

A NUTRITION COUNSELING GUIDEBOOK TO IMPROVE RDNS’ CULTURAL COMPETENCE COUNSELING MIDDLE EASTERN ADULTS WITH CARDIOVASCULAR DISEASE

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Abstract

Cardiovascular disease (CVD) is a leading cause of mortality in men and women in the United States, including Middle Eastern adults. To help prevent or reduce CVD-related risk factors, the client/patient may receive nutrition counseling by a Registered Dietitian Nutritionist (RDN). For optimal patient care, it is essential for the RDN to feel competent. The purpose of the directed project was to create a guidebook that will enhance RDNs’ cultural competence by integrating recommended eating patterns and Middle Eastern eating patterns to reduce CVD-related risk factors. The guidebook was achieved by integrating a literature review and pre/post survey responses from expert panelists who are practicing RDNs with a Middle Eastern heritage/background. Responses were primarily positive supporting the guidebook. Recommendations: improve the overall structure and content of the final guidebook. To determine if the guidebook improves RDNs’ cultural competence, a research study should be conducted.

Introduction

Middle Eastern male and female adults are impacted by CVD. For improved patient care and quality, RDNs should practice cultural competence by delivering healthcare services that meet patients’ cultural, social, and religious needs. Cultural competence improves RDNs’ optimal care for patients by increasing their understanding of the patient’s eating patterns to support behavior changes to reduce CVD risk factors.

Purpose: to create a guidebook that will enhance RDNs’ cultural competence through the integration of recommended eating patterns and Middle Eastern eating patterns to reduce CVD-related risk factors.

Methods

The guidebook was created through a series of steps.

1. Obtained IRB approval to contact RDNs of Middle Eastern heritage who work with adults experiencing CVD-related risk factors and obtain their response to a pre-and post-survey.
2. Created a list of practicing RDNs with a Middle Eastern background, including their name and email.
3. Sent an invitation email followed by a consent for to those who agreed to participate.
4. Sent the pre-survey and guidebook outline to the RDNs.
5. Evaluated the pre-survey responses and made improvements to the outline and created the final guidebook.
6. Sent the final guidebook to the same RDNs with the post-survey.
7. Analyzed the survey responses from the post-survey of the RDNs’ thoughts on the final guidebook to determine its accuracy and efficiency and made appropriate changes.

Results

TABLE 1. Pre-Survey Results from Expert Panelists, n=6

Item	Strongly Agree # (%)	Agree # (%)	Unsure # (%)	Disagree # (%)	Strongly Disagree # (%)
Guidebook beneficial	5 (83.3)	1 (16.7)	0 (0.0)	0 (0.0)	0 (0.0)
Short chapters	5 (83.3)	1 (16.7)	0 (0.0)	0 (0.0)	0 (0.0)
Relevant activity	2 (33.3)	3 (50.0)	1 (16.7)	0 (0.0)	0 (0.0)
Countries included	5 (83.3)	1 (16.7)	0 (0.0)	0 (0.0)	0 (0.0)
Patient mark Country	2 (33.3)	1 (16.7)	2 (33.3)	0 (0.0)	0 (0.0)
Fortified recipes	2 (33.3)	2 (33.3)	0 (0.0)	0 (0.0)	2 (33.3)
Photo of dish	6 (100.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)
Dishes to include	1 (16.7)	2 (33.3)	3 (50.0)	0 (0.0)	0 (0.0)
Nutrition label important	4 (66.6)	0 (0.0)	1 (16.7)	0 (0.0)	1 (16.7)
Health benefits of dish	5 (83.3)	0 (0.0)	1 (16.7)	0 (0.0)	0 (0.0)
Food group identity	5 (83.3)	1 (16.7)	0 (0.0)	0 (0.0)	0 (0.0)
Proper portion	5 (83.3)	0 (0.0)	0 (0.0)	0 (0.0)	1 (16.7)

TABLE 2. Comments From Expert Panelists To Pre-survey, n=6

Respondent	Comment
1	Many dishes are also rice-based. I think those would be important to include especially in regards to portion sizes and possible ingredients substitutions for a healthier alternative.
2	In my current role as an RDN, I am not counseling patients. I run community based programs and provide general education focused on prevention
3	Instead of portion size (ex. “1 cup rice”) I think it’s important to include a MyPlate type example and to put a section for feelings of hunger/fullness to recognize differences in patient intake.
4	I like the incorporation of appropriate serving sizes and tips on portion control would be beneficial. In addition, describing food groups and ensuring a balance of macronutrients.

