



Development and Evaluation of an Asthma Educational Module for WIC Dietitians

Isabel Valentin-Oquendo, MS, RD, LD/N and
Ellen Bowser, MS, RD, LD/N, RN

Pediatric Pulmonary Division, College of Medicine,
University of Florida, Gainesville, FL, 32610

Background and Purpose

- Federal guidance for the *Supplemental Nutrition Program for Women, Infants and Children (WIC)* identifies asthma as a nutritional risk.
- Results of a 2009 needs assessment of Florida WIC dietitians indicated they lacked formal instruction on the nutritional implications of pediatric asthma.
- The objective of this project was to evaluate the efficacy of a web-based continuing education program improving the knowledge and attitudes of Florida WIC dietitians in the nutritional implications of asthma in children.

Method

- A web-based continuing education (CE) module was developed using Microsoft PowerPoint format and audio-capture.
- The module included asthma pathophysiology, treatment and nutritional implications.
- After pilot-testing the initial module, a revised program was distributed statewide via the Florida WIC intranet and advertised by program directors and state WIC staff.

http://www.peds.ufl.edu/divisions/pulmonary/training_module/



ASTHMA AND NUTRITION
ONLINE EDUCATIONAL TRAINING
FOR WIC NUTRITIONISTS & NUTRITION EDUCATORS



pro.corbis.com



Anita Conley, MS, RD



Ellen K. Bowser, MS, RD, LD/N, RN

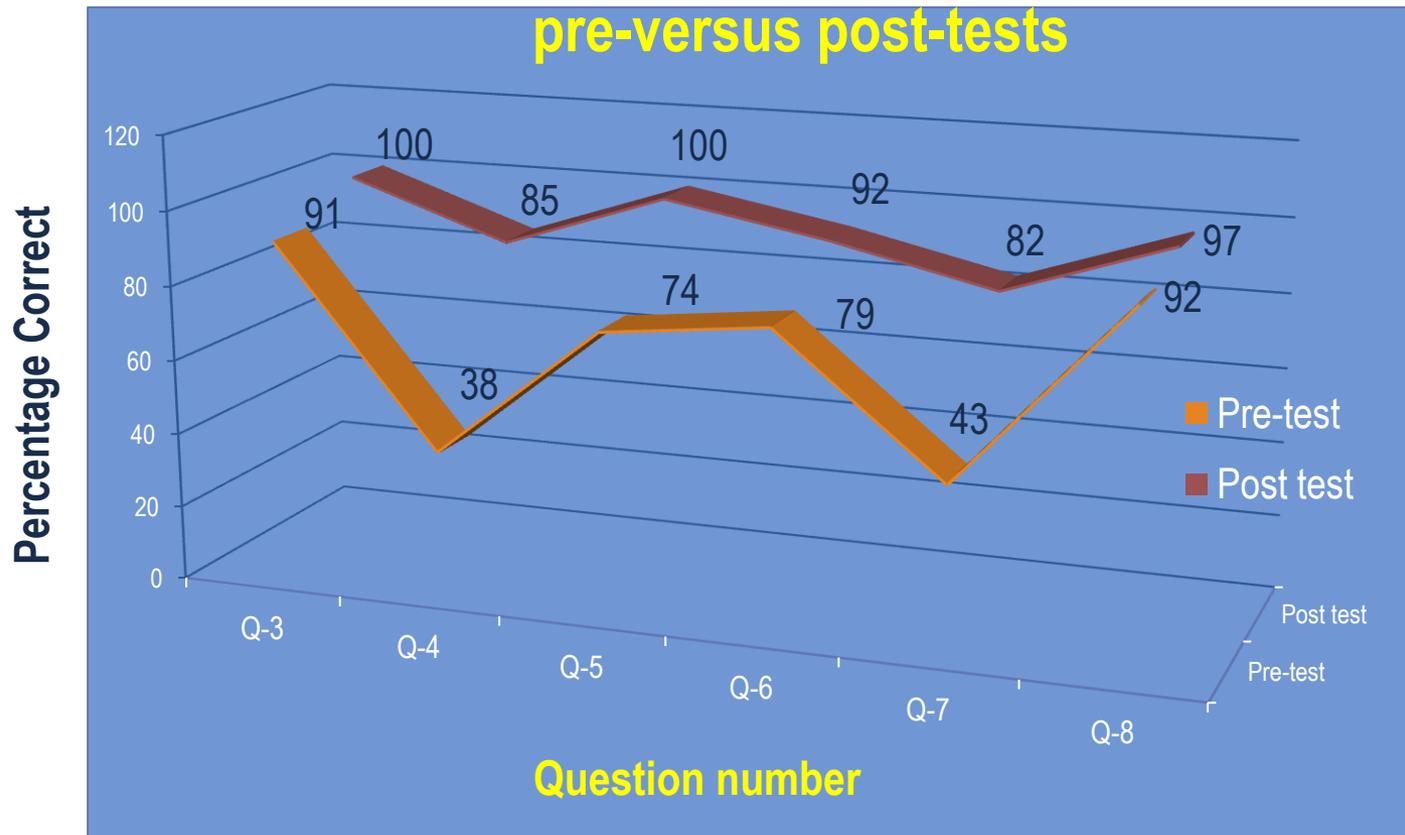


Process

- The WIC dietitians completed the pre-test, watched the module, and then completed the post-test.
- After completion the participants received a certificate of completion and 1 CPE from the Commission on Dietetic Registration of the American Dietetic Association.
- Each participant used a unique four-digit code to identify both the pre-and post-tests so that these could be matched.
- The pre-and post-tests were completed via Survey Monkey.
- The pre- and post-tests included questions that assessed knowledge gained through multiple-choice questions and change in attitudes by a Likert scale. Ten (10) identical questions were on the pre- and post-tests.
- Non-completion of the post-test was the only exclusion criterion.
- Sixty-six (66) matched pre- and post-tests were compared using paired t-test analysis via SAS.

