PO11: NUTRITIONAL GENOMICS: A SURVEY TO IDENTIFY KNOWLEDGE, INTEREST, AND CONTINUING EDUCATION NEEDS AMONG SWISS AND PORTUGUESE NUTRITIONISTS AND DIETITIANS

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INTRODUCTION: Recently, new knowledge about interactions between nutrients and the genome, proteome, transcriptome and metabolome has been abounding. The perspective of incorporating nutritional genomics into the dietic practice is nearing, bringing along a treatment path which differentiates itself from the traditional “one fits all” route. Bern University of Applied Sciences in collaboration with the Faculty of Nutrition and Food Sciences at the University of Porto led a research project about this topic.

OBJECTIVES: Evaluate a nutritional genomics knowledge and educational needs questionnaire among Swiss and Portuguese dietitians and nutritionists: Part 1 for general knowledge of nutritional genomics; Part 2 to gain insights about their interest, preferences and needs for continuing education in nutritional genomics.

METHODOLOGY: The questionnaire was developed partially based on published international peer-reviewed papers. The final version was distributed from July 1st to September 2nd 2014. Descriptive analyses were performed on 151 and 63 responses from Switzerland and Portugal, respectively.

RESULTS: 68.6% of respondents (72%). Most participants worked in hospitals or private clinics. Based on a post-graduate diploma HF (44%) and a Bachelor diploma for the Portuguese respondents (72%). The age of most participants was 30-39 years old, while close to 60% on the Portuguese side were aged 40-54 years old, while close to 60% on the Portuguese side were aged 40-54 years old.

CONCLUSIONS: A majority of respondents (72%) said that they have slightly better knowledge of nutritional genomics than their Swiss counterparts. Most of them were interested in continuing education courses, mainly as a one-day course, with a thematic preference for interactions between nutrition, genes and diseases. Dietitians and nutritionists from Switzerland and Portugal have shown interest for the nutritional genomics field and readiness to take part in continuing education courses. Attractive continuing education programs that are adapted to the levels and needs of dietitians from both countries are needed to assist them in being prepared for the future of their profession.