TABLE 3. Post-Survey Results from Expert Panelists, n=5

Item	Strongly Agree # (%)	Agree # (%)	Unsure # (%)	Disagree # (%)	Strongly Disagree # (%)
Guidebook beneficial	3 (60.0)	2 (40.0)	0 (0.0)	0 (0.0)	0 (0.0)
Clarity of structure	3 (60.0)	2 (40.0)	0 (0.0)	0 (0.0)	0 (0.0)
Ease of understanding	2 (40.0)	3 (60.0)	0 (0.0)	0 (0.0)	0 (0.0)
Ease of administration	3 (60.0)	2 (40.0)	0 (0.0)	0 (0.0)	0 (0.0)
Activity relevancy	3 (60.0)	1 (20.0)	1 (20.0)	0 (0.0)	0 (0.0)
Countries listed	3 (60.0)	2 (40.0)	0 (0.0)	0 (0.0)	0 (0.0)
Activity appropriateness	3 (60.0)	2 (40.0)	0 (0.0)	0 (0.0)	0 (0.0)
Number of recipes	2 (40.0)	1 (20.0)	0 (0.0)	2 (40.0)	0 (0.0)
Design expectations	1 (20.0)	3 (60.0)	1 (20.0)	0 (0.0)	0 (0.0)
Dish appropriateness	3 (60.0)	2 (40.0)	0 (0.0)	0 (0.0)	0 (0.0)
Information accuracy	1 (20.0)	4 (80.0)	0 (0.0)	0 (0.0)	0 (0.0)
Clarity of dish benefits	1 (20.0)	4 (80.0)	0 (0.0)	0 (0.0)	0 (0.0)

TABLE 4. Comments From Expert Panelists To Post-survey, n=5

Respondent	Comment
1	Great Job, I think it would be great if you can add the country of origin for the featured recipe.
2	I think it was very nice to state the benefits you may receive from each of the recipes. I do think that there are many other common foods that would also make good examples, like “fatteh”. Being that there aren’t many food guides out there for Middle Eastern foods, that I’m aware of, adding a couple more recipes would make the food guide more comprehensive
3	I think it would be beneficial to include more recipes or even providing serving sizes of typical staples of foods eaten by middle easterners, this can maybe be put right under the appropriate serving sizes for the food groups.
4	Fantastic job! If you are open to sharing the final version with us, I would definitely like to pass it to my coworkers who specialize in CVD. A few things to note: I would love to see an even simpler description as to what a protein is ... I like the lighter red background color vs the dark red-it’s easier on the eyes when reading. Let me just say how amazing it was to see a MyPlate with our culture foods!

Discussion

The guidebook was designed to improve RDNs’ cultural competent counseling Middle Eastern adults with CVD. From the literature review, the content should focus on heart-healthy meals eaten by the Middle Eastern population. Responses from both the pre- and post- surveys showed a minimum of 50% & 60% agreement, respectively, for each item.

Limitations of the guidebook noted by the RDNs:

- inability to include all Middle Eastern dishes
- cannot generalize to all Middle Eastern adults with CVD-related risk factors as eating patterns are personalized
- does not measure RDNs’ cultural competence or determine if the guidebook improves RDNs’ cultural competence

Conclusion

The development of this guidebook was made possible through a series of essential steps. The feedback from six expert panelists and the integration of the literature review was extensively used to create the guidebook. Based on the literature review, the evaluation, and analysis of the pre and post-survey, it is determined that a guidebook catered to Middle Eastern adults with CVD-related risk factors is a beneficial instrument that can be used to help improve RDNs’ cultural competence when counseling Middle Eastern adults with CVD. Although the guidebook received positive feedback and support, there are areas for improvement that can strengthen and ease its use. A research study should be conducted.

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Acknowledgements

I would like to thank those who took part in the creation and evaluation of this guidebook. Your time and feedback is greatly appreciated.

Gail C. Frank, DrPH MPH RD CHES
Michelle Barrack, PHD, RD
Mary Lyons, MS, RD
Mandy Nezami DrPH, RDN
Aya Ibrahim, MS, RDN
Dareen Khatib, MPH, MCHES, RDN
Safieh Ajine, MS, RDN, CNSC
Noor Hakim, RD
Ghazal Mahdavian, RDN



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