

MEDICAL NUTRITION THERAPY (MNT) IN DIABETES MANAGEMENT: A HEALTHCARE PROFESSIONAL CENTRIC SURVEY

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INTRODUCTION

Approximately 425 million people were living with diabetes in 2017 and by 2045, it is expected to increase to 629 million. A healthy lifestyle, including a nutritious balanced diet is a key component of diabetes management. Medical Nutrition Therapy (MNT) is defined as “nutritional diagnostic, therapy, and counseling services” for the purpose of disease management, which are furnished, by a registered dietitian or nutrition professional. Incorporating MNT into diabetes-specific nutritional management has shown to improve glycemic profiles and to reduce the risk of disease complications.

MATERIALS & METHODS

Keeping in view the direct correlation between diet and diabetes management, we undertook a survey on the MNT in diabetes management in adults across India. A total of 380 Diabetologist/ Endocrinologist/ Consulting Physician/ Gynecologist completed the 15-item survey by rating on a 5-point Likert scale, where 1=strongly disagree, 2=disagree, 3=neutral, 4=agree, 5=strongly agree.

The questionnaire was about identifying the complete requirement of diabetic population, impact of 3Ds: Drug, Diet, and Daily lifestyle modification, preference as formula feed or home-cooked food, recommendation pattern, benefits of MNT, the importance and awareness of low Glycemic index and Glycemic load, indications of MNT and practice trends of doctors across India.

RESULTS & DISCUSSIONS

- Majority of the doctors agreed that complete management of diabetes requires 3D's approach: Drug, Diet and Daily lifestyle modification.
- 89.4% doctors agreed that MNT is important in preventing diabetes, managing existing diabetes, however they believe that it should be individualized based on the requirement.
- The most common indication for MNT was glycemic control. Others include as meal replacement, and recommended for both overweight & underweight patients
- In addition:
 - MNT helps patients in calorie and carbohydrate counting
 - Can be prescribed as a partial or complete diet plan
 - Home cooked food and formula MNT should be an integral part of diabetes management
 - MNT can be prescribed as a meal replacement, snack replacement or variety enhancer & results in cost saving

FIGURES

Figure 1: Complete management of diabetes requires 3D's: Diet, Daily lifestyle modification and Drug therapy

