

CURRENT NUTRITION PRACTICES AMONG CARDIOLOGISTS

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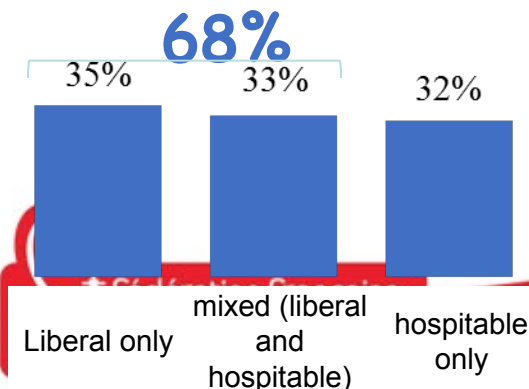
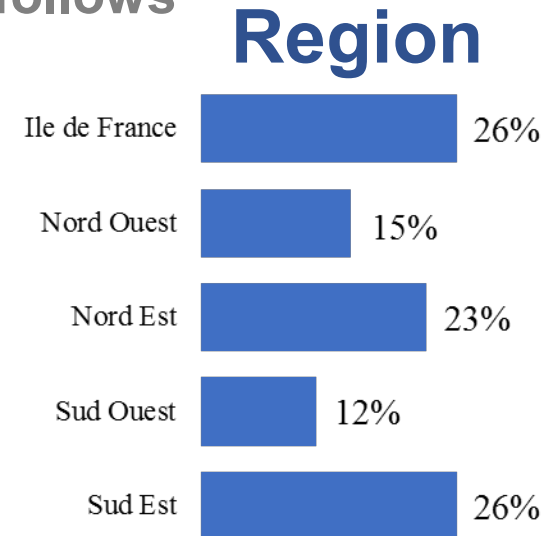
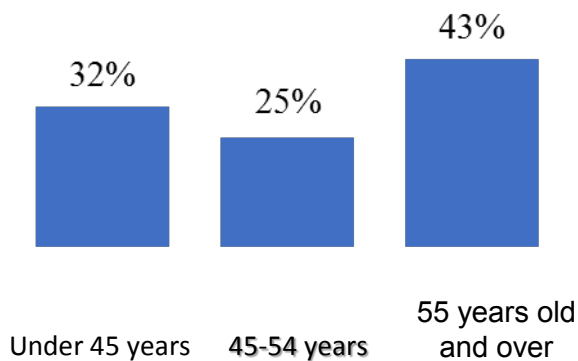
Introduction

- ✦ In France, cardiologists practice their profession to provide care and treat patients with cardiovascular disease, according to the latest recommendations of learned societies.
- ✦ As a result, cardiologists often find that they need to provide advice to promote a balanced diet.
- ✦ In this context, we at the French Federation of Cardiology have decided to conduct a survey into current nutrition practices among cardiologists, in partnership with APRIFEL.



Sample description

This survey involved 200 hospital and private practice cardiologists and may be summarised as follows



Source: CNOM 2017

How do cardiologists behave in terms of nutrition for their patients?

