doi:10.1093/fampra/cmz073

Section 1- Nutrition Knowledge:*Please rate how confident you are in your knowledge of:*

	Not Confident at all	Not Very Confident	Somewhat Confident	Very Confident	Extremely Confident
1. How different body systems are affected by foods and nutrients	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. How foods and nutrients influence the development and management of chronic disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. How an individual's body composition (including size, shape, weight) can impact on the development of chronic disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. The Dietary Guidelines for Saudis, including number of recommended serves of food groups and serving sizes for different ages and genders	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Guidelines for the nutrition-related management of specific chronic diseases (including type 2 diabetes and cardiovascular disease)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. How foods and nutrients interact with medications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. The most recently published peer-reviewed evidence regarding nutrition and chronic disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 2- Nutrition Skills:*Please rate how confident you are in your ability to:*

	Not Confident at all	Not Very Confident	Somewhat Confident	Very Confident	Extremely Confident
8. Interpret data about height, weight and body composition against reference ranges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Interpret an individual's biological data (e.g. blood pressure, cholesterol levels) against reference ranges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Collect information on the food that an individual usually eats (e.g. diet history, food frequency questionnaire)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Use the Dietary Guidelines for Saudis to evaluate the appropriateness of an individual's food intake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Determine appropriate food or nutrition goals for an individual with chronic disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Formulate a meal plan for an individual with chronic disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Recommend changes in food choices for an individual with chronic disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Monitor and evaluate changes over time regarding the food an individual usually eats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 3- Nutrition Communication and Counselling: <i>Please rate how confident you are in your ability to:</i>	Not Confident at all	Not Very Confident	Somewhat Confident	Very Confident	Extremely Confident
16. Clearly describe what patients can expect from their discussions with you about food or nutrition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Check a patient's understanding of the influence of food and nutrients on their health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Work with patients to identify possible ways to improve the food they usually eat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Demonstrate genuine empathy to patients about their food-related experiences and goals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Maintain a non-judgmental attitude in discussions with patients about the food they eat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Communicate with patients about food and nutrition using culturally appropriate language	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. Consider how personal, social, cultural, psychological, and economic factors may influence the foods that a patient eats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. Identify individuals who need additional support from other health professionals or services regarding the food they eat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. Communicate with other health professionals about the discussions you've had with patients regarding food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 4- Attitudes Towards Nutrition Care: <i>Please rate your agreement with the following statements:</i>	Completely Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Completely Agree
25. It is important that all individuals usually eat healthy foods regardless of age, body weight and physical activity levels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. If the topic arises, it is important that I encourage my patients to eat healthy foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. It is important that I take every opportunity possible to encourage my patients to eat healthy foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. Encouraging my patients to eat healthy foods is an effective use of my professional time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. Providing specific nutrition recommendations to my patients that can assist with managing their chronic disease is an effective use of my professional time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. Encouraging my patients to eat healthy foods is within my scope of practice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. Providing specific nutrition recommendations to my patients that can assist with managing their chronic disease is within my scope of practice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. It is important that I encourage my patients to seek support from other health professionals if I am unable to meet their nutrition-related needs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Section 5- Previous Nutrition Education:

33. Which of the following best describes your previous nutrition education? (**Select one**)

- I have completed a program that did not include nutrition content
- I have completed a program that included some nutrition content
- I have completed a program that was predominantly focused on nutrition

34. Have you ever participated in continuing education on the topic of nutrition?

- Yes No

35. I feel I need further nutrition education to support me in my current role:

- Strongly Disagree Disagree Neither Agree Nor Disagree Agree Strongly Agree

Section 6- Provision of Nutrition Care:

36. Over a given month, how often do you provide nutrition care to your patients?

- Never (0%) Rarely (1-20%) Half the time (41-60%) Often (61-80%) Most of the time (81-100%)

37. How much time on average do you spend during one visit giving nutrition care?

- Less than 1 minute
- 1 to less than 3 minutes
- 3 to less than 5 minutes
- 5 to less than 10 minutes
- 10 minutes or over

Section 7- Demographics:

38. Age range: 25 years or younger 26-34 years 35-44 years 45-54 years 55 years or older

39. Gender: Male Female

40. Nationality: Saudi Non-Saudi

41. Professional Qualification: General Practitioner

- Family medicine (Resident Specialist Consultant).

Thank you very much for taking part in this survey!