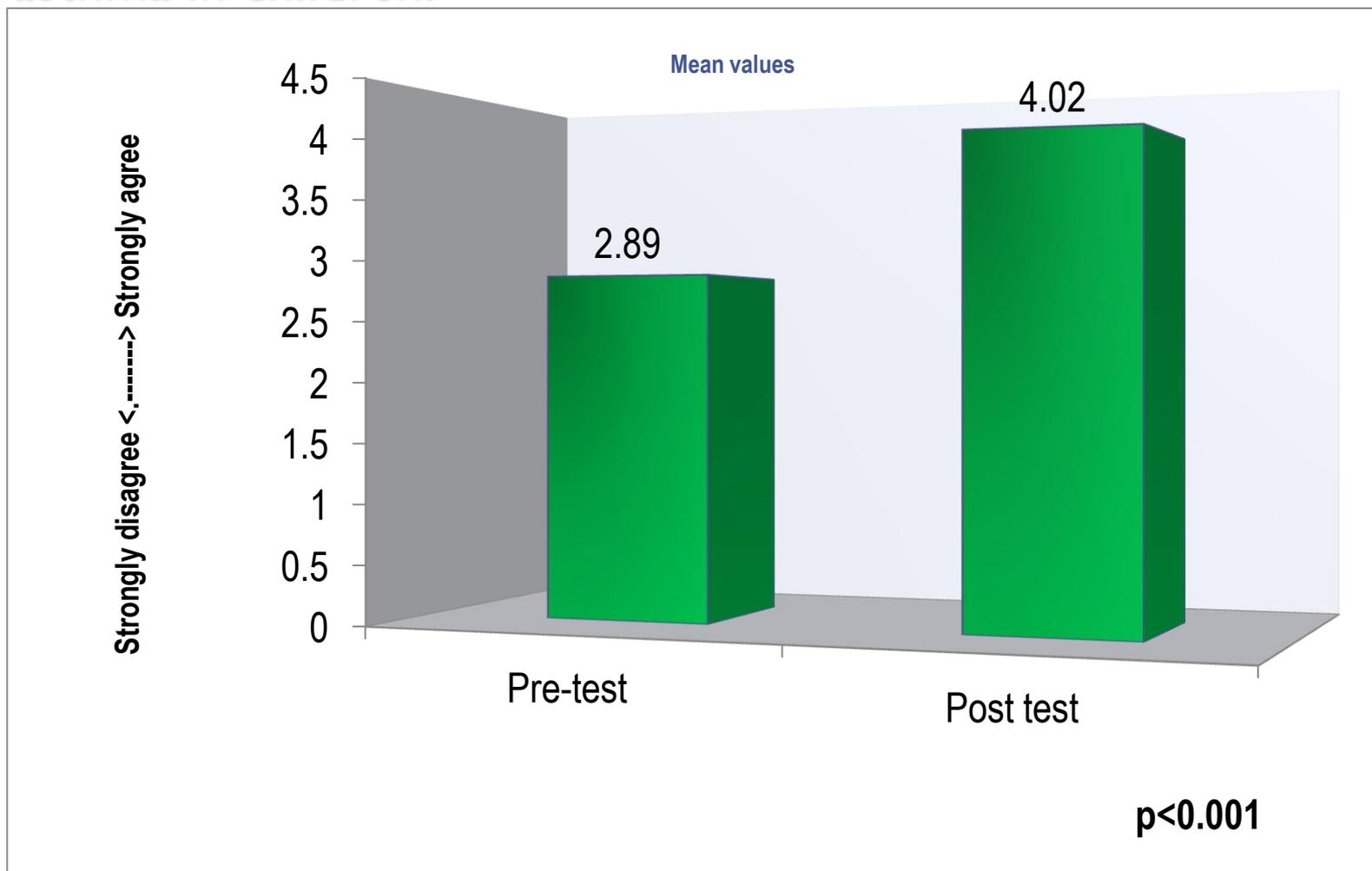
Results: Knowledge Change

Percentage correct for each question,
pre-versus post-tests