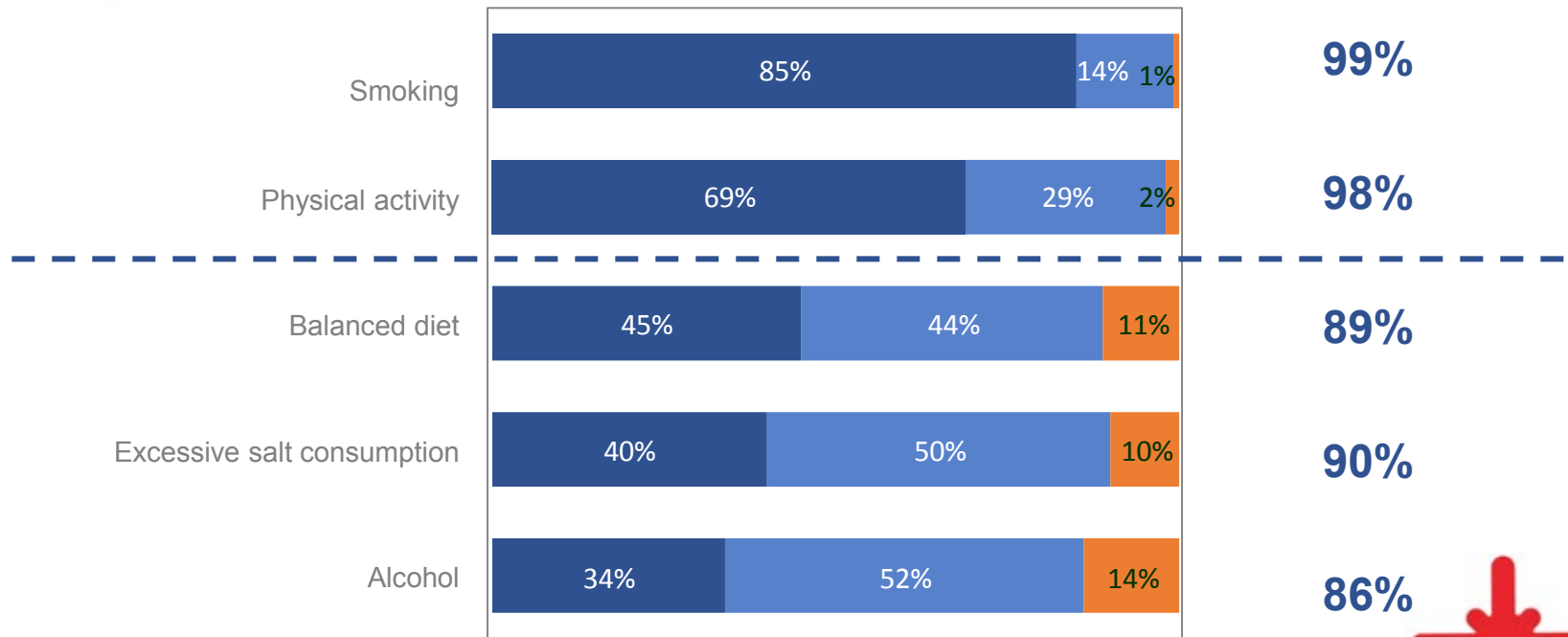
- ✦ A priori, nutrition is not a priority subject they always talk about with their patients.
- ✦ Logically, in practice, the support of cardiologists is perfectible with their patients.
- ✦ In addition to lack of time, cardiologists suffer from a lack of training / information.
- ✦ Then a keen interest of cardiologists for more support.

In prevention all subjects are approached with frequency differences



While tobacco and physical activity are more common,
nutrition-related topics are less frequently