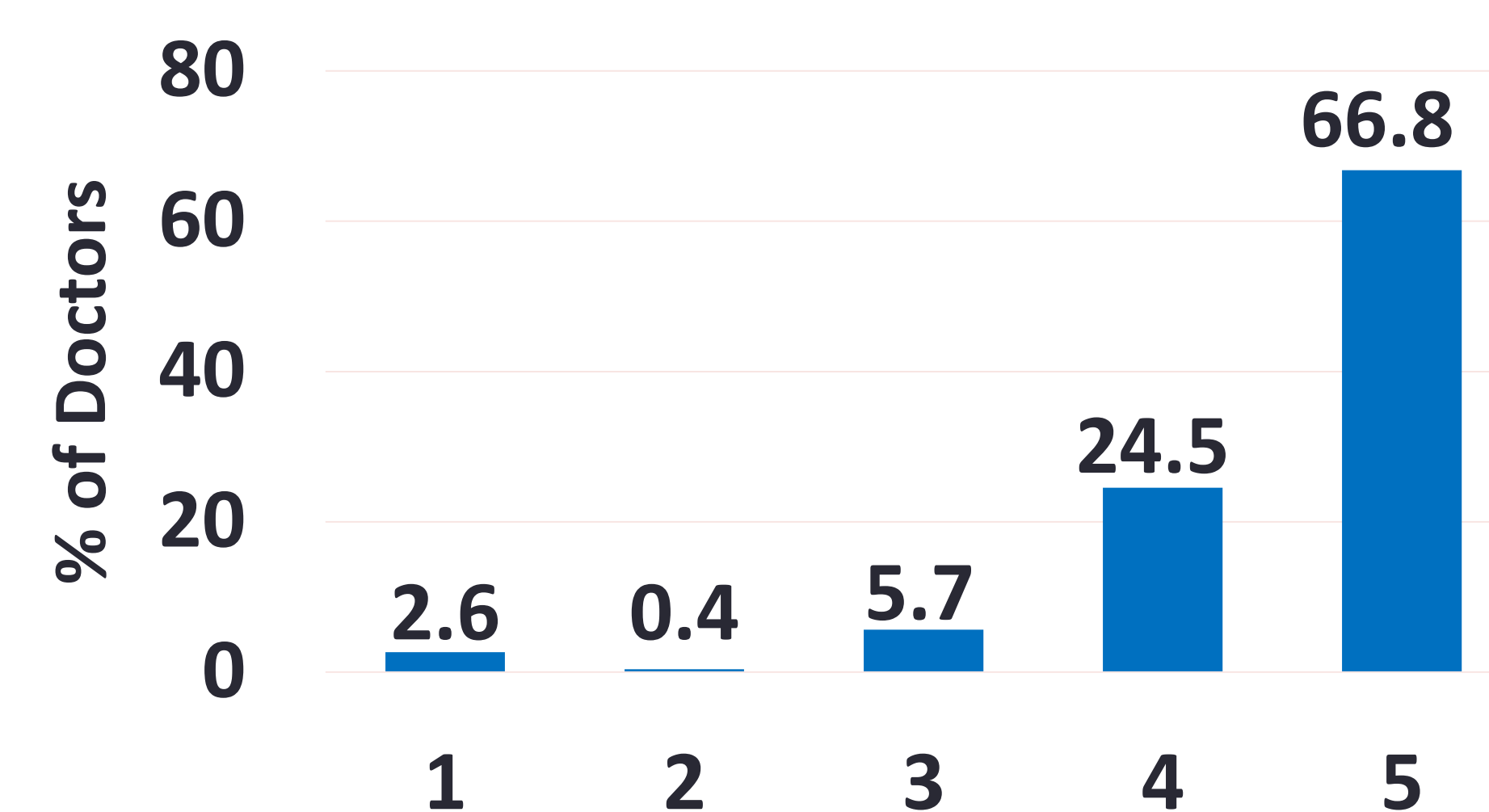


Figure 2: MNT should be individualized for persons with diabetes

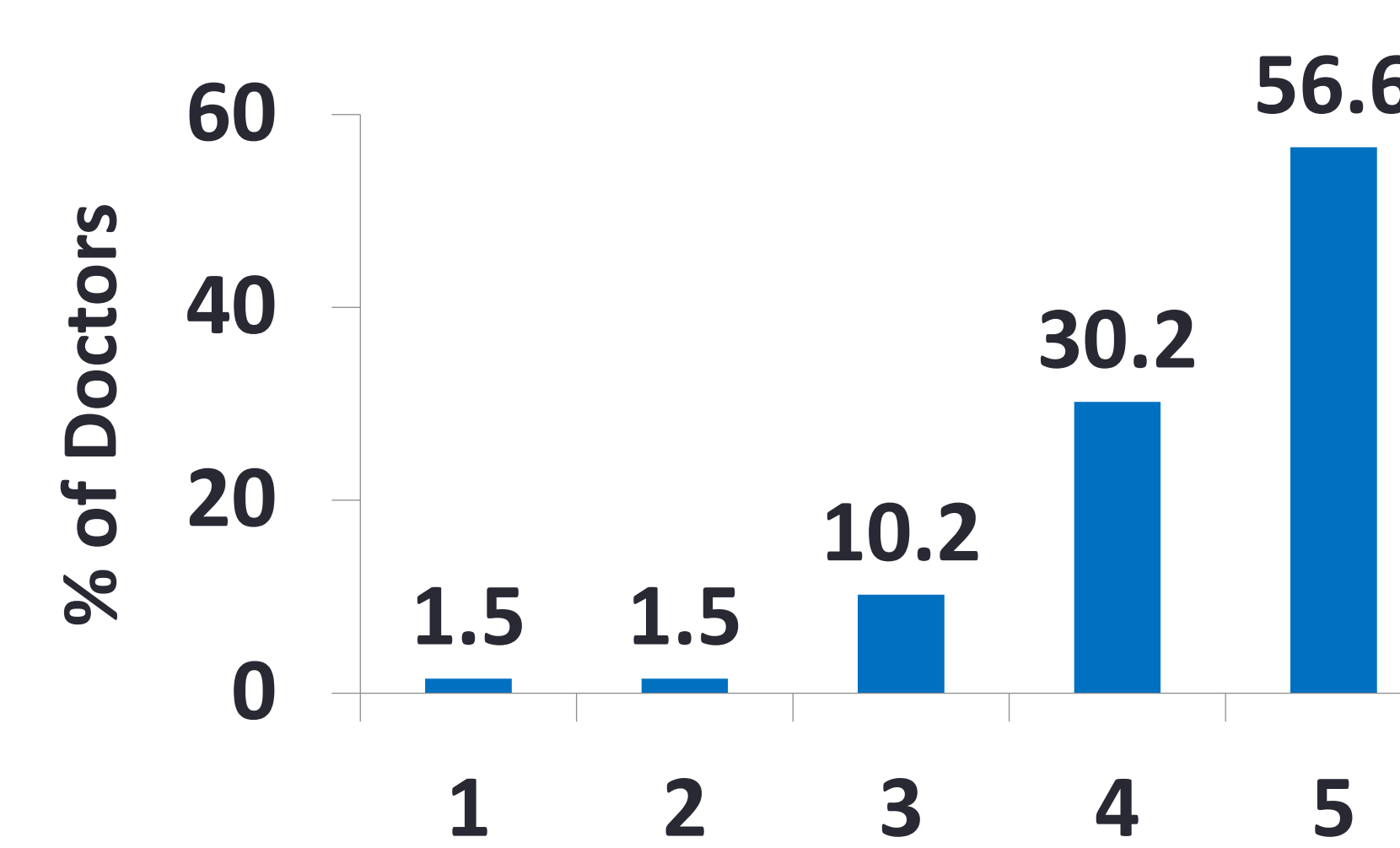


Figure 3: MNT is important in preventing diabetes, managing existing diabetes, and preventing or slowing complication

