

POSTER SESSION: DIETETIC PRACTICE GROUPS SHOWCASE AND PROFESSIONAL PRACTICE

TITLE: REGISTERED DIETITIANS' USE OF MULTIPLE SKILLS

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LEARNING OUTCOME: To determine the need for multiple skills as perceived by members of the American Dietetic Association.

ABSTRACT TEXT: One thousand registered dietitians were randomly selected from the American Dietetic Association's membership. Two hundred thirty six (23.6%) completed the 12 page survey. Data provided by the participants were evaluated to determine: 1.) the need for multiple skills, 2.) the importance and ranking of practice area tasks identified by the Future Search Conference as well as additional possible tasks, 3.) the importance of certification for each task, and 4.) the grouping of skills assessed to be important for securing future dietetic jobs. The skill groups examined were research, education, managing material resources, managing financial resources, managing facilities, marketing services and products, managing human resources, providing programs to the population and providing care to individuals. Using descriptive statistics, registered dietitians overwhelmingly (97.6%) perceived the need for multiple skills. For every Future Search Conference practice area, respondents identified additional tasks and skills needed. Within each practice area an average of 87.0% of the respondents felt there was a need for certification(s). The skill groups were analyzed according to what the respondents felt they would not do, what they are currently doing, and what they logically could do. Results of this study indicate that the skills currently used and those that could logically be used (in rank order) were as follows: education (75.4%), research (72.4%), managing human resources (70.7%), marketing services and products (68.6%), provide care to individuals (67.6%), and manage financial resources (53.5%).

TITLE:

Job Satisfaction of Registered Dietetic Technicians

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LEARNING OUTCOME: To identify factors that affect job satisfaction of registered dietetic technicians (DTRs).

ABSTRACT TEXT: A national survey was conducted to determine levels of job satisfaction for DTRs and to determine any relationship between job satisfaction and the demographic variables of age, years experience as a technician, work emphasis, type of employment facility, and number of technicians in the facility. A questionnaire consisting of demographic information and the Job Satisfaction Survey (JSS) was mailed to a national sample of randomly selected dietetic technicians (n=579) in October 1995. A usable response rate of 33.5% (n=194) was received. The JSS, normed on a national sample of allied health and corrections employees (n=5605), gives a total job satisfaction score and scores on subscales of pay, promotion, supervision, benefits, rewards, operating procedures, co-workers, nature of work, and communication. The results of the survey showed that dietetic technicians had higher scores on the subscales of pay, benefits, and communication, and lower scores on the subscales of promotion, supervision, and co-workers than national norms (p<.05). Total job satisfaction was not significantly different from national norms, but analysis of demographic variables revealed some differences. Higher total job satisfaction scores were found for technicians 45 years and older, those who worked primarily in foodservice, those who worked in extended care facilities, and those who worked with 4 technicians in the facility (p<.05). Technicians who worked primarily in a clinical nutrition environment had lower job satisfaction than those working primarily in foodservice. Type of employment facility and years spent as a technician did not show significant differences in job satisfaction scores. There were also significant differences in several of the subscales when compared to demographic variables. Pay, benefits, and communication affect the job satisfaction of dietetic technicians, but further research is needed to explore the impact of promotion and supervision on the job satisfaction of DTRs and non-registered technicians.

TITLE: MOTIVATIONAL STRATEGIES USED BY DIETITIANS COUNSELING INDIVIDUALS WITH DIABETES MELLITUS

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LEARNING OUTCOME: Learner will identify motivational strategies used most often and those perceived most effective by dietitians counseling individuals with diabetes.

ABSTRACT TEXT:

The purpose of this study was to determine use and perceived effectiveness of motivational strategies used by dietitians counseling individuals with diabetes. A total of 862 members of ADA's Diabetes Care and Education Practice Group were surveyed. A 3-part questionnaire (motivational strategies, barriers to compliance, and demographic information) was designed by the research team. Data were analyzed using NCSS. Demographics and use of motivational strategies were described using frequencies. Chi-squared analysis was used to determine differences based on demographic variables. 430 subjects responded (50% response rate) and 398 questionnaires were usable. Almost half of the respondents were certified diabetes educators and about half worked in hospital settings. Only 13 of the 32 (41%) motivational strategies were used frequently by 50% or more of the dietitians. The top 2 strategies based on perceived effectiveness were tailoring the diet to client's lifestyle and involving client in decision making. These strategies were also used frequently by a majority of the dietitians. There were differences in use of motivational strategies based on setting of practice and certification as a diabetes educator. For example, CDE's used sequencing of instructional steps, promotion of blood glucose monitoring and exercise and group classes significantly (p<0.01) more often than those who were not certified. Based on this research, it appears that dietitians are using the motivational strategies that they perceive as being most effective; however, many of the motivational tools used in counseling and psychology to change behavior and restructure cognition are not used often by dietitians and are not perceived as important aspects of dietary change.

TITLE: DIETARY INTAKES OF REGISTERED DIETITIANS

AUTHOR(S): S.C. Fredericks, Dietetic Intern, University of Delaware, Newark, DE; C. Hamilton, PhD, RD, University of Delaware, Newark, DE.

LEARNING OUTCOME: To determine if registered dietitian's knowledge of nutrition had an effect on their personal dietary behaviors.

ABSTRACT TEXT: Although registered dietitians counsel and educate society on the importance of healthy eating, it is often questioned whether their knowledge and expertise in the area of food and nutrition has affected their personal eating behaviors. A food frequency questionnaire and selected questions regarding eating habits were adapted from the Nutritionist III Computer Program. The survey instruments were distributed to 114 members of the Delaware Dietetic Association (DDA). A total of 27 (24%) responded. Analysis of the food frequency questionnaires showed that the average dietary intake of the respondents was 58% carbohydrate, 17% protein, and 24% fat. Analysis of the nutrition evaluation form revealed that the majority of DDA members consume breakfast 6-7 days each week, snack between meals daily, consume a medium size evening meal, drink 3-5 cups of water each day, and refrain from salting food items. Daily activity primarily involves standing and engaging in exercise 3-5 times each week. The results of this study indicate that registered dietitians maintain a well balanced diet by choosing a variety of healthy food items and engaging in a physical activity several times each week.