% Approach systematically
or often



Systematically



Often



Rarely

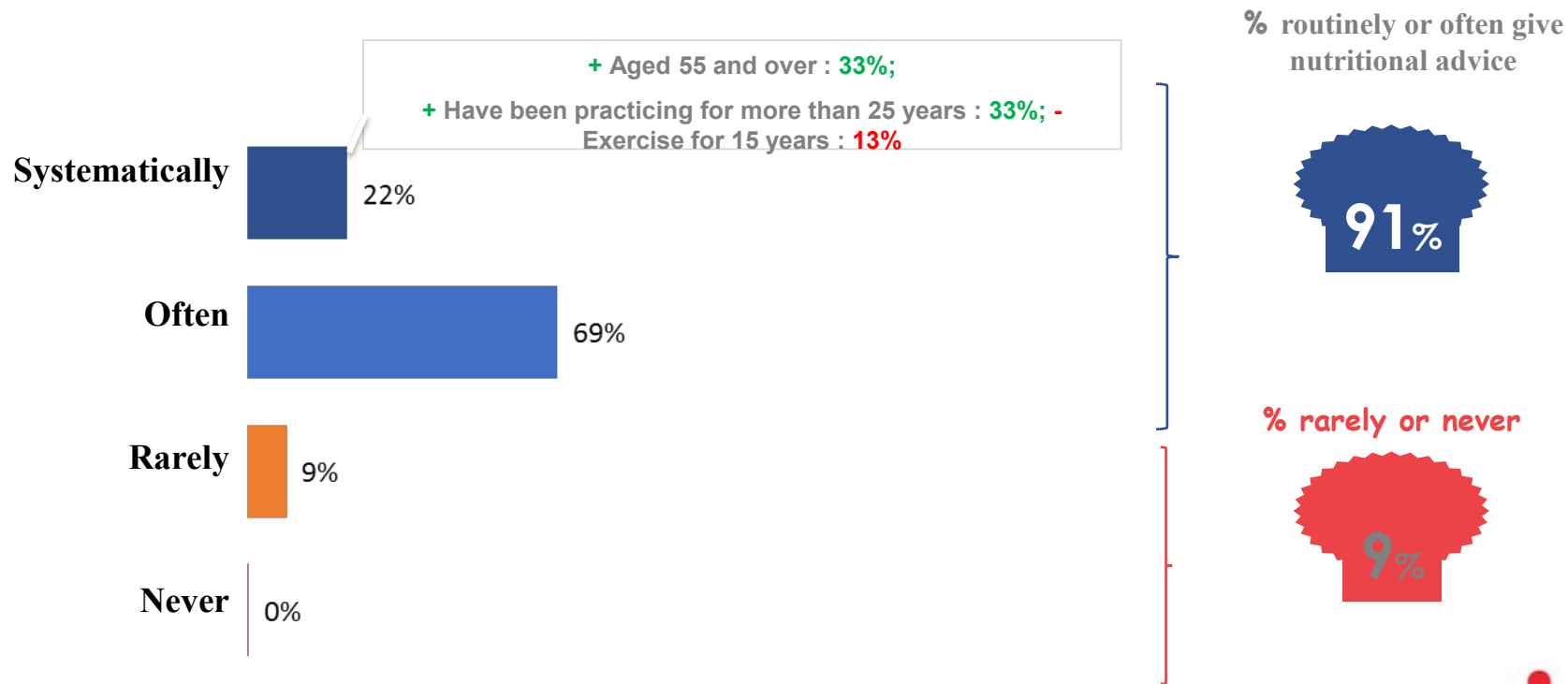


Never

Almost all cardiologists give nutritional advice to his patients, but less than a quarter do so systematically



Special profiles



Cardiologists consistently giving nutritional advice are more experienced (more than 25 years of exercise)



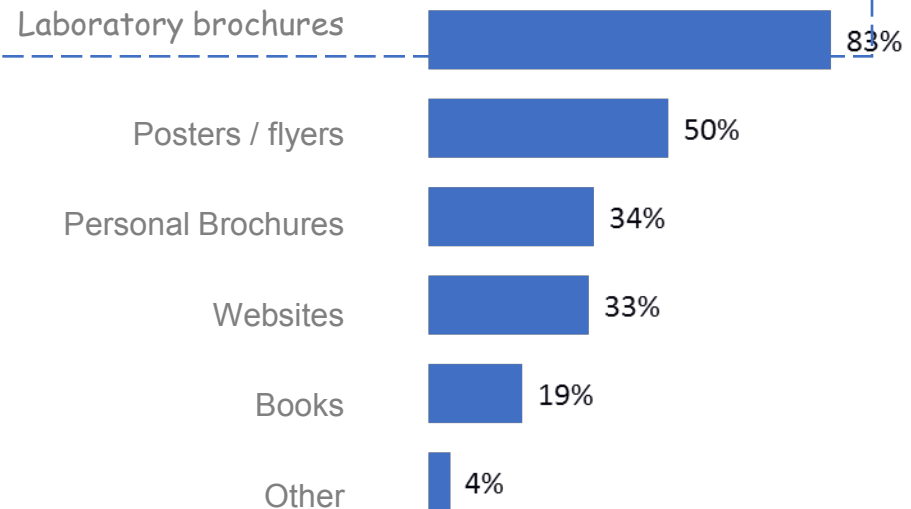
A topic that would be little initiated by the patients themselves

Cardiologists report giving advice to 6.5 out of 10 patients on average

According to cardiologists 4.3 out of 10 patients on average spontaneously ask for advice on diet to prevent cardiovascular disease

When giving nutritional advice, few cardiologists use teaching aids

Use educational materials



Special profiles

- Under 45 years old : 14%
+ Accompany in weight loss : 33%; - No accompagnement : 15%

