

WITH NUTRITION COUNSELLING AGAIN

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Background: In the year of its 100th anniversary celebration, the Institute of Public Health of Serbia enters with a new Nutrition Counseling Unit (NCU) at the Center for Hygiene and Human Ecology, providing nutrition health services again through referral of a chosen doctor. Services provided on this occasion include anthropometric measurements during the examination of the individual's nutrition, determination of anthropometric indices, evaluation of the results of biochemical indicators of blood and urine, nutrition anamnesis, preparation of diet therapy for the individual at the first visit and control examination and for different pathological conditions. It is also ensured that Primary Health Centers (PHC) may refer their patients through the National System for Electronic Health Records "My Doctor".

Methods and Objectives: This retrospective study, was aimed to bring overview of health status of the NCU patients, using referral and final diagnoses from patient's protocol for the period July 2023 - July 2024.

Results: The records of the referral and final diagnoses showed that there were significantly more women than men who turned to the NCU (81.9% vs. 18.1%, respectively). Patients most often sought nutrition advice due to obesity (50% of men; 57.9% of women), dyslipidemia (7.9% of men; 7% of women) and hypertension (8% of men; 5.5% of women), less often due to nutritional risk factors prevention. In patients with obesity, among the comorbidities, there were mostly diagnoses from the International Classification of Diseases group IV (Diseases of glands with internal secretion, nutrition and metabolism), IX (Diseases of the circulatory system) and XI (Diseases of the digestive system).

Conclusions: Work in the NCU, as prevention of nutritional risk factors and medical nutrition therapy, are based on an individual dietary approach. Our experiences indicate that significance of medical nutrition therapy and medical nutritional prevention were important determinants for both medical doctors in PHC and patients as well.

Keywords: nutrition, counseling unit, chosen doctor, medical nutrition therapy, medical nutritional prevention