

**Frequency of Nutritional Counseling Services: Does it have any value on the adherence to the dietary therapies among diabetic patients in Nakuru County?**

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# INTRODUCTION

- Nutritional counseling is arguably the best approaches in the treatment of diabetic patients.
- However, the stakeholders have not paid enough attention to it and therefore, diabetic treatment continues to pose challenges among patients.

# ARGUMENT

- In most cases, the counseling is done limitedly and scantily so that patients have no deep understanding of what is required of them.
- If the services are offered frequently, there is likely to be better results on the dietary treatment therapy adherence.
- This article argues that the frequency of Nutritional Counseling Services affects the adherence to the dietary therapies among diabetic patients in Nakuru County.

# METHODOLOGY

- Descriptive survey with ex-post facto design was used to assess the effectiveness of nutritional Counseling services.
- The sample consisted of 283 respondents that included 8 dieticians and 275 diabetic patients.
- Stratified random sampling where the total population was split into two distinct samples (diabetic patients and dieticians) based on their demographics.
- Expert judgment was used to improve on content and construct validity of the items.
- The Statistical Package for Social Sciences (SPSS) was used to analyze the data.

# THEORY

- The study adopted Irwin Rosenstock's health belief model.
- This is a combination of a health behavior models and a psychological model.
- In this study much attention was on the health-promoting part of the model which includes; treatment therapies like diet, Sick role behaviors, which refer to compliance with recommended dietary treatment for diabetics, usually following professional diagnosis of illness (Strecher & Rosenstock, 1997).

# Summary of findings

- Majority of the respondents indicated that they had received nutritional counseling and that they are aware of the recommended diet suitable for their diabetic condition.
- However, despite the receipt of the diet counseling services, some patients still do not know the actual therapy they need to adhere to and consequently the progress made by majority of the patients towards healing continue to drag.
- Nutritional counseling services are generally available. Majority (94.7%) of the patients have ever received diet counseling from sources such as government hospitals, private hospitals and among other avenues.
- While majorities (76%) of the patients were able to adhere to the recommended diet, 24% were not able to adhere due lack of money, long distance to the market, lack of availability of some diets in the market mainly due to seasonality and family related problems such as neglect, lack of support and conflicts.
- While 83.5% of the respondents had involved their families in dietary counseling, 16.5% of them claimed that they had never involved their families mainly due to unsupportive nature of their relatives, intention of not stressing their relatives, relatives who were not interested and relatives lack money that could assist the patient.

# Conclusions

- Nutritional counseling services are generally available to diabetic patients and consequently most patients had received diet counseling from different sources.
- However, low frequency of the services by nutritional counselors, negatively affects adherence and effectiveness of counseling which eventually impairs the rate of healing among diabetic patients.

# Recommendations

- The government must take an active role in promoting the nutritional counseling services offered in hospitals by employing more dietitians, intensifying awareness campaigns on the recommended diet for the diabetics.
- Necessary facilities such as well equipped hospitals and dietitians in all health facilities need to be established throughout the country.
- Long distances to the hospitals may contribute to lack of access to frequent nutritional counseling services among the diabetics.
- This study recommends that frequent counseling services should be offered in hospitals and employing more dietitians, intensifying awareness campaigns on the recommended diet for the diabetics will be a significant step.



# HYPOTHESIS

- The research hypothesis for this study stated, “There is no statistically significant relationship between nutritional counseling services and the adherence to the dietary therapies among diabetic patients in Nakuru Provincial.

# RESULTS

- The study found out that there was a statistically significant link between the frequency of nutritional counseling and adherence to dietary therapy by diabetic patients.

# SUGGESTIONS FOR FURTHER RESEARCH

- The findings of this study would act as a base for more findings on the issue of nutritional counseling among the diabetic patients in the study area. However, the study suggests the following:
- A research on the level of stake holders input in promoting nutritional counseling in hospitals should be conducted.
- Similar study to be undertaken that includes a larger population in order to confirm whether the investigation shows similar results.

THANK YOU ALL  
FOR LISTENING  
AND GOD  
BLESS YOU