2,2 types of educational materials used on average

Less than one in two cardiologists accompany their patient in weight loss



Accompany their patients to help them lose weight

Special profiles

+ Use educational materials : **67%**

+ Have been practicing for more than 25 years : **61%**

+ Aged 55 and over : **59%**

+ Have received training in nut : **58%**



And 8 out of 10 cardiologists recommend a nutrition specialist to their patients but not systematically

Special profiles

+ Hospital environment only : **18%**; - Exercise type (Liberal + Mixed) : **9%**

+ Province : **15%**; - Ile-de-France : **1%**

Systematically

12%

Often

68%

Rarely

20%

Never

1%

% systematically or often
recommend a specialist

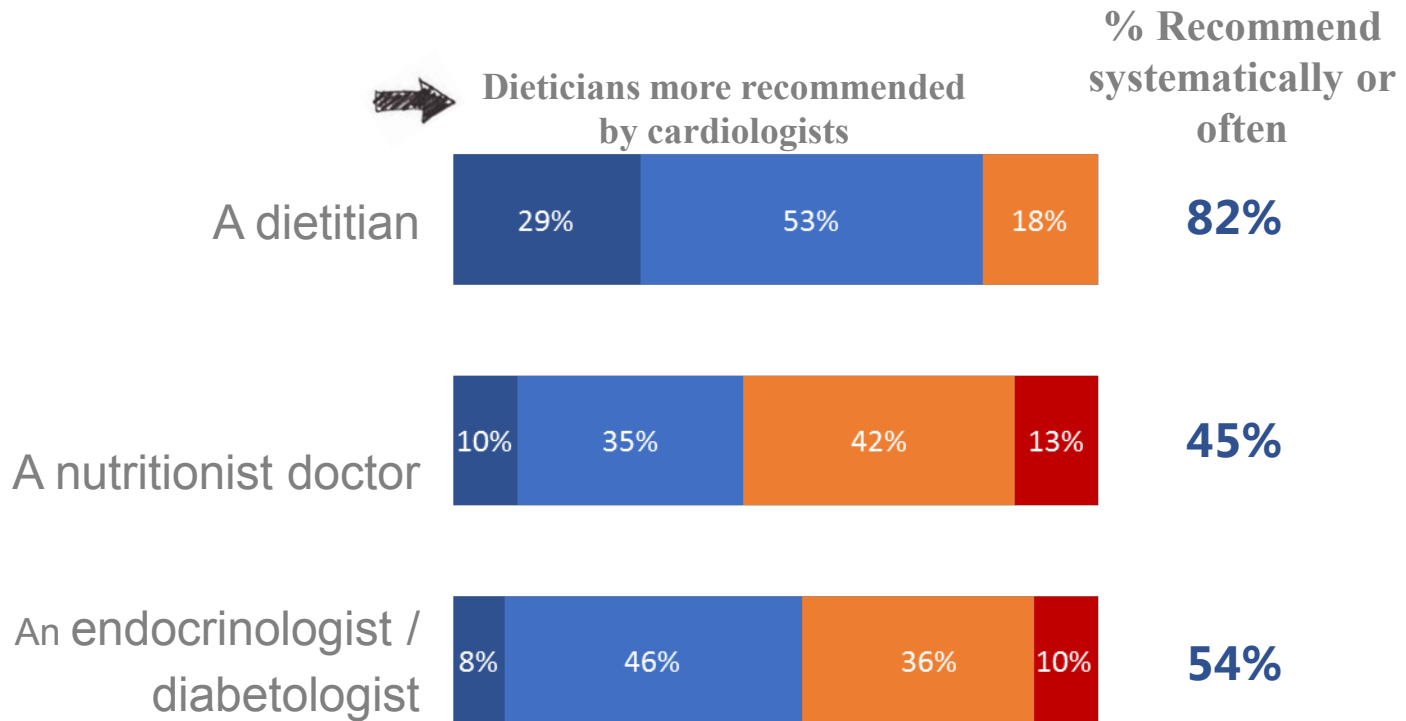
80%

% rarely or never

20%

Lowly recommended specialists

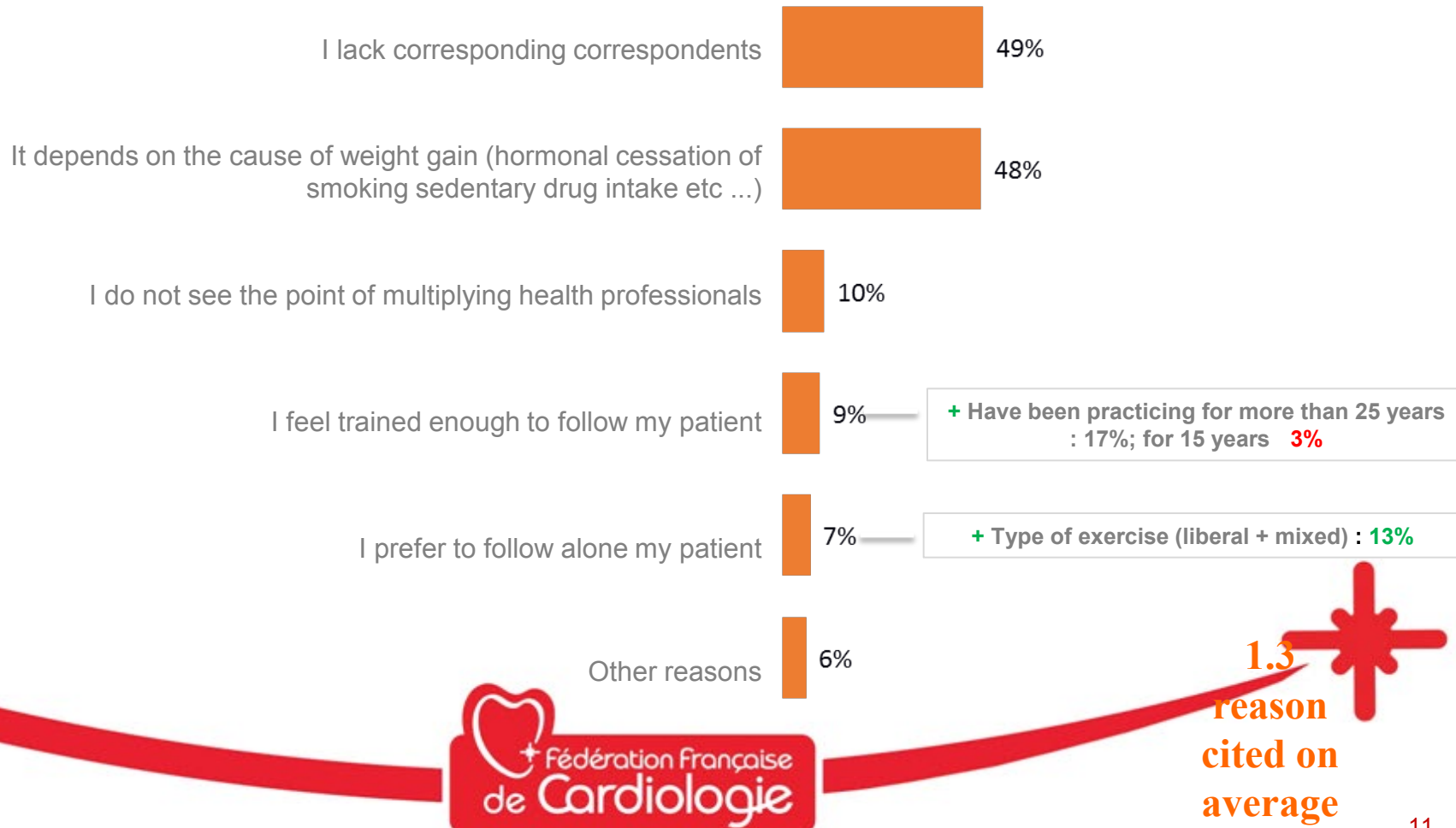
➡ **34%** cardiologists recommend at least one specialist systematically



Systematically Often Rarely Never

An unsystematic recommendation that could be explained in part by a lack of corresponding correspondents

B



In addition to lack of time,
cardiologists suffer from a
lack of training (s)

Half of the cardiologists trained via personal readings



I trained myself through **personal readings** **49%**

Yes I received this teaching in my **initial training**
(studies of medicine and cardiology) **34%**