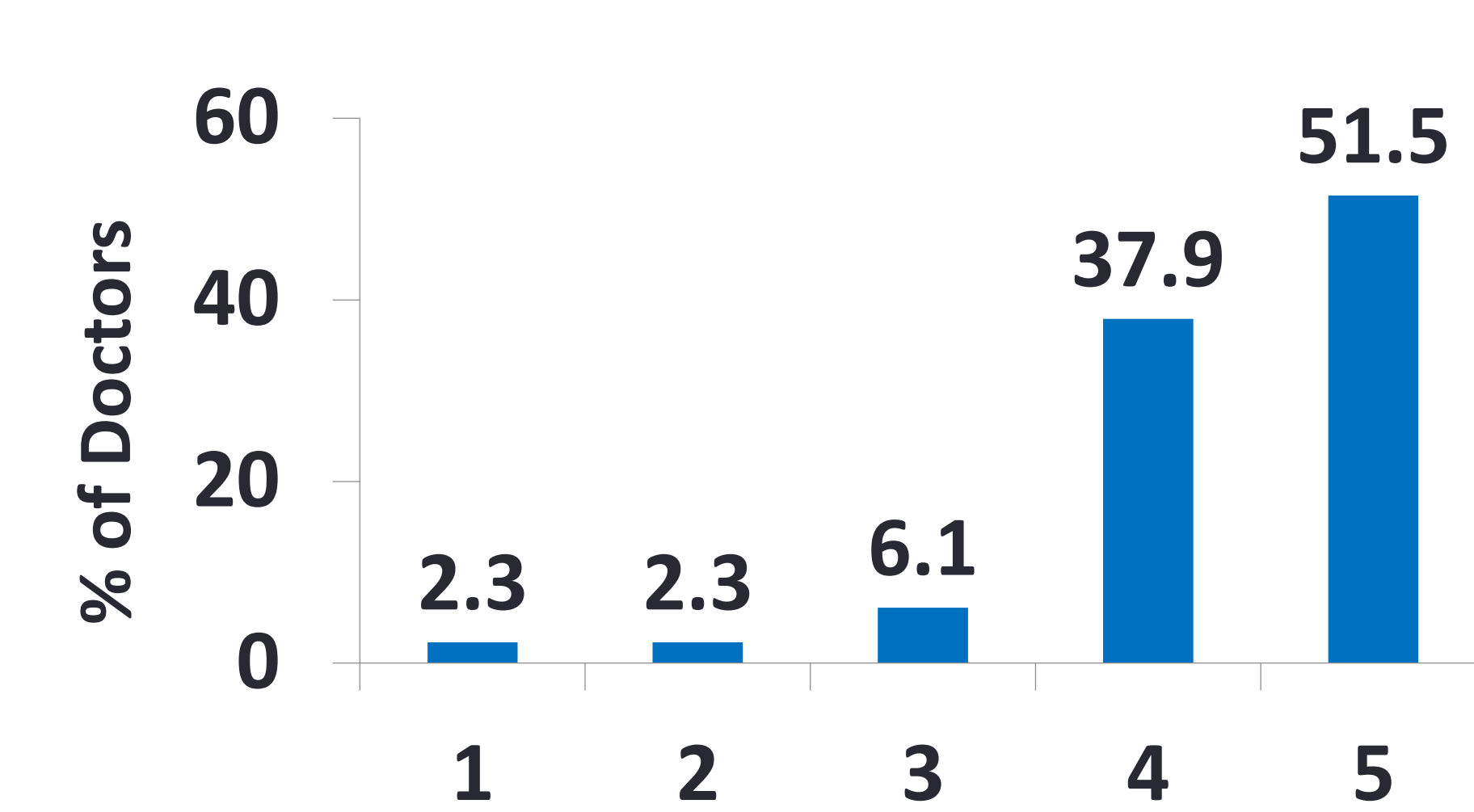


Figure 4: Formula MNT, if prescribed rationally, can assist in both glycemic control, and weight modification

