Dietary & Supplemental Therapy in Crohn’s Disease: Promoting Self-Care through Knowledge

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ABSTRACT

Guided by Orem’s Self-Care Theory: a continuous cycle of assessment, education, & evaluation to engage the patient in the self-care process.

Extensive review of the most recent literature, which was synthesized into a 45 minute educational session.

Pre-test, Post-Test Method used to evaluate change in knowledge levels.

Polarized questions captured the personal experience of the participants living with Crohn’s disease & their interactions with healthcare providers.

Qualitative reports to gain insight into the project’s impact.

Millions affected worldwide with increasing numbers.

A chronic inflammatory condition of the gastrointestinal tract caused by genetic, environmental, & bacterial influences.

No cure & pharmaceutical treatments only 50% effective.

Patients commonly do not understand their complex illness.

There is a lack of quality, updated education provided to these patients.

METHODS

SCORES WERE SIGNIFICANTLY HIGHER POST-TEST THAN PRE-TEST (P=0.0001).

No impact on learning displayed in any category: 
- Age (p=0.152)
- Gender (p=0.939)
- Level of Education (p=0.586)
- Disease duration (p=0.071)

All topics showed improvement gains from 11.3% to 26.8%.

Topical breakdown showed a high baseline knowledge of vitamins and minerals & a low baseline knowledge of diet and probiotics.

The topic of diet had the highest improvement on the post-test (26% increase), demonstrating knowledge gain & participant interest.

The lowest post-test scores remained in the topic of probiotics, where more knowledge & clarity is needed.

RESULTS

BACKGROUND

Address how to provide patients with education & support.

Deepen the understanding of how patients learn, interpret, & process information.

Demonstrate the benefits of increasing patient knowledge to any chronic disease state.

Add to the body of evidence DNPs are compiling to advance our practice.

Highlight areas for future research in both Crohn's & patient education.

OBJECTIVES

Millions affected worldwide with increasing numbers.

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DNP Essentials

Interprofessional Collaboration

Advanced Nursing Practice

Leadership

Scholarship

Prevention & Population Health

Technology

Advocacy

SUMMARY & CONCLUSIONS

Significant knowledge gain in all topic areas, but limited by small sample size & time.

Major confounding factors of age, sex, level of education, & disease duration did not significantly impact learning.

Polarized question results point to areas future research from the patient perspective.

Qualitative reports signal knowledge gains impacted self-care and improved well-being.

Provides a baseline for future research to determine if increased knowledge levels lead to actual, sustained lifestyle changes & improved well-being into the future.

A longitudinal study of this patient sample over the next several years is being conducted to determine the success of this clinical intervention over time.

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Doctoral Capstone

South University College of Nursing & Public Health