Yes I have been trained in **continuing education** (UPE
conferences) **17%**

Yes, I have a **complementary education** (DU or IUD) **7%**

Other **1%**

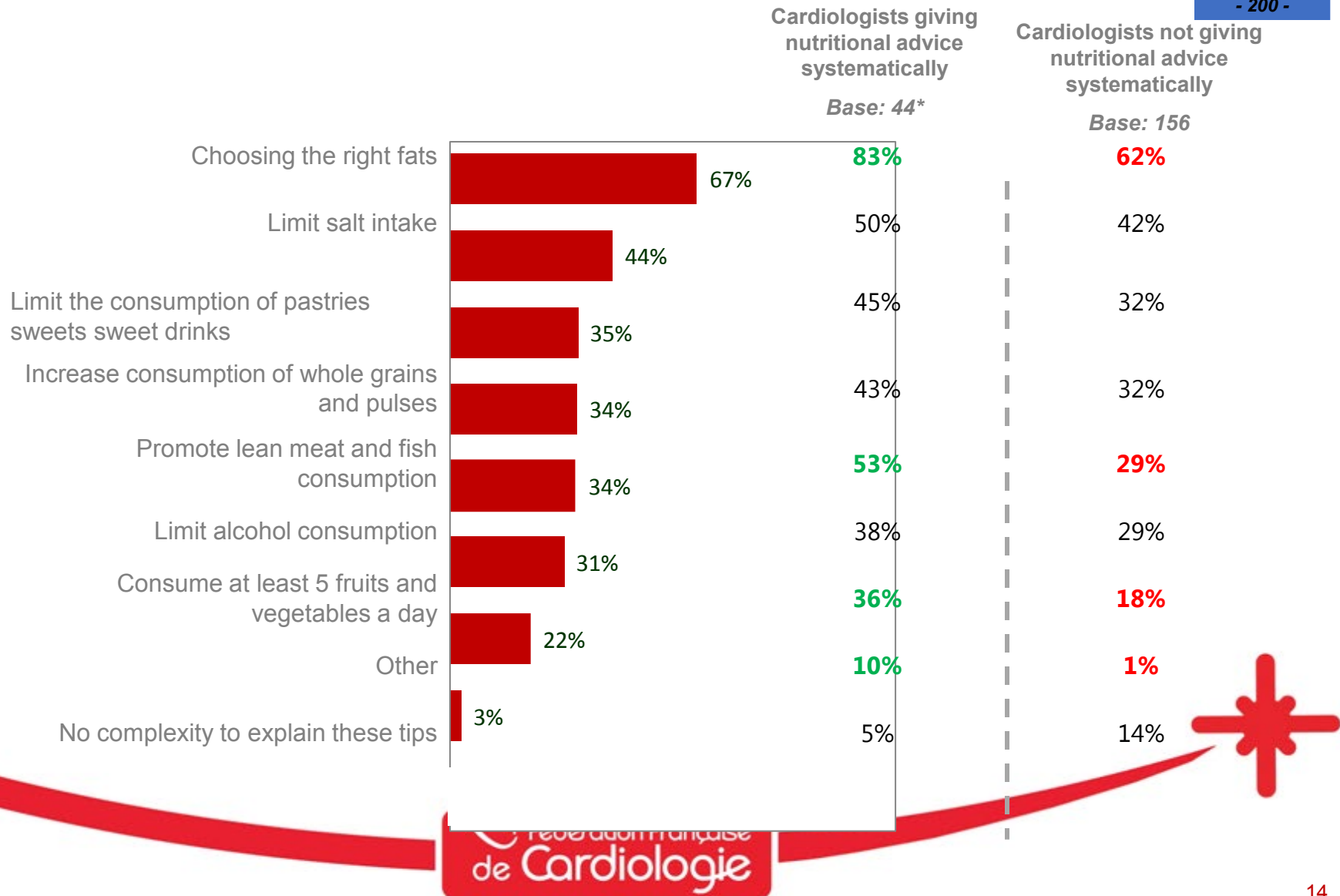
No I have never been trained **23%**

% have already taken
one or more courses

46%

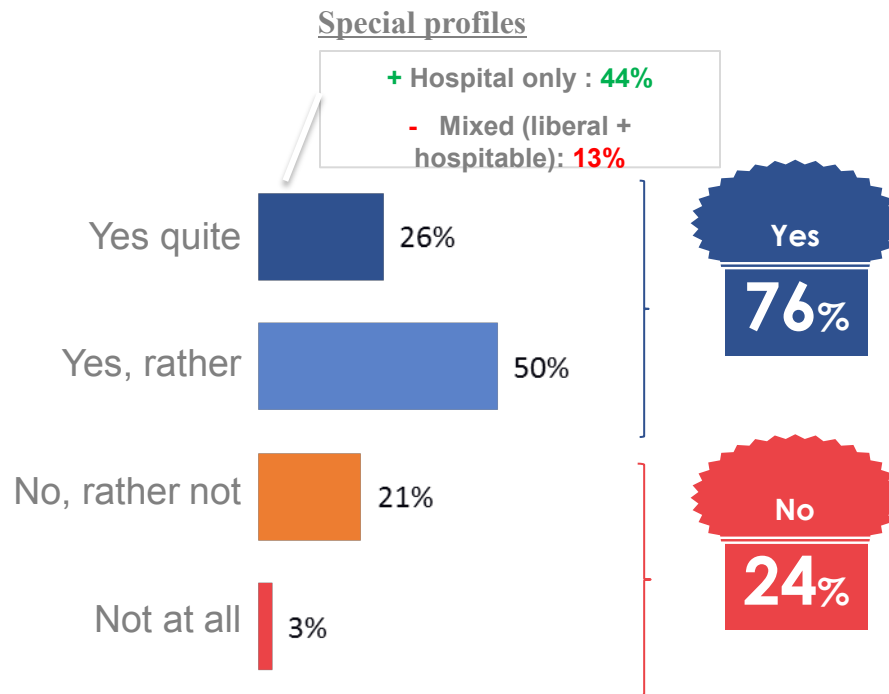


Complexity confirmed by cardiologists who consistently give nutritional advice to their patients



