

內科醫師對營養和營養師的認知

General Medicine Physicians' Perceptions to Nutrition and Dietitians

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摘要

內科醫師營養新知的主要來源，仍以醫學期刊為主占 64%，其次是一般報章雜誌占 36%。家庭醫師曾在學校教育中修習過營養相關課程者僅占 14%(n=46)，其中 59%(n=27)認為對以後臨床工作有助。約有 40%醫師(n=132)表示曾接受在職營養教育的課程，且其中 80%認為課程極有價值。家庭醫師中 89%表示對營養學科有興趣。本研究 50%醫師認為營養師應加強營養諮詢技巧，臨床營養研究的能力。

Abstract

Sources of nutrition information for 331 physicians consist of 64% from medical journals and 36% from magazines or newspapers. Forty-six physicians reported that nutrition was integrated with biochemistry course and twenty-seven physicians expressed benefits from this nutrition education. About forty percent of physicians (n=132) noted that they obtained nutrition education programs at hospitals and 80% of physicians (n=106) said it was valuable. Eighty-nine percent of the physicians were interested in nutrition sciences. Fifty percent of the physicians indicated that dietitians need to reinforce nutrition counseling skills and clinical research design.