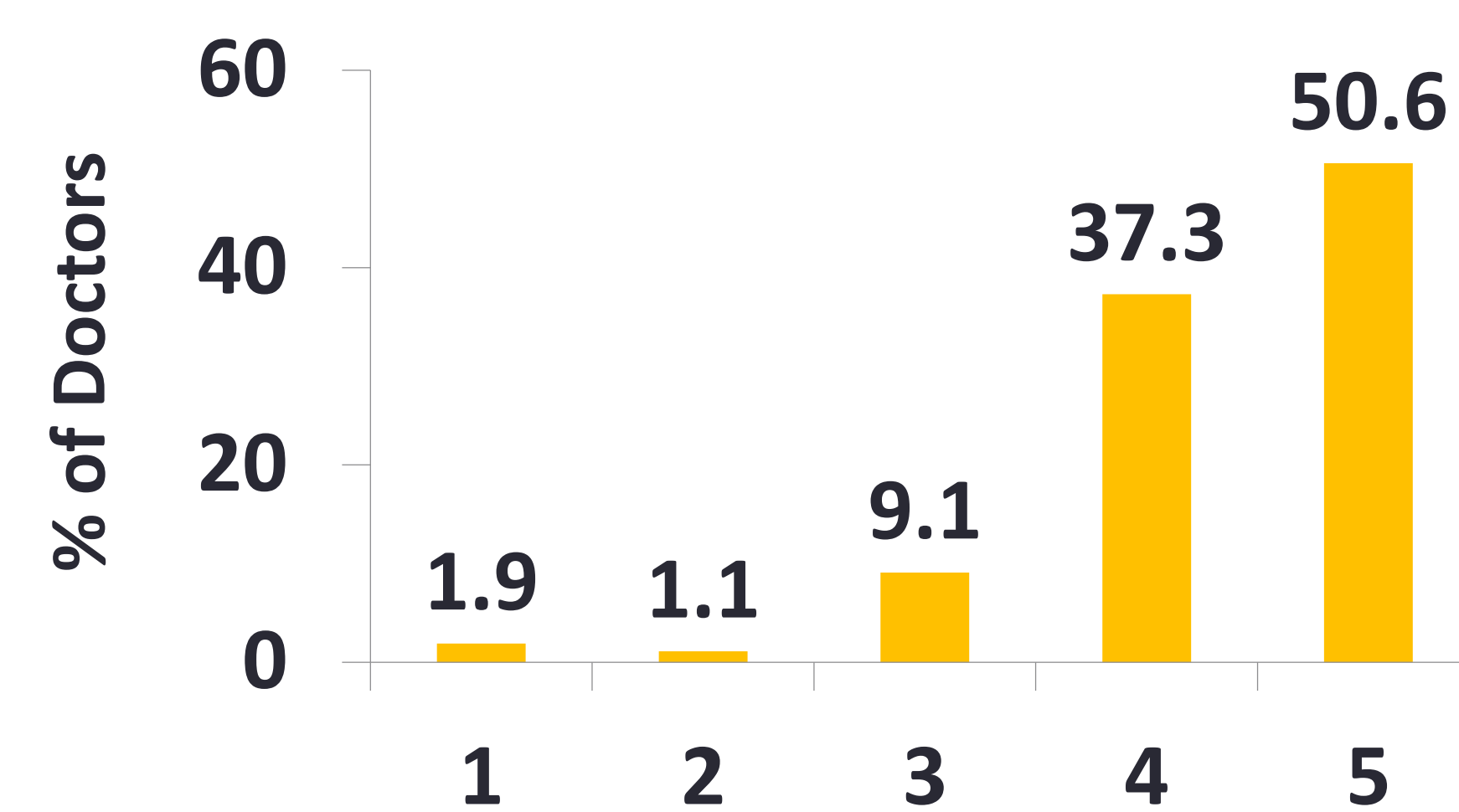


Figure 5: Formula MNT can be prescribed as a meal replacement or variety enhancer

