

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

Betty R. Norman

Potential competing interests: No potential competing interests to declare.

The topic is interesting, and the article is quite well-written.

Comments

1. Introduction- With regards to the WHO Decade of Action on Nutrition, what are the expectations from health workers by the WHO, and how will this study inform us on whether the expectations are being met or not?
2. Ethical Consideration-The IRB number was not included, and the consent process was not discussed.
3. Results- *"Less than one-tenth of respondents, 7.4%, had good knowledge of nutrition. A higher proportion of respondents, 85.9% (360), had good practice of nutrition education while less than half, 42.5% (178), had a good perception of nutrition education". These findings are very confusing. According to the findings, the majority of the respondents did not have good knowledge of nutrition, yet they had good practice of nutrition education.*
4. Can the results be analyzed based on the type of health professional?
5. Discussion - Dieticians are trained to have good knowledge of nutrition, so I think they should have been excluded from the study, or if they are included, they should have a separate analysis. Unfortunately, the numbers are so few that a separate analysis is impossible. Interestingly, the study found physiotherapists more knowledgeable than dieticians.
6. Discussion - Most health workers may not necessarily need a sound knowledge of nutrition, but all health workers should know how to identify dietary challenges and when to refer to the dietitian. This wasn't well captured as the study appears to suggest that every health worker has a responsibility to do a dietary consultation without addressing the role of the dietitian.