



Using Diet to Manage Disease: Elements of Successful Change

Karol Stevens
University of Washington
School of Nursing

2006 Undergraduate Research Scholarship
Funded by the de Tornyay Center for Healthy Aging

School of Nursing

UNIVERSITY OF WASHINGTON



deTornyay

CENTER FOR HEALTHY AGING

Acknowledgements

Dr. Basia Belza

Faculty Mentor

deTornyay Center for Healthy Aging

Questions



What are effective strategies used by older adults to make dietary changes to manage cardiovascular disease?

What can nurses do to effectively support older adults making dietary changes?

Methods

- **Reviewed selected literature**
 - 15 research studies
 - AHRQ Systematic Evidence Review: Counseling to Promote a Healthy Diet
- **Interviewed dieticians**
 - Dr. Barbara Bruemmer, PhD, RD, UW School of Public Health and Community Medicine
 - Mary Podrabsky, RD, CD, UW Exploratory Center for Obesity Research

Understanding the disease affects motivation for change

- Health literacy
- Effectiveness of communication with health care providers
 - Simple language
 - Acute or chronic problem?

Identifying readiness for change

- Stages of Change: Transtheoretical Model
- Motivational interviewing
- Cultural assessment questions
- Joint development of plan of care

Self-efficacy

- Patient
- Health care provider



Both need hope
and the belief
that change can
happen



Effective interventions

- **Toolbox approach: individualize**
 - Recommended by literature, RDs interviewed, and AHRQ
- More acute patients → greater change
- More intense interventions → greater change
 - Multiple visits, ongoing relationship
 - NOT just handing patient a brochure

Thank you