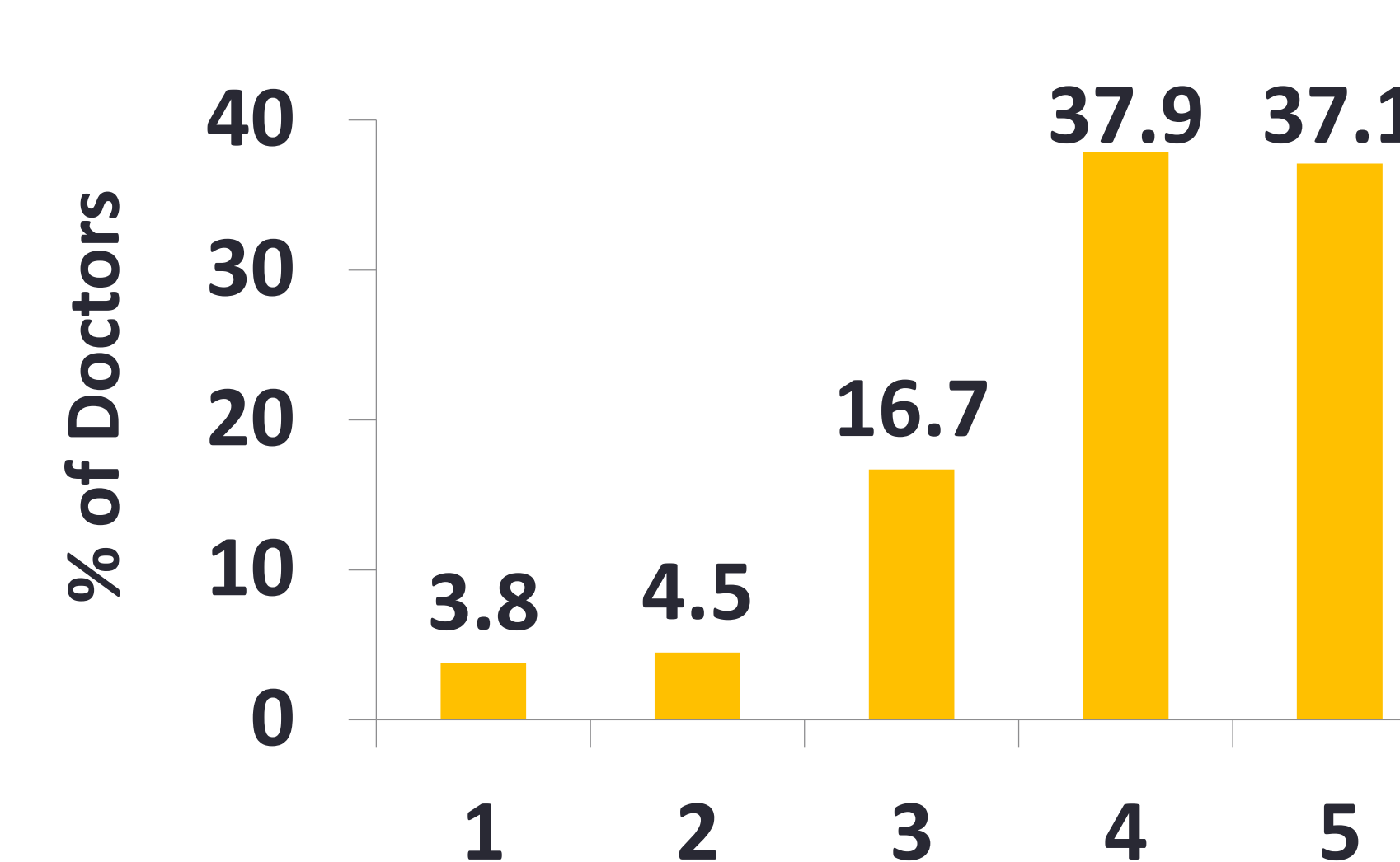


Figure 6: MNT can be recommended to both obese/overweight & underweight patients

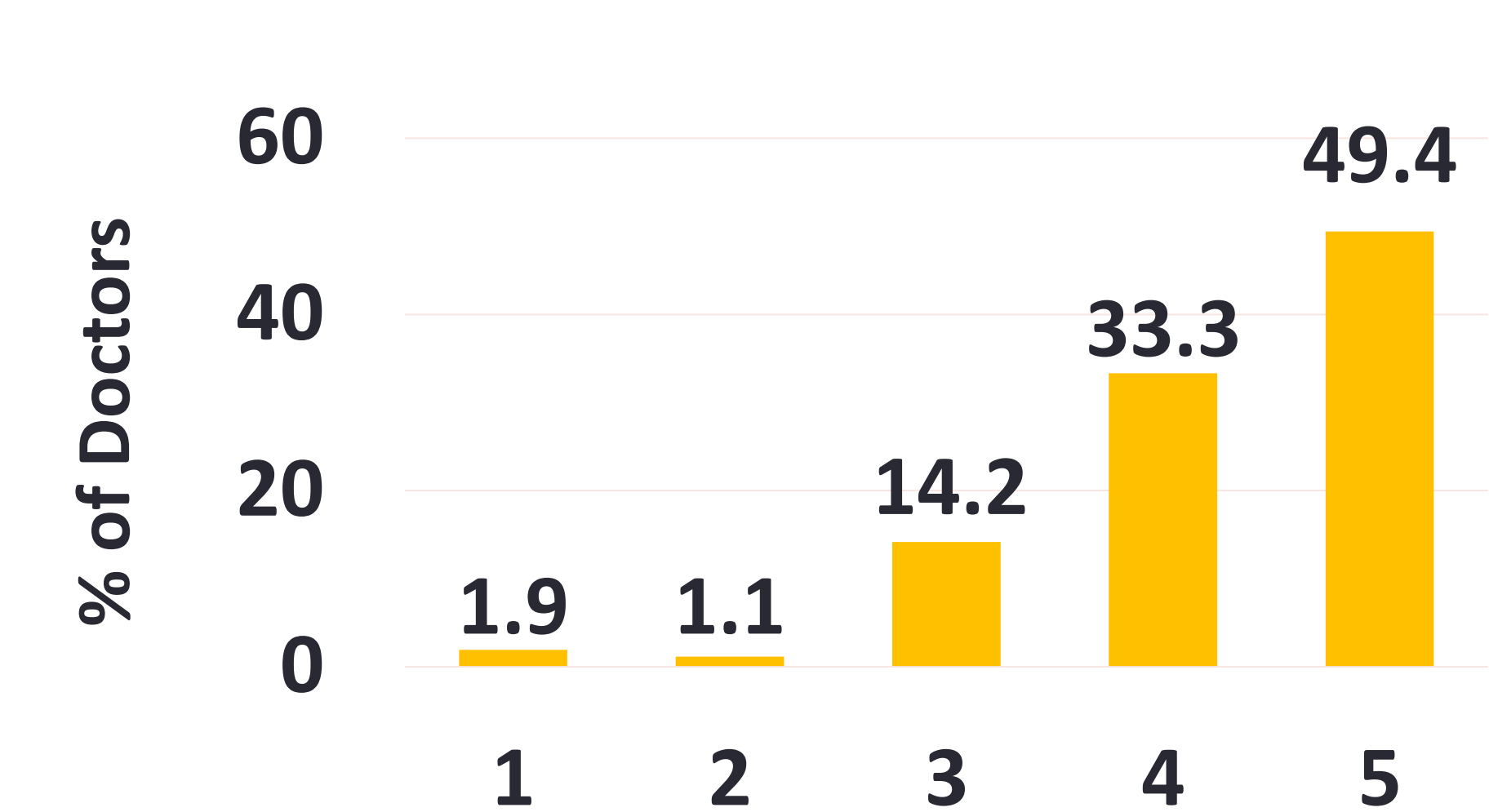


Figure 7: MNT can be prescribed as