

Development of a diabetes mellitus nutritional management manual for South African healthcare professionals

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Abstract (Full text available online at www.tandfonline.com/ojfp)

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Background: The objective was to develop a standardised education manual for healthcare professionals in South Africa on the nutritional management of diabetes mellitus.

Method: The manual was developed using seven steps: needs assessment and problem definition, a literature search, the first draft of the manual, peer review, the second draft of the manual, expert panel evaluation and the final manual.

Results: Following the literature search, the first draft of the manual was developed and sent for peer review and language editing. Recommended changes were made and the second draft was developed and sent to 77 dietitians, of whom the majority were satisfied with the content, which led to the final manual.

Conclusion: A diabetes mellitus nutritional management manual for healthcare professionals in South Africa was developed using a systematic approach using peer review and expert panels. The next step will be to evaluate its impact on the knowledge of healthcare professionals.

Keywords: diabetes mellitus, medical nutrition therapy, professional development, South Africa