Then a keen interest of
cardiologists for more
support

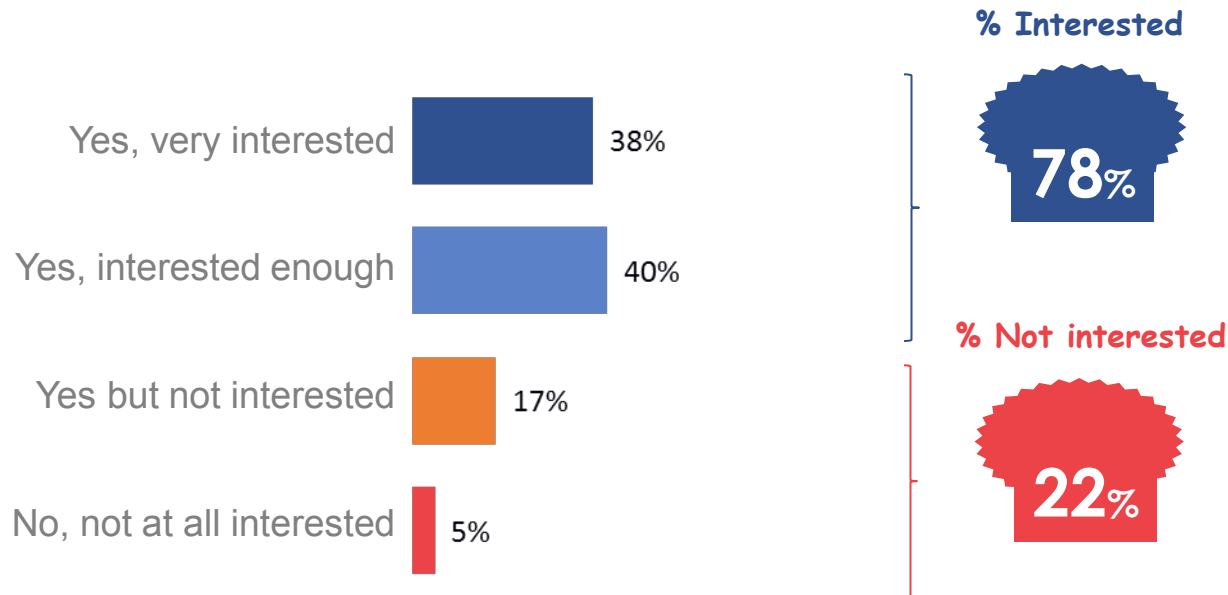
More $\frac{3}{4}$ of cardiologists are interested in additional training to better conduct their consultations



And even more are interested in training tools on diet in cardiovascular disease prevention



With a keen interest expressed by nearly 4 out of 10 cardiologists.



