

# Review of: "How Competent are Health Professionals in Delivering Nutrition Education? A Cross-Sectional Study in Ebonyi State, Nigeria"

Valentine Odu<sup>1</sup>

<sup>1</sup> University of Bolton

Potential competing interests: No potential competing interests to declare.

This article did a good job assessing the competencies of health professionals in nutritional education in Ebonyi State using a cross-sectional study.

There were good transitional phrases when moving to a new topic; the objective was clearly stated, and the general approach was clear.

However, the following areas should be looked at.

## Purpose and Argument

WHO's Article "Nutrition" talks about 'nutrition as a critical part of health development; better nutrition is related to improved infant, child and maternal health and stronger immune systems. Safer pregnancy and childbirth, lower risk of non-communicable disease'(1). The statement is in contrast to the definition by WHO in the paper. Kindly look at the WHO web page again.

You may consider the word "health practitioners " rather than health professionals as this would reflect trained individuals whose activities, in part, are to provide nutritional support by educating patients, which the paper is intended to assess their competencies.

In the third paragraph, the fourth sentence in the introduction is, "Health nutrition is neglected in daily medical practice." Is this a statement of fact? If yes, a reference would be most appropriate to buttress its weight. Also, could the sentence be made more clearly to convey its meaning?

Fifth paragraph, first sentence: If you talk about "synchronising ", do you mean the inclusion of nutritional advice in patient care? Maybe a sentence or word should be made clearer.

## Research question and hypothesis

Overall, you touched on global issues with nutritional education and the global gap, but what is the issue in Nigeria and the gap, specifically in the Ebonyi state? This is to build a case for your study in Nigeria, Ebonyi State. The big question here is, "Why Nigeria?".so, what hypothesis do you want to test?

The abstract background should reflect the major point of your argument. Is it that you feel there is any existing gap, and you want to assess the competency of the professionals?

#### Study setting

Can the total number of health facilities where the study was carried out be made clearer, or was it carried out in all the comprehensive health facilities that care for patients in Ebonyi state?

Apart from recruiting doctors, dentists, nurses, physiotherapists and dietitians who work with patients as selection criteria, can we look at their years of experience, too, as this could impact the outcome of the nutritional education given to patients? If this is not possible, we could justify why this is not the case (something to think about)

This review mainly discusses the presentation of the purpose, the aims, the research hypothesis, the approach and the study design. However, other areas, like Data collection techniques, Data analysis, interpretation and conclusion, can be further critiqued.