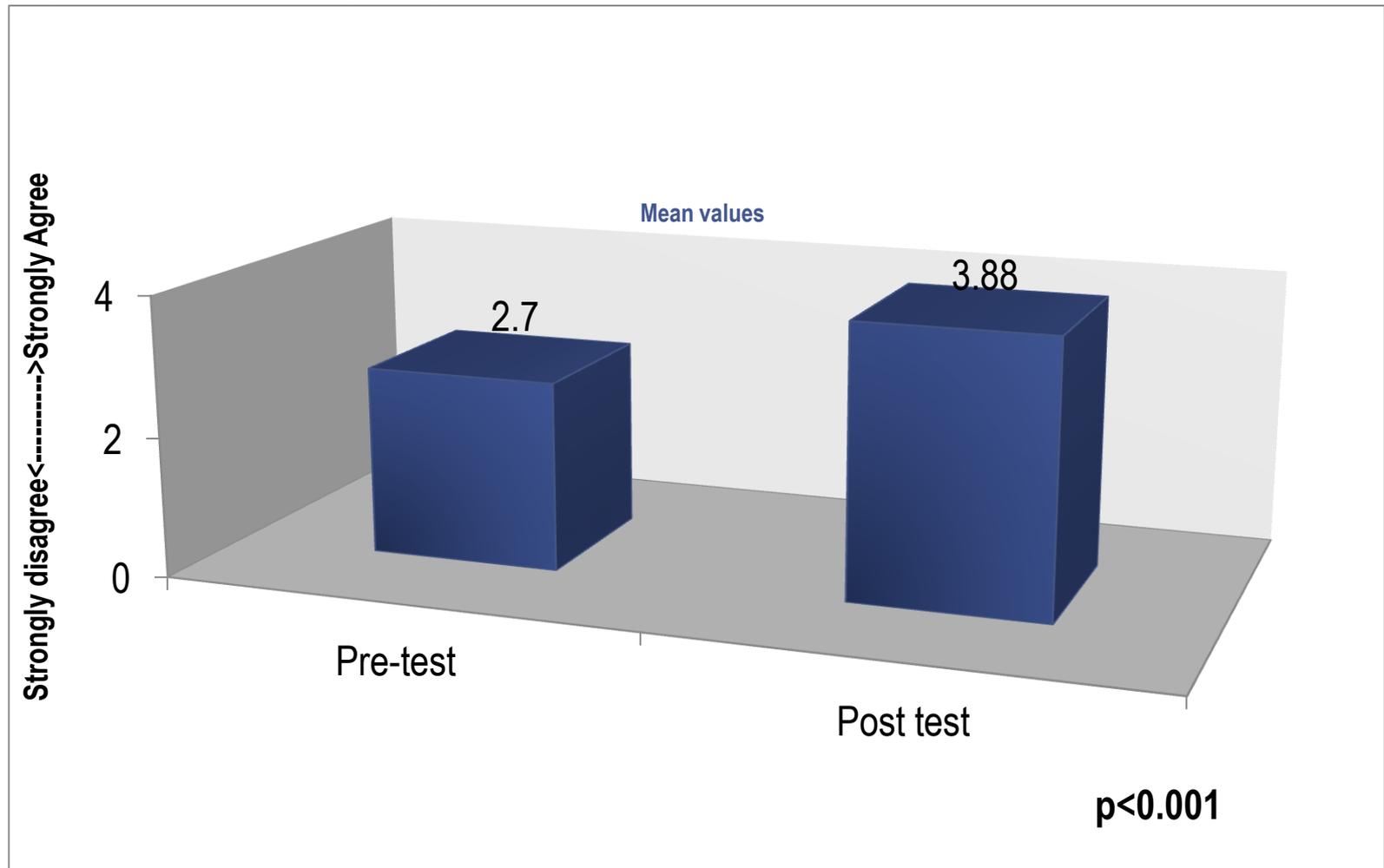
Results: Attitude Change

“I feel knowledgeable about nutritional implications of asthma in children.”