Synthesis



What are the current practices of cardiologists in terms of nutrition?

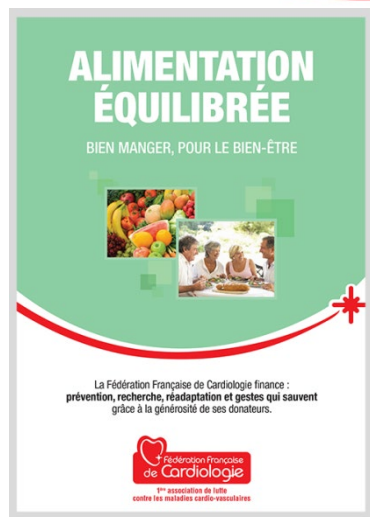
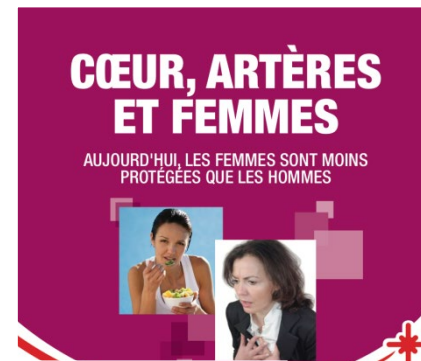
- ✦ Nutrition, a low priority topic
 - While tobacco and physical activity are more systematically addressed, topics related to nutrition are less so.
 - Thus, nutrition does not seem to be a priority subject that cardiologists routinely approach with their patients.
 - According to cardiologists, this topic would also be little initiated by the patients themselves: 4.3 out of 10 patients on average would spontaneously ask for advice on diet to prevent cardiovascular disease.
- ✦ And in practice, improved support for patients.
 - In their day-to-day practice, a minority use teaching aids when giving nutritional advice to their patients and when they do, they are essentially laboratory brochures.
 - As for the accompaniment in the weight loss of their patients, nearly half make this accompaniment; a proportion that is increasing in cardiologists who have been practicing for a long time (more than 25 years of exercise).
 - Nearly 8 out of 10 cardiologists can recommend a nutrition specialist to help their patients with weight loss: a recommendation that is not systematic (only 34% of them).

- ✦ In addition to the lack of time mentioned by half of the cardiologists, they suffer from a lack of training to perfect the accompaniment with their patients.
 - Half of the cardiologists formed through personal readings.
 - If the subject of nutrition is not systematically addressed, nearly a quarter of cardiologists mention precisely the lack of training.
 - Nearly 8 out of 10 cardiologists consider certain nutritional themes difficult to explain to their patients. But the consumption of fruits and vegetables would be the least complex to explain according to cardiologists.
- ✦ Conscious of the complexity of this subject, cardiologists are open to the idea of better support
 - Spontaneously, cardiologists are waiting for support (58%) to help them talk more about nutrition with their patients.
 - In attendance, the interest in training tools offered as well as for further training is strong and expressed by nearly 8 out of 10 cardiologists.

Which actions for improvement are recommendable?

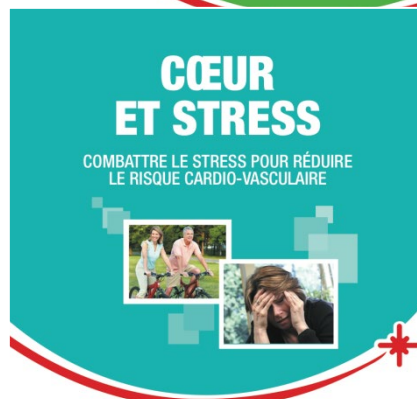
- ✦ First and foremost, this area is part of the national health strategy put in place by the French Ministry of Health, which combines a balanced diet with regular physical activity.
- ✦ Thus, the French Federation of Cardiology will continue to produce and disseminate educational materials on nutrition written by health professionals in this area of cardiovascular disease prevention.

Les Brochures de la FFC...



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