either formula feed or home cooked food

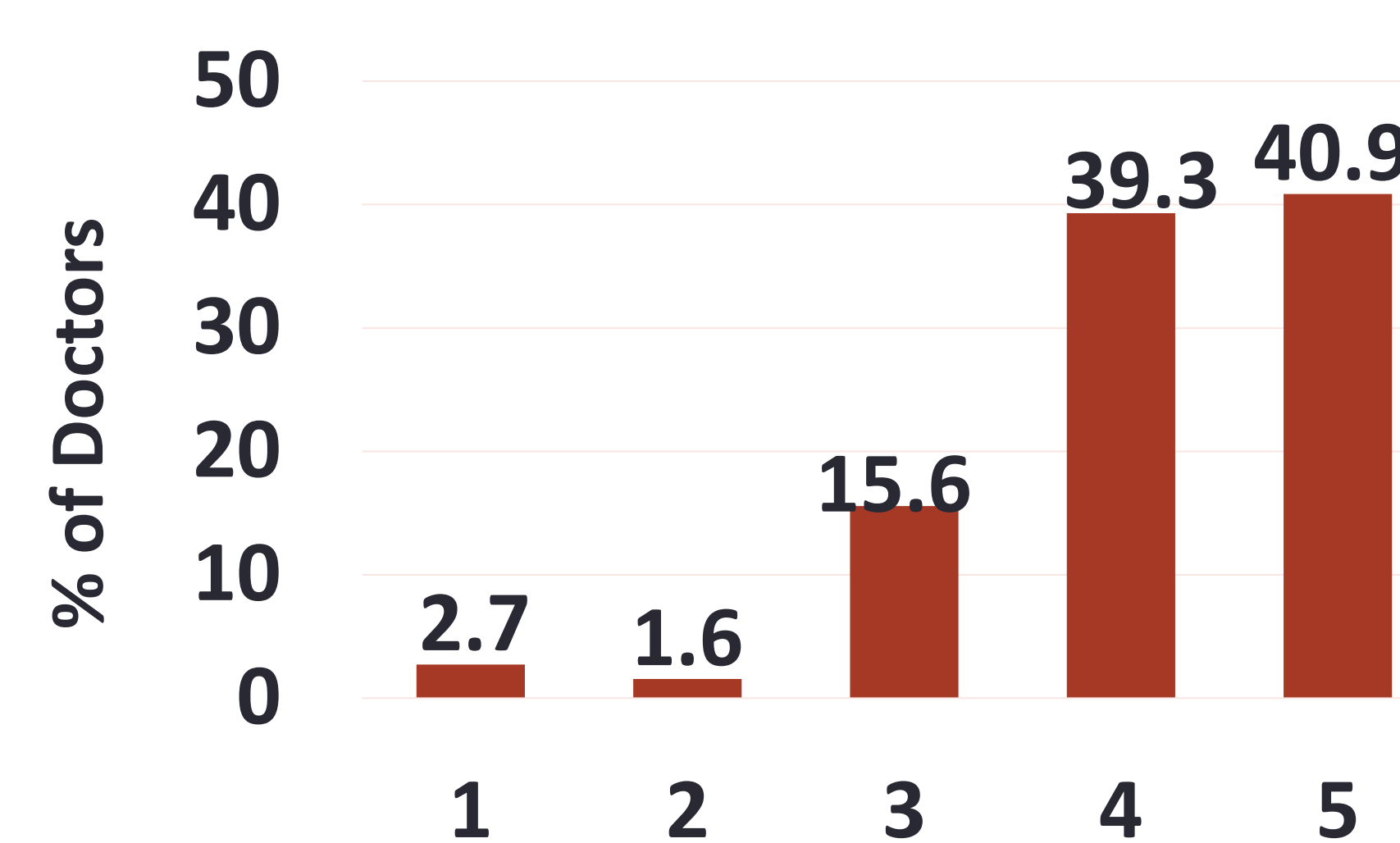
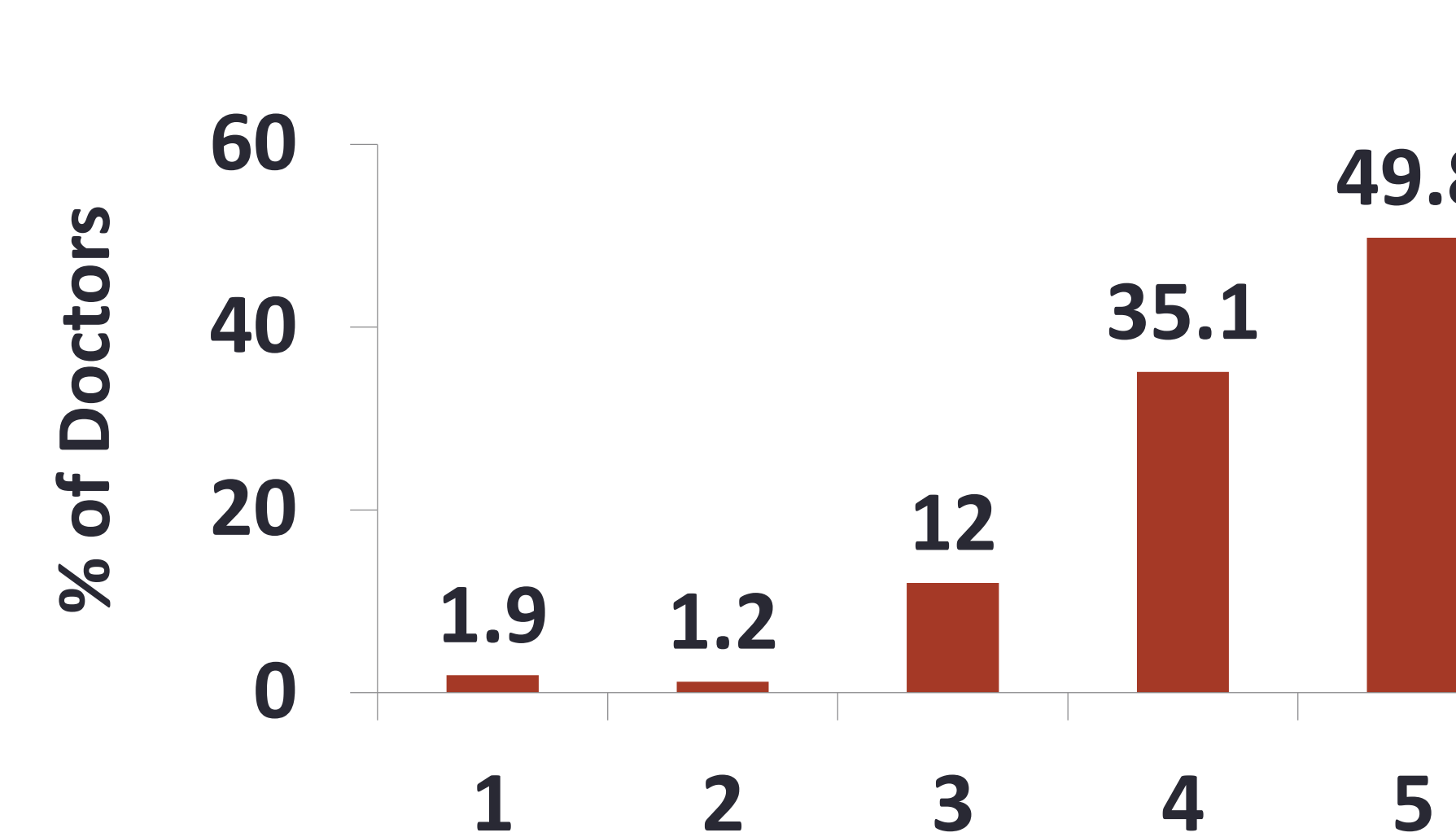


Figure 8: Using low GL Foods, with adequate amounts of fiber, may improve glycemic control



CONCLUSIONS

Doctors strongly recommend the need of MNT in complete management of diabetes under the guidance of a registered dietitian.

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