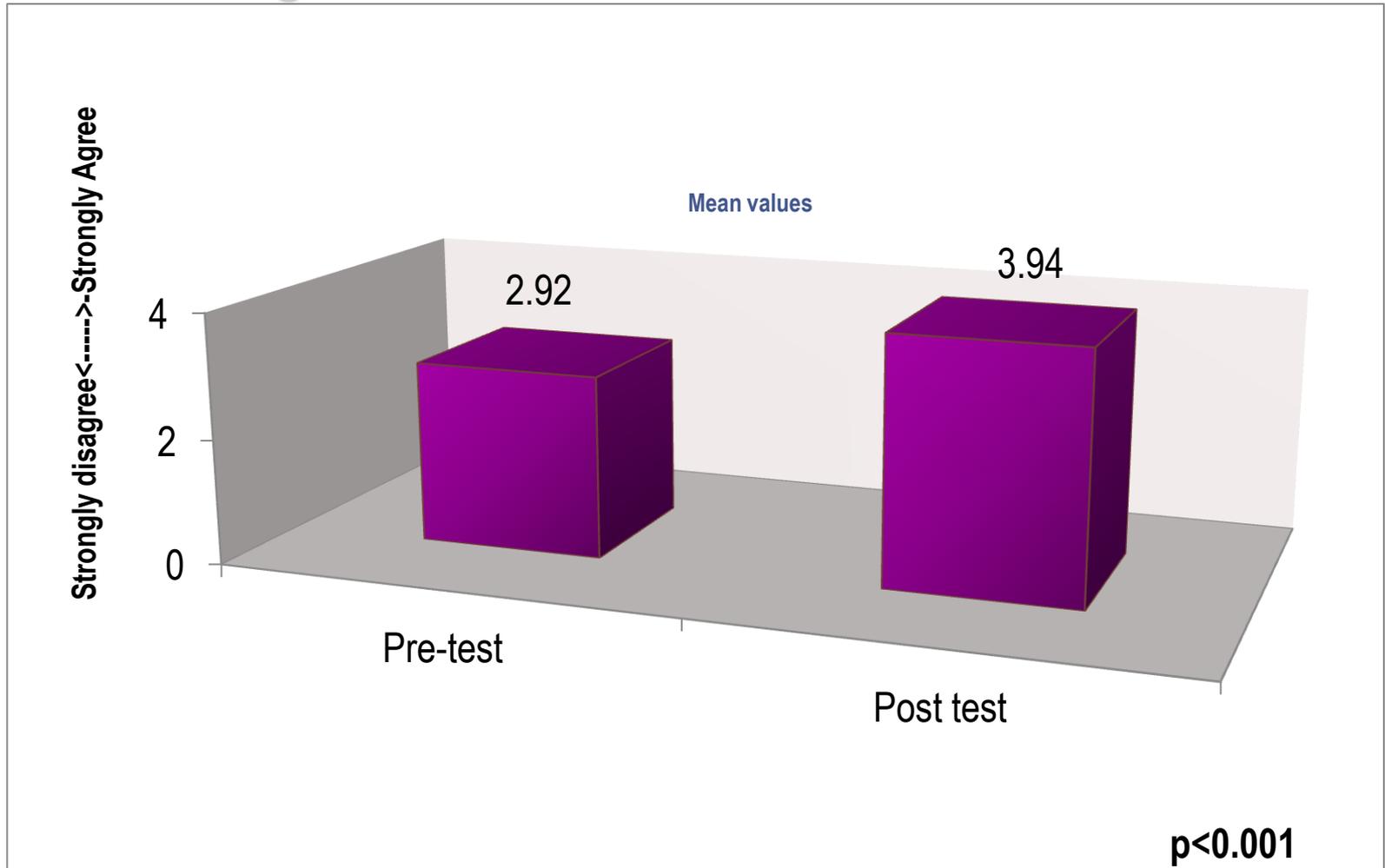
Results: Attitude Change

“I feel knowledgeable about the types of medications used for asthma in children.”



Results: Attitudes Change

“I feel knowledgeable about the relationship between asthma and overweight in children.”



Conclusion and Discussion

- Use of a web-based continuing education module on the nutritional implications of asthma in children resulted in a significantly increased knowledge and improved attitudes of Florida WIC dietitians.
- The production and distribution of a web-based educational module is a reliable method for professional development of WIC dietitians.
- This method of continuing education development may be used for other topics and disciplines in public health settings.