

Dietitians' practice in giving carbohydrate advice in the management of type 2 diabetes: a mixed methods study

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Tables

Table 1 - Characteristics of respondents n = 320

Characteristic	Findings		
	Variable	<i>n</i>	%
Sex	Male	14	4.4
	Female	306	95.6
Age	18-24 years	15	4.7
	25-34 years	109	34.1
	35-44 years	89	27.8
	45-54 years	73	22.8
	55-64 years	33	10.3
	65 years and over	1	0.3
Years qualified as a Registered Dietitian	Less than 12 months	1	0.3
	1-3 years	39	12.2
	4-6 years	64	20.0
	7-9 years	37	11.6
	10 years or more	179	55.9
NHS Pay Band	Band 5	25	7.8
	Band 6	131	40.9
	Band 7	128	40.0
	Band 8	15	4.7
	Non-NHS	21	6.6
Diabetes Specialist Dietitian	Yes	176	55.0
	No	144	45.0
Dietetic Training in the UK?	UK	297	92.8
	Overseas	23	7.2

Table 2 - General Advice regarding carbohydrate n = 320

Question	Responses	Results	
		n	%
What advice do you usually give regarding Glycaemic Index (GI) ?*	I cover GI as a general concept only	200	n/a
	I advise patients to avoid specific high-GI foods	80	n/a
	I advise patients to include specific low-GI foods	148	n/a
	I educate patients about the specific GI values of certain foods	37	n/a
	I don't usually cover GI	30	n/a
What advice do you usually give regarding Glycaemic Load (GL) ?*	I cover GL as a general concept only	164	n/a
	I advise patients to avoid specific high-GL foods	26	n/a
	I advise patients to include specific low-GL foods	30	n/a
	I educate patients about the specific GL values of certain foods or their overall diet.	34	n/a
	I don't usually cover GI	119	n/a
How often do you advise or support patients to implement a carbohydrate restriction ?	Never	47	14.7
	Rarely (5% of the time)	56	17.5
	Sometimes (10% of the time)	63	19.7
	Occasionally (25% of the time)	60	18.8
	Frequently (50% of the time)	94	29.4
For you, what would represent a realistic carbohydrate restriction in type 2 diabetes?	Roughly 50% of total energy from carbohydrate	55	17.2
	40-49.9% of total energy from carbohydrate	100	31.2
	30-39.9% of total energy from carbohydrate	114	35.6
	Less than 30% of total energy from carbohydrate	21	6.6
	Ketogenic amounts of 20g of carbohydrate per day or less	1	0.3
What does the term Carbohydrate Awareness mean to you?	Education about identifying foods & drinks that contain carbohydrate	281	n/a
	Education about portions of common foods that contain equivalent amounts of carbohydrate	228	n/a
	Education about the actual quantities of carbohydrate in common foods	161	n/a
	Other	43	n/a

*'usually' was defined as about 50% of the time.

n/a = respondents were able to select more than one answer so percentages are not applicable.

Table 3 – differences between specialist and non-specialist dietitians (should be presented in landscape format)

<i>n</i> = 320	Diabetes Specialist Dietitian % (n)					Non-Diabetes Specialist Dietitian % (n)					<i>P</i> for between groups*
	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	
I feel confident in teaching patients with type 2 diabetes about the quantity of carbohydrate in food	3.1 (10)	0.1 (3)	0.0 (1)	17.2 (55)	33.4 (107)	2.2 (7)	7.8 (25)	7.8 (25)	20.3 (65)	6.9 (22)	<0.01
How often do you advise or support patients to implement a carbohydrate restriction?	3.8 (12)	6.6 (21)	11.3 (36)	12.8 (41)	20.6 (66)	10.9 (35)	10.9 (35)	8.4 (27)	5.9 (19)	8.8 (28)	<0.01
For you, what would represent energy	50%	40-49.9%	30-39%	<30%	20g CHO or less	50%	40-49.9%	30-39%	<30%	20g CHO or less	0.01

a	realistic	from CHO	from CHO	from CHO	CHO		from CHO	from CHO	from CHO	CHO		
carbohydrate	restriction in											
type	2	6.6 (21)	15.9 (51)	22.5 (72)	4.4 (14)	<0.0 (1)	10.6 (34)	15.3 (49)	13.1 (42)	2.2 (7)	0.0 (0)	
diabetes?												

**Chi-squared test for independence*

Figure 1 – see separate file