Introduction

People living with HIV have an increased risk of developing foodborne illnesses due to compromised immunity1, therefore domestic food safety practices are required to reduce the risk of foodborne illness. To enable this, patients need to be informed and enabled through provision of food safety information2. Dietitians are key keepers who provide food-related information to patients, and are perceived as trusted sources for food safety information by patients3. Delivery of food safety advice by adequately trained dietitians can inform vulnerable patients of increased foodborne illness risks and enable risk-reducing food safety practices4. Cases in Registred Dietitians food safety knowledge have been identified5. Dietitians need appropriate and adequate knowledge to deliver effective food safety advice to vulnerable patients, which can be gained as trainee dietitians6. Currently information detailing the training experiences and awareness of trainee dietitians in Lebanon regarding the need for food safety information for people living with HIV is lacking.

Purpose

The purpose of the study was to assess trainee dietitians’ knowledge, attitudes and training regarding the provision of food safety information for people living with HIV in Lebanon.

Methods

Ethics approval was obtained from Cardiff Met, Health Care & Food Ethics Panel. Paper-based questionnaires to determine food safety cognition and training experiences were completed by trainee dietitians at the Modern University for Business and Science (MUBS), Beirut, Lebanon.

References

6. Project Zero2Five° Food Industry Centre Research Group, Cardiff Metropolitan University, Wales, United Kingdom.

Food safety information for people living with HIV in Lebanon: A pilot study.

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Significance of study

Completion of the study has determined that although trainee dietitians in Lebanon were aware of HIV and attend lectures on food safety, knowledge of some key food safety recommendations were lacking. It must also be considered that knowledge of food safety does not equate to the ability to disseminate food safety advice to vulnerable patient groups such as people living with HIV.

Consequently, there is a need for specifically-targeted training for trainee dietitians to inform and enable vulnerable patient groups of food safety risks and risk reducing practices.

Need for further research

• There is a need for a comparison study with countries where different approaches are taken to educate trainee dietitians in food safety.
• Investigate the need for the development of a food safety COP programme for registered dietitians to improve dissemination of food safety advice to vulnerable patients and healthcare providers.
• Design, develop and evaluate a standardised resources to support dietitians in the delivery of food safety information to vulnerable patients.

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